



Message from the Administrator

For the last two years I have talked about change in our newsletter. This year is not any different. The changes we have had to implement internally and the stress caused by the pandemic have been significant.

We continue to see changes in the sources of payment (insurances) for our patients and new procedures associated with receiving payment. Technology has forced us to re-evaluate services and the way we provide those services. Regardless of the industry, I think it is safe to say, we are in a world of constant change.

One thing that has not changed for now is the level of precaution, related to COVID-19, we are taking for our staff, patients and visitors. NVCH will continue to screen all visitors entering our building. Our staff continues to be screened daily as they enter the building as well. We will continue to require all those entering our building to wear a mask while in our facility. We may be able to ease these precautions in the future but for now, we are standing firm.

Please understand there is no amount of negotiating with our staff that will change our policies on this. We

must comply with the Center for Medicare & Medicaid to avoid putting the organization as a whole at risk. We look forward to the day we can relax precautions but we are not there yet.

Another thing that has not changed is our concern regarding your insurance coverage. We are seeing more and more patients that have signed with a new Medicare Advantage plan and do not understand that they no longer have traditional Medicare medical coverage. That is not necessarily a bad thing but you still need to understand exactly what type of insurance coverage you have. Please talk to our business office before you sign up for a new health insurance policy. We do not accept every insurance product available. Our medical staff may not be enrolled with your new plan. Make sure you know what type of coverage you have and what to expect to pay for your care. Call 785-336-6181 and ask to speak to someone about insurance coverage.

Without exception our commitment to our patients and their families has not waived. Our approach to this commitment may have to change from time to time but ultimately, we have your best interests in mind.

Kiley Floyd, CEO

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes and obesity. It can also help people recover from these conditions. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting — but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. And whether you go to church, meditate daily or sim-

ply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing on your mind and your body.

Talking with a therapist or counselor can help you deal with thoughts, behaviors, symptoms, stresses, goals, past experiences, and other areas that can promote your recovery. Of course, talking with a therapist about personal is-



sues can be tough, but it can help you come to grips with problems in your life. It can also offer an emotional release and a sense of really being heard, understood and supported.

We are proud to offer Mental Health Therapy services here at home. Kailey Patton, LCMFT, LCAC provides individual, couple and family therapy through Seneca Family Practice (SFP). A referral is recommended.

Please contact your SFP physician at 785-336-6107 for additional information. If you're struggling with your mental health we are here to provide support and help you find the right tools to improve your mental health and increase your resiliency.

The 25th Annual Nemaha Valley Health Care Foundation Charity Golf Classic will be held on Friday, June 18 at Spring Creek Golf Course in Seneca. The tournament is a three-person scramble with shotgun start. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

The tournament raises funds for the Nemaha Valley Health Care Foundation. The Foundation contributes to enhancing technology, supporting the Hospital's core medical programs, and most importantly, improving patient-centered services.

Please contact Courtney Schmelzle at 785-336-0426 or cschmelzle@nemvch.org for additional information about the Charity Golf Classic including registration and sponsorship opportunities.



**Nemaha Valley Health Care Foundation
Charity Golf Classic**

Friday, June 18th

**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 Coneland, Lois Crossler, Jeff Kidd, Eric Osterhaus and Courtney Schmelzel

Simple Life Style Changes to Prevent Stroke

You can do plenty to make your heart and blood vessels healthy, even if you've had a stroke. A healthy lifestyle plays a big part in decreasing your risk for disability and death from stroke and heart attack.

According to the American Stroke Association, below are steps to be healthier and reduce your risk of stroke:

- Don't smoke and avoid second-hand smoke.
- Improve your eating habits. Eat foods low in saturated fat, trans fat, sodium and added sugars.

- Be physically active.
- Take your medicine as directed.
- Get your blood pressure checked regularly and work with your health-care provider to manage it if it's high.
- Reach and maintain a healthy weight.
- Decrease your stress level.
- Seek emotional support when it's needed.
- Have regular medical checkups.

Call Seneca Family Practice at 785-336-6107 and schedule an appointment with your primary care physician today to start working toward a healthier you!



