NEMAHA VALLEY
Community Hospital & Seneca Family Practice

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY NOVEMBER 2026

National Rural Health Day
Celebrating the **Power of Rural!** ®

MESSAGE FROM THE ADMINISTRATOR



Kiley Floyd, CEO

I recently spoke with a friend about the rising cost of health care. I went into detail about the extreme price increases we are seeing for supplies and staff but quickly realized my friend never saw the whole picture. A patient may only see the nurse giving a shot, but not the resources and people that made giving that shot possible. A shot is never just a shot; what appears to be a simple service depends on the work of many people—far more than most patients ever see.

Some health care positions are required by law, regulation, accreditation standards, or government program requirements. These professionals support patient safety, infection prevention, privacy, documentation, medication management, care coordination, community health services, billing, and facility oversight. Other roles, while not specifically mandated, are equally important to efficient and reliable operations. Teams in administration, finance, materials management, dietary, environmental services, information technology, maintenance, risk management, health information management, and community outreach provide the infrastructure clinicians need to deliver safe, dependable care.

Most Nemaha Valley Community Hospital employees provide direct patient care at Seneca Family Practice, in the outpatient specialty clinic, emergency room, across outpatient departments, or at the bedside. Their work is supported by colleagues throughout the organization who help ensure that every patient receives the care they need.

Please join me in thanking the behind-the-scenes professionals who help Nemaha Valley Community Hospital exceed expectations. Exceptional health care requires a skilled, compassionate team, and we are fortunate to have one of the best.

Kiley Floyd, CEO



The people behind your care!

Pictured are representatives from 15 departments that keep NVCH running behind the scenes every day.

BREATHE EASIER: LUNG HEALTH CLOSE TO HOME

November is Lung Cancer Awareness Month. It's a good time to think about something we do about 20,000 times a day and rarely notice: breathing. For people living with lung disease, every breath can be a challenge. Early detection and the right support can make a real difference.

Our new pulmonary function test (PFT) machine means you can get lung testing close to home, without a long drive. A PFT is a simple, painless breathing test that measures how much air your lungs can hold and how well you move air in and out. It can help your provider find lung problems early and diagnose conditions such as COPD and asthma. If you have a lingering cough, shortness of breath, wheezing or a history of smoking, ask your provider whether a PFT is right for you.

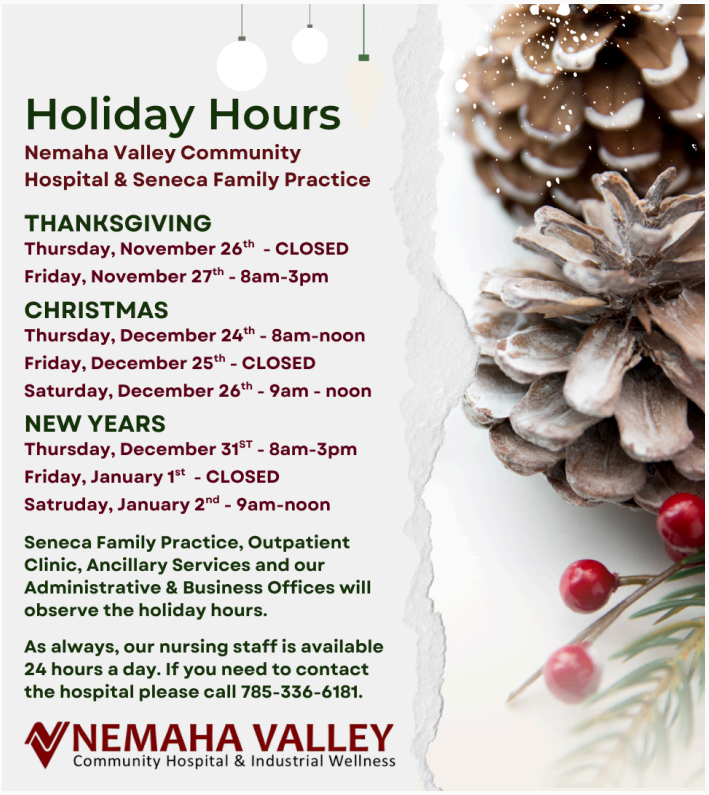
For those already living with a chronic lung condition, we have also launched our Pulmonary Rehab program. This is a 12-week, one-on-one program led by our Respiratory Therapy team under physician direction. Patients receive supervised exercise, education and personalized support to help them breathe easier, build strength and regain confidence in everyday activities. Pulmonary Rehab can help people with COPD, pulmonary fibrosis and other lung conditions, as well as those recovering after a hospital stay for a lung condition.

Don't ignore breathing symptoms, and ask your provider what testing or care is right for you.

Contact your Seneca Family Practice primary care provider at 785-336-6107 to get the conversation started today. Your lungs carry you through every day, and we are here to help you care for them.



