

We  our staff

Congratulations Caitlin Burns!



The Nemaha Valley Community Hospital (NVCH) Radiology Department is excited to introduce the newest member of our

team, Caitlin Burns. Caitlin is currently a resident of Holton. She studied at Washburn University and completed her clinical rotation at NVCH.

Caitlin graduated May of 2020 and passed her certification boards. She plans to attend Washburn this fall to complete the general ultrasound program in the Spring of 2021. We would like to officially welcome Caitlin to the NVCH family and our community.

The NVCH Radiology department also offers a number of other services to the community including x-ray, digital mammography, bone density, 32/64 slice computed tomography, and general, vascular and cardiac sonography in-house. MRI and nuclear medicine are offered as an outside service.

We are proud of the hard work, dedication and passion our employees have for their patients and our community.

Employee of the Month



Congratulations to Tammy Schmitz for being selected as our June Employee of the Month. Tammy is our Quality Services & Infection Prevention Director and has been heavily involved with the NVCH COVID-19 resource team. She has spent many late

nights & weekends dedicated to researching and preparing our community for COVID-19. Tammy has devoted many hours creating policies and procedure for staff to follow during the pandemic and to help us be prepared for the future.

Tammy continues to work with staff at Nemaha County Community Health Services as they both keep track and monitor potential & confirmed coronavirus cases. She has displayed true teamwork throughout this process. We are very grateful for the dedication Tammy has shown during our time of need.



AUGUST 2020

Message from the Administrator

While we are still in a COVID-19 response position it is critical that we do not lose site of some important issues that also won't seem to go away. Sooner than we think health insurance renewals, promotions of deals that might seem to be too good to be true and tighter insurance markets will be upon us. It's frustrating that even in times of a pandemic, some insurance companies have established predatory practices that take advantage of their consumer's trust.

Here are a few tips: Look at your health insurance company's provider network before you buy a new insurance policy OR RENEW your current policy. Just like formularies, networks change. Look to make sure your primary care physician or specialist is "in-network" for your policy. If you do not do this before you buy, you may be billed at a higher rate because your preferred doctors are not "in-network".

Health care providers contract with insurance companies to be "in-network". When we do this we often agree to take a lower rate of reimbursement. Patients expect to have less out-of-pocket expense because the health care professional has agreed to write off the difference between the charge and the insurance company's payment. The incentive to the health care provider

is to encourage more people with that particular insurance to utilize our services.

It is not practical nor good business practice for a health care provider to contract with every insurance product on the market. Some of these agreements pay so little that we are forced to decline that insurance product. It isn't that we do not want to take care of these patients. But we must be able to pay for the services the patient received. Too many of these low paying contracts will lead to financial problems and all will suffer.

My main message for you is to **please be proactive**. Know the type of coverage you are buying. Know what you can expect to pay for out-of-pocket. Know the difference between estimated out-of-pocket vs co-pays. Talk to the business office at your primary care provider or specialist. Make sure your doctor is "in-network". Hold your insurance company accountable. Do not let them pass you off to the hospital or doctor's office when asking questions about your insurance coverage. You are buying their product. They work for you!

As always if you receive a bill from Nemaha Valley Community Hospital or Seneca Family Practice and have questions, contact our Business Office Staff. They will be glad to answer your questions.

-Kiley Floyd

Get Your Information from a Trusted Source

The rapid escalation of the virus has been associated with confusing and sometimes contradictory communication about its spread and what individuals need to know and do about COVID-19. As information becomes available, it has been challenging to process all details on the status of the outbreak.

While no one source of information is perfect, we ask that you do your part to stop the spread of false information by doing three easy things:

- Find trusted sources of information and only share information from those sources.
- Discourage others from sharing information from unverified sources.
- To find trusted sources, look for information from official public health and safety authorities such as coronavirus.gov. Other trusted sources include but aren't limited to include CDC, KDHE, Nemaha County Community Health Services and Nemaha Valley Community Hospital.

Thank You for Your Service!

Nemaha Valley Community Hospital would like to express its sincere gratitude to Ed Mohney, Dennis Henry and Leroy Strathman for each of their nine years of service on the Hospital Board of Trustees. Board service is the toughest volunteer role. They took on the Board duties with dedication, poise and sincerity.

We all recognize and appreciate the unique roles our hospital board plays in promoting and advocating for quality healthcare. Our board members serve as advisers, decision makers, problem solvers and advocates for NVCH.

