

FEBRUARY 2020

Join Us

## For our Employee Recognition Celebration

Thursday, March 19, 2020

5:30 to 8pm

Knights of Columbus Hall in Seneca

\$25 per person or \$175 for a table of 8

OPEN TO THE PUBLIC

Full meal, beer & wine provided  
RSVP to: Mary Sack 785-336-6181

NVCH & Seneca Family Practice would like to recognize  
employees who help make our hospital and community better.  
Take a moment to suggest an employee for the

Compassionate Caregiver Award.

This award recognizes any employee who is involved in patient care  
and demonstrates extraordinary compassion toward  
patients and their families. Contact Mary Sack  
785-336-6181 or stop by the hospital for a nomination form.



Guest Speaker is Lisa Mills  
"STAND-UP and PROVIDE"

## Submit Your Nomination Today!

Has one of our employees recently gone above and beyond and demonstrated extraordinary compassion toward you or your family during patient care? If so, we want to hear about it!

Our Employee Recognition Celebration is a time for us to recognize our employees who strive to make our hospital and community a better place.

At our celebration we will be honoring an employee with the **Compassionate Caregiver Award**. In order to do this we would like nominations from our community. You know first hand what employees go above and beyond in patient care for you and your family.

For questions or to receive a nomination form please contact Mary Sack at 785-336-0436 or mary.sack@nemvch.org.

All nominations are due by Friday, February 28th.



Jennifer Hotlhaus, CNA

Jennifer, CNA has been hired as needed in our nursing department.

She is eager to utilize her nursing skills with the patients at NVCH and continue to enhance her knowledge and experience.



Donna Lockard

Donna has been hired as a Business Office Representative.

She is excited to continue her love for learning new information as well as working to make a difference.



Madison Boeckman, CNA

Madison, CNA has been hired as needed in our nursing department.

She is ready to expand her knowledge and utilize her caring personality to grow in the medical field.

## Save The Date

June 19th 2020

3 Person Scramble

## 24th Annual Nemaha Valley Health Care Foundation Charity Golf Classic

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

## NEMAHA VALLEY

Community Hospital & Seneca Family Practice

1600 Community Drive | Seneca, Kansas 66538  
Hospital 785-336-6181 Clinic 785-336-6107  
www.nemvch.com

## Message from the Administrator

Each year as we enter the legislative sessions, I think there can't possibly be as many issues this year as there were last year. Each year I am wrong. On the first day of this year's Kansas legislative session our Kansas hospitals and providers identified at least 14 possible legislative issues. Some are targeted to individual sections of our health care system such as holding the County entities that own some of our rural hospitals harmless if the hospital should close.

Other issues are specific to individual professions such as certified nursing assistants or advanced practice registered nurses. Most however have the potential to impact all health care providers and entities.

There are a variety of issues within the State that we will need to pay very close attention to. The most urgent at this time is doing what we can to get Medicaid Expansion passed in Kansas. Before I go further please know I have heard all the objections. Most from very well-meaning knowledgeable individuals. I still believe however, that Medicaid Expansion will be good for Nemaha Valley Community Hospital and our health care systems in general.

For Nemaha Valley Community Hospital, the estimated annual impact is between \$65,196 and \$147,444 depending on the number of enrollees in the State. This is the net impact after the hospital pays into the provider surcharge

fund. The potential net impact to health care revenue in our state is \$331,666,667.

To put the benefit to Nemaha Valley Community Hospital in perspective, please note that in 2018 the hospital wrote off \$241,459 in charity care. In 2019 it was \$290,274. More often than not, the applications we received for charity care are from hard working individuals that are in that insurance gap. They make too much money to qualify for Medicaid. Some work at least two jobs and they cannot afford the monthly premiums of traditional insurance.

I think it is important to note that the current Medicaid Expansion Bill is a product of what is right in Kansas. Legislators from both sides of the isle came together to work out a plan that is in the best interest of the citizens of our state. In a time where partisan politics takes priority over what is right for our country, Kansas legislators should be commended for their work on our behalf.

This could not have been an easy process and we know Senator Denning's staff has spent more than 2000 hours just on this issue. We are very appreciative of both Senator Denning's and Governor Kelly's efforts.

If you have questions about Medicaid Expansion and Nemaha Valley Community Hospital, please let me know. I would be happy to share the information I have.

-Kiley Floyd, CEO





## New Year, New Look

Introducing our NEW website  
**nemvch.com**  
Same great information with a new look!

Hospital: 785-336-6181 | Seneca Family Practice: 785-336-6107 | Employment • Patient Portal • Resources • Contact Us

SENECA FAMILY PRACTICE FIND A DOCTOR OUTPATIENT CLINICS MEDICAL SERVICES OB & GYN ABOUT US

PEOPLE YOU KNOW  
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## Deters to be Chairperson of Kansas Breastfeeding Coalition



Dana Deters, RN and International Board Certified Lactation Consultant (IBCLC), recently accepted a Chairperson position for the Kansas Breastfeeding Coalition (KBC)—Hospital Section.

The KBC is comprised of individuals from a wide variety of organizations, agencies and private businesses all working collaboratively to promote and protect breastfeeding in order to improve the health of Kansas families.

"I am honored and excited to lead the Hospital Section of the KBC, we have a lot of great things planned for 2020" said Deters. "I'm also very grateful that Nemaha Valley Community Hospital allows me to be involved in an organization that I have a true passion for."

NVCH is proud to offer an in-house Breastfeeding Clinic where a registered nurse is available for mom and baby, ensuring that everything is going well. For more information about our Breastfeeding Clinic please contact Dana Deters at 785-336-0424.

## Employee of the Month

Congratulations to Wenzel Hula for being selected as our December Employee of the Month. Wenzel is a Lab Technician and has been a member of the team for more than five years. During her time at NVCH, she has shown outstanding leadership skills and teamwork.



Wenzel goes out of her way to assist not only her coworkers in the lab but other departments as well. She is always willing to go above and beyond to help our organization operate more efficiently.

Thank you Wenzel for being an amazing part of the NVCH team!

## Welcome Brooke Strathman



I am Brooke Strathman, MS, CCC-SLP. Prior to starting as the Speech-Language Pathologist at Nemaha Valley Community Hospital, I practiced as a SLP for six years in a school setting and skilled nursing facility.

I earned my Bachelor and Master of Science in Family Studies and Human Services degrees from Kansas State University. My husband, Brandon, and I both grew up near Baileyville. We now have three children: Trey, Adalyn and Levi. We enjoy spending time with our friends and families. We also spend a lot of time outdoors and enjoy going camping.

I'm looking forward to providing high quality speech-language services in order to enhance the lives of my patients and their families.

Brooke will provide Speech-Language Therapy services to our patients in the hospital and also out patients through our therapy department.

## Heart Disease: It Can Happen at Any Age

Article provided by Centers for Disease Control & Prevention

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol and smoking).

### You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

**High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions.

**High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

**Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

### Other conditions and behaviors that affect your risk for heart disease include:

**Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—have obesity.

**Diabetes.** Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that

help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.

**Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

**Unhealthy eating patterns.** Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults is getting enough fruits and vegetables each day. Diet high in trans-fat, saturated fat and added sugar increases the risk factor for heart disease.

### Protect yourself and schedule your annual health exam today!

Many people might not think an annual checkup is really necessary, especially when you believe that you're 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. Potentially 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 toward living a longer, healthier life.

The value of having regular visits with your doctor goes beyond just the medical checkup — your physician's knowledge and connections can be just as helpful. They have additional resources of professionals that specialize in everything for your mental, physical and emotional health.

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