

## Employee of the Month



Congratulations to Dana Deters, RN for being selected as the Employee of the Month for August. Dana is the OB Supervisor. The birth of a baby is one of life's most precious moments and Dana is dedicated to providing expecting mothers with the resources needed and to provide a family focused experience for the growing family.

During delivery Dana's top priority is the mother and her baby. This summer was very busy with deliveries and whether it was 3pm or 3am Dana was here to help support those deliveries.

Dana has worked diligently to develop a superior OB program that prepares the expecting mother and family for the birthing experience, breast-feeding, and life with a newborn. We are so fortunate to have Dana as part of our NVCH team!

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*"It is not how much you do, but how much love you put in the doing." — Mother Teresa*

## Welcome to the Team!



**Ella Sudbeck**

Ella has been hired as a CNA that will work when needed to assist with our floor nursing.

She is excited to be part of the NVCH nursing team and experience the nursing field.



**Gayla Schober**

Gayla has been hired in our Business Office.

She is looking forward to the change and challenges that this job entails.



OCTOBER 2020

## Message from the Administrator

Dear Friends,  
In an effort to improve our processes we are changing the way we are asking patients to share their experience with our staff in the hospital and clinics. Getting feedback from our patients is not only a good practice but it is also required by regulations. Each time you have lab work, an x-ray, visit your doctor or receive any other service from the hospital and its staff it is a unique experience for you as well as our team. Without your input we cannot improve our services.

To avoid survey burnout and increase the efficiency of the process we have changed the way we are asking for your feedback. If you have an email and have been willing to share it with us, you will now receive a survey via email. You can respond on-line and your responses will go directly to our quality assurance team. If you do not have an email or have opted to not share it with us, you may receive a survey or request for feedback in the mail. We are doing our best to not flood you with surveys so do not be alarmed if you do not receive a survey after each visit.

If you are admitted to the hospital you will receive a different form of a survey via mail. Regulations require us to hire a service to manage that survey process. This process is so important that some of our reimbursement from several insurance companies are tied to the results of our surveys. We do not get to choose the questions that are asked. These were established by the Centers for Medicare and Medicaid. Our survey scores are compared to those of our peers around the country.

Your responses to the questions on both forms of the surveys are important. But so are the comments and suggestions you give us. We pay attention. All of the surveys are blind so unless you give us your name on the survey we have no idea who has responded.

As always, we appreciate your input and are happy to respond to your concerns. Please continue to fill out those surveys!

Kiley Floyd, CEO

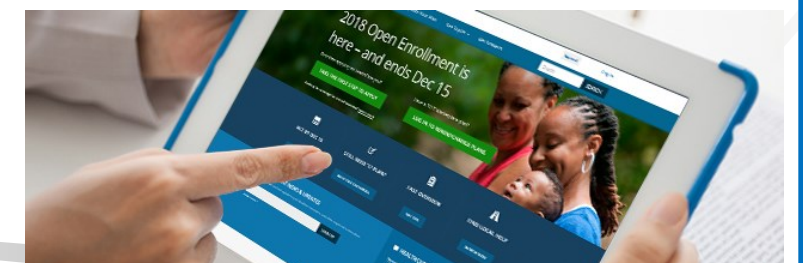
## NVCH Provides Marketplace Assistance

Nemaha Valley Community Hospital has two Certified Application Counselors (CAC) this year - Mary Sack and Courtney Schmelzle.

Our CAC's are trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

Open enrollment is November 1, 2020 through December 15, 2020. Appointments are being scheduled now through the open enrollment period.

Please contact Nemaha Valley Community Hospital at 785-336-6181 to schedule your appointment today.





# BINGO for Breast Cancer

## JOIN US FOR VIRTUAL BINGO!

Bingo numbers will be announced daily through the month of October on Nemaha Valley Community Hospital & Seneca Family Practice's Facebook page.

