



Kailey Patton has been hired as our Clinically Licensed Mental Health Provider for Seneca Family Practice. She will begin scheduling appointments soon.

She is excited to serve the community and break down the stigma of mental health.



Majda Rizvic has been hired to work in our Housekeeping department.

She is ready to learn new tasks and continually grow in her position.



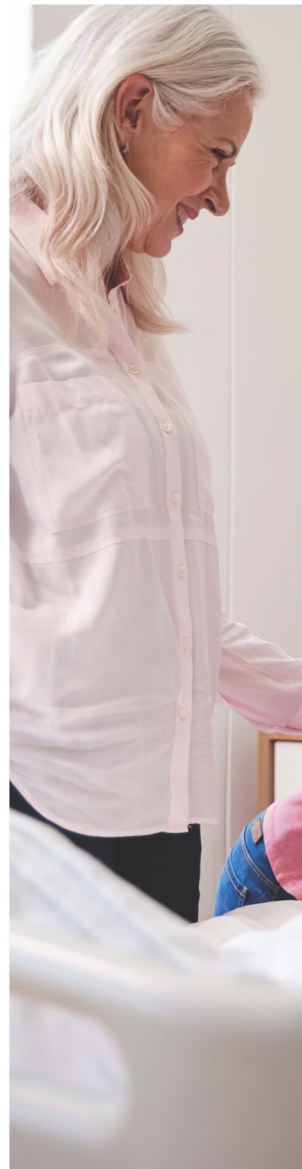
Briana Uphaus, CNA has been hired to work as needed on the nursing floor.

She is eager to be part of the nursing team and care for patients in our community.



Ashlyn Steinlage, CNA has been hired to help as needed on the nursing floor.

She is excited to be part of patient care at NVCH and develop her nursing skills before going to school.



UPDATED VISITING HOURS

in response to COVID-19

Everyday:

12:00 pm – 2:00 pm

3:30 pm – 5:00 pm

Visitor Guidelines

In-patient: Two designated immediate family members, DPOA or caretakers.

Only one visitor at a time.

Hours listed above will be enforced.

End-of-Life: Allowed visitation from immediate family members, DPOA or caretakers. No set visitation hours. Two visitors at a time.

- Weekend visitors must enter through the Emergency Room entrance.
- All visitors must be screened
- Immediate family include spouse, parent, child, stepchild or sibling.



JULY 2020

Message from the Administrator

Nemaha Valley Community Hospital and Seneca Family Practice staff members are acutely aware of just how fortunate we are to serve Nemaha County and the surrounding communities. If COVID-19 did nothing else, it has made us stronger and more appreciative of our friends, family, patients and coworkers. Now, more than ever our experience has reminded us that as a community, we are only as strong as our willingness to take care of each other, work outside of our comfort zones and our ability to adapt. We are so very grateful for the continued support we have received.

COVID-19 has likely forever changed many of the day-to-day routines we had previously grown accustomed to. It made us more aware of risks we had not previously anticipated. We continue to learn and grow through these experiences.

Thank you for your patience as we constantly strive to ensure the absolute best care for our patients while protecting them as well as our staff members from new risks.

-Kiley Floyd, CEO

Celebrating 240 Years of Service

Nemaha Valley Community Hospital was set to host their 4th Annual Employee Recognition Celebration in late March. Unfortunately, COVID-19 impacted the celebration requiring NVCH to cancel the event.

Several awards were set to be presented throughout the evening including five special recognition awards and Years of Service for employees with a milestone anniversary.

