



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



wellbeing of others—there are many others behind the scenes who keep our organization running smoothly.

These unsung heroes work in operations and finance, ensuring that every aspect of our system functions efficiently. They include professionals from Information Technology, Materials Management, Facilities Management, Environmental Services, Health Information Management, Administrative Support, Community Outreach, Human Resources, Safety, Utilization Review, Corporate Compliance, Quality and Infection Control, Clinical Informatics, and the Business Office and Finance teams.

Many of these individuals wear multiple hats and they all collaborate daily to support our mission. Their dedication and teamwork are essential to our success, and we are deeply grateful for all they do.

Please join us in thanking our rural health providers throughout the County for their commitment to our health and well-being.

Kiley Floyd, CEO



THURSDAY, NOVEMBER 20, 2025

National Rural Health Day celebrates the “Power of Rural” and aims to bring attention to the unique healthcare needs of rural communities. It is a day to recognize the individuals and organizations dedicated to addressing these challenges and ensuring access to quality healthcare for the nearly 61 million people living in rural America.

Throughout the year, we celebrate the invaluable contributions of our staff. While patients often see our dedicated direct patient care professionals—those who have committed their lives to the health and

LUNG CANCER AWARENESS MONTH: EARLY DETECTION SAVES LIVES

Lung cancer is the leading cause of cancer death for both men and women—but when it's found early, survival improves dramatically. That's why Lung Cancer Awareness Month is a perfect time to learn whether a Low-Dose CT (LDCT) lung screening at Nemaha Valley Community Hospital could be right for you or someone you love.

What is LDCT?

LDCT is a fast, painless scan that uses a much lower dose of radiation than a standard CT. There are no needles, no dyes, and no special prep for most people. The scan itself typically takes under 10 minutes, and results are read by our radiology team with your provider.

Who should be screened?

Current national guidelines recommend yearly LDCT screening for adults who are at higher risk for lung cancer. You may qualify if you meet all of the following:

- Age: 50–80 years old (Medicare generally covers ages 50–77)
- Smoking history: At least 20 “pack-years” (for example, 1 pack/day for 20 years or 2 packs/day for 10 years)
- Current smoker or quit within the last 15 years
- No symptoms of lung cancer (screening is for people without symptoms)

Coverage varies by insurer; our team can help you understand benefits and costs.

Why it matters

Most lung cancers don't cause noticeable symptoms until they are advanced. LDCT can find lung nodules when they're small and more treatable. National studies show LDCT screening in eligible people reduces the risk of dying from lung cancer.

Take the next step

Ask your provider if LDCT lung screening is right for you, or call Seneca Family Practice at 785-336-6107 to schedule a conversation about eligibility. Our team will help with insurance questions and make the process easy.

Holiday Hours

Nemaha Valley Community Hospital &
Seneca Family Practice

THANKSGIVING

Thursday, November 27th - CLOSED

Friday, November 28th - 8am-3pm

Saturday, November 29th - 9am-noon

CHRISTMAS

Wednesday, December 24th - 9am-noon

Thursday, December 25th - CLOSED

NEW YEARS

Wednesday, December 31st - 9am-noon

Thursday, 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.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

NEMAHA VALLEY HEALTH CARE
FOUNDATION IS SELLING

FRESH CROP PECANS

\$15 Per Bag

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



Nemaha Valley Community Hospital has one Certified Application Counselor (CAC) this year—Courtney Schmelzle. Courtney is trained to help consumers explore Marketplace health coverage options and complete eligibility and enrollment forms.

Marketplace coverage is designed for people who don't have affordable employer insurance, individuals who aren't eligible for Medicare or Medicaid but need coverage, and families seeking affordable, comprehensive plans.

Open Enrollment runs November 1–December 15, 2025 for coverage beginning January 1, 2026; enrollment continues through January 15, 2026 for later effective dates. Appointments are being scheduled now. To schedule, contact Courtney Schmelzle at 785-336-0426.

340B creates healthier Kansas communities.

Learn more at 340BKansas.org

Over 90 Kansas hospitals depend on 340B to provide life-saving care including prescriptions, cancer screenings and treatment for you.

Tell your elected officials to support 340B!

KHA
Kansas Hospital Association



HONORING THE STRENGTH OF RURAL COMMUNITIES, PATIENTS, AND PROVIDERS

Each year on the third Thursday of November, communities across the country celebrate National Rural Health Day—a time to recognize the unique spirit that makes rural communities special and to honor those who care for the health and well-being of their neighbors.

At Nemaha Valley Community Hospital, this day is especially meaningful. We are proud to serve a community where neighbors look out for each other and where patients are not just numbers—they are friends, family, and familiar faces.

We are deeply grateful to our patients who entrust us with their care. Living in a rural community brings both strengths and challenges, and your commitment to choosing local care ensures that we can continue providing high-quality, compassionate services right here at home. You remind us every day why our mission matters.

Behind every appointment, procedure, and hospital stay is a dedicated team of professionals who go above and beyond. From physicians, nurses, and therapists to lab, radiology, dietary, environmental services, and administrative staff—each person plays an essential role in ensuring our patients receive safe, personalized care. Our staff embody the best of rural health: commitment, compassion, and community spirit.

Why Rural Health Matters

Rural hospitals like NVCH are the backbone of health care access for smaller communities. We provide essential services—emergency care, primary care, specialty clinics, diagnostic imaging, therapy, and more—close to home. Without local hospitals, families would have to travel miles away for care, delaying treatment and adding stress.

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

November is National Diabetes Awareness Month, a time to raise awareness about diabetes prevention, management, and support. At Nemaha Valley Community Hospital, we're dedicated to helping individuals live healthier, more confident lives through our Diabetes Education Program.

Our diabetes education team works with patients to develop personalized plans for managing diabetes through nutrition, physical activity, medication management, and ongoing support. Whether you're newly diagnosed or have been managing diabetes for years, education and support are key to improving long-term health outcomes.

Medicare Coverage for Diabetes Self-Management Training (DSMT):

Medicare covers up to 10 hours of initial Diabetes Self-Management Training during the first year — this includes one hour of individual training and nine hours of group sessions. After the first year, patients are eligible for two hours of follow-up training each year. These sessions are a great opportunity to learn practical skills, stay motivated, and make informed decisions about your health.

When to See Our Diabetes Specialist:

There are several critical times when meeting with our diabetes specialist can be especially beneficial:

- At diagnosis – to learn the basics of managing diabetes.
- Annually – for a refresher and to update your management plan.
- When new complications arise – such as changes in vision, heart health, or kidney function.
- When life changes occur – like starting new medications, lifestyle changes, or other health conditions that affect your diabetes.

Join Our Diabetes Support Group!

You don't have to manage diabetes alone. Our Diabetes Support Group meets on the fourth Tuesday of every month and offers a welcoming environment to share experiences, ask questions, and learn from others living with diabetes.



For more information about our Diabetes Program or to schedule an appointment, please contact:

- Leah Heinen RD, LD, CDCES at 785-336-0322
- Becky Bartkoski RN, BSN & Diabetes Educator at 785-336-0351

Together, we can take steps toward better health and greater confidence in managing diabetes every day.

*Take Charge of Your Health with
Nemaha Valley Community Hospital*

•••••

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 Cotton-O'Neil Diabetes & Endocrinology at 785-368-0445 to schedule your appointment.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice