

It's
time to
catch
up on
care.



Message from the Administrator

One more time - Please make sure you know what you are getting when you sign up for a new health insurance plan. We are hearing from more patients that have signed up for what they were told was a really great opportunity only to find out that they are paying more for their care than ever before. Patients are showing up for appointments to find the doctor they have seen for years or the hospital where they have gotten their lab tests done is not in their new plan's network and the patient pays more for the care than they have previously. It is really a heartbreaking situation that we, as the care provider, have little ability to help with on the back end.

Please contact your local hospital or clinic's business office before you buy a new plan to make sure you will be able to receive care, as you have in the past, without paying more simply because you changed insurance plans. Insurance is one of many health care decisions we are forced to make these days.

Over the past year we have been inundated with information on stay-at-home orders, personal protection, social distancing, vaccines, medications, impact to the economy, and what our new normal will look like from every reliable and not so reliable media source.

There is a point where it is just too much information! If you have questions, please rely on your personal physician or health care provider. While social media is entertaining sometimes, it is often hard to distinguish fact from fiction. Stick with the people that have your best interest at heart.

As I talk with my peers throughout the state I have heard their frustration about the lack of support from their local health departments and local health officers this past year. Nemaha County is blessed. Nemaha County Community Health Services, Sabetha Community Hospital and Nemaha Valley Community Hospital have worked diligently to make sure we have the resources and services available for our patients. The health care services throughout Nemaha County have been strengthened by our collaboration and commitment to our patients. We will continue to build on this success.

If you have not had a chance to see your primary care provider, now is the time to get that appointment scheduled. It is easy to get out of the habit of maintaining your health. But nothing is more important. If you are well, that is fantastic! We want you to stay that way. Do not wait until you have a major problem to catch up on care. Benjamin Franklin's axiom still holds true. "An ounce of prevention is worth a pound of cure."

Kiley Floyd, CEO



Though we typically think about swimming, cookouts and fireworks, we should also be aware of the dangers of being out in the summer heat. Anyone that is exposed to the heat is at risk, whether you are outside working or playing, or simply don't have air conditioning in your home.

Prevention is key.

Hydrate, hydrate, hydrate! Drink plenty of water prior to going outside. While outside take frequent water breaks and cool off. Try to avoid being active during the hottest times of the day. Watch closely for symptoms and stop activity immediately if any develop.

What do you look for?

Dizziness, lightheadedness, cramping, confusion, heavy sweating, fatigue or weakness, vomiting, headache, coordination problems, and loss of consciousness.

What do you do?

If you experience any of these symptoms or see someone experiencing them, act immediately. The goal is to get them cooled down as fast as possible. Move inside to cooler temperatures.

Remove any unnecessary clothing. If the person can drink fluids, give them cold water or a sports drink. Consider a cold shower to cool them more rapidly. And when in doubt, call 911 or bring them to the hospital!

June marks Men's Health Month, a time to focus on the physical and mental well-being of men. Overall good health relies on screenings and other evaluations with health care providers based on age, diet, and lifestyle choices, including tobacco and alcohol use. But according to the Centers for Disease Control and Prevention's most recent National Health Interview Survey, men are far more likely than women to go two years or longer without seeing a physician or other health care professional.

But regular appointments have proven vital for the prevention, detection, and early treatment of illness and disease. So what are men waiting for? Men may lower their risk by incorporating the following tips:

Make an appointment.

Stop making excuses and make the call to set up an appointment with your doctor. If there's something that you're concerned with or confused about related to your health, your doctor can help. If you don't have a primary care physician or are away from home, set up a virtual visit through telehealth to speak with a medical provider who can answer questions and provide referrals for in-person care, if needed.

Don't smoke.

It's NEVER too late to quite smoking! Smoking can cut your life span by as much as 13 years.

Get active.

Do some kind of exercise or activity, such as yard work or walking the

dog (vigorously), for at least 30 minutes, 3-4 times a week. Your physical health can influence your mental health. Make a positive impact on your body and mind by getting active.

Focus on your mental health.

Working aged men account for the largest number of suicide deaths in the U.S., and they're the least likely to receive any kind of support. Making the decision to start a conversation with a friend or loved one about mental health takes courage and strength. It's likely that someone you know is experiencing feelings of depression or anxiety, and you have the power to make a difference in their lives.

