



We CARE We VOTE

We CARE We VOTE campaign priorities include a long list of issues impacting healthcare in Nemaha County. Many of the priority issues for health care have a direct impact on our patients and their families. One issue is related to Medicare Advantage plans.

Medicare Advantage is a health plan called Part C and is offered by private insurance companies as an alternative to Original Medicare. It replaces and cancels your Original Medicare plan if you choose this option. It provides the benefits of Part A, B, and often D, usually for about the same amount, with lower co-pays, so there is no need for Medigap. Some Medicare Advantage plans offer benefits not in Original Medicare, such as fitness classes or vision and dental care.

Medicare Advantage plans work for some patients but not all. In the past, unscrupulous marketing plans could cause patient harm, and healthcare providers across the country lobbied Congress to protect our patients. Since that time, many new safeguards have been put in place to protect our patients. An example a couple of our patients experienced was buying a Medicare Advantage plan with the incentive of new shoes. Unfortunately, these were diabetic patients, and the plan did

not cover their medications or glucose monitors. This is just one simple example. Nemaha Valley Community Hospital staff members have spent many hours working on behalf of our patients to help them get out of Medicare Advantage plans that sounded great but did not cover the care and medications they need.

A common tactic we see is that insurance companies' systems randomly drop providers out of their networks with no notice to the health care organization or the patient. After the patient has received care and the payment comes through from the insurance company, we see the claim is processed as "out of network." This will cause the patient to owe more money than they should have for an "in network" provider. Again, Nemaha Valley Community Hospital staff members are spending hours each week advocating on behalf of our patients to get this corrected.

We CARE We VOTE is about supporting local healthcare, protecting our patients and our staff members, and ensuring access to care. For more information on the issues impacting healthcare, please contact our staff.

Kiley Floyd, CEO



MEDICARE 101

LUNCH AND LEARN

- THURSDAY, SEPTEMBER 26
- NOON-1:15PM - LUNCH PROVIDED
- MEADOWLARK EXTENSION OFFICE
1615 BRANCH ST. SENECA, KS 66538

This session, which is presented by Teresa Hatfield District Agent - Family & Community Wellness - K-State Research and Extension will provide an overview of the program, explaining the different parts (A, B, C, and D), what each part covers, and how they work together.

Please RSVP to Karla Hermesch at 785.336.0421 by September 12th.

Medicare plans can change each year—and so can your healthcare needs. The Medicare Open Enrollment Period which occurs each year from Oct. 15 to Dec. 7, gives you the chance to review and make changes to your current Medicare coverage.

You'll soon be able to compare your current coverage to all your choices for 2025 and select the plan that best fits your needs and budget. We don't want you to miss your chance to make the most of your healthcare coverage!

We also understand that this can be a confusing and overwhelming process - we're here for YOU!! We're here to help you navigate your Medicare options and help you understand what option is best for you.

We also provide education to make sure our patients understand the difference between Medicare and Medicare Advantage plans.

Contact Karla Hermesch or Mary Sack at 785-336-6181 and scheduled an appointment with one of them to review the paperwork and details of anything that relates to your Medicare coverage.



NVCH Welcomes New Providers to Out Patient Clinic

ALLERGY & ASTHMA

NVCH is excited to welcome Katie Wohlgemuth, APRN. Katie is an Allergist at Topeka ENT who specializes in allergy and asthma testing and treatment. She sees patients twice monthly at NVCH.

Appointments can be made by calling Topeka ENT at 785-233-0500. Please request to schedule your appointment at the NVCH, Seneca location. Referrals are not required.



NEMAHA VALLEY Community Hospital & Seneca Family Practice
Katie Wohlgemuth, APRN
Allergist

ONCOLOGY

NVCH is excited to welcome Robin McKay, DNP, APRN, AOCNP. Robin, an Axtell, KS native and has been with Stormont Vail Health since 2000. She provides comprehensive care for hematology and oncology patients, leads the Oncology Survivorship Program, and serves as the Advanced Practice Provider Manager for Medical Sub-Specialties.

Appointments can be made by calling NVCH Outpatient Clinic at 785-336-3404. Referrals are required.



NEMAHA VALLEY Community Hospital & Seneca Family Practice
Robin McKay
DNP, APRN, AOCNP



5K RACE to Remember

All proceeds will benefit the Alzheimer's Association of Kansas

We welcome walkers, runners and everything in between!

-  Saturday, September 21, 2024
Registration: 7:30am | Race Time: 8am
-  Skoch Park | 1509 Community Dr.
-  Registration Fee: \$15
-  Presentation by Kelly Loeb with KU Alzheimer's Disease Research Center following the race.
-  <https://midwestinkco.chippily.com/NVCHAA>



Register Online

Not able to register online?
Contact Courtney Schmelzle or
Tammy Bragdon at 785-336-6181.




FLU SHOT CLINICS

DRIVE THRU CLINICS

No appointment needed

OCTOBER 2ND
8AM - 6PM

OCTOBER 9TH
7AM - 7PM

Community Building Parking Lot
1500 Community Drive
Seneca, KS

*Please wear a short sleeve shirt
if possible.*

SATURDAY CLINICS

Walk-ins welcome but appointment preferred

OCTOBER 5TH
9AM - NOON

OCTOBER 12TH
9AM - NOON

- Flu consent forms available the day of or visit www.nemvch.com to print off and fill out ahead of time.
- Questions or to schedule an appointment call SFP at 785-336-6107.



