



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



Nemaha Valley Community Hospital evaluates health insurance plans each year. We need to make sure the amount the insurer is paying us is enough to cover our expenses and our ability to continue to provide our current services. We also want to make sure the insurer is meeting its obligations to our patients. For instance, if we are working with a plan that routinely fails to pay for services, we need to take a hard look at that plan. If the plan is of no value to the patient, it is of no value to us.

Medicare and health insurance plans can change each year. Please review your coverage before you renew or choose a new plan. Calls, mailings, and TV ads can be confusing, so it is important to ask questions before you enroll.

- Do not choose a health insurance plan over the phone, including a Medicare Advantage plan. High-pressure sales calls may lead you to choose a plan that does not meet your needs.

- Talk with a local insurance agent. They can explain your options and help you compare plans based on your health care needs and budget.
- Make sure you understand what the plan covers, what it does not cover, and what you may have to pay. Be careful with plans that promise low or zero premiums. If a plan sounds too good to be true, ask more questions before enrolling.
- Before you sign up, check that your hospital, clinic, and providers are in the plan's network. You may call Nemaha Valley Community Hospital or your primary care provider's office to confirm. Please note: Nemaha Valley Community Hospital does not plan to expand its network coverage at this time.
- Also check that any specialists you see are in network. For example, if you see a provider at Stormont Vail Health, review your plan carefully because some plans may be out of network.
- Before you choose or change a plan, speak with your local insurance agent and call our hospital business office at 785-336-6181. We are here to help you make informed decisions about your coverage.

Kiley Floyd, CEO

BREAST CANCER AWARENESS: EARLY DETECTION MATTERS

October is Breast Cancer Awareness Month, a time to raise awareness about breast cancer, honor those who have been affected by the disease, and remind women of the importance of knowing their risk and staying up to date on recommended screenings.

Breast cancer is one of the most commonly diagnosed cancers among women in the United States. While a breast cancer diagnosis can be frightening, advances in screening, diagnosis and treatment continue to improve outcomes. Finding breast cancer early, when it is smaller and before it has spread, can provide more treatment options and improve the chances of successful treatment.

Know What's Normal for You

Being familiar with how your breasts normally look and feel can help you recognize changes that should be discussed with your healthcare provider. Changes may include a new lump or thickening, changes in the size or shape of the breast, dimpling or other changes in the skin, nipple changes or discharge, swelling, or persistent pain in one area.

Not every breast change is cancer, but it is important to have unusual or concerning changes evaluated rather than waiting to see if they go away. You know your body best, and speaking up when something doesn't seem right is an important part of taking care of your health.

Know Your Risk

Breast cancer can affect anyone, but certain factors may increase your risk. These can include getting older, having a personal or family history of breast cancer, certain inherited genetic changes and other individual health and lifestyle factors. Having a risk factor does not mean you will develop breast cancer, and some people diagnosed with breast cancer have no known risk factors.

Talk with your healthcare provider about your personal and family health history. Together, you can determine whether you may benefit from earlier or additional screening.

Don't Put Off Your Mammogram

Mammograms can detect breast cancer before symptoms are noticeable, making routine screening an important part of preventive healthcare. When you should begin screening and how often you should be screened may depend on your age, family history and individual risk factors.

It can be easy to put off preventive appointments when life gets busy, especially when you feel healthy. Breast Cancer Awareness Month is a good reminder to check when you had your last mammogram and make sure you are up to date with your recommended screenings.

Schedule Your Mammogram at NVCH

Nemaha Valley Community Hospital is proud to provide convenient mammography services close to home. Call NVCH Radiology at 785-336-0455 to get yours scheduled today.

Early detection matters. Know your risk. Know your body. Get screened.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Join us for
EARLY DETECTION
Evening Edition

Extended hours for 3D Mammograms

October: 8, 13 & 19

4pm-8pm

Refreshments, giveaways, prize drawings and more!

FOR AN APPOINTMENT CALL NVCH RADIOLOGY AT 785-336-0455

The American College of Radiology (ACR) and Society of Breast Imaging (SBI) recommend that women at average risk for breast cancer start getting annual mammograms at age 40.

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

October is National Physical Therapy Month, a time to recognize the important role physical therapy plays in helping people of all ages move better, recover from injury and maintain their independence.

