

NEMAHA COUNTY
HOSPITAL



Heroes Work Here

NEMAHA COUNTY HOSPITAL

RETURNING YOU BACK TO YOUR
SUPERHERO STATUS!



2022 =
CALENDAR

MESSAGE FROM NEMAHA COUNTY HOSPITAL'S CEO

Greetings!

Thanks for reviewing this year's annual report of activities at Nemaha County Hospital. This report covers our last fiscal year, which started on May 1st, 2020 and ended April 30th, 2021. This has been a year like no other that we have experienced. But, through it all, the staff has stepped up to serve this community when it needed our help the most and in ways that I couldn't have imagined before. During May and June, the hospital was basically in lock-down mode. We were doing no outpatient procedures, no elective surgeries, and we were not allowing any visitors to enter the facility. The emergency department stayed busy as we cared for all who presented to us. This was a very difficult time.

As we started to open up again for outpatient services and allow one visitor per patient, things started to look a bit more normal around here. It was good to see people in the facility, even if they were all wearing masks. As the need for COVID testing emerged, we became a Test Nebraska site to serve the residents of our community the best way we knew how. Once again, the NCH staff volunteered to man this test collection process in the same way they have volunteered to serve this community in the past.

And then the Pfizer vaccine received emergency authorization by the FDA! Approval of the

Moderna vaccine followed shortly thereafter. Our staff worked with the Southeast District Health Department to develop a plan to roll out this vaccine to the age groups authorized to receive it by the federal government. On December 21st, we gave the first doses of this vaccine to healthcare workers and first responders in our community. Everyone was so happy that we finally had a vaccine against this terrible pandemic! I heard shouts of joy as people received their vaccinations.

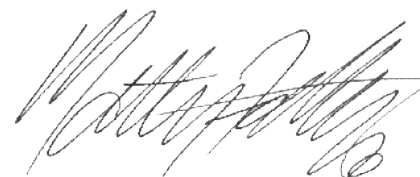
Again, I was very proud of the vaccination team. It was staffed with volunteers, just like our Test Nebraska effort, and they functioned like a well-oiled machine. The process that they developed to register the people, administer the vaccine and observe folks after they received their vaccinations was amazing!

As the different age groups became eligible for the vaccine, we adjusted to meet their needs. The staff was very conscious not to waste any doses of vaccine. They would go to great lengths to find someone that needed a dose rather than waste it. They even went so far as to shuttle a dose to Nebraska City so that it wouldn't be wasted.

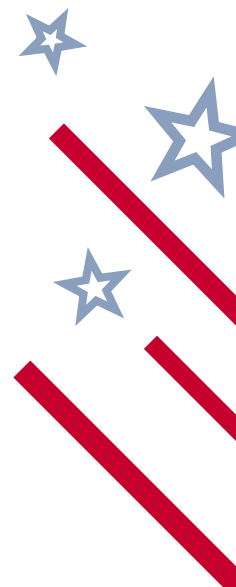
Throughout the time we were dealing with all of these COVID activities, we continued to see patients needing all of the other services we provide to our community. Our outpatient specialty clinics continued to see people, and our ancillary services departments continued to

provide testing. And we did all of this while being severely understaffed.

Thanks to everyone that supported Nemaha County Hospital during this difficult year. As you read the annual report, I think you will agree that the year can be considered a success. We are here for one reason, and that is to serve our community. I am proud to say that we did that during a most difficult time.



Marty Fattig, CEO



MISSION STATEMENT

Quality Care—Every Time.

VISION STATEMENT

Giving our best, so you can Live your best.

CORE VALUES

People — Authenticity | Faith | Leadership

Finances — Integrity | Awareness | Purpose

Internal Processes — Perseverance | Vision | Focus

Community & Patients — Courage | Enthusiasm | Service

IMPORTANT PHONE NUMBERS

Operator/Switchboard
402.274.4366

Appointment and Scheduling
402.274.6140

Human Resources
402.274.6121

NEMAHA COUNTY HOSPITAL

Board of Directors 2021



Larry Jones
Chairman



Dr. Daryl Long, PhD
Vice-Chairman



Kay Oliver
Secretary



Michael Casey
Treasurer



Richard Moody
Member-at-Large

KEY FIGURES

Nemaha County Hospital is a vital part of our region. We are one of the largest employers in Nemaha County, attract skilled workers to our area, enhance the local economy, even as we provide critical healthcare services to thousands of area residents.

LOCATION

At Nemaha County Hospital, quality care is always close to home. We serve Southeast Nebraska as well as Northwest Missouri and Northeastern Kansas.

IMPORTANT EMAIL ADDRESSES

Nemaha County Hospital
info@nchnet.org

ADMINISTRATIVE LEADERSHIP COUNCIL



MARTY FATTIG

I started working in the healthcare field in 1975 as a lab assistant while I was a student in Lincoln. Since that time I have worked in many different roles in hospitals, including the lab, x-ray, electrocardiology, quality, computers and administration. I have worked in several different locations, including Grant, Scottsbluff, McCook and Auburn.