September is National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention.

Visit www.healthinnovationsks.com for resources and education on mental health

and suicide prevention for you to use at any time. Areas of interest may include:

- Man Therapy—When you visit www.healthinnovationsks.com, click on the Man Therapy button, take the confidential 18-Point Head Inspection and receive actionable suggestions on how to support your health or explore how to navigate topics from substance abuse, grief, trauma, anger, anxiety or depression! This is a humorous, research-based tool designed for anyone knowing a man to use.
- Local mental health provider lists for 18 counties in NE Kansas,
- Targeted agricultural specific resources ranging from financial, work assistance groups, and culturally competent links such as KansasAgStress.org for those engaged in agriculture

and their families seeking education or guidance in mental health

- QPR Gatekeeper Training—a one-hour, on demand course, similar to CPR but specific to mental health needs. Are you a primary care provider? There's a special QPR Gatekeeper Training for Primary Care Providers too! These courses are free—just email hinkinfo@gmail.com to get signed up!
- Mental health related podcasts, online therapy providers, links to mental health support groups and more

While September is National Suicide Prevention Month, there's never a bad time to get a check up from the neck up and start the conversation about mental health within our communities. Take care of your whole health, mind and body!

We often hear and talk about cholesterol but may not know exactly what it means. Cholesterol actually isn't a bad thing; it's a waxy, soft, fat-like substance that our bodies need to produce cell membranes and other important substances. The liver produces the cholesterol needed by the body to function properly.

Cholesterol also comes from the food we eat, specifically food from animals, like meat and full-fat dairy. These foods also contain saturated and trans fats which signal your liver to produce more cholesterol. This can result in levels that are too high. Nearly one-third of adults in the United States have high cholesterol levels.

Types of Cholesterol

There are two types of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is known as bad cholesterol because it carries particles of cholesterol around your body in the bloodstream and leaves them on the walls of your arteries. This results in build up along the artery walls so they become hard and narrow. On the other hand, HDL is known as good cholesterol because it works to remove cholesterol from your bloodstream, taking it to the liver so it can be broken down. Having high levels of HDL and low levels of LDL is ideal.

Causes of High Cholesterol

A number of factors can influence your cholesterol levels, including the following:

- Obesity – Extra weight increases LDL levels
- Inactivity – Regular physical activity helps lower LDL and increase HDL
- Poor diet – Diets high in saturated fat and cholesterol increase the level of LDL in the bloodstream

- Family genetics – Your genes can impact how much cholesterol your body produces
- Age – Cholesterol levels rise with age
- Gender – Men often have higher cholesterol levels than women before menopause; after menopause, the levels tend to even out

Managing Cholesterol

Whether you have high cholesterol and want to lower your levels or you just want to prevent high cholesterol from developing, it's important to focus on lifestyle changes. What you eat is an important part of fighting cholesterol. Well-balanced diets focused on fiber-rich foods, fruits, vegetables and whole grains are key. You should also minimize the amount of saturated and trans fats you consume, which are found in foods like meat, full-fat dairy, fried foods and store-bought baked goods.

Test Your Cholesterol

Having your cholesterol tested is the only way to know what your levels are like. A simple blood test determines your current levels. The most common cholesterol screening is a lipid profile; it measures the level of fats in your blood, including cholesterol. It's recommended that people over age 20 get a cholesterol screening at least once every five years, but certain factors make it better for some people to get tested more often. Optimal cholesterol

levels are as follows:

Total cholesterol below 200 mg/dL
HDL at 60 mg/dL or above
LDL below 100 mg/dL

When to See Your Doctor

It's important to talk to your doctor about testing your cholesterol levels. Regular screenings can determine your cholesterol levels so you can take appropriate action if necessary. Managing your cholesterol levels is an important part of overall health, particularly heart health.

Call your SFP Primary Care Physician at 785-336-6107 today to schedule your routine lab work which includes your cholesterol levels.

IS YOUR CHOLESTEROL A PROBLEM?

By American Heart Association News
New guidelines offer specific recommendations to treat and prevent high cholesterol. Working with your health care provider is the only sure way to know whether you need treatment, but here are general recommendations:

- BE ALERT EARLY**
Take a "lifespan" approach to lower heart disease risk, stroke and other major problems. If there's a family history, it's reasonable to test kids as young as 2.
- KEEP MONITORING**
People between 40-75 are the most likely to need medicine. Among the many factors that could further increase risk:
 - family history of heart disease or stroke
 - high triglycerides
 - metabolic syndrome
 - chronic kidney disease
 - chronic inflammatory conditions, such as rheumatoid arthritis, psoriasis or HIV
 - history of pre-eclampsia or early menopause
 - ethnicity
- FOCUS ON LIFESTYLE**
Healthy eating and physical activity are proven to lower LDL cholesterol (the "bad" kind).
- MONITOR**
People over 20 who don't have cardiovascular disease should have a risk assessment every 4-6 years.
- YOUR GENETICS MATTER**
Talk to your doctor. Some populations are more prone to certain medical conditions and could have racial and/or ethnic features that could influence risk. Tools used for risk assessment are not always able to provide accurate information about all populations or individuals.

Source: American Heart Association
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NEMAHA VALLEY
Community Hospital & Seneca Family Practice
1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 | Clinic 785-336-6107
www.nemvch.com