



Message from the Administrator

It is all coming together nicely! We are thrilled to be able to share the news of the anticipated addition of Dr. Brynn Arnold to our staff fall of 2024. Dr. Arnold will join Drs. Bartkoski, Myers, Snyder and Hermes. By the time Dr. Arnold starts her practice we will be well into our construction project. We are looking forward to growing into our new building and expanding patient care services in the hospital.

While we wait for those plans to all come together, we are adding services such as Holistic Pain Management, bringing back Tiffany Engelken for dermatology, and adding access to behavioral health services at Seneca Family Practice. Our staff is working on your behalf to increase access to the services you need on a local level.

We are also looking forward to the new rules regarding Medicare Advantage insurance plans. Without exception, these plans cause more confusion than any other plan we accept. It isn't just us, nationwide there has been a barrage of complaints that ultimately led the U.S. Department of Health and Human Services (HHS) through the Centers for Medicare & Medicaid Services (CMS) to crack down on misleading and predatory practices by some insurance companies.

- The final rule, published recently, is intended to hold health insurance companies to a higher standard by cracking down on misleading marketing schemes, removing barriers to care such as unreasonable pre-authorizations, expanding access to behavioral health care, and promoting health equity. In addition, implementing a key provision of the Inflation Reduction Act will improve access to affordable prescription drug coverage for an estimated 300,000 low-income individuals across the country. Many in the healthcare industry believe this is a significant step to-

wards improving healthcare for all Americans, especially for those who are most vulnerable.

- Under the new rule, advertisements for Medicare Advantage and Part D plans must mention a specific plan name and may not use the Medicare name, the CMS logo, or other information issued by the Federal Government in a misleading way. The rule also increases accountability for plans to monitor the activities of agents and brokers who sell Medicare plans.
- One of the most frustrating ads I see includes a message saying that if you have Medicare A, B and D you need to look at plan C. Plan C is the Medicare Advantage Plans. The advertisement does not explain that Plan C will replace your Medicare Part A, B and D plans. Upon first glance it looks great. Potentially lower premiums and possibly more benefits. But before you buy, please make sure you talk to your Pharmacist about your medication list and if the proposed plan will cover those medications. Also talk to your primary care provider's business office, the specialists you see, and your preferred hospital to make sure they all take that insurance product. If they do not, your out-of-pocket expenses could be significantly higher.
- Medicare Advantage Plans do work for some patients. Just be sure you know the full story before you change your plan.

Spring is a time of renewal, and we are excited about the future! Call us if you would like to know more about services at the hospital or clinic or to evaluate a new insurance product before you buy.

Kiley Floyd, CEO

NVCH Adding Physician to Family Practice



Nemaha Valley Community Hospital is pleased to announce the anticipated addition of Brynn (Wright) Arnold, M.D. Dr. Arnold is currently in her second of three years at Via Christi

Family Medicine Residency in Wichita, KS, where she is receiving training for full-scope Family Medicine, including obstetrics.

"We are very excited to welcome Dr. Arnold to our team," said NVCH CEO, Kiley Floyd. "Her focus on Family Medicine and especially Women's Health is a perfect fit for our health care team."

Dr. Arnold grew up on a farm located near White Cloud, Kansas along with her two

younger siblings, Aubrey and Nathan. She attended school in Hiawatha and was named the Governor's Scholar of her 2013 graduating class.

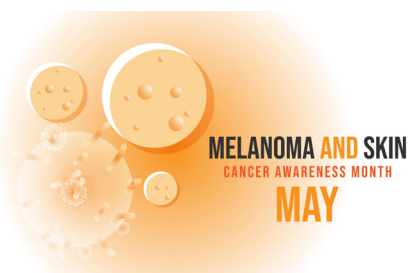
Following graduation, Brynn attended Kansas State University and received a Bachelor of Science in Biology. While in college, she was selected as a KU Scholar in Rural Health- an early admission program through the medical school. During that time, she spent over 200 hours shadowing at her hometown hospital.

Post-grad, she attended the University of Kansas Medical School in Wichita for 4 years. At graduation, she was awarded the "Compassion Award" and the "Pride in the Profession Award", which is awarded to the senior medical student who most demonstrates the qualities of professionalism.

"Being from Northeast Kansas, I have grown to appreciate the wonderful health-care network that is present in this area," said Dr. Arnold. "After meeting several members in the community and my future co-workers, the decision to join Nemaha Valley Community Hospital was easy. The hospital is full of dedicated and experienced staff that care about their community."

She and her husband, Alex, were married in March of this year. Brynn and Alex enjoy traveling, fishing, playing with their dogs (Zoey and Tucker), and spending time with their family. They are both looking forward to becoming a part of the Seneca community!

Dr. Arnold added "I am excited to have the opportunity to work with a hospital that is passionate about serving their community and those around it."



As you head outdoors for warmer weather and fresh air, we encourage you 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.

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.

Remember: The best way to enjoy the sun safely and protect your skin is to use shade, cover up with clothing and apply sunscreen.

Dermatology Care for All

DERMATOLOGY

at Nemaha Valley Community Hospital

NVCH is excited to welcome Tiffany Engelken, APRN-C back to our Outpatient Clinic for Dermatology services. Tiffany will see patients in Seneca every Tuesday of the month beginning Tuesday, May 23. She will also have a clinic in Sabetha.

