

## Employee of the Month

Congratulations to Carolyn Ganaway for being selected as our Employee of the Month for March. Carolyn works in housekeeping and does an outstanding job at making sure our hospital is kept clean and looking its best. Especially now that there are additional cleaning procedures and expectations to protect our patient, staff and our community. She takes pride in her work and it shows.



Not only does she go the extra mile with her job, she is very pleasant to everyone that she meets. Her positive attitude is greatly appreciated. Thank you, Carolyn for being such a great team member.

## Welcome to the Team!

Erin has been hired to work night shift in our nursing department. She is excited to provide compassionate care to the patients at NVCH and continue to enhance her knowledge and experience.



Erin Koch, RN

Kelsey has been hired to work as needed in our nursing department. She is ready to expand her knowledge and utilize her compassionate personality to grow in the medical field.



Kelsey Claeys, RN



## Hospital Week 2020

National Hospital Week is May 10th—16th. During this time we highlight the adage of every hospital, health system and person involved in keeping our communities healthy – that health comes first. Nemaha Valley Community Hospital and Seneca Family Practice are invested in the care of our patients and the communities we serve.

We are very proud of our incredible team! Throughout this challenging time the staff at NVCH and SFP have gone above and beyond and are working countless hours to protect our community.

## Message from the Administrator

MAY 2020

Change is hard. This is especially true when there is a degree of risk or fear. COVID-19 has forced us to operate differently than we have historically and I'm sure you are just as frustrated by it as we are. NVCH staff have gone to great lengths to make sure our patients, their families and our staff are protected. We cannot guarantee no one will be exposed to COVID-19 but we can do our best to reduce the risks.

All visitors to the hospital continue to be screened before entering the building. All staff are screened daily before they enter the building as well. Patient care staff wear appropriate personal protective equipment. All other staff have cloth masks they can wear.

Seneca Family Practice providers are seeing patients in the office as well as through telehealth visits. We have separated those patients who are ill from those who are not but may be here for other reasons such as a well-baby check-up.

Seneca Family Practice is using the interactive medicine type or live telemedicine option. This type of

telehealth or telemedicine is for non-emergency medical issues (allergies, asthma, bronchitis, cold & flu, infections, fever, earaches, nausea, pink eye, sore throat). We are excited to have this opportunity. In exchange for a higher rate of reimbursement the Centers for Medicare and Medicaid previously designated Seneca Family Practice as a rural health clinic. As such telemedicine was not an option for patient care for us. COVID-19 has temporarily changed that.

COVID-19 and the next infectious disease crisis will force us to continually re-evaluate our processes and procedures. We are ever vigilant. We will accept the positive changes, such as the use of telemedicine, and do all we can to protect our patients, their families and our staff. This may cause some hardships but, in the end, we will know we did the right thing.

If you have questions about the hospital's response to COVID-19, please let me know.

-Kiley Floyd, CEO

## Mark Your Calendar!

The 24th Annual Nemaha Valley Health Care Foundation Charity Golf Classic will be held on Friday, June 19 at Spring Creek Golf Course in Seneca.

The tournament will be an 18-hole, three person shotgun scramble. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

The tournament raises funds for the Nemaha Valley Health Care Foundation. The Foundation contributes to enhancing technology, supporting the Hospital's core medical programs, and most importantly, improving patient centered services.

Please contact Courtney Schmelzle at 785-336-0426 or visit us at [www.nemvch.com](http://www.nemvch.com) for additional information about the Charity Golf Classic including registration and sponsorship opportunities.

**Nemaha Valley Health Care Foundation  
Charity Golf Classic**

**Friday, June 19th**

**GOLF BALL DROP**

**\$5 Per Ball**

**600 Golf Balls will be sold**

Golf balls will be dropped from an extended bucket truck and the ball landing closest to the Pin wins 50% of the total golf ball sales.

Call 785-336-0426 or contact any of the Golf Committee Members to purchase your golf balls today!

**GOLF COMMITTEE MEMBERS**  
Travis Stallbaumer, TJ Haverkamp, Kris Enneking, Sandy Koelzer,  
Lee Copeland, Lois Crosier, Jeff Kidd, Eric Osterhaus and Courtney Schmelzle



## May is American Stroke Month Strokes are Preventable

Article courtesy of the American Stroke Association

Strokes are preventable, treatable and beatable. Up to 80 percent of strokes can be prevented by not smoking, making healthy food choices, getting enough physical activity, maintaining a healthy weight and treating conditions such as high blood sugar, cholesterol and blood pressure.

