

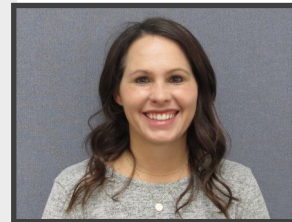
WELCOME

Employee of the Month

Congratulations to Mary Deters for being selected as the December Employee of the Month. Mary has been a part of the Materials Management team in the Housekeeping department for more than 9 years. Staff appreciate how kind, caring and friendly she is around everyone. Mary is excellent at communicating with each department in her area to make sure they have what they need and if they do not, she is happy to provide it for them.



Mary also works very hard to ensure she properly cleans and sanitizes all areas that she is responsible for, including the extra sanitizing protocols required for COVID-19. Thank you, Mary for being a wonderful employee.



Erica Bletscher, APRN

Erica has joined Seneca Family Practice and will soon begin the RestorixHealth Wound Care Clinic.



Tina Moser

Tina has been hired as a Business Office Representative.



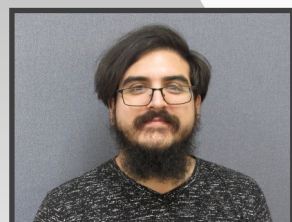
Rogelio Juarez

Rogelio (Roy) is a member of our Housekeeping team.



Ramiro Juarez

Ramiro is also a member of our Housekeeping team.



John Mora

John has joined our Housekeeping team as well.

Message from the Administrator

Routine visits help avoid future problems:

A new year and the perfect time to get those routine health maintenance visits scheduled. I often hear patients are resistant to going to the doctor's office for routine health matters because of the risk of COVID-19. First, if your doctor's office is following the strict infection control standards Nemaha Valley Community Hospital and Seneca Family Practice are following you have nothing to worry about. The doctor's office might be the safest place for you.

Second, you do not want a lingering health issue to be made worse if you do contract the virus. Routine visits to your doctor can help you avoid more serious problems in the future.

Start your year out right and be proactive! Schedule your routine health and dental appointments early in the year. We all need a healthy-happy 2021.

Being proactive is not just good advice for health issues. We also have to maintain our proactive attention to issues that can have a long-term impact on our organization and ability to care for our patients. While COVID-19 continues to create challenges and opportunities, NVCH staff have not lost step on our commitment to evaluate policies and processes that will ensure our patients have access to the highest level of care available. Often policies and procedures are dictated by legislative action and Medicare rules. Having a voice in the rules and regulations that govern our industry continues to be a priority for all organizations that want to lead, not just respond to, the conversations that ultimately dictate how we are able to care for our patients. This includes being active in our State and Federal legislative agendas. A few of the State agenda priorities for this year are as follows:

FEBRUARY 2021

COVID-19 Response: Through the Kansas Hospital Association, the American Hospital Association, and the National Rural Health Association NVCH staff provides input to a variety of legislative initiatives. We provide letters of support and when invited, provide testimony as needed. We participate in the conversations at all levels. Currently both state and national efforts are being made to allow us continued flexibility to serve our patients under COVID restrictions. These include waivers such as the number of beds that can be in service at any one time (as a critical access hospital we are limited to 25 beds), staffing flexibility, and the critical access hospital restrictions for the swingbed and transfer services.

Continuation of these provisions are essential as we still cannot anticipate an end to the pandemic. For our staff, COVID-19 positive patients and those still experiencing the effects of the virus seem to come in waves. We must be prepared to respond at any time. Allowing the COVID-19 response provisions to expire could hamper our response. While we continue to work with our regional peers we need the flexibility this provision gives us.

Telemedicine Access: Often access to telehealth is determined by insurance coverage and internet access. Expanding broadband coverage to all rural areas is critical as is insurers recognition of the significance of this level of care.

Message from Administrator article continued on page 2

We are READY!

Working together to protect Northeast Kansas:

The COVID-19 vaccine will arrive in our communities soon. We are looking forward to providing safe, effective vaccines as soon as they are available to the public to protect our family, friends, neighbors, and our economy.

Take time to learn more about the vaccine, and talk to your healthcare provider if you have questions. We'll share widely when vaccine is available!