To make an appointment please call the NVCH Outpatient Clinic at 785-336-0562. Referral is required.



Tiffany Engelken, APRN-C.
Dermatology

TEAM - Seneca Family Practice

Family medicine plays an important role in providing direct and continuous care for you and your family. Family practice physicians take care of all types of conditions and are trained to address the most pressing and most common medical needs without being limited by age or gender.

Our medical staff at Seneca Family Practice provide prenatal care and care for newborns, children, adolescents and adults. They also provide geriatric and aging care for patients as they grow older. Plus, our team can connect you with specialty physicians and a full range of diagnostic laboratory and imaging services whenever you need them.

But, behind every great primary care provider at Seneca Family Practice is an incredible team of nurses and business office staff dedicated to providing a positive patient experience and ensuring the continuity of care that you and your family deserve.

"Our SFP team is vital for our community because they advocate and educate for health promotion and provide care for our family, friends and neighbors," stated NVCH CEO, Kiley Floyd. "They also display a tremendous amount of teamwork within their department and collaborate among other departments day in and day out to continuously maintain a high level of patient care."

The way people work has changed in recent years, but one thing is always true: everything is better with teamwork. Taking a team approach in primary care has proven benefits in achieving better outcomes, reducing health care costs, satisfying patient needs, ensuring continuity of care and increasing job satisfaction throughout the healthcare profession.

From everyone at NVCH, thank you to the SFP team for your time, dedication and commitment to our patients and the communities we serve.



SFP Nursing

Back row (L-R): Logan Enneking, RN; Emily Deters, RN; Ashley Holthaus, RN; Stephanie Brey, CNA; Melissa Stallbaumer, RN; Sharon McKinley, RN. Middle row (L-R): Alex Harrison, LPN; Jennifer Matson, CMA; Arlene Henry, LPN; Malorie Lierz, RN; Joyce Bergman, RN. Front row (L-R): MacKenzie Chadwick, CNA; Amy Huerter, RN, BSN; Jill Muetting, RN; Ashley Nordhus, RN. Not pictured: Naomi Koch, CNA and Jane Beck, LPN. PRN: Nichole Koch, RN and Lori Risinger, RN.



SFP Business Office

Back row (L-R): Lori Burdick, Mary Rose Sudbeck, Stacey Steinlage, Lori Huerter, Denise Koch. Front row (L-R): Gayla Schober, Linda Schmitz, Brenda Haug, Myra Haverkamp. Not pictured: Amy Spielman



Charity Golf Classic

06.16.23

Spring Creek Golf Course
Seneca, KS
springcreek-seneca.com



A stroke is a "brain attack" that happens when blood flow to the brain is cut off and brain cells are deprived of oxygen and begin to die. When stroke occurs, abilities controlled by that area of the brain, such as memory and muscle control, are lost.

The 27th Annual Nemaha Valley Health Care Foundation Charity Golf Classic will be held on Friday, June 16th at Spring Creek Golf Course in Seneca. The tournament is a three-person scramble with a shotgun start. Individual and team registrations are invited.

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

When it comes to spotting stroke and getting help, the faster, the better. Recognize the warning signs and call 9-1-1 immediately. This can make the difference between a strong recovery and disability or even death.

Trust your instincts and take action. Your quick action can have a lasting impact.

MAY IS MENTAL HEALTH MONTH

LOOK AROUND, LOOK WITHIN

MANY FACTORS COME INTO PLAY
WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO *LOOK AROUND*
AND MAKE NOTE OF YOUR
SURROUNDINGS, AND *LOOK WITHIN*
TO SEE HOW THEY MIGHT BE
AFFECTING YOU.

We encourage you to look around and look within. From your neighborhood to genetics, many factors come into play when it comes to mental health conditions. We encourage everyone to consider how the world around them affects their mental health.

Your surroundings can impact if, how, and when your needs are met, which in turn affects your mental health.

- Wherever you call “home,” it should give you feelings of comfort, support, and calmness. If not, there are things you can do to your space to help you be more productive, reach your goals, and improve your mental health.
- A strong sense of community within neighborhoods protects mental health through shared support, resources, and joy. Get to know your neighbors and connect with various groups in your area.
- Spending time in nature is linked to many positive mental health outcomes, including improved focus, lower stress, better mood, reduced risk of developing mental health conditions, and a sense of connection to yourself, community, and purpose.

If you are concerned about your mental health, there are several options available. **You are not alone – help is out there, and recovery is possible.**

It may be hard to talk about your concerns, but simply acknowledging to yourself that you’re struggling is a big step.

Please contact your SFP Primary Care 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.



A MENTAL HEALTH TEST IS ONE OF THE EASIEST WAYS
TO CHECK IN ON YOURSELF IF SOMETHING DOESN'T
FEEL QUITE RIGHT.

[MHASCREENING.ORG](https://mhascreening.org)

MHA
Mental Health America
mhanational.org mhascreening.org

[f mentalhealthamerica](https://www.facebook.com/mentalhealthamerica)
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[y mentalhealthamerica](https://www.youtube.com/channel/UCvK8vK8vK8vK8vK8vK8vK8v)

988 SUICIDE & CRISIS LIFELINE



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Community Hospital & Seneca Family Practice

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