

Employee of the Month

Congratulations to Marceil Bergman for being selected as the April Employee of the Month. Marceil has been instrumental in making sure that all staff have been provided with a homemade mask. She has been with this project from the beginning. She created a pattern and provided detailed instructions for our community members to follow on how to sew the masks. She has put in countless hours custom fitting some of the employees' masks. Marceil has shown commitment, beyond her normal duties, to the health and well being of our staff and our community.



Thank you, Marceil, for all of your hard work and dedication to our hospital!

June is Men's Health Month



Want to see these stats change?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make 1/2 as many physician visits for prevention as women

Schedule a checkup today!

Welcome to the Team!



Larissa Hoffman, RN

Larissa has been hired to work the mid-day shift in our nursing department.

She is eager to maximize her nursing talents and be able to interact with patients of all ages.

Message from the Administrator

JUNE 2020

How involved are you in your health care decisions? Today there are more resources available to you than ever before. COVID-19 has also presented the opportunity for more misinformation than ever before.

Right now, we cannot seem to escape topics related to COVID-19. Information on stay-at-home orders and personal protection, social distancing, potential vaccines, potential medications, impact to the economy, and what our new normal will look like are in every media source available. There is a point where it is just too much information! It is hard to distinguish between fraud and fact. The best advice is to follow the guidance of your personal physician or health care provider. They are the only ones that really know what is in your best interest based on the health history you have established with them.

Nemaha Valley Community Hospital and Seneca Family Practice are returning to our new normal under the direction of our medical staff. Our medical staff members and leadership team meet on a regular basis to discuss the status of COVID-19 cases in our area and best practices to protect our patients and staff. This includes our visitation policies.

While our communities are re-opening and we are seeing more activity, Nemaha Valley Community Hospital is not changing our current visitor restrictions. This is painful for all of us. We do not like having to keep friends and family from our patients but at this time we believe it is still in the best inter-

est of our patients and our staff. Right now, we are not allowing any visitors for our inpatients unless that patient is in end-of-life care. Those patients are allowed two designated visitors. Obstetric patients are allowed one designated visitor. Emergency Room patients are allowed one designated visitor. This is subject to change and is evaluated weekly.

Designated visitors mean it is the same person each time. The last thing we want to happen is for a visitor, who does not realize they have been exposed, to expose our patients and staff to COVID-19. We cannot eliminate all risks, but we can do our best to reduce the risk. Please continue to be patient with us.

If you have questions or concerns please call our COVID-19 hotline at 785-336-0399 or the Kansas Department of Health and Environment hotline at 866-534-3463

Nemaha Valley Community Hospital and Seneca Family Practice staff are scheduling wellness exams and are doing our best to return to some sense of normal. I am very proud of our team and their ability to protect our patients and staff. If it is time for your annual check up or wellness exam or if you have put off talking to your doctor about a concern, there is no need for delay. Call your health care provider today and schedule your visits. As always, we are here for you when you need us.

-Kiley Floyd, CEO

Pay Your Bill Online

For your convenience, you can now pay your hospital & clinic bill online through our secure payment web portal.



Visit **nemvch.com** and select the **Pay Online link** in the top right corner of the home page.

Questions About Your Bill?

At Nemaha Valley Community Hospital, we are committed to providing personalized, compassionate care to our patients while keeping our community safe. The health and wellbeing of our patients is our top priority.

If you have questions about your bill, payments options or applying/receiving financial assistance we recommend you call our billing office at 785-336-6181 instead of coming to the hospital.

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

One Step Closer to a “NEW” Normal

Now that we are beginning to move toward our “NEW” normal it is more important than ever to continue to maintain proper social distancing, hand hygiene and the recognition of COVID-19 symptoms.

The CDC recognizes COVID-19 symptoms as fever, cough, shortness of breath, chills, muscle pain, headache, sore throat or new loss of taste or smell.

These actions are our best defense against the spread of the virus in our community. Please be smart and safe, not only to protect yourself but your family, friends and our entire community.

Anyone with symptoms or suspected exposure to COVID-19, should call our hotline number at 785-336-0399.

We are committed to providing a safe environment for you and your family. Thank you for your patience during this unusual time. We hope you stay well but if you need us, we’re here for you!

We've missed caring for you!

Our healthcare heroes are excited to have you back and they're stronger than ever!

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Summer Is Here!

Though we typically think about swimming, cookouts, baseball and fireworks, we should also be aware of the dangers of being out in the summer heat.

Anyone that is exposed to the heat is at risk, whether you are outside working or playing, or simply don't have air conditioning in your home.

Prevention is key.

Hydrate, hydrate, hydrate! Drink plenty of water prior to going outside. While outside take frequent water breaks and cool off.

Try to avoid being overly active during the hottest times of the day. Watch closely for symptoms and stop activity immediately if any develop.

What do you look for?

Dizziness, lightheadedness, cramping, confusion, heavy sweating, fatigue or weakness, vomiting, headache, coordination problems and loss of consciousness.

What do you do?

If you experience any of these symptoms or see someone experiencing them, act immediately!

The goal is to get them cooled down as fast as possible. Move inside to cooler temperatures. Remove any unnecessary clothing. If the person can drink fluids, give them cold water or a sports drink. Consider a cold shower to cool them more rapidly.

And when in doubt, call 911 or bring them to the hospital!

Thank you!

for your COVID-19 Random Acts of Kindness

Our hearts are overflowing with gratitude. We cannot express how proud we are to serve such an amazing and generous community. You all are simply the BEST!



Monetary Donations:

Jim and Tricia Koch, Kansas Health Foundation, Anonymous, Harry & Gerri Stewart, Kansas Hospital Association, Baileyville Benefit & Curtis Knapp Family

Donation of Supplies:

Koch and Company, Nemaha Central Schools, Darin Hueske Family, Seneca & Baileyville Knights of Columbus, Marilyn Kellenberger, Champion System, Flint Hills Community Clinic, Tonia Wetzel, Nichole Hermes, Jim & Kiley Floyd, Axtell American Legion, Seneca Variety & all community members who assisted with the donation of masks and gowns

Misc Donations:

Seneca Florist, Thermal Comfort Air, Honeyman Ford, Dennis Schmitz, Emma Elder, Community National Bank Naomi Koch, Sweet Pea's Bakery, Schmitz Liquor and Deli, Karen Droge, Ryan Honeyman Family, Jolene Bloom & Jordan Haverkamp