

BACK TO SCHOOL

MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



Are you watching the discussion around Medicaid cuts? What do you think? I am quite sure we all know individuals who have taken advantage of the system. That is true with any benefit. There is always someone!

Unfortunately, these cuts will not likely impact the bad actors because they will figure out a way around the system, as they always do. The people that will be hurt by the cuts are those with developmental and physical disabilities, low-income families, many of these families cannot afford for both parents to work because of the cost of and lack of available daycare, and our elderly.

The 2025 Medicaid cuts, enacted through the recent federal budget reconciliation bill, are projected to have a significant and far-reaching impact. However, the impact to Nemaha Valley Community Hospital is not yet known. We can anticipate people who lose coverage will not be able to afford health care. They will seek care only when they have no options. They will be sicker and require more resources (higher cost of care) than if they had been able to afford preventative care.

A study by Manatt Health reports more than 366,000 children in Kansas will lose access to health insurance and food assistance. It is very hard to learn when you are sick and hungry.

There is an unfortunate misconception that people on Medicaid are just laying around all day watching TV. I'm sure there are some that could find work, and I have no problem with a work requirement, but the percentage of Medicaid recipients this applies to is very small. Being a Medicaid recipient is not the golden ticket.

Did you know approximately 65 percent of all nursing home residents in Kansas receive Medicaid. I am curious about what the plan is for these people. Do they have families that can take them in?

Many people with severe mental health issues rely on Medicaid for treatment. Without the support of our long-term care providers and home health, our elderly patients may face dangerous living conditions where they cannot care for themselves.

I am not panicked by the pending changes to coverage for our individual hospital, but I am concerned about the long-term impact to our communities. If you lose coverage, please contact our business office. They can direct you to the right person to help you get the care and insurance coverage that works for you.

As always, Nemaha Valley Community Hospital staff is committed to your health and wellness. We are happy to help you transition through these changing times. Please give us a call at 785-336-6181.

Kiley Floyd, CEO

BACK TO SCHOOL: TIPS FOR A HEALTHY START TO THE NEW SCHOOL YEAR

As summer winds down, families begin shifting gears from pool days and picnics to school supplies and schedules. At Nemaha Valley Community Hospital, we know that preparing for back to school is about more than just backpacks and binders—it's also a great time to focus on your child's physical and mental health.

Here are a few tips to help ensure a healthy and successful start to the school year:

Schedule Annual Checkups and Immunizations:

Routine physicals are essential for tracking growth, development, and addressing any concerns before the school year begins. It's also a good time to make sure immunizations are up to date. If your child plans to participate in sports, a sports physical may be required.

Establish Healthy Sleep Habits: Start adjusting sleep schedules at least a week before school begins. Children and teens need 8–10 hours of sleep each night to stay focused and energized during the day. A consistent bedtime routine can help reduce stress and improve academic performance.

Focus on Nutrition: Nutritious meals fuel growing bodies and active minds. Encourage a balanced breakfast, pack healthy lunches, and limit sugary snacks. Teach your child the importance of staying hydrated throughout the day.

Practice Backpack Safety: Backpacks should be worn on both shoulders and not exceed 10-15% of your child's body weight. A properly fitted backpack can prevent strain on the back and shoulders.



Support Mental Well-Being: New routines, social pressures, or academic expectations can be stressful. Keep the lines of communication open and encourage your child to talk about their feelings. If concerns arise, don't hesitate to reach out to your family doctor or school counselor.

Stay Active: Encourage physical activity every day—whether it's organized sports, bike riding, or playing outside. Movement boosts mood, concentration, and overall health.

Vision and Hearing Checks: Undetected vision or hearing issues can impact learning. If your child has shown signs of struggling to hear or see clearly, schedule an evaluation before school starts.

A healthy start leads to a strong school year. The entire team at Seneca Family Practice is here to support your family every step of the way.

To schedule back-to-school appointments, call us at 785-336-6107.

START SMART!

WITH BACK-TO-SCHOOL VACCINES!

What Vaccines Do You Need?

IKC IMMUNIZE KANSAS COALITION

Learn more about IKC and vaccines at immunizekansascoalition.org

YOU MAY RECEIVE A CALL FROM THE KU CARE COLLABORATIVE

Nemaha Valley Community Hospital is excited to bring new services to support your health at home through our works with The University of Kansas Health System Care Collaborative.

If you have two or more chronic conditions, you may soon receive a phone call from the KU Care Collaborative team. They are reaching out to eligible patients to enroll in Chronic Care Management (CCM) and Remote Patient Monitoring (RPM) programs—designed to help you stay healthier, safer, and more independent.

