



## Message from the Administrator

We are celebrating the start of our construction project! Right now, the focus is on the employee parking lot and a new road around the perimeter of the hospital building. There is also some pre-work internally on the electrical system. In a couple of weeks, we will block off access to the rear of the hospital so a new retaining wall can be constructed. For a short time, staff parking will be at a premium, but this will not impact patient parking or access to the front of the building.

In addition to our construction project our new services are going well. Tiffany Engelken's dermatology clinic has already grown exponentially, and we are adding days as she is available. HPM (pain management) is adding days as well. We are looking forward to the start of behavioral health counseling and medication management through Integrated Health Centers in early August.

These new or returning services fall under our priority to provide services that are in the best interest of our patients. This "best interest of our patients" is also why I want to remind you, once again, to pay close attention to your upcoming insurance renewal and insurance networks.

This is a repeat of previous tips: Look at your health insurance company's provider network before you buy a new insurance policy OR RENEW your current policy. Just like a list of prescription drugs available to enrollees, physician networks change. Look to make sure your primary care physician, preferred hospitals or specialists are "in-network" for your policy. Ensuring your providers are in a network sponsored by the insurer helps minimize the amount you will have to pay after your insurance has paid for the service.

It is not practical nor good business practice for a health care provider to contract with every insurance product on the market. Some of these agreements pay so little that we are forced to decline that product. It is not that we do not want to take care of these patients. But we must be able to pay for the services the patient received.

As in previous years our staff members have spent hours helping patients reverse new policy decisions simply because the patient did not fully understand the new policy. Most often this happens when a patient chooses to move away from traditional Medicare medical coverage to a Medicare Advantage plan. These plans work for some but for others they are an absolute nightmare.

My main message for you is to please be pro-active. Know the type of coverage you are buying. Please DO NOT buy insurance based on a television commercial, from a Walmart vendor, or a phone call from an unknown insurance agent. TALK TO YOUR PERSONAL AGENT. Ask what you can expect to pay out of your own pocket for a service after your insurance has paid their share. Ask the difference between estimated out-of-pocket expenses vs your co-pay obligation. Make sure your doctor is "in-network." Hold your insurance company accountable. You are buying their product. They work for you!

As always the NVCH and SFP Business Offices can be reached at 785-336-6181 if you have insurance or billing questions. Also, if you are concerned about your ability to pay your bill, ask about the financial assistance plan. You can also learn more about this resource on our website at [www.nemvch.com](http://www.nemvch.com).

Kiley Floyd, CEO

# Back to School Basics!

After a long summer break, it's time for the kids to head back to school and focus on classes, sports and other after-school activities. But as you get adjusted to the first month of school, it's a good idea to take a couple of precautionary measures to set them up for a safe, healthy year. Here are the top five back-to-school health tips to consider.

## Get Vaccinated

Your entire family should get vaccinated as early as possible in the school year. Call Alex in our Immunization Clinic at 785-336-0350 to find out which ones are recommended, and consider getting the flu vaccine, too. The U.S. Centers for Disease Control and Prevention recommends an annual flu vaccine for everyone 6 months of age and older and the COVID-19 vaccines for everyone 6 months and older and boosters for everyone 5 years and older, if eligible.

## Set Bedtimes

It's essential for kids (and adults) to get a healthy amount of sleep each night to stay focused throughout the day. To find out how much sleep your child needs please review the sleep section of [www.cdc.gov](http://www.cdc.gov). To get your kids ready to wake up earlier for school, consider making their bedtimes a little earlier each night for a week or two before school starts. Sticking to a routine is important too, so don't let weekends become late-night free-for-alls.

## Teach Good Hygiene Habits

With so many people around, germs are bound to be lurking in classrooms. To help your kids avoid getting sick (and prevent them from bringing germs home), it's important to show them how to protect themselves. Teach them to wash their hands after using the restroom and before going to lunch or eating a snack. It may be smart to provide your children with on-the-go hand sanitizer to use when washing their hands isn't convenient. You should also instruct them not to share food or drinks with other kids.

## Stock Up On Healthy Foods

It might be easy to pack your kids' lunches with premade snacks, but a healthy diet is of the utmost importance, and junk foods don't fit into the equation. Make it easier for yourself by stocking up on healthy foods like fruits, vegetables, whole-grain bread and lean protein like turkey. Take a few minutes during the weekend to cut up fruits and vegetables and prepare things like tuna salad or hard-boiled eggs for convenience in the mornings, and buy plenty of containers for nutritious dinner leftovers.

## Manage Stress

Back-to-school season is stressful for kids and parents alike, but too much stress can lead to a variety of health issues, like insomnia and sluggish immune systems. Help manage stress by talking to your children about anything that's bothering them, and take care not to overload anyone's schedule, including your own. Schoolwork and after-school activities are important, but it's also essential to take time to relax, play and spend time as a family.

Immunity is the body's way of preventing disease. Because a baby's immune system is not fully developed at birth, babies face a greater risk of becoming infected and getting seriously ill. Vaccines help teach the immune system how to defend against germs. Vaccination protects your baby by helping build up their natural defenses.

## HOW VACCINES STRENGTHEN YOUR BABY'S IMMUNE SYSTEM



Your child is exposed to thousands of germs every day in his environment.

*This happens through the food he eats, air he breathes and things he puts in his mouth.*



Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle. That's why they need vaccines to strengthen their immune system.

Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases.

*Antigens are parts of germs that cause the body's immune system to go to work.*



Thanks to scientific advances, today's vaccines can protect children from more diseases using fewer antigens.

