



# VOTE YES

## for Nemaha County Community Hospitals



### Message from the Administrator



We have had a flurry of activity this past month with town hall meetings and construction progress. It could be easy to get sidetracked by this extra activity. Fortunately, Nemaha Valley Community Hospital (NVCH)

staff remains vigilant in our efforts to serve our patients.

Leaders from Sabetha Community Hospital, Holton Community Hospital, and Nemaha Valley Community Hospital met with incoming Kansas Senator Craig Bowser recently. We are appreciative of Mr. Bowser's interest in healthcare and recognition of the impact local hospitals have on the local economy. Tara Mays from the Kansas Hospital Association joined us to share information on proposed legislation and issues impacting all Kansas hospitals.

The upcoming November 5th election results will be key to how NVCH plans for the future. The increase in costs of our current maintenance agreements on equipment is averaging 10% to 12%. New equipment pricing continues to rise. Our consistent process of evaluating equipment and planning for the future will not change, regardless of the outcome of the election. Our ability to

maintain our current level of technology will be a significant challenge without the benefit of the sales tax receipts.

I want to be clear that equipment purchased for our new construction is part of our USDA loan project. We have a furniture, fixtures, and equipment line item in that budget. We have to keep very thorough records of what is purchased and paid for with USDA money. Continuation of the current sales tax has nothing to do with our building project.

One recurring theme we have encountered in our visits across the county is a question on how we account for the expenditures of our sales tax receipts versus, for example, our construction project. For those of us working in healthcare it is just a normal part of our operations. We have designated funds that can only be used for the purpose of the fund. This is not something new for us, it is standard operating procedures. Our Finance Department spends hours making sure all income and expenditures are in the right "buckets." Much of how this is done is mandated by the Centers for Medicare and Medicaid (CMS). There is no opportunity for creative financing here.

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# HOLIDAY HOURS

**NEMAHA VALLEY COMMUNITY HOSPITAL & SENECA FAMILY PRACTICE**

### THANKSGIVING

Thursday, November 28th - CLOSED  
Friday, November 29th - 8am-3pm  
Saturday, November 30th - 9am-noon

### CHRISTMAS

Tuesday, December 24th - 9am-noon  
Wednesday, December 25th - CLOSED

### NEW YEARS

Wednesday, January 1st - CLOSED

Seneca Family Practice, Outpatient Clinic, Ancillary Services and our Administrative/Business offices will observe the holiday hours. As always, our nursing staff is available 24 hours a day. If you need to contact the hospital please call 785-336-6181.

# Pass the Turkey, Not the Germs, This Holiday Season

As influenza and respiratory illnesses are on the rise across the country, the importance of hand hygiene has never been more important. Holidays are a great time to be grateful and celebrate life with family and friends. While the holidays are fun-filled events with lots of cooking and hugs, they are also a time when there is an enormous spread of germs.

Handwashing is one of the effective and easiest methods to prevent germs spread. According to the Centers for Disease Control and Prevention (CDC), many diseases are spread by not washing hands with soap appropriately.

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

# OPEN ENROLLMENT

Nemaha Valley Community Hospital has a Certified Application Counselor (CAC) this year - Courtney Schmelzle. Our CAC is trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

Open enrollment is November 1, 2024 through December 15, 2024 for coverage to begin on January 1, 2025 or December 16, 2024 through January 15, 2025 for coverage to begin on February 1st.

Appointments are being scheduled now through the open enrollment period. Please contact Courtney Schmelzle at 785-336-0426 to schedule your appointment today.



## Message from the Administrator Continued

NVCH is wrapping up the latest audit of our financials. This is such an intensive process that the first opportunity for our Board to review the audit findings, from a June 30th end of year, will be in October. Once the Board has reviewed the audit and cost report it will be sent to CMS. CMS will run their own review of our cost report and issue an opinion. We typically do not see the results of those reviews until early February. So nearly 8 months later we will learn what adjustments are required for the previous fiscal year and what our payments from Medicare will be for the current fiscal year.