These services are available at no cost to you through Medicare and include:

- 24/7 access to a personalized care team of nurses and health coaches
- Daily health monitoring using an easy-to-use Bluetooth device
- Monthly check-ins with your dedicated nurse health coach
- Ongoing tracking of important health indicators like blood pressure
- In-home training to help you feel confident using the technology
- Lifestyle coaching and a personalized care plan focused on your goals

This program brings next-level care into your home, ensuring your care team has real-time information to help detect problems early and keep you on track.

If you receive a call from the KU Care Collaborative, we encourage you to answer—it's part of your care journey, and we're here to support you every step of the way. As always, if you have questions, please call us 785-336-6107.



DON'T LET PAIN HOLD YOU BACK!

At Nemaha Valley Community Hospital, we believe you deserve to live pain free. That's why we offer personalized pain management solutions tailored to your needs—so you can get back to doing what you love.

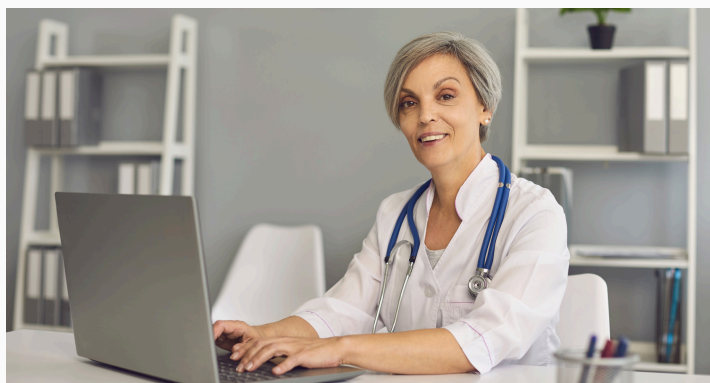
Our HPM team conducts a thorough evaluation of your symptoms and listens carefully to your pain story to identify the root cause of your pain.

Whether you're dealing with chronic pain, recovering from an injury, or managing daily discomfort, our experienced team is here to support you every step of the way. Through advanced treatments and compassionate care, we focus on the root cause of your pain to provide real, lasting relief.

Our HPM services include:

- Nerve blocks
- Radiofrequency ablations
- Injections
- Medications
- And other advanced therapies

Questions? Call our Outpatient Clinic at 785-336-0462 or learn more at nemvch.com/hpm/.



OUR THERAPY DEPARTMENT IS BIG AND LOUD

Nemaha Valley Community Hospital is proud to offer the LSVT BIG & LOUD® program—an evidence-based therapy designed specifically for individuals with Parkinson's disease and other neurological conditions that impact movement and speech.

Parkinson's disease often causes stiffness, slowed movements, and difficulty with speech. The BIG & LOUD® program addresses these symptoms through two specialized therapies:

- **LSVT BIG®** focuses on improving motor function by retraining the body to make bigger, more purposeful movements. Patients work with physical or occupational therapists to improve balance, walking, and everyday tasks.
- **LSVT LOUD®** helps individuals regain their voice. Speech-language pathologists guide patients through exercises that improve vocal strength, clarity, and confidence.

Why it matters:

For patients living with Parkinson's, these therapies can significantly improve quality of life, independence, and overall well-being. Many participants report noticeable improvements in mobility and communication after completing the program.

If you or a loved one has been diagnosed with Parkinson's disease and are interested in learning more about the BIG & LOUD® program, please contact our therapy department at 785-336-0428.



BE A LIVING LEGEND: THE LASTING IMPACT OF A GIFT IN YOUR WILL OR TRUST

Imagine being remembered not only for how you lived, but for the difference you made for generations to come. That's the power of a gift in your will or trust.

At the Nemaha Valley Health Care Foundation, we believe that every gift tells a story—of compassion, commitment, and belief in a healthier future. Including a gift in your will or trust is a simple way to leave a lasting legacy without affecting your finances today. It's a meaningful act that ensures your values live on through the continued care of your community hospital.

Whether your gift is large or small, it will help support future technology, patient services, medical professionals, and health education right here at home. Your legacy could provide comfort to patients in need, expand access to life-saving treatments, or bring peace of mind to a family during their most difficult moments.

This kind of giving isn't only about what you leave behind—it's about what you help build. It's about becoming part of something bigger than yourself. It's about being a living legend.

If you've already included Nemaha Valley Community Hospital or the Foundation in your estate plans, we'd love to thank you personally. If you're just beginning to consider it, we'd be honored to talk with you about the possibilities.

Let your story become part of ours. Leave a legacy of health, hope, and healing.

To learn more about legacy giving, contact Courtney Schmelzle at 785-336-0426.

