



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



“The Heart of a Volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others.” Deann Hollis

Happy National Volunteer Month! Nemaha Valley Community Hospital volunteers serve countless hours helping throughout our building. Their unwavering care for the health and well-being of our communities as a whole is unwavering.

Thank you, to each and every one of you, for all you do for our patients and staff. You make a huge difference in the lives of all you touch.



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.

HPM - YOUR PARTNER IN PAIN MANAGEMENT

Are you tired of letting pain control your day? At Nemaha Valley Community Hospital we offer personalized pain management solutions that focus on you—helping you get back to doing what you love, pain free.

Whether it's chronic pain, injury recovery, or everyday discomfort, our team of experts is here to guide you through every step of the healing process. With a combination of advanced treatments and compassionate care, we target the root cause of your pain to provide lasting relief. HPM offers a range of therapies for pain relief, including:

- nerve blocks
- radiofrequency ablations
- injections
- medications
- other advanced treatments

Questions? Please contact our Outpatient Clinic at 785-336-0462 or visit our website at nemvch.com/hpm/.

SUPPORT KANSAS HOSPITALS



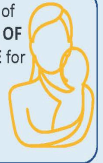
MEDICAID

Medicaid provides critical health coverage to a wide variety of people in every community across Kansas. This coverage helps ensure patients can receive the medical services needed to live healthier and more productive lives.

Medicaid covers about **360,000** Kansans.



In 2023, Medicaid covered nearly 32% of births in Kansas. It is a **VITAL SOURCE OF PRENATAL AND POSTPARTUM CARE** for women across Kansas.



Kansas Medicaid represents about **15%** of hospital patient volumes.



In 2023, Medicaid covered nearly **65%** of all nursing home residents.



RUN THE NUMBERS

In 2023, Medicaid only covered **\$0.65** of every dollar of care.



In 2023, the Medicaid shortfall was **\$264 million** that is the difference between Medicaid payments and cost.

SEE THE CONSEQUENCES

Any negative impact on Medicaid reimbursement is not limited to Medicaid beneficiaries, it **stresses the availability of health care services for everyone**. Hospitals that serve disproportionately high rates of Medicaid operate with negative margins and are often forced to discontinue service lines essential to their community.



KEY TAKEAWAYS

Medicaid's consistent underpayment for the care of the elderly, disabled and low-income population is leaving hospitals and health systems in a financially fragile position. Kansas hospitals have on average 15% of their inpatient days paid by Medicaid. Supporting the Medicaid program leads to access to more health care services for all Kansans and stabilizes hospitals and health systems in our communities.

Sources: March of Dimes Peristat - Data for Kansas
2023 HCRIS Cost Report Data obtained by KHA

2023 AHA Survey
2023 HIDI Analytical Data from KHA

2025 HEALTH FAIR



SATURDAY, APRIL 26
8AM-11AM



LABS INCLUDE: CBC, CMP, LIPID PANEL, A1C, TSH
\$35 FOR ALL LABS. MEN CAN ADD PSA FOR \$20



MEADOWLARK EXTENSION OFFICE
1615 BRANCH ST. SENECA, KS

NEMAHA VALLEY
Community Hospital & Seneca Family Practice





— APRIL IS —
ALCOHOL
AWARENESS MONTH

Alcohol continues to rank as the most commonly used addictive substance in the United States.

According to the National Institutes of Health, research shows significant increases in drinking, binge drinking and extreme binge drinking among U.S. adults. 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!

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 and how it 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.

Liver

Heavy drinking takes a toll on the liver and can lead to a variety of liver issues.

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.

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!

Save the Date

**Charity
Golf Classic**

06.13.25

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

**29th Annual Nemaha Valley
Health Care Foundation**

The 29th Annual Nemaha Valley Health Care Foundation (NVHCF) Charity Golf Classic is held to benefit healthcare in Seneca and the surrounding communities.

Join us for an 18-hole, three-person shotgun scramble. Individual and team registrations are invited.