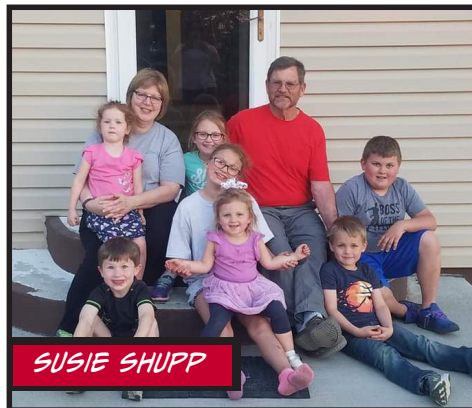
I came to Auburn in 2002 as the CEO. We have accomplished many things in the last 19 years. We have had several building projects, computer installs and quality projects but the things I am most proud of all involve our wonderful staff. We have always tried to do what is best for our patients, the community and our staff and I hope that we can continue to serve our community for years to come.

SUSIE SHUPP

Over twenty-one years ago I started my new job at Nemaha County Hospital working as an Administrative Assistant/ Payroll Clerk, assisting then CEO, Glen Krueger and Director of Human Resources, Lisa Bahensky. Little did I know that a year later I would be moving into the Director of Human Resources position.

In my role as Chief Human Resources Officer, I am responsible for managing the employee life cycle, which consists of recruiting, hiring, onboarding, training, administration of employee benefits and termination. In simple terms, my job in HR is to ensure that our most important asset, our people, are being nurtured and supported throughout their career at NCH. Human Resources has changed in the last twenty years, becoming more focused on managing employee engagement and strengthening the company culture. Technology is used in almost everything I do today, a shift from paper, when I first started.

Besides Human Resources, my duties include payroll and being the coordinator for the Nemaha County Hospital Foundation. I am also a member of the hospital's Administrative Leadership Council. I enjoy taking care of our employees, so they can take care of our patients, giving Quality Care-Every Time!

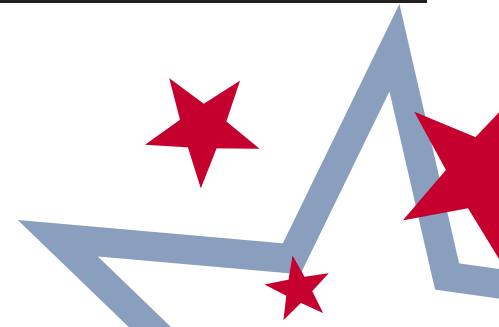


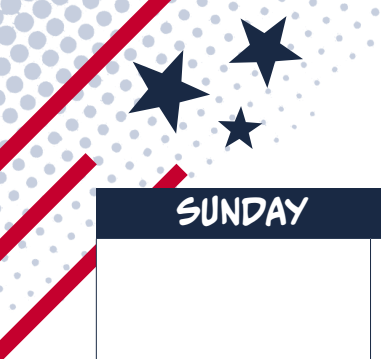
STACY TAYLOR

My healthcare journey began here at Nemaha County Hospital on April 20, 1998. I started in the Business Office as an Insurance Clerk submitting claims and providing backup for our admissions & front desk receptionists. I then transitioned into the role of the Business Office Manager in September of 1999, leading the Business Office team through the ongoing changes of our industry which included moving from paper to electronic, implementing new computer systems, implementing Corporate Compliance & HIPAA. This enabled me to learn more skills to help lead our staff through this change. In July of 2007, I assumed the role of Chief Financial Officer. While maintaining management of our Business Office, I now have the responsibility of providing statistical and financial reporting to all of our departments within the hospital and to our Board of Directors. I am a member of our Administrative Leadership Council, which meets weekly to review and enhance our goals within the organization to constantly keep us moving forward. Strategizing is essential for our team to make sure we continue on with our mission of "Giving our best, so you can LIVE your best". As long as we continue to lead our fellow employees this way, we will ensure that we are providing QUALITY CARE~EVERY TIME.