- one game per week will be played
- limited to 30 people/one bingo card per person
- first person to comment bingo on our Facebook post wins a prize
- bingo card can be email or picked up in person

To get your bingo card call our Radiology department at 785-336-0455



Nemaha Valley Health Care Foundation is selling

## FRESH CROP PECANS

**\$11 Per Bag**

Pecans will be delivered in early November! Supplies will be limited so reserve your pecans today!

Questions, contact Courtney Schmelzle at 785-336-0426 or Lois Crosier at 785-336-2264.

## October is Breast Cancer Awareness Month

October isn't solely pumpkin spice latte season – it's also the time to put in the extra effort for raising breast cancer awareness.

Except for skin cancers, breast cancer is the most common cancer in women in the U.S., but it can be successfully treated. Screening tests can find cancer early, when chances for survival are highest. Regular screening tests (along with follow-up tests if diagnosed) reduce your chance of dying from breast cancer.

### 1. Know your risk

- Talk to both sides of your family to learn about your family health history
- Talk to a doctor about your risk of breast cancer

### 2. Get screened

- Have a mammogram every year starting at age 40. A mammogram is the best screening tool used today to detect breast cancer. *To schedule your mammogram call our Radiology department at 785-336-0455. We do not require a referral for this service!*

### 3. Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

### 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

Article courtesy of Susan G. Komen®

## NVCH Purchases RD™ UVC Systems

With chemical disinfectants in short supply, many healthcare facilities are turning to ultraviolet light. UV light disinfection is an additional tool to protect our patients, our staff and our community in the ongoing race to find ways to fight COVID-19. NVCH is excited to announce the purchase of two RD™ UVC Robot Systems.

"This system administers a specific dose of ultraviolet light needed to eliminate harmful pathogens in our operating rooms, emergency room, patient rooms and other areas of our hospital" said Lynda Cross, NVCH Director of Nursing. "When paired with our manual cleaning and disinfection protocols, the technology significantly reduces the presence of patient exposure to hospital acquired infections (HAIs).

Studies have confirmed that UVC light is an effective addition to manual cleaning efforts and can kill harmful pathogens quickly and efficiently. Exposure to UVC light for a specific length of time and intensity kills dangerous microorganisms. The American Journal of Infection Control notes that combining UVC technology with manual cleaning is one of the most effective ways to significantly decrease the pool of harmful pathogens that cause HAIs.

UVC dosing works to reach all areas within a treated room, including those in shadowed or

hard-to-reach places. By penetrating areas that manual cleaning and other technology cannot, the RD UVC

system ensures disinfection is as complete as possible. Wireless, remote sensors help provide confirmation that the precise amount of UVC light needed to eradicate bacteria, viruses and spores is administered for optimal effectiveness. "We are able to track our treatment data on a secure portal. The equipment uses remote sensors that report comprehensive and measurable data. It also reports which rooms have been treated, by whom and how often, to assure proper treatment," said Cross.

UV light devices *should not* be a substitute for hand washing, wearing a mask or social distancing. It's important for our community to remain committed to helping decrease the spread of COVID-19. Please try to maintain proper social distancing, continue with proper hand hygiene and wear your mask. These actions are our best defense against the spread of the virus in our community.



Hospital staff pictured with one of the RD™ UVC Robots. These individuals have been trained on the proper operation of the system.

## Why Vaccinate

Vaccines are not just for kids! Vaccines protect both adults and children from serious diseases throughout their lives!

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.

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice



**Get your FLU SHOT**

Drive Thru Clinic Hours:  
Wednesday - 8:00 a.m. - 6:00 p.m. (Hospital Parking Lot)  
Saturday - 9:00 a.m. - noon (By Appointment ONLY)

\* A vaccine consent form must be filled out prior to receiving your vaccine. You can find the form on our website at [www.nemvch.com](http://www.nemvch.com).

**Drive Thru Flu Clinic**  
**Wednesdays in**  
**October in the**  
**hospital parking lot**

**Saturdays in**  
**October**  
*(beginning Oct. 10)*  
**at Seneca Family**  
**Practice**  
By Appointment Only

To schedule an appointment call our Immunization Clinic at 785-336-0350 or SFP at 785-336-6107.