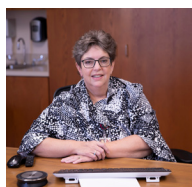




Message from the Administrator



We are growing! I am amazed at our staff's ability to be flexible and meet the needs of our patients but we are feeling the pressure of a significant growth in the number of patients we are serving. Rapid growth is a great problem to have. It forces us to evaluate the way we provide service and we are looking forward to doing more for our patients.

Our building project is one way we are looking to accommodate patient needs. We have outgrown our current space. Right now, we are waiting on the U.S. Department of Agriculture (USDA) to review our proposal and approve financing of the project. We are not alone. There are hundreds of projects throughout the country applying for USDA loan or grant funding. We are doing our best to be patient and respect the process but we are anxious to get started.

While we wait, we continue to tweak the interior. No major changes. We just want to make sure we are maximizing the space we have. We are also ordering equipment that can be used now and moved to the new space. This is primarily in nursing and surgery departments.

We have established a partnership with ChartSpan to increase communication with our Medicare patients who have Part B coverage and two or more chronic conditions. Chronic conditions are typically long-term medical diseases or disorders that often require coordinated care of specialists and your primary care provider. When you have two or more

chronic conditions you may need additional support to stay on top of symptoms, appointments, and treatments.

Jane Sunderland, RN has joined our staff to help with care coordination. If you have one or more specialist it can be hard to keep track of appointments and medications. We have tremendous support systems in our communities to help with transportation, medication management, meals, and home health. Jane is one more resource for these patients to help manage their routine healthcare needs as well as their specialty needs.

Making sure we have members of our medical staff available when you need it means we have had to look at the way we staff our emergency room and clinic. Shortly after the first of the year we hope to be able to staff our emergency room full time and have a Nurse Practitioner or Physician's Assistant available in the clinic to respond to acute care needs. It is getting increasingly difficult for Lori, Erica, and Sheri to cover both the emergency room and clinic so we are adding staff to help.

We are also actively recruiting to fill Dr. Stueve's position. These are big shoes to fill. We have engaged a recruiter for assistance. This will not happen overnight but we are happy with the quality of candidate applications we have received so far.

This is an exiting time at NVCH. Thank you for your continued support.

Kiley Floyd, CEO



October isn't solely pumpkin spice latte season – it's also the time to put in the extra effort for raising breast cancer awareness.

According to the American Cancer Society (ACS), breast cancer is the second most common cancer in American women, but it can be successfully treated. Screening tests can find cancer early, when chances for survival are highest. Regular screening tests (along with follow-up tests if diagnosed) reduce your chance of dying from breast cancer.

Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to a doctor about your risk of breast cancer.

Get screened

- Have a mammogram every year starting at age 40. A mammogram is the best screening tool used today to detect breast cancer. *To scheduled your 3D mammogram call our Radiology department at 785-336-0455. We do not require a referral for this service!*

Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

At NVCH, we are dedicated to delivering excellent care for your breast health so don't wait any longer, call 785-336-0455 to schedule your mammogram today!

NVCH Provides Marketplace Assistance



Nemaha Valley Community Hospital has one Certified Application Counselor (CAC) this year - Courtney Schmelzle. Our CAC is trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

*Open enrollment is **November 1, 2022 through December 15, 2022** for coverage that starts January 1, 2023. Open enrollment ends January 15, 2023.*

Appointments are being scheduled now through the open enrollment period.

Please contact Courtney Schmelzle at 785-336-0426 to schedule your appointment today.

Fight the FLU!

What is the Strongest Defense Against the FLU?

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce the severity of illness.

Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Always remember to take everyday actions such as covering your cough and/or sneezes, washing your hands with soap and warm water frequently and stay home if you are feeling ill or having symptoms.

BINGO
for Lung Cancer

\$5 per card

Thursday, November 10th
7:00pm - 9:00pm
Seneca Knights of Columbus

Prizes
Refreshments
FUN

All proceeds will be donated to the American Lung Association - Lung Force

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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Community Hospital & Seneca Family Practice

Get your FLU SHOT
*Ages 6 months and older

- Flu Consent forms available the day of or visit the NVCH website to print off & fill out ahead of time!
- Please wear a short sleeved shirt if possible.
- Questions? Contact SFP at 785-336-6107

Drive Thru Flu Clinic
Wed. September 28th
Wed. October 5th
Wed. October 12th
Hospital Parking Lot
1600 Community Drive
8:00 am - 6:00 pm
No Appointment Needed

By Appointment Only!
Sat. October 8th
Sat. October 15th
(9:00 am - 12:00 pm)
Call 785-336-6107 to schedule

October is Physical Therapy Month

Whether you are recovering from surgery, experiencing physical decline, or need rehab for a sports injury or a more serious, debilitating condition, Nemaha Valley Community Hospital (NVCH) has the right therapy team for you. At NVCH, we offer physical therapy services on both an inpatient and outpatient basis. Physicians refer patients to us for treatment of musculoskeletal, neuromuscular and cardiopulmonary conditions and injuries.

Our physical therapy team includes two physical therapists (Curt Sudbeck & Diana Holthaus) and three physical therapy assistants (Valerie Scott, Linda Kohake & Pam Buessing). This outstanding team provides therapy to people of all ages with a variety of injuries and disorders.

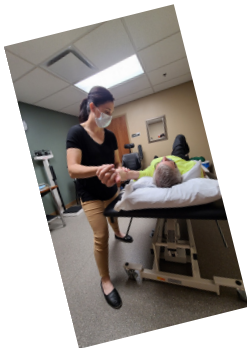
We use a combination of techniques to relieve pain and boost coordination, strength, endurance, flexibility and range of motion. Every experience with us is individualized to each patient's needs. Whether you

need exercise, balance training, electrical stimulation, ultrasound, etc, is determined by your therapy team.

In addition to inpatient and outpatient services we also offer:

- Home Health
- Pre-Employment Testing
- School Based Services
- Athletic Training
- LSVT BIG Therapy
- Lymphedema Therapy

Whether your goal is to relieve pain, restore mobility and strength, improve function, return to sports or work or a combination of all, we work closely with both you and your physician to provide care that not only meets your needs, but redefines your expectation for what therapy can accomplish.



JOIN US FOR
**TRUNK
OR TREAT**

Sunday, October 30th
1pm-2:30pm

Bring the whole family
to the NVCH parking
lot for this fun event
loaded with trunks,
treats and a lot of fun!

NEMAHA VALLEY
Community Hospital & Seneca Family Practice
1600 Community Drive - Seneca, KS



We're HIRING!

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.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice
1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 Clinic 785-336-6107
www.nemvch.com