



Message from the Administrator

Become a Volunteer at NVCH!



Happy National Volunteer Month! Our volunteers make a significant impact on the lives of our patients, families, and our staff.

“The world is filled with selfless souls, who work for others, to make them whole, their hearts are full of love and care, and they give their all, without any spare. Volunteers, they are, with hearts so bright, giving their time, day, and night, to help others, in need and strife, and bring hope, to each life.”

Taken from a version of the poem, *The Selfless Souls*, these words are so very true of our loyal volunteers. Through a variety of activities and services they make a difference to each of us.

Thank you! We are forever grateful!

Kiley Floyd, CEO

Volunteering is an excellent way to become an essential part of Nemaha Valley Community Hospital (NVCH). NVCH volunteers have the opportunity to be of service to our patients, their families and staff while gaining the personal satisfaction of knowing that you are helping others.

Our program builds meaningful connections, caring relationships and positive engagement between volunteers, patients and their families.

There are many needs throughout NVCH where volunteers can provide service and make a difference. Our goal is to find the perfect fit—matching your interests with a need of ours.

For additional information about the NVCH Volunteer Services Program please contact Mary Sack, Program Coordinator at 785-336-0436.

Speciality Services Offered at NVCH

Our expanded Outpatient Specialty Clinic offers specialized care and treatment without requiring you to travel outside of the community. Through partnerships with different specialists, Nemaha Valley Community Hospital is able to provide 26 different specialty clinics at our facility to ensure comprehensive care for you and your family. To learn more about our Outpatient Clinic and the specialty physicians please visit the Outpatient Clinic section of our website at www.nemvch.com.

NVCH is also proud to employ on-site local clinicians that offer a variety of specialty services including:

- Botox Injections - Therapeutic: Dr. Jarod Snyder, M.D.
- Breastfeeding Clinic: Dana Deters, RN, IBCLC
- Diabetes Education: Becky Bartkoski, RN, BSN & Leah Heinen, RD, LD, CDCES
- Dietician: Leah Heinen, RD, LD, CDCES
- Lymphedema Therapy: Cheryl Holthaus, OTR/L, CTL
- LVST Big & Loud Program: NVCH Physical, Occupational and Speech Therapy Department
- Speech Pathology: Brooke Strathman, MS, CCC-SLP
- Social Work - Advanced Directives & Medicare Education: Karla Hermes, LMSW
- Wound Clinic: Erica Bletscher, APRN

NVCH is dedicated to keeping our patients at the center of everything we do while caring for the growing needs of our community. For information about any of the listed specialty clinics please contact NVCH at 785-336-6181.



April is Donate Life Month

NATIONAL DONATE LIFE MONTH

Donate LifeSM is the national symbol for the cause of organ, eye and tissue donation.

National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

BLUE & GREEN DAY is April 12!

The public is encouraged to wear blue and green to help share the Donate Life message.

Did You Know?

60%+ of organ, eye and tissue donors are authorized by donor registration.

National Pediatric Transplant Week

The final week of April focuses on the powerful message of ending the pediatric transplant waiting list.

More than **2,100** children under the age of 18 are on the national transplant waiting list.

More than **1,900** children were saved by the generosity of donors & donor families in 2023.

The Need is Great

More than **100,000** people are waiting for lifesaving organ transplants.

More than **46,000** organ transplants from 23,000 donors brought new life to patients and their families in 2023.

More than **79,000** corneal transplants helped to restore sight in 2022.

More than **2.5 million** tissue transplants heal lives each year.

More than **170 million** people are registered organ, eye and tissue donors.

Thank you to all donors, donor families, registered donors and champions of the Donate Life cause!

Deceased Donation



1 Organ, Eye and Tissue Donor

Saves up to **8** lives
Restores sight to **2** people
Heals the lives of more than **75** people

Living Donation

86% of patients waiting are in need of a kidney.



Living donors can provide a kidney or a portion of their liver to a waiting patient.*



10% of patients waiting are in need of a liver.

*Living donation is not included in your donor registration.

Top 5 Frequently Asked Questions

Does registering as a donor change my patient care?

No, your life always comes first. Doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Does donation affect funeral plans?