"2020 was a difficult year for all of us. Now, with a vaccine available, there is light at the end of the tunnel. I have personally witnessed the devastation that this virus has caused... and it has been heartbreaking. Moving forward, widespread vaccination is critical to preventing more lost lives. However, it only works if the vast majority of our population participates. Please, consider the health of your community and get vaccinated!"

-Dr. Angela Stueve, Nemaha Valley Community Hospital

Dr. Angela Stueve



NEMAHA VALLEY

Community Hospital & Seneca Family Practice

1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 Clinic 785-336-6107
www.nemvch.com

Important Updates

OUR THERAPY DEPARTMENT IS

BIG & LOUD

- Nemaha Valley Community Hospital's Physical, Occupational and Speech Therapy Department is LVST **BIG & LOUD Certified**, a program for those with Parkinson's disease or other neurological impairments.
- LVST is an intensive program designed for improvement with motor movements (BIG) along with speech production and volume (LOUD).
- *For more information call our PT/OT/ST Department at 785-336-0428.*

Ask your primary care provider if
LVST BIG & LOUD is right for you!



Speech-Language Therapy at NVCH



Nemaha Valley Community Hospital is proud to offer Speech-Language Therapy services to area patients. NVCH's Speech-Language Pathologist, Brooke Strathman, MS, CCC-SLP provides services in multiple settings including in-patient, out-patient, and Home Health. Speech-Language Therapy consists of diagnosing and treating speech, language, voice, cognitive, communication or swallowing disorders.

Speech-Language Therapy is focused on restoring or compensating with communication, cognitive, or swallowing changes through direct intervention and patient/family education.

Message from Administrator Continued

Behavioral/Mental Health Services: To keep Kansans healthy, a holistic approach to behavioral and mental health care must be focused on improving access, adapting laws and regulations to allow hospitals to get timely evaluations, and ensuring insurers cover mental illness equally to physical illness. Access to equitable reimbursement and increased access to providers is essential.

These are the issues we know. Without exception issues pop up and we have to be ready to respond. We do our best to be proactive, to be involved and informed. This includes hearing from our patients and their families. We want to hear from you. Please continue to participate in our surveys and send me notes. Your input is very important.

As always, we are passionate about delivering excellent care in the safest possible environment for our patients. We are proud to be your trusted health resource and look forward to providing personalized, compassionate care for many years to come.

-Kiley Floyd, CEO

NVCH Maintenance Receives Energy Award



Duane Tanking, Mike Stallbaumer, Keith Henry

Congratulations to the Nemaha Valley Community Hospital plant operations and maintenance team for receiving the 2020 Energy to Care Award!

The award is presented by American Society of Health Care Engineering (ASHE) and the American Hospital Association (AHA) for reducing energy use intensity throughout the facility.

High Blood Pressure Control is a Journey

Article provided by Centers for Disease Control & Prevention

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension). The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack and stroke.

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. Practice the following healthy living habits:

Eat a Healthy Diet

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables. Focus on eating a variety of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat.

The DASH (Dietary Approaches to Stop Hypertension) eating plan is a healthy diet plan with a proven record of helping people lower their blood pressure.

Keep Yourself at a Healthy Weight

Being overweight or obesity increases your risk for high blood pressure. Talk with your health care team about ways to reach a healthy weight, including choosing healthy foods and getting regular physical activity.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your blood pressure. The Physical Activity Guidelines for Americans recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, 5 days a week. Children and adolescents should get 1 hour of physical activity every day.

Do Not Smoke

Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease.

For more information about tobacco use and quitting, contact our Respiratory Therapy Department about our Freedom From Smoking Program.

Limit How Much Alcohol You Drink

Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 alcoholic drinks per day, and women should have no more than 1 alcoholic drink per day.

Get Enough Sleep

Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke.

Protect yourself and schedule your annual health exam today!

Many people might not think an annual checkup is really necessary, especially when you believe that you're in good health. However, making time to see your primary care physician (no matter your age) at least once per year can keep you healthy and reduce your chance of serious health conditions down the road. Potentially catching the early warning signs of cancer or a chronic disease that you may not be aware of.

Prevention is the key! Scheduling regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings and treatments, you are taking steps toward living a longer, healthier life.

The value of having regular visits with your doctor goes beyond just the medical checkup — your physician's knowledge and connections can be just as helpful. They have additional resources of professionals that specialize in everything for your mental, physical and emotional health.

Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!