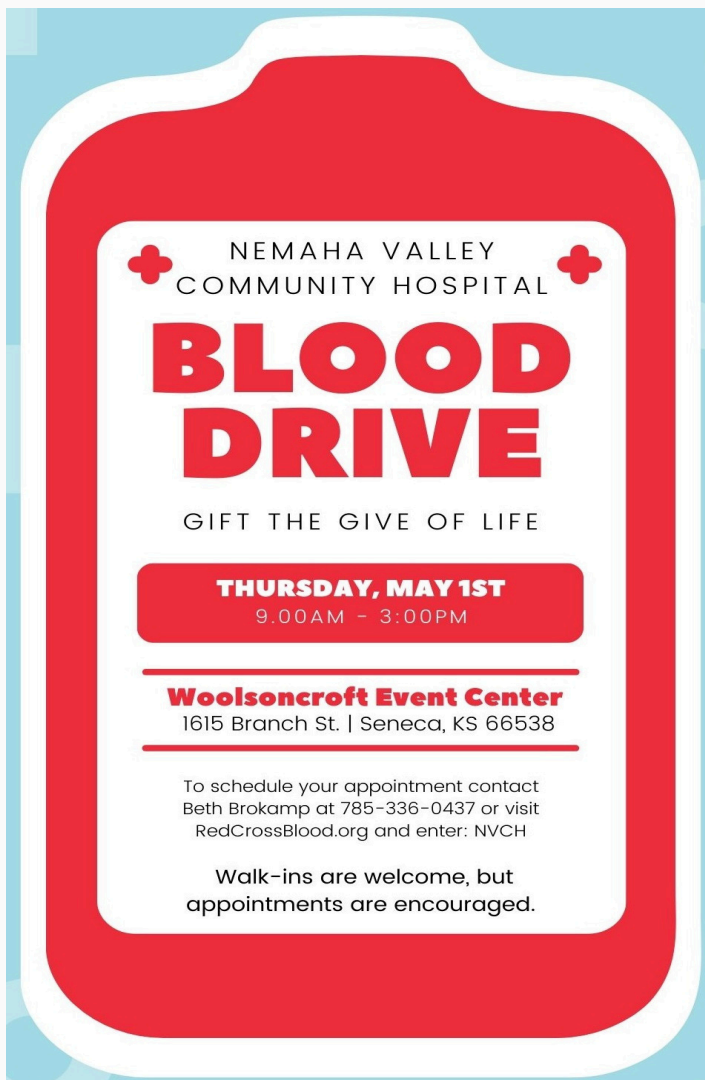
For additional information or questions about the Charity Golf Classic please contact Courtney Schmelzle at 785-336-0426 or cschmelzle@nemvch.org.

HELPING PATIENTS MAKE INFORMED DECISIONS

Nemaha Valley Community Hospital is committed to providing consumers with valuable information as they work toward improving their health. We believe individuals should have access to personalized and accurate cost estimates. To support informed decision-making, we offer tailored estimates (https://apps.para-hcfs.com/PTT/FinalLinks/Nemaha_Valley_V2.aspx) for hospital procedures before care is provided.

These estimates are based on the patient's insurance coverage and typical care experiences for those receiving similar services from the same physician.

The price estimator is a useful tool for estimating your healthcare costs based on expected services. However, please note that it does not provide an exact, personalized cost. The most accurate costs are determined by the actual services you receive.



A red and white poster for a blood drive. The text is centered and reads: NEMAHA VALLEY COMMUNITY HOSPITAL, BLOOD DRIVE, GIFT THE GIVE OF LIFE, THURSDAY, MAY 1ST, 9.00AM - 3.00PM, Woolsoncroft Event Center, 1615 Branch St. | Seneca, KS 66538. At the bottom, it says: To schedule your appointment contact Beth Brokamp at 785-336-0437 or visit RedCrossBlood.org and enter: NVCH. Walk-ins are welcome, but appointments are encouraged.



Organ transplantation is one of the great advances in modern medicine. Unfortunately, the need for organ donors is much greater than the number of people who actually donate. Every day in the United States, 21 people die waiting for an organ and more than 107,380 men, women and children await life-saving organ transplants.

Up to eight people can benefit through solid organ donations of the lungs, heart, kidneys, liver, pancreas and intestines. Countless others are helped, and their quality of life is improved from tissue donation that includes heart valves, veins, skin, bones and corneas. Donors can designate all or specific organs or tissues they would like to donate.

There are no costs to the family for organ and tissue donation. Through the entire donation process, the body is treated with care, respect and dignity.

Becoming an organ donor is easy. You can indicate that you want to be a donor in the following ways:

- Register at Donate Life America at donatelife.net.
- Designate your choice on your driver's license. Do this when you obtain or renew your license.
- Tell your family. Make sure your family knows your wishes regarding donation.