

COVID-19 Message

The identification of Coronavirus has created anxieties throughout the world. Rest assured Nemaha Valley Community Hospital staff is staying updated on the latest protocols and practices for response. We are confident we will be able to respond to the needs of our community.

We are working with public health, county emergency management, EMS and Sabetha Community Hospital to make sure we maximize our resources should the need arise.

Nemaha Valley Community Hospital and Seneca Family Practice patients can call our hotline at 785-336-0399 if you have concerns about your current symptoms. If you feel you have Coronavirus symptoms or if you have concerns about exposure, *please call the hotline before you come to the hospital or clinic.*

For general information on the virus please call the Kansas Department for Health and Environment hotline 866-534-3463.

Save The Date

June
19th
2020

24th Annual Nemaha Valley
Health Care Foundation

Charity
Golf Classic

Spring Creek Golf Course ~ Seneca, KS 66538
www.springcreek-seneca.com

Employee of the Month

Congratulations to Lori Burdick for being selected as our February Employee of the Month. Lori is a Business Office Representative and is often the first point of contact when calling Seneca Family Practice. During those initial conversations Lori often goes above and beyond ensuring our staff is meeting the needs of our patients.



NVCH recently received a patient testimony explaining the outstanding care and compassion that Lori provided during a phone conversation with an individual that was being faced with a very challenging situation. During that conversation Lori went above and beyond easing the individual's mind and ensuring that the concerns were her top priority at that moment.

Thank you, Lori for being so caring, compassionate and genuine with our patients. We are so lucky to have you on our team!

*Don't just meet expectations,
EXCEED them!*

APRIL 2020

Message from the Administrator

"Volunteers don't get paid, not because they're worthless, but because they're priceless" – Sherry Anderson.

Have you ever wanted to volunteer but feel so overwhelmed with life you just don't think you have time? I think that happens to all of us at one time or another. Too often our lives focus around our jobs. While most of us need to work to live, there is more to life than work. Every day we see people in our communities that make a huge difference in our lives because of their willingness to volunteer. These are the unsung heroes of

our lives. You may not always see the impact of the work they do but I assure you, Nemaha Valley Community Hospital is able to do all we do in part due to the efforts of our Volunteer Services (previously Guild), our volunteer Boards and those individuals that serve communion and help our patients.

Please join me in thanking these individuals for their dedication to Nemaha Valley Community Hospital and Seneca Family Practice.

Kiley Floyd, CEO

Interested in Becoming a Volunteer at NVCH?

Volunteering is an excellent way to become an essential part of Nemaha Valley Community Hospital (NVCH). NVCH volunteers have the opportunity to be of service to our patients, their families and staff while gaining the personal satisfaction of knowing that you are helping others. Our program builds meaningful connections, caring relationships and positive engagement between volunteers, patients and their families.

Volunteering has many proven benefits. There are many tangible effects including learning new skill sets, developing better communication practices and building new relationships. Volunteering has also been proven to increase life expectancy, functional ability and overall physical and mental health for those giving of their time.

Whether you volunteer to achieve personal fulfillment or to learn new skills for professional

growth, your time is a valuable contribution to NVCH and the entire community of care. There are many needs throughout NVCH where volunteers can provide service and make a difference. Our goal is to find the perfect fit—matching your interests with a need of ours.

For additional information about the NVCH Volunteer Services Program please contact Mary Sack, Program Coordinator at 785-336-6181.





April is National Donate Life Month, a time when Donate Life organizations across the country strive to make LIFE possible by educating and motivating individuals to register their decision to be organ, eye and tissue donors.

Life sure is a beautiful ride. Each of our rides will be a different journey, but no matter where your journey takes you there is the opportunity to make it a beautiful ride for others as well.

National Donate Life Month is celebrated each April to focus national attention on organ, eye and tissue donation and transplantation — to share the importance of registering your decision to be a donor, honor deceased and living donors, and celebrate the lifesaving and healing gift of transplantation.