Funeral arrangements of your choice are possible, including a viewing. Through the entire donation process the body is treated with care and respect. Following donation, funeral arrangements can continue as planned.

Does my religion support organ, eye and tissue donation?

All major religions support donation as a final act of compassion and generosity.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?

No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, gender, income, celebrity and social status, sexual orientation, gender identity or expression does NOT prevent someone from registering as an organ donor.

What can I do to increase organ, eye and tissue donation?

- 1 Register your decision to be a donor at RegisterMe.org.
- 2 Tell your family and friends about your decision to *Donate Life*.
- 3 Visit DonateLife.net to discover ways you can be a champion of the cause.
- 4 Ask others to visit DonateLife.net to learn more and register.

Data from Donate Life America (DLY) 2022 Registry Overview, Blood and Organ Procurement and Transplantation Network (OPTN), as of January 2023. National Tissue Recovery through Utilization Survey (NTRUS) (ATIS) org., 2022 Eye Banking Statistical Report, Washington, DC: Eye Bank Association of America, 2023. Donate LifeSM is a registered service mark of Donate Life America. © 2024 Donate Life America.

The pressure to drink alcohol is everywhere. Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, some types of cancer and more.

This month, during Alcohol Awareness Month, Nemaha Valley Community Hospital encourages you to educate yourself and your loved ones about the dangers of drinking too much.

Alcoholism is a chronic, progressive disease that can be fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery! Drinking too much can take a serious toll on your health. Here's how alcohol can affect your body:

Brain

Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior and make it harder to think clearly and move with coordination.

Heart

Drinking a lot over a long time or too much

on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy: Stretching/drooping of heart muscle
- Arrhythmias – Irregular heartbeat
- Stroke
- High blood pressure

Liver

Heavy drinking takes a toll on the liver, and can lead to a variety of liver issues including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels that prevents proper digestion.

Cancer

Drinking too much alcohol can increase your risk of developing certain cancers including:

- Mouth
- Esophagus
- Throat



- Liver
- Breast

Immune System

Drinking too much can weaken your immune system, making your body a much easier target for disease.

If you have any questions or want to know more about your alcohol treatment options please contact your Seneca Family Practice primary care physician at 785-336-6107 today!

2024 HEALTH FAIR

SATURDAY, APRIL 20TH
8AM - 11AM

LABS INCLUDE: CBC, CMP, LIPID PANEL, A1C, TSH
\$35 FOR ALL LABS. men can ADD PSA FOR \$15.

MEADOWLARK EXTENSION OFFICE
1615 BRANCH ST. | SENECA, KS



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Medicare Advantage

There is NO FREE RIDE!

We continue to hear about Medicare Advantage plans being advertised as free, with no premium required. Please be cautious when considering these plans. Work with your local insurance agent to make sure Medicare Advantage options are right for you.

This is not necessarily true just for Medicare Advantage Plans but with all insurance plans. Consider the following:

What will your deductible be? The deductible is the amount of money that an insured person must pay out of pocket every year for eligible healthcare services before the insurance plan begins to cover the costs. The amount of the deductible varies depending on the health insurance plan. As a rule, the higher the monthly premium, the lower the deductible.

What is your co-pay? A copay is a flat fee that you pay when you receive specific health care services, such as a doctor visit or getting prescription drugs. Your copay (also called a copayment) will vary depending on the service you receive and your health insurance plan.

Copays are a form of cost sharing. Insurance companies use them as a way for customers to split the cost of paying for health care. Copays for a particular insurance plan are set by the insurer. Regardless of what your doctor charges for a visit, your copay will not change.

The purpose of the Medicare Advantage plan is to give you an option to traditional Medicare Medical Coverage. However, when you transition to a Medicare Advantage Plan **you will still need to pay for Medicare Part B and maintain that coverage.**

So even if advertised as free, you are still paying traditional Medicare to maintain your coverage. Protect yourself! Contact your local insurance agent before enrolling in any new insurance plans.



OUR THERAPY DEPARTMENT IS

**BIG &
LOUD**

- 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

Save the Date

**Charity
Golf Classic**

06.14.24

28th Annual Nemaha Valley
Health Care Foundation

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



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