Managing the financial obligations of healthcare is not easy. We have a tremendous team that not only worries about the receipts and allocations on our end but also continues to advocate for our patients.

Nemaha Valley Community Hospital is committed to your health and wellbeing. Thank you for your continued support.

Kiley Floyd, CEO



Roundtable discussion with incoming Kansas Senator Craig Bowser to share information on proposed legislation and issues impacting all Kansas hospitals.



## Annual Health Exam

You wake up with a sore throat and headache. You feel worse than you've ever felt before. So, you call your health care provider and schedule a sick-visit appointment. It's an important part of your health care. But did you know it's just as important to visit your provider when you are well?

Well visits are appointments with your primary care provider that focus on your overall health. Typically, the visit includes a review of medications, as well as personal and family medical history, routine vaccinations, blood pressure and vital sign checks, blood tests, lifestyle screenings, age-appropriate screenings, depression screenings, and more.

- You'll stay up to date—This gives you the opportunity to review and update all your medical information.
- You can start treatment early—Regular checkups can lead to early treatment, should your doctor notice an issue.
- You might find more effective medications—Regular checkups can help your doctor ensure that you are on the most effective medications.
- You may calm your fears—Perhaps you have been stressing out about the new mole on your forearm or your recent headaches.
- You can prevent issues—While checkups are certainly part of a good preventative care plan, you and your doctor can also use the time together to review other preventative care practices that you should be taking advantage of.
- You can address invisible problems—Annual appointments often include basic blood work, which can detect problems that may be flying under your radar.
- You can ask questions—Your annual appointment is the time to ask your doctor questions about any and all of your health concerns. Prepare a list of medical questions you have before you head into your appointment, so you won't be afraid to ask when you get there!
- You can set goals—Your annual checkup is the perfect time to work with your doctor to create some tangible health goals like fitness and dietary changes.
- You can find resources—The value of a doctor visit goes beyond the medical checkup—your physician's knowledge and connections can be just as helpful.

Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!





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

**VACATION GIVEAWAY**  
TICKET \$50

**\$5,000 TRAVEL VOUCHER**

**DRAWING WILL BE HELD**  
**MONDAY, DECEMBER 16 | AT NOON**

Nemaha Valley Health Care Foundation is giving away a \$5,000 Travel Voucher for a vacation of your choice! Tickets are \$50 each. Only 200 tickets will be sold!

Purchase your tickets through Courtney Schmelzle at 785-336-0426 or at <https://forms.office.com/r/J2RFLKfpwi>

NEMAHA VALLEY HEALTH CARE FOUNDATION IS SELLING

**FRESH CROP PECANS**

**\$12 Per Bag**

QUESTIONS, PLEASE CONTACT COURTNEY SCHMELZLE AT 785-336-0426 OR LOIS CROSIER AT 785-336-2264

## November is National Diabetes Month

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems. Managing diabetes takes a team. Your health care team may include:

- Primary Care Provider
- Certified Diabetes Educator
- Registered Nurse who provides glucometer training as well as insulin and medication administration education. The Registered Nurse can assist with a CGM (Continuous Glucose Monitor).

Contact our Certified Diabetes Educator, Leah Heinen RD, LD, CDCES or Becky Bartkoski, RN, BSN at 785-336-6181 today to take charge of your diabetes!

## Endocrinology Services at NVCH

**ENDOCRINOLOGY SERVICES**

**Vidita Divan, M.D.**

The endocrine system regulates growth, sleep, hunger, even the way your body uses food. When the endocrine system isn't working properly, you may be diagnosed with an endocrine disorder, such as diabetes or hyperthyroidism.

Dr. Divan treats patients of all ages with many types of endocrine disorders through Telehealth at NVCH. *Referral required*

**Call 785-336-0462 to schedule your appointment today.**

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