



Message from the Administrator

Happy New Year! As we look back on 2021, we recognize we are better prepared for the unforeseen than we might have been in the past. Our staff has been incredible through these past two years. They stepped up wherever needed.

Although many days have been long, we recognize how blessed we are to have a strong team and support from the communities we serve. This support has helped keep us going when we did not think we had the energy to do so.

While we continue to deal with the current pandemic, we also continue to care for our patients' day-to-day

illnesses and support their wellness needs. We continue to lead development and implementation of health care policy through our engagement with strategic partners.

As we move into 2022, we want you to know that Nema-ha Valley Community Hospital and Seneca Family Practice are steadfast in our commitment to your health.

Thank you for your support through this past year, we look forward to an exciting and healthy 2022.

Kiley Floyd, CEO

2021 Has Come and Gone and What a Year it has Been!

After living through another year in a pandemic, there is a real need to take a compassionate look at self-development and our mental health in 2022.

New Year self-improvement can be a positive thing with benefits for your mental and physical health. This year when thinking of self-improvement, find things that work for you, irrespective of what others are doing. And remember to ask for support if you need it.

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.



NEMAHA VALLEY COMMUNITY HOSPITAL

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Set up proxy accounts for children and dependent adults

Welcome Dr. Hartman

Nemaha Valley Community Hospital is excited to welcome Dr. Zach Hartman, MD who, along with Aaron Brown, MD is providing general surgical services to our patients.



Nemaha Valley Community Hospital, Holton 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.

"We know how important it is to have a health care team that you feel comfortable with and that has the surgical expertise you need. With us, you have an entire team of skilled, attentive professionals to care for you before, during and after your procedure," said Floyd.

What is Sleep Apnea?

Have you ever woken up in the middle of the night gasping for air? Does your partner complain about your loud snoring? Do you feel more tired in the morning than when you went to bed? Then you could be one of the 18 million Americans who suffer from sleep apnea.

The only way to confirm whether you have sleep apnea is to participate in a sleep study. But these are the common signs of sleep apnea:

Loud, consistent snoring.

Sawing logs now and then is normal, but if you snore loud enough to wake your partner on a regular basis this may be a symptom of sleep apnea.

Waking up to breathe.

A key symptom is waking up in the middle of the night gasping for air, trying to breathe.

Daytime sleepiness.

Being excessively tired during the day is another clue that you may have sleep apnea. Those who suffer from the condition may drift off in the middle of conversations or during meals.

Sleeping with your mouth open.

Consistently waking up with a very dry mouth is an indication that you likely sleep with your mouth open.

If you regularly experience these symptoms, ask your physician if a sleep study is right for you.

Nemaha Valley Community Hospital provides in-lab sleep studies for anyone 13 years of age or older. We also provide in-home sleep studies for patients who qualify.

If you would like more information about the sleep studies that are provided at NVCH please contact Dawn Osterhaus, RRT or Danielle Dalinghaus, CRT at 785-336-0589.



1 blood donation
can save up to

3 lives.



January is National Blood Donor Awareness Month. According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu and COVID-19 force potential donors to forgo their blood donations.

- About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the U.S.
- The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it’s always in great demand and very short supply. Only 7% of people in the U.S. have type O.
- A single car accident victim may need up to 100 pints of blood to survive.
- About 6.8 million people donate blood every year in the U.S.
- 38% of our population is eligible to donate, but less than 10% actually do.
- Donating blood is a simple, safe process. All you have to do is register, take a mini medical history test, donate, and then accept free refreshments like water, Gatorade, granola bars, etc.
- A single donation from a single patient can help more than one person. 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

KHA Leadership Institute Graduates Two From NVCH

Courtney Schmelzle, Community Outreach Coordinator and Foundation Director for Nemaha Valley Community Hospital and



Abbie Thomas, associate of NVCH were two of the 26 students who recently graduated in the 19th class of the Kansas Hospital Association Leadership Institute. Schmelzle was nominated by NVCH CEO Kiley Floyd.

The KHA Leadership Institute was established to help hospitals provide professional development opportunities that accentuate the personal skills and abilities needed to facilitate positive change and innovation in Kansas hospitals. Only one person per organization is accepted and they must complete an application and be accepted by KHA into the program. They attend five courses over three months and must complete all courses to graduate.

“Courtney is on track for leadership in our organization,” said Floyd. “The exposure provided in the Leadership Institute is an excellent resource for her career path.”

The curriculum for the KHA Leadership Institute was structured to enhance each student’s leadership abilities and focused on identifying organizational values, creating a positive organizational climate, team building, conflict management and rural health care.

“The connections I have made throughout this program are irreplaceable,” Schmelzle said. “It was an honor to be a part of the KHA Leadership Institute program. This is just one of many ways in which I feel supported in my role at Nemaha Valley Community Hospital.”

Great leaders are not the best at everything. They find people who are best at different things and get them all on the same page.

Eileen Bistrisky

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HEALTH WORKS

KANSAS HOSPITAL ASSOCIATION

HEALTHWORKS proudly offers the 2022 Health Care Scholarships. HEALTHWORKS awards \$25,000 in scholarships annually in the following categories.

- **Nursing:** undergraduate students in nursing (HEALTHWORKS)
- **Advanced Clinical Practice:** graduate-level students in any health care discipline (HEALTHWORKS)
- **Health Care:** undergraduate students in non-nursing health care fields (HEALTHWORKS)
- **Health Care Administration:** students in health care administration (KAHCE)
- **Human Resources:** students in hospital human resource-related fields (KHHRA)

Priority will be given to hospital employees, particularly in regions experiencing shortages in Kansas. Our thanks to the Kansas Association of Health Care Executives and the Kansas Hospital Human Resources Association for partnering with HEALTHWORKS to administer the scholarship programs.

More information is available at www.kha-net.org. If you have any questions or need further information, contact Susan Cunningham at 785-233-7436.

Application deadline is February 28, 2022.

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.