



Message from the Administrator

Do you ever wonder what healthcare will look like in the future? This theme is constantly rolling in my mind. How do we plan for an ever-changing environment? How do we stay flexible enough to adjust to the constant increase in regulatory requirements and yet stay focused on the business we really care about, which is taking care of our patients?

Nemaha Valley Community Hospital' (NVCH) leadership has taken the approach of being ever mindful of our environment while focusing on our patients which includes making sure we have a voice in the future of healthcare. In April, NVCH leaders traveled to Washington, DC to share our story with our legislators.

We know we are blessed with a supportive community, a Board of Trustees that understands the issues, and an incredibly talented staff. We also know how fragile the healthcare system is, and that we must constantly be ready to adjust our plans to meet the needs of our patients. We want to make sure WE are speaking for our communities and are not just going with the flow from regulators that often have no idea what really happens in rural health care.

During our meetings we focused on some more pressing issues impacting healthcare. These included the dramatic increase in the cost of providing care over the last 4 years while

our reimbursement rates from insurance companies are decreasing. The cost of our workforce is up 33%, supply costs are up 48%, medication costs are up 78%, and even freight costs have more than doubled in many areas. We have also been subject to rate cuts in Medicare payments due to sequestration which has fluctuated over the past 4 years but remains at no less than 2%.

There are more issues than I have space to detail, but the point is, we must tell our own story. We must be proactive.

As I mentioned, NVCH leadership knows how blessed we are in the communities we serve. To counter the negatives in reimbursement our team is constantly looking for grants and other opportunities. We have been successful. We are also the beneficiaries of a very generous community that has made sure we are able to advance the technology used and expand our building. Despite the constant attacks on our business, we are thriving. This is evidence by our growth and recognition from our peer organizations.

Thank you for your continued support.

Kiley Floyd, CEO

CHW - Bridge to Healthy Community



Research has shown that health is broader than the activities which take place in a hospital, clinic or a health care provider's office.

Social determinants of health are factors that impact an individual's and community's health status before they get sick, their access to health care resources, the quality of care they receive, and their overall outcomes. These factors are key to quality health throughout a community.

One part of our healthcare team whose primary focus is on social determinates of health is our community health worker, Megan Hartley. Megan serves as a liaison between community members and the

healthcare and social service systems. "I've experienced situations over the years where persons in our community have fallen in the gaps by simply not knowing where to turn or how to access help available to them, Megan is bridging that gap," said Jane Sunderland, NVCH Care Coordinator.

Megan is a valuable resource in helping individuals connect with resources available in our area, navigate the health system, enroll in assistance programs and help community members understand their health and their health care plan.

"Megan embraces a lot of different roles, but one thing for sure, she is working to help educate and improve the health of our community and surrounding communities. Healthy families allow for healthy and thriving communities," added Sunderland.

Megan can assist with:

- Providing one-on-one services to address social and health needs and develop a tailored plan
- Check in with you in-person or over the phone to complete goals
- Help navigate the health systems
- Assist with setting up doctor appointments
- Advocating for you with your providers
- Connecting to resources available in the community
- Help motivate you to stay on track with your goals
- Help establish patterns and behaviors that will help keep you healthy
- Teach you how to do all these things and more on your own

To connect with Megan about resources in our area communities please contact her at 785-508-0107 or email her at megan.hartley@nemvch.org.

MAY IS
MELANOMA
AND SKIN CANCER
AWARENESS MONTH



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

Nemaha Valley Community Hospital:

Twice weekly
Call 785-336-0462 to schedule an appointment.

Sabetha Community Hospital:

Weekly
Call 785-284-1552 to schedule an appointment.

Holton Community Hospital:

Twice Monthly
Call 785-364-9681 to schedule an appointment.

Hanover Hospital:

Monthly
Call 785-337-2214 to schedule an appointment.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice



Tiffany Engelken, APRN-C.
Dermatology

05

Key Facts About Stroke



FACT #1:
stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:
types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.



FACT #3:
about one in four stroke survivors is at risk for another

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #4:
prevention is key

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

F.A.S.T. time lost is brain lost

FACT #5:

Now that you know prevention, here's how you spot one.

Learn the FAST warning signs:	F Face Drooping	A Arm Weakness	S Speech Difficulty	T Time to Call 911
--------------------------------------	------------------------------	-----------------------------	----------------------------------	---------------------------------

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects.

Left Brain: If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

Right Brain: If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss



Charity Golf Classic

06.14.24

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



National Hospital Week is May 12th—18th. During this time we highlight the adage of every hospital, health system and person involved in keeping our communities healthy – that health comes first. Nemaha Valley Community Hospital and Seneca Family Practice are invested in the care of our patients and the communities we serve.

We are very proud of our incredible team! Join us in thanking our amazing and dedicated staff who give their all to all of us. They help our families, friends and our neighbors! They are a vital part of our hospital, clinic and our community.

The 28th Annual Nemaha Valley Health Care Foundation Charity Golf Classic will be held on Friday, June 14th 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.



We live in a rapidly changing world that can be complex to navigate. About half of Americans can remember a time when we were not constantly connected and it was easier to tune out the noise of the world, while the younger half of the population can't imagine life without the internet.

Modern life can have a significant impact on mental health — for better or for worse. The disturbing imagery in the media we are exposed to today can be deeply unsettling. At the same time, our current technology also allows us to mobilize and provide collective support more efficiently in times of natural disasters or injustice.

And ironically, while our devices make us more connected than ever, loneliness is an increasingly

serious public health concern. We are now able to have conversations with friends and family on the other side of the world in real time. However, constant connection also means that we will know if we weren't invited to a friend's party down the street. Recent survey data show that more than half of U.S. adults (58%) are lonely.

Finding a sense of calm and focusing on well-being when you are having mental health concerns can be daunting in our fast-paced society. It can be especially challenging to know where to start.

May is Mental Health Month and Nemaha Valley Community Hospital is raising awareness of the important role mental health plays in our lives. We are encouraging members of the community to take action toward protecting their mental health and overall well-being.

This month, we will focus our efforts on helping members of area communities to:

- LEARN how modern life affects mental health with new resources to navigate our changing world.
- ACT by building a coping toolbox to manage stress, difficult emotions, and challenging situations.
- ADVOCATE to improve mental health for themselves, the ones they love, and their community.

It's important to remember that working on your mental health takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of modern life and develop long-term strategies to support yourself — and others — on an ongoing basis.

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.

HEIDI SMITH, DO

ORTHOPAEDIC SURGEON
WITH FELLOWSHIP IN
ORTHOPAEDIC SPORTS
MEDICINE

Appointments available at
Nemaha Valley Community Hospital
Seneca, KS
2nd and 4th Wednesday



Dr. Smith is a Kansas native, growing up in rural Northeast Kansas. Following Medical school in Kansas City, She completed an Orthopaedic residency in Corvallis, Oregon. She completed an additional fellowship training in Sports Medicine in Albuquerque, New Mexico.

For additional information regarding Dr. Smith's clinic at NVCH, call Orthopedics and Sports Medicine at 785-537-4200.

She looks forward to addressing your orthopaedic needs.

Now Accepting New Patients!



Orthopaedic and Sports Medicine Center
1600 Charles Place Manhattan, KS
785-537-4200
kansasortho.com