Up to 80% of stroke emergencies can be prevented. **F.A.S.T.** is how we come together to end stroke.



Treating patients with wounds is our specialty.

WE TREAT WOUNDS OF ALL TYPES, INCLUDING:

DIABETIC FOOT ULCERS	VENOUS ULCERS	PRESSURE ULCERS
SURGICAL WOUNDS	TRAUMATIC WOUNDS	ARTERIAL ULCERS
RADIATION WOUNDS	COMPROMISED SKIN GRAFTS AND FLAPS	CRUSH INJURIES

TO LEARN MORE ABOUT THESE SERVICES,
PLEASE CALL:

785-336-0355

We are excited to announce the opening of our Wound Care Clinic, an outpatient facility offering a comprehensive approach for patients with non-healing wounds.

Handwashing at Home, at Play, and Out and About

Germes are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germes can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:

- People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.
- Germes from unwashed hands may get into foods and drinks when people prepare or consume them. Germes can grow in some types of foods or drinks and make people sick.
- Germes from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.

What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

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The Wound Care Clinic at NVCH is an all-encompassing, full-service outpatient facility providing advanced wound care for patients presenting with a variety of non-healing wounds including diabetic foot, pressure, venous and arterial ulcers, surgical and traumatic wounds, compromised tissue flaps/grafts and bony or soft tissue wounds resulting from radiation treatment.

Physicians may refer their patients by calling the center at **785-336-0355**. Associates are available to address referring physicians' requests and assist in coordinating patient appointments. The clinic is located in the Outpatient Clinic department of the hospital and open on Fridays from 8 a.m. to noon.



Employee of the Month

Congratulations to Sarah Kramer, RN for being selected as the March Employee of the Month. Sarah is a wonderful nurse and her care and compassion for our patients are genuine and heartfelt. She often goes above and beyond to care for our patients and staff such as coming in on her day off to give a patient a haircut or assisting other departments with various needs.

She is a proactive nurse and true advocate for patients and works hard to provide comforting care for them during their stay. We are so fortunate to have Sarah as part of the NVCH nursing team and caring for our patients!

Join our healthcare family! NVCH might have the perfect position for you. Please visit the employment section of our website at www.nemvch.com to find out.



Be Safe in the Sun

May is Skin Cancer Awareness Month. As you head outdoors for warmer weather and fresh air, we encourage to be safe in the sun. Skin cancer is the most common cancer in the U.S., and unprotected UV exposure is the most preventable risk factor for skin cancer.

You can reduce your risk by:

- Seeking shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 2 p.m.
- Wearing sun-protective clothing, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible.
- Applying a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Remember to reapply every two hours or after swimming or sweating.
- a. Use sunscreen whenever you are going to be outside, even on cloudy days.
- b. Apply enough sunscreen to cover all skin not covered by

clothing. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body.

- c. Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
- Use extra caution near water, snow, and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Avoid tanning beds. Ultraviolet light from tanning beds can cause skin cancer and premature skin aging.
- Consider using a self-tanning product if you want to look tan, but continue to use sunscreen with it.

In addition, since skin cancer is highly treatable when detected early, we encourage you to perform regular skin self-exams and/or schedule an annual skin exam with your Dermatologist. Tiffany Engelken with KMC Dermatology has an Outpatient Specialty Clinic at NVCH twice a month so talk to your primary care physician today about a referral.

National Hospital Week is May 9th—15th. During this time we highlight the adage of every hospital, health system and person involved in keeping our communities healthy — that health comes first. Nemaha Valley Community Hospital and Seneca Family Practice are invested in the care of our patients and the communities we serve.

We are very proud of our incredible team! Join us in thanking our amazing and dedicated staff who give their all to all of us. They help our families, friends and our neighbors! They are a vital part of our hospital, clinic and our community.

Welcome to the Team



Kaci Vinsonhaler has been hired as a full-time CNA to assist on our nursing floor.

She is excited to provide compassionate care to the patients at NVCH and continue to enhance her knowledge and experience in the nursing field.