

NOVEMBER 2019

Message from the Administrator

I'm writing this month to remind you it is time to review your health insurance plan. We want to make sure you are asking the right questions before you buy a new insurance plan or recommit to your current plan. Patients often do not fully understand what their insurance plan covers. We want to help you make more informed decisions.

Before you buy or recommit to your plan, please ask your insurance agent to give you details on in-network and out-of-network coverage. Health care providers are invited to join insurance networks. The goal for the hospital or clinic is to bring new patients to our organization and help maintain our current patient base. In exchange, the hospital or clinic agrees to accept a negotiated payment rate and patients often have lower out-of-pocket expenses. If your doctor, clinic or hospital is out-of-network you can almost always be sure you will pay more out of pocket for those services.

Provider networks change. Each year before you commit you to need to make sure your preferred doctor, specialists, clinic and hospitals are IN NETWORK. If not and if you do not want to change providers, talk to the business offices in those organizations. We may be able

to apply, which can take up to 120 days. Please understand however, that we do not apply for every network. Sometimes payments are so low it would be a poor business decision for us to agree to the payments they are offering.

Before you buy a new plan, please check out the IN NETWORK providers. Make sure your preferred providers are on the list. If not, consider the cost of your premium as well as the out of pocket costs. Sometimes those great deals on insurance premiums end up costing you more.

When discussing your plan with your agent be sure to ask what your co-pay, deductibles and out-of-pocket maximums are. Some people confuse these. You want to be clear about what you will be expected to pay and when.

If you have questions about your insurance coverage, please contact your agent or the number on your insurance card. If you have specific questions about your bill, please contact our business office at 785-336-6181.

Kiley Floyd, CEO

Employee of the Month



Congratulations to April Gee for being selected as our September Employee of the Month!

April is a Business Office Representative and has been an excellent addition to our team. She is always willing to assist anyone who needs help as well as maintain all her daily responsibilities

April has helped Seneca Family Practice and our Medical Records department with joint releases by improving the process to benefit all involved. She continuously searches for ways to make processes more effective and efficient within our organization. Thank you, April for always going above and beyond!

WELCOME



Andrea Deters

Andrea is our newest Medical Technologist for our Lab department.

She is excited to expand her knowledge and skill level as a Med Tech. She also hopes take on additional responsibilities and be more involved within the hospital and community.



Mary Rose Sudbeck

Mary Rose has been hired as a Health Information Management Clerk.

She is looking forward to establishing ways she can support staff who provide direct patient care and ensure information is available when/where they need it.



Shayla Hammes

Shayla has been hired as a CNA to work as needed with our floor nursing staff.

She is eager to expand her knowledge in the health care field to help her better prepare for nursing school.

NEMAHA VALLEY COMMUNITY HOSPITAL
& SENECA FAMILY PRACTICE

HOLIDAY HOURS

Thanksgiving

Wednesday, November 27th - 9am-5pm
Thursday, November 28th - CLOSED
Friday, November 29th - 9am-3pm

Christmas

Tuesday, December 24th - 9am-noon
Wednesday, December 25th - CLOSED

News Years

Tuesday, December 31st - 9am-3pm
Wednesday, January 1st - CLOSED

Seneca Family Practice, Outpatient Clinic, Ancillary Services and our Administrative/Business offices will observe the holiday hours. As always, our nursing staff is available 24 hours a day. If you need to contact the hospital please call 785-336-6181.

You're Invited!

November 13th

Alzheimer's Association Remote Learning Session
1:00pm-2:00pm at NVCH
Contact Courtney Schmelzle at 785-336-0426

November 14th

Grief Support Group
7:00pm at NVCH
Contact Krista Stallbaumer
at 785-336-6181

November 26th

Diabetic Support Group
3:00pm-4:00pm at NVCH
Contact Karen Hynek at 785-336-6181

NVCH Provides Marketplace Assistance

Nemaha Valley Community Hospital has two Certified Application Counselors (CAC) again this year - Mary Sack and Courtney Schmelzle.

Our CAC's are trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

Open enrollment is now through December 15th. Please contact Mary Sack or Courtney Schmelzle at 785-336-6181 to schedule your appointment today.

The Importance of Your Annual Health Exam

Many people might not think an annual checkup is really necessary, especially when they consider themselves to be in good health. However, making time to see your primary care physician (no matter your age) at least once per year can keep you healthy and reduce your chance of serious health conditions down the road, by catching the early warning signs of cancer or a chronic disease that you may not be aware of.

Prevention is the key! Scheduling regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. *Here are a few top reasons to schedule your health exam on an annual basis.*

1. You'll stay up-to-date

This gives you the opportunity to review and update all your medical information.

2. You can start treatment early

The Centers for Disease Control and Prevention (CDC) notes that regular checkups can lead to early treatment, should your doctor notice an issue.