Danielle Dalinghaus, CRT; Tyler Van Winkle, RRT; Dawn Osterhaus, RRT





PASS THE TURKEY, NOT THE GERMS

The holidays are a time for gathering with family and friends, sharing a big meal and passing the turkey, the stuffing and the pie. Unfortunately, germs travel around the table, too. Cold and flu season is in full swing this time of year, and busy kitchens, crowded rooms and shared serving spoons give those germs plenty of chances to spread from person to person. The simplest way to protect your family this season is also one of the most effective: wash your hands.

Regular handwashing helps stop the spread of colds, the flu and other illnesses, so the memories you make this year are the good kind.

When to wash

- Before, during and after preparing food
- Before eating
- After using the bathroom or changing a diaper
- After coughing, sneezing or blowing your nose
- After handling raw turkey or other raw meat, poultry or eggs
- After touching trash, pets or anything that's visibly dirty
- Before and after caring for someone who is sick

How to wash

- Wet your hands with clean, running water.
- Lather with soap, covering the backs of your hands, between your fingers and under your nails.
- Scrub for at least 20 seconds. That's about the time it takes to hum "Happy Birthday" twice.
- Rinse well under running water.
- Dry with a clean towel or air dry.

No sink nearby? Use a hand sanitizer with at least 60% alcohol. Rub it over all surfaces of your hands until they are dry. Keep in mind that sanitizer isn't a substitute for washing when your hands are visibly dirty or greasy, such as after handling food.





Rural health care means caring for neighbors, not just patients.

On Thursday, November 19, communities across the country will celebrate National Rural Health Day. The day recognizes the people who live in rural America and the health care workers who serve them. It's also a chance to talk about the challenges rural communities face, such as longer distances to care and fewer health care professionals, and the creative ways we meet them.

At Nemaha Valley Community Hospital & Seneca Family Practice, rural health is personal. Our patients are our neighbors, our friends and our family members. We see them at the grocery store, at ball games and in church on Sunday. That connection shapes how we care for people.

Our staff is the heart of that care. From the nurses at the bedside and the providers in our clinic to the therapists, lab and radiology teams, and the many employees who work behind the scenes, each person brings dedication to the job every day. They stay late, step in where needed and treat every patient like one of their own.

Because of this team, you don't have to travel far to receive quality care. Local care means shorter drives, familiar faces and a team that knows you and your family. When you need us, we are close by. And we are always growing, adding new services and expanding our care so more of your health needs can be met right here at home.

This National Rural Health Day, we say thank you to our staff for their commitment to our community. And thank you to our patients for trusting us with your care. We are proud to serve you.

NOVEMBER IS DIABETES AWARENESS MONTH

November is Diabetes Awareness Month, and there is good news for people managing diabetes: some commercial insurance plans, as well as Humana and Aetna, have broadened their eligibility for continuous glucose monitors (CGMs). People with a diagnosis of type 2 diabetes may now qualify even if they don't use insulin.

If you are on Medicare or Medicare Advantage, you may also be eligible if you:

- Have a confirmed diagnosis of diabetes.
- Use insulin (any type, any amount) or have a documented history of problematic low blood sugar, such as repeated level 2 lows (glucose below 54 mg/dL) despite treatment changes, or at least one level 3 low that required help from another person.

A CGM is a small wearable sensor that checks your glucose (blood sugar) throughout the day and night, showing how food, activity, stress and medication affect your numbers in real time without a fingerstick every time.

In a randomized trial of 283 adults with type 2 diabetes who did not use insulin, those who used a CGM lowered their A1c by 0.9 percentage points more than those who used a standard glucose meter over six months. Ask your provider whether a CGM is right for you, and check with your insurance plan about coverage.

A CGM works best alongside good diabetes education, including these basics:

- **Know your A1c.** This blood test shows your average blood sugar over the past two to three months, so ask your provider what your goal is.
- **Don't skip your checkups.** Regular eye exams, foot checks and kidney and cholesterol tests help prevent complications.

If you'd like to learn more about managing diabetes, schedule an appointment with your Seneca Family Practice primary care provider by calling 785-366-6107 today.



Meet Your Diabetes Care Team

Nemaha Valley Community Hospital's diabetes care team, Director Leah Heinen, RD, LD, CDCES, and Becky Bartkoski, RN, BSN, offer support for people living with prediabetes or diabetes.

- **Prevent Type 2 Diabetes:** A CDC-recognized lifestyle program for people with prediabetes (A1c of 5.7–6.4%)
- **Healthy Living with Diabetes:** Accredited self-management training, available individually or in a group
- **Gestational Diabetes Education:** Support for expecting mothers
- **Diabetes Management Care:** Help with insulin, medications, glucose meters and CGMs
- **Support Group:** Free, on the fourth Tuesday of each month - next meeting is November 24.

To learn more, call Leah at 785-336-0322 or Becky at 785-336-0351.