Registering at www.RegisterMe.org as a donor is a gift to your family, giving them certainty of your decision to help others in need. It is also a symbol of hope to those awaiting a lifesaving or healing transplant.



Underage Drinking: Talk to Your Teen

Think your teen is too young for a conversation about underage drinking? Think again.

Early adolescence is when some children begin experimenting with alcohol or feeling pressure to drink. To encourage your teen to avoid alcohol, talk to him or her about the risks and the importance of making good decisions.

Why teens drink

Teens are particularly vulnerable to alcohol use. In an effort to become more independent, teens begin to take risks and seek out new and thrilling situations. This might include drinking alcohol. Teens also begin to feel more self-conscious and look to friends and the media for clues on how they measure up. Those who don't feel like they fit in might experiment with alcohol to please friends. Teens might also try drinking to cope with the stress of school or transitions, such as the move from middle school to high school.

Talking about underage drinking

You might be unsure of what to say and your teen might try to dodge the conversation. To start the discussion, choose a time when you are both relaxed. Don't worry about covering everything. If you talk often, you might have a greater impact on your teen than if you talk only once.

When you talk about underage drinking:

- **Ask your teen's views.** Find out what your teen thinks about alcohol. If your teen is interested in drinking, ask why.
- **Debunk myths.** Teens often think that drinking makes them popular or happy. Explain that alcohol can make you feel "high," but it's a depressant that can also cause sadness and anger.
- **Discuss reasons not to drink.** Explain the risks of teen drinking, and appeal to your teen's self-respect. If you have a family history of alcoholism, be honest. Explain that your teen might be more vulnerable to unhealthy alcohol use.

To learn more about the ways you can talk with your child about alcohol and drug usage please visit www.ncadd.org.

NVCH Industrial Wellness Program Successful Among Area Businesses

Healthy employees are happy employees. Happy employees are productive employees. Let Nemaha Valley Community Hospital help you create a more positive and productive environment.

Many chronic diseases are preventable. According to the CDC, chronic diseases account for 75 percent of total healthcare costs. They are also the most preventable type of disease. Such illnesses include heart disease, stroke, cancer and obesity. The only way to prevent disease is with actionable steps to halt progression.

The health outcomes of industrial wellness programs are many, including smoking cessation, weight loss and obesity prevention, diabetes prevention and management, blood pressure and cholesterol management, personal health, safety practices, sleep hygiene and stress management.

"Nemaha Valley Community Hospital now offers a comprehensive industrial wellness program," said Becky Bartkoski, NVCH Industrial Wellness Coordinator. "The program is aimed at helping employees live better, feel better and work better."

Nemaha Valley Community Hospital's Industrial Wellness Department partners with local businesses to create a wellness program tailored to fit the specific needs and goals of their employees. Entirely flexible in the approach, all the



Jordan Hasenkamp, CRT and Becky Bartkoski, RN, BSN & Industrial Wellness Coordinator instructing a Smoking Cessation class at Koch and Company in Seneca.

programs can be offered onsite making it efficient and convenient.

The Industrial Wellness program resources include, but are not limited to, an employee workplace health survey, on-site biometric screenings, an on-site biometric screening follow-up

presentation, quarterly on-site presentations on health related topics, smoking cessation classes and an option to access our hospital wellness app for their employees.

"United Bank & Trust adopted a wellness program several years ago. This year we joined efforts with Nemaha Valley Community Hospital's Industrial Wellness Department," said Sarah Hiltgen, Innovation Office for United Bank and Trust. "Employees had the opportunity to participate in on-site biometric screenings. Following the screenings hospital staff provided an excellent on-site presentation to employees where we were educated on what our biometric screening numbers meant. They also went into great detail about what individuals can do to improve their numbers through a healthier lifestyle. Our goal is that this added education through the Industrial Wellness Department will help our employees live better and work better."

To learn more about the NVCH Industrial Wellness Program and how we can partner with your business or organization please contact our Industrial Wellness Coordinator Becky Bartkoski, RN, BSN at becky.bartkoski@nemvch.org.



Leah Heinen, RD giving a nutrition presentation at Ag Partners Coop.