SUSI VONBERGEN

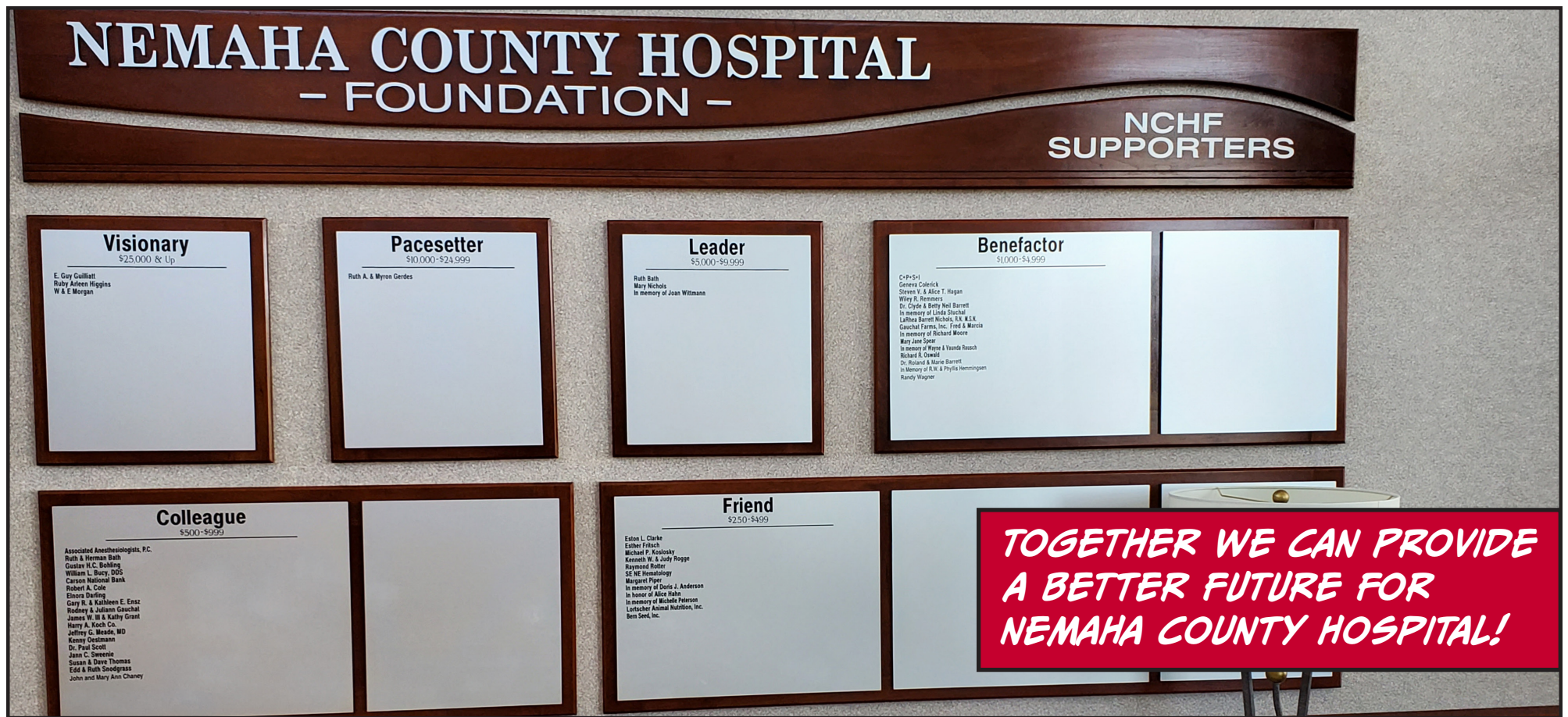
In January, 1987, I joined the nursing staff of Nemaha County Hospital as a Ward Clerk, performing secretarial duties at the nurse's station. At the time I had no medical background and the leadership of NCH took a chance and hired me anyway. In my 34 years here they have encouraged me and let me grow both professionally and personally. I returned to school graduating with my registered nursing degree in 1992. Since that time I have served in multiple nursing leadership roles ending with my current position of Chief Operating Officer/Chief Nursing Officer. I now provide guidance, leadership and support to our staff and have responsibility for many of the departments within the hospital. I am a member of the Administrative Leadership Council assisting with development of organizational goals and formulating plans to meet those goals. Our team works diligently to ensure that we provide exceptional patient care while also caring for each other and our community.





JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31	JANUARY HEALTH TIP Regular exercise has benefits for both your physical and mental wellbeing and can help with weight management, reducing risk of heart disease and strengthening bones and muscles.				
					For more health tips, connect with us on Facebook — @NemahaCountyHospital 	



With the reductions in Medicare and Medicaid payments that many hospitals face, philanthropic efforts have become an important factor in helping our hospital reach its goals. The Nemaha County Hospital Foundation serves to fulfill those efforts.

The NCH Foundation, founded in 1990, has a mission to support healthcare services and hospital projects through charitable donations. Your contribution to the NCH Foundation will help to ensure the availability of quality healthcare in the communities served by our hospital.

You can now donate many different ways! Donations can be mailed to the address below or online at: www.nemahacountyhospital.com

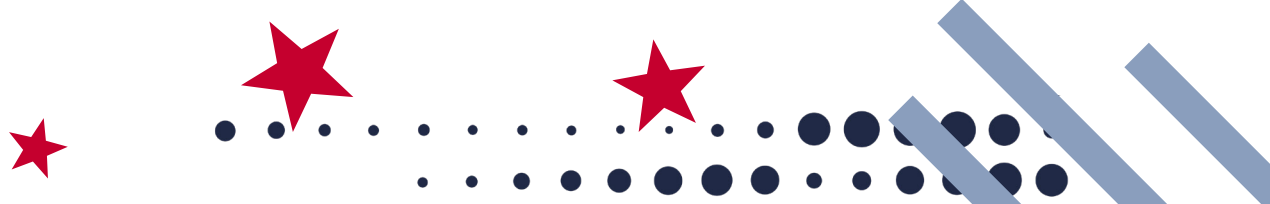
No matter the size of the gift, all donations will be used by the Foundation in the manner for which they are intended. Every donation, from \$25 memorials to larger donations for equipment, have a positive impact on our future ability to provide a high quality of care.