**High blood pressure** is the single most important risk factor for stroke because it's the leading cause of stroke. Normal blood pressure is below 120/80. If you've been told you have high blood pressure, work with your doctor to reduce it.

**Irregular heartbeat**—known as atrial fibrillation or AFib—causes your heart's upper chambers to quiver, rather than beating in an organized, rhythmic way, and this increases your risk of stroke by five times. The fluttering in your heart may cause blood to pool and clot, and those clots can travel to your brain. Managing AFib is key to reducing your stroke risk.

**Having diabetes** more than doubles your risk of having a stroke. Every two minutes, an adult with diabetes in the U.S. is hospitalized for stroke. Work with your doctor to manage your diabetes and reduce your risk.

**High cholesterol** increases the risk of blocked arteries. If an artery leading to the brain becomes blocked or throws a clot, a stroke can occur. If you have high blood cholesterol, work with your doctor to get it under control.

**Smoking** damages blood vessels, leading to blockages and stroke. Don't smoke and avoid second-hand smoke.



## NEMAHA VALLEY Community Hospital & Seneca Family Practice



Seneca Family Practice  
is now offering

### Telehealth Doctor Visits

Call Today!  
**785-336-6107**  
To schedule your  
telehealth appointment.

### Telehealth Visits

Telehealth visits provide live access to an SFP medical professional via a camera-enabled tablet, smart phone or computer. Visits will be scheduled by your doctor. The provider will set a time to connect with you and "call" you at the time of your appointment. The process is simple and Medicare, Medicaid and most major insurers have announced they will cover telehealth visits the same way they would cover in office visits.

Please contact our scheduling department at 785-336-6107 with additional questions regarding telehealth visits at SFP.

## Improving Mental Health in Nemaha County - A Top Priority

Behavioral health needs are growing in our small rural communities. In fact, this need was reflected in the 2018 county-wide Community Health Needs Assessment. Response to mental health illnesses and preventional tactics for behavioral health has been a priority for Nemaha County for many years.

Nemaha Valley Community Hospital has approached behavioral health needs in multiple ways. Front line staff members have attended Mental Health First Aide Certification Classes including a class specifically focused on youth. They have access to crisis intervention via telepsych services in the emergency room. They are also working with 16 area peer organizations on a Health Resources and Services Administration (HRSA) grant to provide more inpatient and outpatient resources to the region.

"The gap in the plan is in our rural health clinic. There is a growing need to be able to address behavioral health issues in the primary care setting first," said Kiley Floyd, NVCH CEO. "Treatment should start with patients with new chronic disease diagnosis or patients in a mental health crisis at the time of their primary care appointment. We cannot wait until these issues become emergent."

NVCH is pleased to share that Dr. Angie Stueve is currently enrolled in the UC Irvine/UC Davis Train New Trainers Primary Care Psychiatry Fellowship. The fellowship is a year-long clinical education program for primary care-oriented trainees and providers who wish to receive advanced training in primary care psychiatry. Primary care psychiatry is targeted at the most frequently encountered mental health-related disorders and treatments. Primary care providers are trained to:

- Recognize symptoms of common mild to moderate psychiatric conditions
- Complete a quick and targeted assessment
- Provide evidence-based treatment using cognitive therapy techniques, motivational interviewing and appropriate medications

UC Davis launched the fellowship in 2016, enrolling 35 fellows from around California. In 2018 the program was moved to UC Irvine, and since then

has grown to the current 2020 cohort of 235 fellows from all over the United States.

"As a family practitioner with more than eleven years of clinical experience, it was becoming increasingly evident in day-to-day practice that a large number of our patients need mental health support. Knowing the limitations of a rural practice in accessing psychiatric care and therapy services I was excited to discover an opportunity for further education through the University of California-Irvine. Through live conferences, twice monthly webinars and monthly one-on-one discussions with clinical psychiatrists I am receiving advanced training in psychiatry. Targeted areas include identification and treatment of common issues such as depression, anxiety and substance misuse. I have found the course to be extremely relevant in light of the current pandemic. I'm eager to use the information I'm learning to help patients that are struggling and may not otherwise have access to mental health services. In addition, I hope to be able to share this knowledge with my colleagues in family medicine." —Dr. Angela Stueve

Dr. Stueve will complete the year-long course at the end of 2020.