*Vaccines contain only a tiny fraction of the antigens that babies encounter in their environment every day.*

Vaccines help strengthen your baby's immune system and keep him safe from vaccine-preventable diseases.

**IMMUNIZATION.  
POWER TO PROTECT.**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

[www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)

NCIRDig603 | 07/10/17

# Parkinson's Disease

Parkinson's disease is a chronic, slowly progressive disease of the nervous system characterized by rigidity, slow movement, tremor and difficulty with posture and coordination.

It is estimated that at least one million people in the United States suffer from Parkinson's disease, and roughly six million worldwide. Parkinson's disease is second only to Alzheimer's disease as the most prevalent neurodegenerative disease.

Parkinson's disease can be effectively managed with medication, lifestyle modifications, and, in some cases, surgery. Physical therapy is a crucial element in managing this disease.

Nemaha Valley Community Hospital offers the LVST BIG Program for the treatment of Parkinson's disease. Our Physical, Occupational and Speech Therapy staff help patients with Parkinson's disease to improve function and slow motor deterioration by retraining sensory, motor and cognitive functions through intensive exercise and patient empowerment.

## OUR THERAPY DEPARTMENT IS



- Nemaha Valley Community Hospital's Physical, Occupational and Speech Therapy Department is LVST **BIG & LOUD Certified**, a program for those with Parkinson's disease or other neurological impairments.
- LVST is an intensive program designed for improvement with motor movements (BIG) along with speech production and volume (LOUD).
- For more information call our PT/OT/ST Department at 785-336-0428.

Ask your primary care provider if LVST BIG & LOUD is right for you!

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice



Breastfeeding has health benefits for both babies and mothers. Breast milk provides a baby with ideal nutrition and supports growth and development. Breastfeeding can also help protect baby and mom against certain illnesses and diseases.

### **Breast milk is the best source of nutrition for most babies.**

As the baby grows, the mother's breast milk will change to meet the baby's nutritional needs.

### **Breastfeeding can help protect babies against some short- and long-term illnesses and diseases.**

Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS). Breastfed babies are also less likely to have ear infections and stomach bugs.

### **Breast milk shares antibodies from the mother with her baby.**

These antibodies help babies develop a strong immune system and protect them from illnesses.

### **Mothers can breastfeed anytime and anywhere.**

Mothers can feed their babies on the go without worrying about having to mix formula or prepare bottles. When traveling, breastfeeding can also provide a source of comfort for babies whose normal routine is disrupted.

### **Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.**

Breastfeeding has health benefits for the mother too! Some cancers, type 2 diabetes, and high blood pressure are less common among women who breastfeed.

For additional information or if you have breastfeeding questions please contact our OB Supervisor and International Board Certified Lactation Consultant - IBCLC, Dana Deters, RN at 785-336-6181.



## HPM at NVCH

Each one of us is different. Our personalities, our dreams, our stories are all one of a kind. So are our bodies. Each one of us is capable of accomplishing so much, until pain brings everything to a screeching halt. Chronic pain can be both debilitating and depressing. If pain is keeping you from enjoying your favorite things in life, look to Nemaha Valley Community Hospital (NVCH) for help.

NVCH is partnering with Holistic Pain Management (HPM) to provide pain management treatments such as injections, radiofrequency ablations, and nerve blocks. HPM can diagnose and treat many painful medical conditions including arthritis, inflammation, headaches, spine injuries, back and neck pain, knee and shoulder pain, and injuries from sports or work.



### PAIN MANAGEMENT

### LUNCH AND LEARN

FRIDAY, AUGUST 18  
NOON-1:00PM - LUNCH PROVIDED  
SENECA FREE LIBRARY

- Why pain is as much an art as it is a science.
- Discuss the various options for non-opioid based pain management including:
  - Trigger point injections
  - Radio frequency ablations
  - Corticosteroid injections
  - Nerve Blocks

To RSVP please contact Courtney Schmelzle at 785.336.0426

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice

**HPM**



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## What are Advance Directives?

Living wills and other advance directives are written, legal instructions regarding your preferences for medical care if you are unable to make decisions for yourself.

Advance directives guide choices for doctors and caregivers if you're terminally ill, seriously injured, in a coma, in the late stages of dementia or near the end of life.



They aren't just for older adults. Unexpected end-of-life situations can happen at any age, so it's important for all adults to prepare these documents.

By planning ahead, you can get the medical care you want, avoid unnecessary suffering and relieve caregivers of decision-making burdens during moments of crisis or grief. You also help reduce confusion or disagreement about the choices you would want people to make on your behalf.

### Durable Power of Attorney for Health Care (DPOA-HC)

This document gives you the power to name a healthcare "agent" to make healthcare decisions for you only when you cannot make decisions for yourself.

You can name anyone that is of legal age who is willing to make decisions for you. It is important that you discuss with your DPOA-HC how you feel about quality-of-life choices, hospitalization, hospice or life sustaining treatments. Your agent must follow your wishes and your caregivers must respect the choices your healthcare agent makes for you.

### Living Will

The Kansas Natural Death Act recognizes a qualified patient's right to authorize the withholding or withdrawal of life-sustaining procedures in instances of a terminal condition and to permit the natural process of dying. By signing a Living Will you are agreeing that you would not want measures to prolong your life if you have a terminal condition. The document can be as detailed as you want it to be, in that you can list certain procedures that you would or would not want done if you were terminal.

NVCH provides free assistance in completing these documents!

If you would like more information on advanced directives or to get help completing the correct documents please contact Karla Hermes LMSW at 785-336-0421.