Physical therapy can help with much more than recovery after surgery. It can improve strength, balance and mobility, reduce pain, prevent falls and help patients safely return to work, sports and everyday activities. Whether you are recovering from an injury, experiencing ongoing pain or noticing changes in your strength or balance, physical therapy can help you continue doing the things that are important to you.

Care Close to Home

At Nemaha Valley Community Hospital, our Therapy Department provides personalized care based on each patient's individual needs and goals. Services include rehabilitation following injury or surgery, treatment for back and joint pain, sports and orthopedic rehabilitation, balance and fall prevention, pelvic floor therapy, and LSVT (a specialized therapy program that helps patients with Parkinson's disease improve movement and speech), along with other treatments designed to improve mobility and function.

You Don't Have to Wait

You don't have to wait until pain or mobility problems significantly interfere with your daily life to seek help. If discomfort, weakness, balance concerns or limited movement are keeping you from activities you enjoy, our physical therapy team can work with you to build a treatment plan that fits your needs and lifestyle — whether your goal is getting back on the court or field, returning to work, recovering after surgery, safely climbing stairs, or simply moving through your day with less pain and greater confidence.

Thank You to Our Therapy Team

During National Physical Therapy Month, we thank our physical therapy professionals for the expertise, encouragement and compassionate care they provide to our patients and community every day. We are proud to offer these important services close to home at NVCH.

Move better. Feel stronger. Stay independent.

JOIN OUR FALL PREVENTION PROGRAM

TAKE YOUR FIRST STEP TO PREVENTING FALLS

Classes are:

- For caregivers and individuals with an increased fall risk
- Held Thursdays in October (1, 8, 22, 29)
- 11:00am - Noon
- Classes held in the NVCH Conference Room
- Focused on fall prevention education and exercise
- No cost



To register call the NVCH Therapy Department at 785-336-0428.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

FLU SHOT CLINICS



DRIVE THRU CLINICS

No appointment needed

OCTOBER 7TH
8AM - 6PM

OCTOBER 14TH
8AM - 6PM

Community Building Parking Lot
1500 Community Drive
Seneca, KS

Please wear a short sleeve shirt if possible.

SATURDAY CLINICS

At Seneca Family Practice: Walk-ins welcome but appointment preferred

OCTOBER 10TH
9AM - NOON

OCTOBER 17TH
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.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Healthcare Benefits

on for Health Cove
ter online at HealthCa
is at
what coverage
alify for

Employee Enrollment Form

To speed the enrollment process, please be thorough and fill out all sections that apply.

To Be Completed by Employer

Group Name	Date of Coverage/Date of Change
Date of Hire	Application
Position/Title	Plan
Hours worked per week	New Hire
	Annual
	Open
	Enrollment
	Late
	Enrollment
	Termination

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, 2026 for coverage beginning January 1, 2027; enrollment continues through January 15, 2027 for later effective dates. Appointments are being scheduled now. To schedule, contact Courtney Schmelzle at 785-336-0426.

STRONG BONES, HEALTHY JOINTS: PROTECTING YOUR MOBILITY AT EVERY AGE

Our bones and joints work together every day to keep us moving, active and independent. Taking steps to protect bone and joint health throughout life can help reduce the risk of injury, arthritis, osteoporosis and mobility problems as we age.

Keep Moving

Regular physical activity is one of the best things you can do for your bones and joints. Weight-bearing activities such as walking and climbing stairs help support bone health, while strength training builds the muscles that support and protect your joints. Low-impact activities such as swimming and biking are also great options for staying active while placing less stress on the joints.

Build Strong Bones

Good nutrition is another important part of maintaining healthy bones. Calcium and vitamin D play key roles in bone strength, while protein helps maintain healthy muscles. Dairy products, leafy green vegetables and calcium-fortified foods are good sources of calcium.

Protect Your Joints

Maintaining a healthy weight can reduce stress on weight-bearing joints such as the knees and hips. Using proper techniques when lifting, exercising or participating in sports can also help prevent injuries. Balance and strengthening exercises can help reduce the risk of falls and fractures as we age.

Pay Attention to Pain

Occasional aches and stiffness can happen, but ongoing joint pain, swelling, weakness or changes in mobility shouldn't simply be accepted as a normal part of aging. If pain or stiffness is interfering with your daily activities, talk with your healthcare provider.

Small choices of staying active, eating well, maintaining a healthy weight and addressing problems early can make a big difference in your bone and joint health for years to come.

Strong bones and healthy joints help keep you moving through every stage of life.

