Connecting with our patients and our community

April 2024



Message from the Administrator



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 scare. 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 differen to each of us.

Thank you! We are forever grateful!

Become a Volunteer at NVCH!

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.

Kiley Floyd, CEO

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 onsite local clinicians that offer a variety of specialty services including:

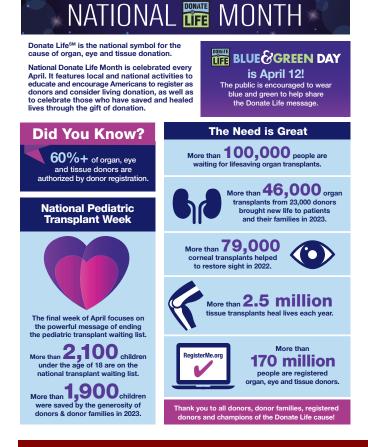
- Botox Injections Therapeutic:
 Dr. Jarod Snyder, M.D.
- Breastfeeding Clinic: Dana Deters, RN, IBCLC
- Diabetes Education: Becky Bartkoski, RN, BSN & Leah Heinen, RD, LD, CDCES
- Dietician: Leah Heinen, RD, LD, CDCES
- Lymphedema Therapy: Cheryl Holthaus, OTR/L, CTL
- LVST Big & Loud Program: NVCH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

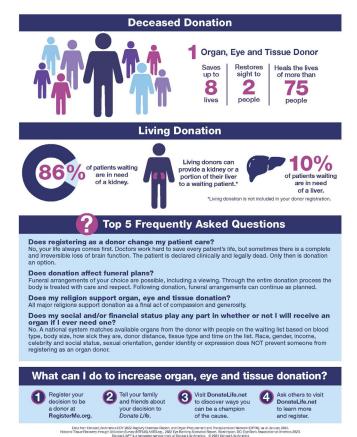
- Social Work Advanced Directives & Medicare Education: Karla Hermesch, LMSW
- · Wound Clinic: Erica Bletscher, APRN

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





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!



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!





Charity Golf Classic

06.14.24

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

