

We  our staff



Angie House

Angie has been hired as a Business Office Representative.

She is excited to work in Seneca and become a valued employee of Nemaha Valley Community Hospital.

Faces in the Community



Beth Brokamp, NVCH Financial Assistant has been invited to serve on the Governing Board for the Nemaha County Training Center (NCTC). She will begin her term in January 2020.

NCTC provides support services to individuals affected by intellectual or developmental disabilities. Their goal is to provide those individuals with the support needed to become as independent as possible and be included as active members of the community.

Employee of the Month



Congratulations to Sharon McKinley who has been selected as our October Employee of the Month!

Sharon has been a leader for her peers and is known for always willing to go out of her way to help her coworkers with various tasks throughout the day.

She also has great rapport with her patients! Even on the days her doctor is not in the office, Sharon will often come in to make sure her patients are getting results and follow-ups in a timely manner.

One nomination read, "She is the nurse that I hope to be one day." Thank you, Sharon for being an amazing nurse and an excellent team member!



Congratulations to Megan Grimm for being selected as the November Employee of the Month! Megan is a CNA and has been a tremendous asset to the Nursing department since she started.

Megan has always been eager to learn and gain experience to help her continue with her healthcare career. She is also willing to help whenever needed and without being asked.

Both staff and patients welcome her enthusiasm and appreciate the compassionate care she provides. We are so lucky to have Megan as part of our team!

JANUARY 2020

Message from the Administrator

Happy New Year! On behalf of the of Nemaha Valley Community Hospital staff I want to extend our wishes for a happy, healthy 2020 for each and every one of you! As we contemplate the future challenges for rural health care we continue to be encouraged by the support we have from our community, our patients and our stake holders. I am privileged to work for one of the most committed teams in health care today. I count my blessing every day.

Our commitment to you this year and in the coming years is never wavering. We will continue caring for you in sickness and in

health, we will continue to lead development and implementation of health care policy through engagement with our strategic partners and we will do all we can to keep you updated on changes in health care policies to ensure you are an informed health care consumer.

As we step into 2020 we want you to know that Nemaha Valley Community Hospital and Seneca Family Practice are here for you and your family!

Best wishes for health and happiness in 2020.

Kiley Floyd, CEO

HERE'S WISHING YOU PEACE, LOVE & GOOD CHEER IN THE

New Year!

May it be a year full of beautiful moments, treasured memories, and all the blessings a heart can know.

NVCH Receives Women's Choice Award®

Nemaha Valley Community Hospital has been awarded the Women's Choice Award® based on standards for our outstanding achievement in clinical excellence (CMS) and patient experience (HCAHPS). This prestigious recognition symbolizes exceptional care and quality service, awarded by the collective group of women who trust us to deliver the highest level of care that you expect and deserve.

As a leading referral source for women, the Women's Choice Award® grows stronger each day, supporting millions of women in making the best healthcare decisions. This endorsement allows families to identify the best healthcare facilities in our community.



Don't Forget About the Required Minimum Distribution from Your IRA

A required minimum distribution (RMD) is the annual amount that must be withdrawn from a traditional IRA or a qualified retirement plan (such as a 401(k), 403(b), and self-employed plans) after the account owner reaches the age of 70½. The last date allowed for the first withdrawal is April 1 following the year in which the owner reaches age 70½.

RMDs are designed to ensure that owners of tax-deferred retirement accounts do not defer taxes on their retirement accounts indefinitely. You are allowed to begin taking penalty-free distributions from tax-deferred retirement accounts after age 59½, but you must begin taking them after reaching age 70½.

Health Care Scholarships Available

The Kansas Hospital Education and Research Foundation proudly offers the 2020 Health Care Scholarships. KHERF awards \$25,000 in scholarships annually in the following categories.

- **Nursing:** undergraduate students in nursing (KHERF)
- **Advanced Clinical Practice:** graduate-level students in any health care discipline (KHERF)
- **Health Care:** undergraduate students in non-nursing health care fields (KHERF)
- **Health Care Administration:** students in health care administration (KAHCE)
- **Human Resources:** students in hospital human resource-related fields (KHHRA)

Priority will be given to hospital employees, particularly in regions experiencing shortages in Kansas. Our thanks to the Kansas Association of Health Care Executives and the Kansas Hospital Human Resources Association for partnering with KHERF to administer the scholarship programs.

More information is available at www.kha-net.org. If you have any questions or need further information, contact Susan Cunningham at 785-233-7436.

Application deadline is February 28, 2020

One option is to give your IRA RMD, as a tax free donation, to an organization or charity. People who are 70½ and older can now give up to \$100,000 from their IRAs to charity each year. The amount counts for your RMD but isn't included in your adjusted gross income. To exclude the money from your adjusted gross income, it must be transferred directly from the IRA to the charity.

If you're interested in giving a tax-free donation, from your IRA RMD, to Nemaha Valley Community Hospital or the Nemaha Valley Health Care Foundation please contact Courtney Schmelzle at 785-336-0426. For additional information regarding your RMD on your IRA please talk with your tax advisor.



January is National Blood Donor Month. This has been observed since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of the year to collect enough blood products to meet patient needs.

Every day blood transfusions take place that saves lives of many people all over the world. About 5 million Americans need a blood transfusion. Approximately 39,000 units of blood are required daily in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims.

Individuals with serious injuries from a major automobile accident can require 50 units (pints) of blood or more. Seriously burned patients can require 20 units or more. The components of one pint of donated blood can help the lives of three people.

Donating blood is good for the health of donors as well as those who need it. Health benefits of donating blood include good health and reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to the liver and pancreas. Donating blood can also help in improving cardiovascular health and reducing obesity.

All blood types are needed to ensure a reliable supply for patients. Blood donation appointments can be made through:

- **American Red Cross Blood Donor App**
- **redcrossblood.org**
- **1-800-RED CROSS**



NEMAHA VALLEY
COMMUNITY HOSPITAL

PATIENT PORTAL

Manage your Healthcare Online, Anytime!

Visit nemvch.com/patient-portal-page/ to register or call one of our Business Office representatives at 785-336-6181 today!

**24/7
ACCESS**

View test and lab results

Send and receive secure online messages

Request appointments

Receive email care reminders

Set up proxy accounts for children and dependent adults

NVCH Offers 17 Outpatient Specialty Clinics

Nemaha Valley Community Hospital's Outpatient Clinic offers an extended variety of health care options to the Nemaha County area.

Our Outpatient Clinic has 31 specialty physicians from across the region that provide you, our patients, with exceptional care so you don't have to travel long distances to get the care you deserve. We are committed to providing these specialty clinics so our community can have easier access to specialty services.

To learn more about our Outpatient Clinic and the specialty physicians please contact Stephanie Wurtz at 785-336-6181 or visit our website at www.nemvch.com.