Current Foundation Board Members:

Leslie Bratrsovsky
Joe Casey
Ruth Gerdes
Derek Hemmingsen
Jacquelyn Kelsay
Brent Lottman
Sara Moody
Virginia Pippert
Melva Sage


If you would like the opportunity to serve on the Foundation Board or would like more information about Nemaha County Hospital, please call or write:

Nemaha County Hospital
Administrative Office
2022 13th Street
Auburn, Nebraska 68305
402-274-6121 or 402-274-6139



FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Groundhog Day	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Presidents' Day	22	23	24	25	26
27	28					
FEBRUARY HEALTH TIP February is heart month! Take care of your heart by eating healthy, being active, staying at a healthy weight, managing stress and controlling your cholesterol and blood pressure.						
						For more health tips, connect with us on Facebook — @NemahaCountyHospital 

WONDERFUL LIFE

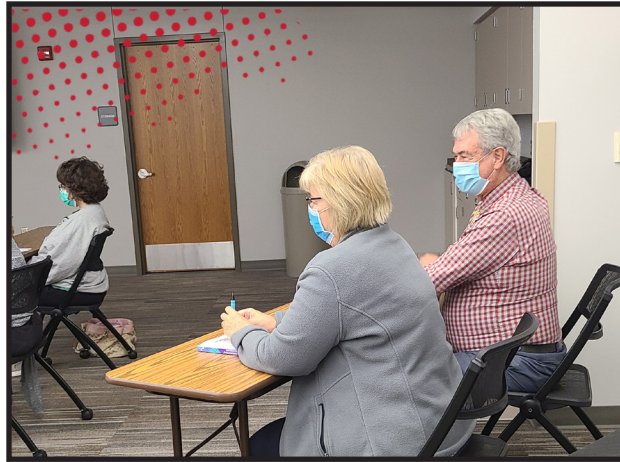
The Administrative Leadership Council (ALC) has made the decision to begin a new journey at NCH and will be working with Lee Elliott for the next three years on the "Wonderful Life Project". This is an exciting new development for us. Lee has created an extensive training and coaching program that has generated some exceptional results. This training is available to all employees of NCH. We will work together to understand how to have a better life. Lee was able to come on-site for an initial introduction, and we will be continuing throughout the year with 17 virtual training sessions that our ALC team members will lead.

The training sessions will help teach us skills in the following:

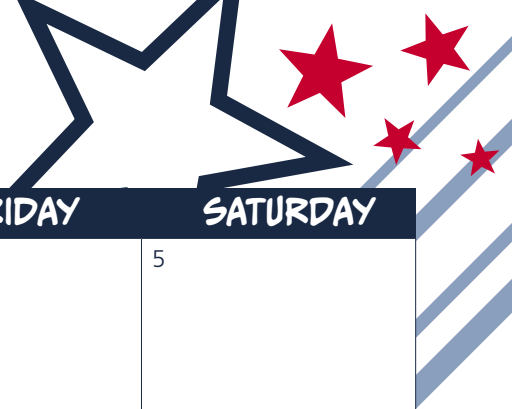
- How to be at peace
- Grudge busting
- Happiness
- Resilience
- How to have a fulfilling life
- Achieving fulfillment
- Strategically planning the rest of your life
- High-quality conflict
- How to enjoy our lives
- Trust
- Stress
- On being a good(er) person
- Transcendent change

The three-year commitment will also include professional coaching sessions. Thirty employees will have the opportunity to work with Lee receiving individualized training developing NCH's next generation of leaders.

Our expected outcomes are to see significant improvement in recruitment and retention, improved decision making, enhanced financial performance, less stress, greater happiness, better relationships, and the list goes on. When we help our employees become healthier & happier, our patients become healthier & happier. Truly a "WONDERFUL LIFE" for employees, patients, and NCH.



MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Ash Wednesday	3	4	5
6	7	8	9	10	11	12
13 Daylight Saving Time	14	15	16	17 St. Patrick's Day	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH HEALTH TIP

Not drinking enough water throughout the day can leave you feeling sore, tired and unfocused. Try carrying a reusable water bottle with you and drinking throughout the day and whenever you feel thirsty.

For more health tips, connect with us on Facebook — @NemahaCountyHospital



VACCINATION STATION

As Nemaha County Hospital endured the first year of the pandemic, we remained hopeful that a vaccine would be created and distributed. NCH joined a cohort with Southeast District Health Department and surrounding hospitals within the five-county district as early as September 2020. This effort discussed pandemic plans, the ability to mass vaccinate the general public, and creating a phased approach for critical populations and providers. Initially, the district was allocated the Pfizer vaccine, which required ultra-cold freezer storage. At that time, only one facility in the district had this type of storage. Without the ability to work together as a district, vaccine accessibility would have been much more challenging. Once removed from ultra-cold, we had five days to “get it in an arm.”