3. You might find more effective medications

Regular checkups can help your doctor ensure that you are on the most effective medications.

4. You may calm your fears

Perhaps you have been stressing out about the new mole on your forearm or your recent headaches. Your annual appointment can put your mind at ease.

5. You can prevent issues

While checkups are certainly part of a good preventative care plan, you and your doctor can also use the time together to review other preventative care practices that you should be taking advantage of such as pap smears, flu vaccinations, osteoporosis screenings and certain cancer screenings.

6. You can address invisible problems

Annual appointments often include basic blood work, which can detect problems that may be flying under your radar.

7. You can ask questions

Your annual appointment is the time to ask your doctor questions about any and all of your health concerns. Prepare a list of medical questions you have before you head into your appointment, so you won't be afraid to ask when you get there!

8. You can set goals

Health goals are sometimes difficult to make without the guidance of your primary care professional. Your annual checkup is the perfect time to work with your doctor to create some tangible health goals like fitness and dietary changes.

9. You can find resources

The value of a doctor visit goes beyond the medical checkup — your physician's knowledge and connections can be just as helpful.

Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!

Congratulations to Staci Meade



Pictured: Rosanna Winkler and Staci Meade

Nemaha Valley Community Hospital congratulates Staci Meade on receiving her adult echocardiography ultrasound certification! Staci has been part of the NVCH radiology team since 2015 and has worked hard to continue to expand her professional skill level to better serve our patients. Staci is a licensed radiologic

technologist certified in general, vascular and cardiac ultrasound.

NVCH currently has three technologists that perform ultrasound. Rosanna Winkler, Staci Meade and Michelle Harrington. Rosanna Winkler has been a part of NVCH since 2015 and is a licensed radiologic technologist currently certified in general and vascular sonography. Michelle Harrington is a licensed radiologic technologist certified in adult echocardiography and has been an employee at NVCH since 2011.

“We are fortunate to have several technologists that perform multiple ultrasound modalities, said Ronda Sonnenberg,

Director of Radiology. “We currently offer general, vascular and cardiac ultrasound services Monday thru Friday.”

Ultrasound imaging is a branch of the radiology department. It uses sound waves to produce imaging of the inside of the body. It is used to help diagnose the causes of pain, swelling and infection in the body's internal organs and to examine a baby during pregnancy. It's also used to help guide biopsies, diagnose heart conditions, assess damage after a heart attack and evaluate venous and arterial blood flow. Ultrasound unlike other radiology examinations does not use ionizing radiation.

The NVCH Radiology department also offers a number of other in-house services to the community including x-ray, digital mammography, bone density, 32/64 slice computed tomography, and general, vascular and cardiac sonography. MRI and nuclear medicine are offered as an outside service.

We are proud of the hard work, dedication and passion our employees have for their patients and our community.



GREAT AMERICAN SMOKEOUT



Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day, start with day one.

Let the Great American Smokeout event on November 21st be your day to start your journey toward a smoke-free life. You'll be taking an important step toward a healthier life and reducing your cancer risk. Plus, Nemaha Valley Community Hospital can help you access the resources and support your need to quit.

If you're ready to quit and need help, our Freedom From Smoking might be the perfect fit for you! To learn more about our program please contact Becky Bartkoski or Jordan Hasenkamp at 785-336-6181 today.

November is National Diabetes Month

Nemaha Valley Community Hospital's *Healthy Living with Diabetes*, Diabetes Education program is named an accredited Diabetes Education program by the American Association of Diabetes Educators. This program allows residents in and around Nemaha County increased access to critical diabetes education services.

Diabetes education is a collaborative process through which people with or at risk for diabetes gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. It is provided by certified diabetes educators (CDE).

Program Coordinator and Certified Diabetic Educator, Karen Hynek, APRN, CDE states, “Diabetes is a growing concern in our community and I am thrilled to have the opportunity to provide education and training to empower people to understand and improve their health.”

“With our program, you will work directly with our team of healthcare professionals to begin taking control of your diabetes. You will feel better and lower your chance for serious health issues.” said Hynek.



Nemaha Valley Health Care Foundation is selling

FRESH CROP PECANS

\$11 Per Bag

Supplies are limited so purchase your pecans today!

Questions, contact Courtney Schmelzle at 785-336-0426 or Lois Crosier at 785-336-2264



There are individual and group classes offered with the diabetic education program. The classes focus on seven key behaviors that promote successful self-management. Those behaviors include making health food choices, being active, monitoring blood sugar, taking medication, problem solving, reducing risk and healthy coping.

As previously mentioned, the *Healthy Living with Diabetes* program is accredited through the American Association of Diabetes Educators. This ensures coursework meets national guidelines. This program is also covered by Medicare, Medicaid and most health insurance plans.

If you have been diagnosed with diabetes, or if you have had it for years and want to learn more, please contact Karen Hynek, APRN, CDE at 785-336-6181.