


We  our staff

Employee of the Month—October & November



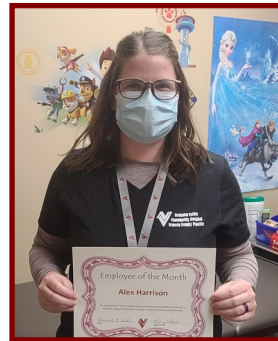
Congratulations to Nichole Koch who has been selected as our October Employee of the Month!

Nichole is an RN at Seneca Family Practice and is the lead nurse responsible for caring for

patients with COVID-19 like symptoms in the clinic. She not only handles the COVID-19 calls, messages, appointments and test results, she is a true advocate for protecting the health and safety of our patients and their families.

She is always willing to convey her knowledge of COVID-19 and the importance of protecting oneself by wearing a face covering, social distancing and washing/sanitizing hands.

Nichole is truly one of a kind that encompasses not only care and compassion but is willing to be a leader and advocate for the health of our community.



Congratulations to Alex Harrison for being selected as the November Employee of the Month! Alex is our Immunization Nurse in Seneca Family Practice.

Alex played an integral role in the overwhelming success of our drive-thru flu shot clinic this year. She goes above and beyond daily for our patients. Alex offers the option of giving immunizations in the patient's vehicle if they are not comfortable with coming into the clinic.

If Alex doesn't know the answer to a question she will always go out of her way to find the answer. She is a great co-worker and is outstanding with our patients! We are very lucky to have Alex on our NVCH team!



JANUARY 2021

Message from the Administrator

Happy New Year! As we look back on 2020 we know it wasn't the year we expected but we have learned some valuable lessons that will serve us well in the future. We have felt the unwavering support from the communities we serve. Our pledge to our patients, their families and each other is stronger than ever.

While we continue to deal with the current pandemic and its aftermath we will also continue to care for our patient's day to day illnesses and support their wellness needs. We will continue to lead development and implementation of health care policy

through our engagement with strategic partners. We will continue to do all we can to keep you updated on changes in these policies to ensure you are an informed health care consumer.

As we move into 2021 we want you to know that Nemaha Valley Community Hospital and Seneca Family Practice are steadfast in our commitment to your health.

Best wishes for health and happiness in 2021.

Kiley Floyd, CEO



Our Commitment to You and Your Family



WE'RE COMMITTED TO KEEPING YOU SAFE

At Nemaha Valley Community Hospital we are passionate about providing excellent care in the safest possible environment for you and your family. We are proud to be a trusted part of your family and look forward to providing personalized, compassionate care for many years to come.



1600 Community Drive - Seneca, KS 66538 : 785-336-6181 : www.nemvch.com

Don't Forget About the Required Minimum Distribution from Your IRA

A required minimum distribution (RMD) is the annual amount that must be withdrawn from a traditional IRA or a qualified retirement plan (such as a 401(k), 403(b), and self-employed plans) after the account owner reaches the age of 70½. The last date allowed for the first withdrawal is April 1 following the year in which the owner reaches age 70½.

RMDs are designed to ensure that owners of tax-deferred retirement accounts do not defer taxes on their retirement accounts indefinitely. You are allowed to begin taking penalty-free distributions from tax-deferred retirement accounts after age 59½, but you must begin taking them after reaching age 70½.

One option is to give your IRA RMD as a tax free donation to an organization or charity. People who are 70½ and older can now give up to \$100,000 from their IRAs to charity each year. The amount counts for your RMD but isn't included in your adjusted gross income. To exclude the money from your adjusted gross income, it must be transferred directly from the IRA to the charity.

If you're interested in giving a tax-free donation, from your IRA, to Nemaha Valley Community Hospital or the Nemaha Valley Health Care Foundation please contact Courtney Schmelzle at 785-336-0426. For additional information regarding your RMD on your IRA please talk with your tax advisor.

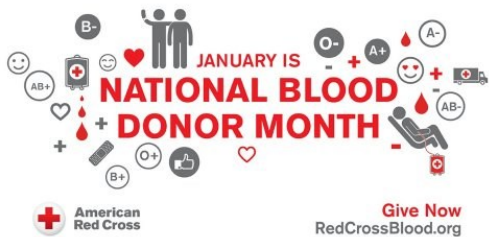
Welcome Dr. Aaron Brown

Nemaha Valley Community Hospital is excited to welcome Aaron Brown, MD who, along with Susan Young, DO, is providing general surgical services to our patients.



Holton Community Hospital, Nemaha Valley Community Hospital and Sabetha Community Hospital are continuing their unique collaboration of bringing general surgeons to our communities. Through an agreement with Rural Partners in Medicine, full-time general surgical services will continue to be available to these three communities. "We are grateful for the opportunity to partner with our area peers and continue to provide the highest quality care available without having patients leave their local communities," said Kiley Floyd, CEO for NVCH.

Dr. Brown has been providing services to our community since October and several patients have commented on how kind, caring and thorough he is during his procedures. "We welcome Dr. Brown and Dr. Young in to our organization and look forward to utilizing their expertise to expand our services in the future," said Floyd.



January is National Blood Donor Month. This has been observed since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of the year to collect enough blood products to meet patient needs.

Every day blood transfusions take place that saves lives of many people all over the world. About 5 million Americans need a blood transfusion. Approximately 39,000 units of blood are required daily in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims.

Individuals with serious injuries from a major automobile accident can require 50 units (pints) of blood or more. Seriously burned patients can require 20 units or more. The components of one pint of donated blood can help the lives of three people.

Donating blood is good for the health of donors as well as those who need it. Health benefits of donating blood include good health and reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to the liver and pancreas. Donating blood can also help in improving cardiovascular health and reducing obesity.

All blood types are needed to ensure a reliable supply for patients. Blood donation appointments can be made through:

- **American Red Cross Blood Donor App**
- **redcrossblood.org**
- **1-800-RED CROSS**



NEMAHA VALLEY COMMUNITY HOSPITAL

PATIENT PORTAL

Manage your Healthcare Online, Anytime!

Visit nemvch.com/patient-portal-page/ to register or call one of our Business Office representatives at 785-336-6181 today!

**24/7
ACCESS**



View test and lab results



Send and receive secure online messages



Request appointments



Receive email care reminders



Set up proxy accounts for children and dependent adults

Looking for a Specialist?

Nemaha Valley Community Hospital's Outpatient Clinic offers an extended variety of health care options to the Nemaha County area.

Our Outpatient Clinic has many specialty physicians from across the region that provide you, our patients, with exceptional care so you don't have to travel long distances to get the care you deserve. We are committed to providing these specialty clinics so our community can have easier access to specialty services.

To learn more about our Outpatient Clinic and the specialty physicians please contact Stephanie Wurtz at 785-336-6181 or visit our website at www.nemvch.com.