A COVID-19 vaccine became a reality in December of 2020. Nemaha County Hospital began distributing Pfizer COVID-19 vaccine to staff and healthcare workers in Nemaha County on December 21, 2020. Initially, Nemaha County Hospital formulated a list of the general public who met tiered criteria for the vaccine. This list was created by taking many phone calls and listening to numerous voicemails. Starting in January 2021, vaccine clinics were held here twice a week for 4-6 hours. Shortly after vaccinations started, the nickname

“vaccination station” was given to us. After our Pfizer allocation was used, the district was allocated the Moderna COVID-19 vaccine. A few months into our vaccination efforts, the Nebraska Department of Health and Human Services created a platform that made vaccine administration and distribution easier. Again, Nemaha County Hospital’s “vaccination station” volunteer staff rose to the change in our vaccination process and successfully utilized the platform.

Our vaccination process was a team approach from start to end. It was a multidisciplinary approach, and it would not have been possible without every department within the organization.

- Nursing staff picked up extra shifts to administer the vaccine
- Pharmacists entered vaccine orders, diluted and drew up the vaccine, managed the storage and inventory of vaccine, documented administration in the Nebraska State Immunization Information System (NESIIS)
- The business office staff set up patient visits in our hospital-wide computer system
- Numerous other departments dedicating their time to screen our patients at entry, help with the registration process, fill out vaccination cards, monitor patients post-vaccination, and escort patients throughout the vaccine area.



Each vaccination clinic took a minimum of 8 employees to accomplish all these duties.

As of today, Nemaha County Hospital has approximately 90% of its employees fully vaccinated. The

“vaccination station” administered approximately 4,000 COVID-19 vaccines. We are so proud and hope that our efforts positively changed the COVID-19 pandemic here in Nebraska.



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Good Friday	
17	18	19	20	21	22	23
Easter						
24	25	26	27	28	29	30
					Arbor Day	

APRIL HEALTH TIP

Stand up every 30 minutes while working. Stretch, go for a short walk, or take care of a small chore. Taking breaks helps you stay alert and focused throughout the day.

For more health tips, connect with us
on Facebook — @NemahaCountyHospital





KEEPING YOU SAFE AND SANITIZED!

Throughout the pandemic, the Environmental Services team at NCH has been diligent about keeping our hospital safe and sanitized for our patients, guests, and staff. This has been a full-time job all by itself. In order to ensure that we are keeping up, the hospital purchased two Skytron units. The Skytron is a high-intensity germicidal ultraviolet room treatment device. The system uses short-wavelength UV light to disinfect. It is designed to treat the air and exposed surfaces in an enclosed space. It can destroy a multitude of bacteria from C-diff to Staphylococcus to the COVID-19 virus.

Several members of our staff underwent training to ensure they were all able to use the Skytron units in the most effective way, and we continue to train more staff every day. The addition of the Skytron, along with the physical cleaning, increases the kill rate of the bacteria in the room from 75% to 99%. This provides the sterilization needed to continue to maintain a safe space for our staff and patients. The Skytron is also able to provide our team with reports on how often it is used and the location it is used. The Skytron units are used multiple times throughout the day on a scheduled basis, in inpatient rooms after dismissals, and anywhere else it is needed.

These units have been an instrumental addition to our fight against keeping our community safe and healthy. It allows us to treat the room before sending our staff in to clean and disinfect. It keeps our patients safe as they come in for treatment and allows us to send you home a healthier you. It is another way we provide Quality Care, Every Time.

MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NCH opened on May 1, 1963	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31				

MAY HEALTH TIP

Spring is here so go outside and enjoy nature. Spending time outside can improve your mood, relieve stress and generally improve your wellbeing

For more health tips, connect with us on Facebook — @NemahaCountyHospital





RESPIRATORY THERAPY

The Respiratory Therapy Department is a two person team with over 28 years of combined experience treating patients with pulmonary disease. Janine and Charlene care for patients by providing a treatment process that consists of tests that help identify specific health issues. These include pulmonary function tests, sleep studies, and oxygen monitoring. In addition, pulmonary rehabilitation classes are offered twice a week.

In the past year, our respiratory therapy department has been fortunate to receive two pieces of equipment that are instrumental in treating COVID-19 patients as well as patients with other breathing difficulties. Our department has been a key player in implementing and training staff on the High Flow Oxygen machine as well as the BIPAP machine.

High Flow Oxygen: This machine has the ability to deliver higher flows of oxygen which are often required for COVID-19 patients. The standard oxygen delivery system within the hospital does not have this capability.

BIPAP Machine (non-invasive ventilation): This machine assists patients who are experiencing respiratory distress and can help prevent the patient from being intubated and placed on a ventilator.

As always, we are committed to providing quality care to the people of our community and surrounding areas.



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Father's Day						
26	27	28	29	30		
JUNE HEALTH TIP Follow these tips for a healthy summer: wear sunscreen, stay hydrated, avoid over-exertion, eat light but healthy and swim safely.						
					For more health tips, connect with us on Facebook — @NemahaCountyHospital	



OUTPATIENT AND SURGERY

Welcome to our Outpatient and Surgical Services Departments! Our departments work hand-in-hand to provide the best possible care to our patients. We service the community by offering a wide variety of different specialties, including Gastroenterology, General Surgery, Orthopedics, Podiatry, Urology, ENT, Cardiology, Vascular, OBGYN, Pulmonology, Oncology/Hematology, Neurology, Neurosurgery, and Ophthalmology.