Eat healthy.

Eat a balance of fruit and vegetables, whole grains, lean meats, and low or no-fat dairy products. If you drink alcohol, make sure you do it in moderation, which means no more than two drinks per day.

Get adequate amounts of sleep.

Seven to nine hours of rest per night is ideal. Insufficient sleep is associated with a number of chronic diseases and conditions.

Set an example for the next generation and call Seneca Family Practice at 785-336-6107 to schedule your annual checkup today!



We make thousands of choices every day. Our alarm clock rings in the morning and we already must make our first decision that might influence the whole day. As the day continues, we are flooded with more choices to be made. Making decisions, whether consciously or unconsciously, is one of the most frequent activities in our lives. It's like breathing, you can't stop making choices.

In health care there is a common belief that you are limited to the options your specialist suggests for your ancillary services includ-

ing lab work, imaging, therapy and other diagnostic testing. The truth is, you have the opportunity to make a decision on where you go for those services, depending on your insurance coverage.

Nemaha Valley Community Hospital provides a wide range of ancillary services to best fit the needs of you and your family. Please visit **www.nemvch.com** to view a list of our current services or contact our main office at 785-336-6181 to determine if we provide the ancillary services that meet your needs.



**It's time to
catch up on care.**

**Visit your doctor
to reclaim your
health today.**



We encourage everyone to schedule any missed visits with their health care providers. Catch up on:

- Physical exams
- Annual screenings
- Well child visits and immunizations
- Chronic care check ups
- Delayed surgical procedures, Behavioral and psychological assessments.

Regular visits and annual screenings are the best way to maintain your health. They also allow health care providers to identify and address serious conditions earlier. Now is the time to catch up on what you missed and reclaim your health journey. Call Seneca Family Practice at 785-336-6107 to schedule your health screening today!



**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 Copeland, Lois Crosier, Jeff Kidd, Eric Osterhaus and Courtney Schmelzle

Join us Friday, June 18th for the 25th Annual Nemaha Valley Health Care Foundation Charity Golf Classic. The tournament is being held at Spring Creek Golf Course and is a three-person scramble with a 9am shotgun start.

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.

2020 Years of Service

405 combined years of service

*5 Years—Courtney Schmelzle, Melanie Ronnebaum, Staci Meade Naomi Koch, Michelle Becker, Dr. Heather Myers, Dr. Jarod Snyder, Samantha Olberding, Kara Buessing, Harry Stewart, Ronda Sunnenberg, Dawn Feldkamp

*10 Years—Ashley Holthaus, Diana Holthaus, Mark Wessel

*15 Years—Nichole Koch, Gerri Stewart, Chelsie Ronnebaum, Cheryl Johnson

*20 Years—Beth Niehues, Danielle Dalinghaus

*25 Years—Karen Hynek, Nannette Farwell, Arlene Henry

*30 Years—Mary Sparling, Lynda Cross

*40 Years—Katherine Wiers, Donna Stallbaumer

2020 Employee Recognition

The strength of the Nemaha Valley Community Hospital and Seneca Family Practice healthcare culture runs deep through the organization. It is all of the staff who carry this through their compassion, courage, resilience and commitment to the hospital's mission of *providing personalized, compassionate healthcare while promoting wellness in the communities we serve.*

Nemaha Valley Community Hospital is committed to recognizing and rewarding employees who exhibit outstanding performance, service excellence and a superb demonstration of our core values.

Below are the employees who have been selected to receive the 2020 Employee Recognition Awards.



Above & Beyond
Lynda Cross, RN, BSN



Compassionate Caregiver
Karen Hynek, APRN



Outstanding Leadership
Tammy Schmitz, RN



Rookie of the Year
Erin Koch, RN



Volunteer of the Year
Linda Schmelzle

Welcome to the Team

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.



Katie Reynolds, RN has joined the NVCH Surgery team.



Dana Burdick, RN has been hired as needed on our nursing floor.



Amanda Broxterman is working in the Radiology department as needed.



Tyler Heinen is serving as the Healthcare Administration Intern.