Special Recognition Awards

Rookie of the Year—Emily Deters

Compassionate Caregiver—Mary Sparling

Outstanding Leadership—Lynda Cross

Above and Beyond—Ashley Hunninghake

Volunteer of the Year—Joyce Holthaus

Years of Service Awards 240 combined years of service

5 Years:

Michael Andrews, Donna Haug, Chelsey Huerter, Ashley Hunninghake, Lori Lueger, Sarah Wood & Ronnette Worthley

10 Years:

Amy Sudbeck & Stephanie Wurtz

20 Year:

Marsha Grossnickle & Doris Haug

30 Years:

Lori Huerter & Duane Tanking

40 Years:

Dr. James Lueger

45 Years:

Linda Edelman

Handwashing: A Healthy Habit in the Kitchen

Handwashing is one of the most important things you can do to prevent food poisoning when you are preparing food for yourself or loved ones. Washing your hands frequently with soap and water is an easy way to prevent germs from spreading around your kitchen and to other foods.

Handwashing is especially important during key times when germs can spread.

- Before, during, and after preparing any food.
- After handling raw meat, poultry, seafood, and eggs.
- Before eating.
- After touching garbage.
- After wiping counters or cleaning other surfaces with chemicals.
- After touching pets, pet food, or pet treats.
- After coughing, sneezing, or blowing your nose.

Handwashing is one of the best ways to protect



Ancillary Services: It's Your Choice

We make choices every day. We make so many choices that we tend to gloss over them and don't recognize the process of choosing.

There might be a few areas of your life that seem to be predetermined — maybe you *feel like you don't have a choice*. You may not think you have the opportunity to make a decision between multiple alternatives.

In health care there is a common belief that you are limited to the options your specialist suggests for your ancillary services including lab work, imaging, therapy and other diagnostic testing. The truth is, you have the opportunity to make a decision on where you go for those services, depending on your insurance coverage.

Nemaha Valley Community Hospital provides a wide range of ancillary services to best fit the needs of you and your family. Please visit www.nemvch.com to view a list of our current services or contact our main office at 785-336-6181 to determine if we provide the ancillary services that meet your needs.

Employee of the Month

Congratulations to Lynda Cross for being selected as the May Employee of the Month! Lynda is our Director of Nursing for the hospital. She is a true leader within the organization and is highly respected by her staff and fellow coworkers. Within her department, she prepares her nursing staff with the resources needed to continue to learn and advance in their career. She has been described by her staff as teacher.



Lynda has spent countless hours, beyond her daily responsibilities, researching COVID-19 and attending related meetings ensuring our organization is fully prepared to protect the health and wellbeing of our patients, their families, and our staff.

Thank you, Lynda for always going above and beyond for our staff, patients, and our community!

Protect Yourself from Skin Cancer—Practice Sun Safety

Article courtesy of the Center for Disease Control and Prevention.

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.

Summer is full of outdoor activities. You probably put sunscreen on yourself and your kids when you go to the pool or the lake. But do you know you should protect your skin with more than just sunscreen anytime you're outside?

Sun protection is important all year round, and it's best to use several different kinds. When you're working in the yard, watching a ballgame or taking an afternoon walk, make sun safety an everyday habit so you can avoid getting a sunburn and lower your chance of getting skin cancer.

What's In Your Tote Bag?

Here's an easy tip to help make sure you and your family stay sun-safe. Get ready for summer with a tote bag full of different ways to protect your skin. Keep the tote bag handy so you can grab it whenever you head out for summer fun!

Some important things to pack—

- A lightweight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.
- Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.

More Sun Safety Tips

Stay in the shade, especially during late morning through mid-afternoon. Can't stay in the shade? Wear a long-sleeved shirt and pants to protect your skin. Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Fast Facts About Skin Cancer

- Skin cancer is the most common cancer in the United States, and includes different types.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Anyone can get skin cancer, but some things put you at higher risk.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

If you become concerned about a particular area when doing your skin self-exams, ask your primary care physician to refer you to a dermatologist so they can do a full body skin check. Nemaha Valley Community Hospital has Tiffany Engelken, APRN-C with KMC Dermatology that schedules appointments in our Outpatient Clinic three times a month. For additional information regarding our Dermatology specialty clinic please contact our Outpatient Clinic at 785-336-0462.