New to our specialties this year is the addition of Dr. Patrick Farrell, Ear Nose, and Throat specialist from Omaha, NE. Dr. Farrell provides twice-monthly clinic/surgical days and sees patients of all ages. Also new this year, hosting a monthly clinic is Dr. Irfan Vaziri, with Nebraska Hematology/Oncology of Lincoln, NE. Then, coming soon on a weekly basis, we will be hosting Dr. Adam Streit, another orthopedic clinic/surgical physician. Dr. Streit will be offering more surgical options at Nemaha County Hospital, including shoulder and knee arthroscopies. We are excited to welcome these new providers and their services to our community! To schedule an appointment with one of our new or existing providers, please contact your primary care provider for a referral.

Other services offered within our Outpatient Department include outpatient infusions and injections, nuclear stress tests, and various other outpatient treatments, including wound care by our very own Certified Wound Care Nurse.

Now let's talk about Nemaha County Hospital's Superheroes Behind the Masks in our Outpatient and Surgical departments! Our departments are staffed by a team of dedicated RNs, LPNs, technicians, and receptionists. We work very closely with our providers to ensure our patients are treated and cared for like family. We truly enjoy our work and the variety each specialty brings to us!



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	JULY HEALTH TIP Getting enough sleep is an important part of staying healthy. The CDC recommends 7 hours of sleep for adults 18-60. Improve your sleep naturally by setting a sleep routine and turning off devices like phones and computers an hour before your go to bed.					

For more health tips, connect with us on Facebook — @NemahaCountyHospital



DOCTORS



Dr. Amanda Ensz, MD



Dr. Andrew Ensz, MD



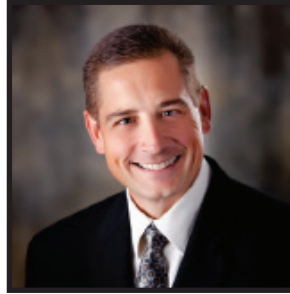
Dr. Gary R. Ensz, MD



Dr. John A. Gill, MD



Dr. Jeffrey G. Meade, MD



Dr. Michael L. Zaruba, MD

PHYSICIAN ASSISTANTS



Jill Haveman, PA-C



Alan T. Smyth, PA-C



Courtney Upmann, PA-C

PHYSICIANS/PAS

Our physicians put you first. All are board-certified and committed to your health. Nemaha County Hospital (NCH) physicians are supported by a full complement of staff, including three certified Physician Assistants.

All Physicians and Physician Assistants serve in our Trauma Center and Emergency Department—NCH is the only hospital in Southeast Nebraska to offer in-house Advanced Trauma Life Support Certified providers 24/7. In addition, the entire team is also certified in Basic Life Support and Advanced Cardiac Life Support.



SPECIALISTS AT NCH

Nemaha County Hospital (NCH) offers several specialty clinics that bring well-known physicians to our area for the convenience and good health of our communities. Why drive for hours to see a physician when the specialists come right here to see you?

NCH offers a broad range of health services. Our team of highly trained professionals is prepared to meet your healthcare needs in a compassionate, friendly, and professional manner.

Most routine procedures and tests ordered by your physician can be safely performed right here at NCH. With nearly 25 consulting specialists, we offer you services you would normally have to travel to the city for.

Each physician is board certified in their area of specialty. They have been chosen to come to NCH for their expertise and for their desire to serve patients outside of the metro area. Whether you see these doctors at their office or here at NCH, you will find the same high level of care, much closer to home.