Ed, Dennis and Leroy officially retired from the board and were honored by hospital staff and fellow board members during the June board meeting.



Pictured L-R: Ed Mohney, Dennis Henry and Leroy Strathman

Volunteer Service—Scholarship Awarded

In 2019 the Volunteer Services at Nemaha Valley Community Hospital decided to use some of their funds toward educational scholarships to our area high school senior volunteers who have met certain requirements. Criteria set forth are a GPA of 2.50 or higher, 15 or more volunteer hours at NVCH, and are enrolled in a post-secondary school. We are continuing this scholarship and will again be awarding it to one of our awesome volunteers.

"We're proud to announce Jessica Deters as this year's \$250 scholarship recipient" said Mary Sack, Volunteer Services Coordinator. "She has been

Why Vaccinate?

Parenting is an amazing, but often challenging journey. With every milestone, you face new questions. How can you keep your child safe? How can you help them grow? The right choices aren't always clear.

Like many parenting topics, vaccinations can feel overwhelming at first. The good news is there are clear recommendations, backed by extensive research to validate the necessity of vaccinating children, adults and the elderly.

- Vaccinations are a highly effective, easy way to keep your family healthy.
- On-time vaccinations throughout childhood are essential because it helps provide immunity *before* children are exposed to potentially life-threatening diseases.
- Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Seneca Family Practice's Immunization Clinic is available to patients of all ages. Contact Alex or Julia at 785-336-0350 to see if you and your family are current with your recommended vaccinations.

Article reference CDC – Center for Disease Control and Prevention

very helpful with covering the front desk after hours and involved in several other projects at the hospital."

Along with volunteering at the hospital, Jessie has given much time to other organizations throughout this area and beyond, giving back to the community has been a huge part of her life.

Congratulations Jessie!



Jessica Deters
Award Recipient

What Are Advanced Directives?

Advance Directives are legal documents that can be done to help guide your medical care.

There are several different documents that make up the advance directive. These documents help your family and physician know what you would or would not want done when you are unable to guide your own care. Keep in mind that if you complete these documents you must give a copy to your primary care physician and local hospital to ensure that your wishes are carried out.

One of the documents that can be done is called a Durable Power of Attorney for Health Care (DPOA - HC). This document gives you the power to name a healthcare "agent" to make healthcare decisions for you only when you cannot make decisions for yourself. You can name anyone that is of legal age who is willing to make decisions for you. It is important that you discuss with your DPOA-HC how you feel about quality-of-life

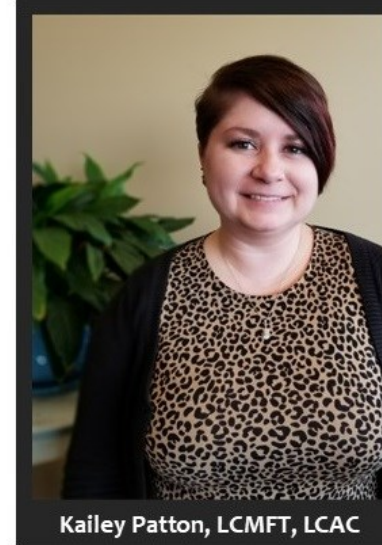


choices, hospitalization, hospice or life sustaining treatments. Your agent must follow your wishes and your caregivers must respect the choices your healthcare agent makes for you.

The other document that makes up the Advance Directive is a Living Will. The Kansas Natural Death Act recognizes a qualified patient's right to authorize the withholding or withdrawal of life-sustaining procedures in instances of a terminal condition and to permit the natural process of dying. By signing a Living Will you are agreeing that you would not want measures to prolong your life if you have a terminal condition. The document can be as detailed as you want it to be, in that you can list certain procedures that you would or would not want done if you were terminal.

NVCH provides free assistance in completing these documents!

If you would like more information on advanced directives or to get help completing them contact Krista Stallbaumer, LBSW at 785-336-0421.



Kailey Patton, LCMFT, LCAC

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Mental Health Therapy:
Individual, Couples and Family

Seneca Family Practice would like to welcome Kailey Patton, LCMFT, LCAC. Kailey is providing mental health therapy services to patients of Seneca Family Practice.

For appointments please contact your Seneca Family Practice physician at 785-336-6107. Referral is required.