Dr. Kaliprasad Ayala
Cardiology



Dr. Hemantha Koduri
Cardiology



Dr. Douglas Netz
Cardiology



Dr. Zachary Singsank
Cardiology



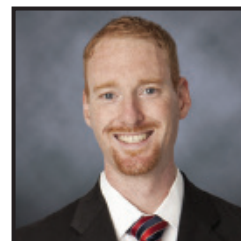
Dr. Todd Tessoroff
Cardiology



Dr. Chad Travers
Cardiology



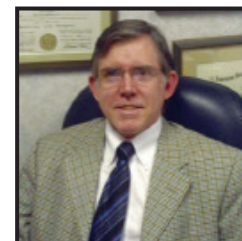
Dr. Patrick Farrell
ENT



Dr. Joshua Evans
Gastroenterology



Dr. Irfan Vaziri
Hematology/Oncology



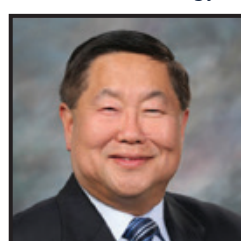
Dr. James Bobenhouse
Neurology



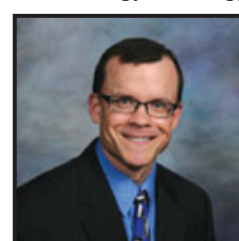
Dr. Daniel Tomes
Neurosurgeon



Dr. Frank DeVries
OB-GYN



Dr. Sao Jang Liu
Ophthalmology



Dr. David Clare
Orthopedics



Steve Gabriel, PA-C
Orthopedics



Dr. Keith Lawson
Orthopedics



Dr. Adam Streit
Orthopedics



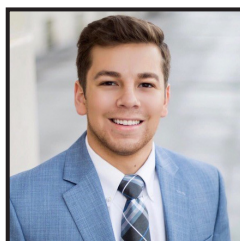
Laura Wegehaupt, PA-C
Orthopedics



Dr. Steven Meinhold
Podiatry



Dr. Ellen Miller
Pulmonology



Aaron Aldana, PA-C
Surgery



Jessica Zaruba, PA-C
Surgery



Dr. Stephen Nagengast
Surgery



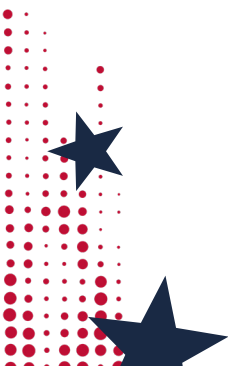
Dr. Tara Kirkpatrick
Urology



Simone Vampola, APRN
Urology



Dr. Heidi Hansen
Vascular



A LETTER FROM DR. AMANDA ENSZ

Hello Nemaha County,

This is Amanda Ensz, and I first want to say thank you for being so welcoming. Since my husband and I moved our family to Auburn, we have been made to feel at home by many wonderful community members. I have been so grateful for that kindness. It has also been a rewarding challenge to practice medicine in a rural town.

One thing that I find so important to speak with all of my patients about is preventive health exams. These exams include recommendations on different screening tests with strong evidence of effectiveness physicians recommend to detect a disease early.

There are two main characteristics that make a test a good screening test:

1. The test can catch a disease early, often even before a person has symptoms.
2. If the disease is caught early, there is a good treatment that can improve the outcome of the disease.

I like to encourage patients of all ages to have a preventive health exam with their primary care physician and find out what they can do to keep their health the best it can be. These should be done every 1 to 2 years. All of the screening tests we order can be done without leaving town.

A few examples of important screening tests for women include:

1. A PAP smear starting at the age of 21
2. A mammogram starting at the age of 40
3. Colon cancer screening starting at the age of 50
4. A bone density scan starting at the age of 65

A few examples of important screening tests for men include:

1. Colon cancer screening starting at the age of 50
2. A discussion with your doctor about the benefits of prostate cancer screening
3. Abdominal Aortic Aneurysm screening for any male who has ever been a smoker

In addition to these tests, laboratory screening tests and vaccines are important to receive based on your age and health conditions. Your primary care physician will be happy to discuss which tests and vaccines are right for you.

I look forward to helping my patients live their healthiest life.

Best Wishes,

Amanda Ensz



AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST HEALTH TIP

During the hot summer months, it's important to replenish your body with water. Dehydration can damage your body and make you feel hungry. You need at least 8 to 9 glasses of water per day. Monitoring your exposure to the sun can also help you make sure your body is staying hydrated.

For more health tips, connect with us on Facebook — @NemahaCountyHospital



NCH CARDIAC REHAB

NCH Cardiac Rehab got started in 1993. We are AACVPR (American Association Cardiovascular and Pulmonary Rehabilitation) Certified. Cardiac Rehab involves adopting heart-healthy lifestyle changes to address risk factors for cardiovascular disease. This program includes individualized exercise training, emotional support, education on heart-healthy living, and counseling to reduce stress/assist with ceasing smoking and help you return to an active, healthier life. We use Scottcare's monitoring system for our program to keep a close eye on patients as they exercise. Patients have access to a variety of exercise equipment. Our staff has close communication with physicians. Diagnoses that meet the criteria to participate in Cardiac Rehab are heart attack, heart surgeries (such as bypass grafts, stents, heart valve repair or replacement), heart transplants, congestive heart failure, and stable angina. We are committed to helping each of our patients to achieve success!

Facts of Heart Disease:

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.¹
- **One person dies every 36 seconds** in the United States from cardiovascular disease.¹
- About **655,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.²

It is important to know that there is no cure for Coronary Heart Disease. There are treatments to repair blockages in the coronary arteries, such as angioplasty and bypass surgery but no cure. If you have this disease, it is likely to worsen unless you change or manage certain conditions or behaviors, called risk factors. There is good news! It is possible to slow down the buildup of blockages inside coronary arteries, and it is even possible to

remove existing blockages. This process is called reversal of coronary heart disease, and it results from risk factor modification. The following are some risk factor modifications: exercise regularly, eat healthily, manage stress, and stop smoking.

Cardiac Rehab at NCH cares about you and all of our patients. Setting goals and assisting in making lifestyle changes are a big part of our program. Our staff's main mission is to encourage our graduate patients to continue on a routine aerobic exercise regimen. "Exercise should be regarded as a tribute to the heart"—Gene Tunney.



SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
	SEPTEMBER HEALTH TIP Smoothies are one of the healthiest and versatile drinks around, as well as a great way to increase the number of fruits and vegetables in your diet					
	For more health tips, connect with us on Facebook — @NemahaCountyHospital					



NCH PHARMACY

The pharmacy department at Nemaha County Hospital (NCH) staffs three employees; two full-time pharmacists and one full-time Nebraska Certified Pharmacy Technician.

Susanne Sornson is our Director of Pharmacy. She has been with our organization for 20+ years and has been at the forefront of the automation process here at NCH to ensure medication safety throughout the facility. Emily Brueggemann joined NCH as a staff pharmacist in 2009, and for the past 12 years, she has helped maximize the impact our pharmacists play throughout many facets of the hospital. In late 2017, Emily completed board certification in geriatric pharmacy. Emily provides advocacy for appropriate medications in our older adult community, and with her expertise, we are able to optimize our elderly patient's therapeutic outcomes. Last but not least, Theresa Lindinger is our pharmacy technician; she has been at NCH for 20+ years. Theresa is an integral part of our team and does an excellent job managing the many non-clinical aspects within the Pharmacy department.

Even though most patients who visit NCH will not have direct contact with one of the pharmacy staff members, they are still having an impact on the care you receive here at NCH by working "behind the scenes" doing such things as

updating home medication lists in the electronic medical record, compounding and preparing medication doses, recommending dose and medication therapy adjustments, deprescribing unnecessary medications and procuring necessary medications for treatment. The pharmacy department works very closely with many other departments throughout the hospital to provide this interdisciplinary care.

Our department constantly monitors and adjusts our medication formulary to keep costs down for our facility and our patients. During these current times of turmoil, the drug industry has been plagued with manufacturing delays, backorders, and recalls, making it difficult to obtain life-saving medications at times. One very important thing that some people may not realize is that the pharmacy team works hard to coordinate and provide

access to medications for our rural community that treat ailments such as cancer, neurological conditions, osteoporosis, asthma, and gastrointestinal conditions that would otherwise require patients to travel to an urban setting to receive. All of these high-cost, specialty medications are overseen and prepared for administration by our Pharmacists. We have found that our patients are extremely thankful to receive this care close to home.



OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween	OCTOBER HEALTH TIP Stay healthy this fall by eating fruits and vegetables that thrive during this season such as apples, cabbage, broccoli, squash, eggplant and pumpkins.				

For more health tips, connect with us on Facebook — @NemahaCountyHospital



SAFETY RISK TEAM

The Safety/Risk Management Committee of Nemaha County Hospital has many objectives. Ensuring that patients, visitors, and staff are exposed to minimal risks through regular monitoring, and systemic safety evaluation of the physical facility, safety policies, procedures, and practices of all health care practitioners is a priority. We also confirm that the available resources are utilized to maximize the safety of the hospital environment. As a facility, we minimize the probability of events, demonstrate coordinated safety/risk management activities throughout the organization. Ensuring survival, continuity of operations, financial stability, progress and growth, and maintenance of humanitarian concerns prior to or in the event that an incident occurs is of utmost importance. This committee is comprised of interdisciplinary team members with leadership from the patient-safety coordinator, the life-safety coordinator, and safety/risk coordinator. Meetings are held on a monthly basis unless circumstances require more frequently.


COVID-19 has been a big focus for health care workers this past year. Nemaha County Hospital had our superheroes show up. NCH staff has been screening all staff, patients, and visitors entering the facility as early as March of 2020. These "superheroes" are from every department. They have stepped

up, and all take time out of their schedules and daily responsibilities to assist with this. Every person entering the facility is asked screening questions and has their temperature taken, and patients are given a mask if they do not have one with them. Screeners continue to be thorough and follow all screening procedures with guidance from the CDC. Our goal is to keep our community safe. In a world with so much uncertainty and danger, it gives us comfort in knowing we are able to provide a safe environment when you are in our facility.



NOVEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 Daylight Saving Time End	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			
	NOVEMBER HEALTH TIP This time of year daylight, one source of Vitamin D, is less available. Take a supplement or eat a varied diet to maintain a healthy level of Vitamin D throughout the winter months.					
	For more health tips, connect with us on Facebook — @NemahaCountyHospital					



Nemaha County Hospital extends our thanks to every person who makes it possible to practice medicine in line with our mission of "Quality Care—Every Time." The year of 2021 was one for the books, but it was because of the support that we received from our community that Nemaha County Hospital was able to continue to provide quality healthcare. From the patients who entrust us with their care, to the community members who generously donate to the Nemaha County Hospital Foundation, you ensure we will be able to give our best, so you can Live your best life.

DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Christmas Day						Christmas Eve
						New Year's Eve

DECEMBER HEALTH TIP

Staying healthy through the holidays can be a challenge. Try maintaining healthy habits by choosing low-fat options, staying active, watching portion sizes and finding ways to reduce stress.

For more health tips, connect with us on Facebook — @NemahaCountyHospital



ACTIVITY SNAPSHOT 2021

WHO WE SERVED

PATIENT DAYS



PATIENT DISCHARGES



AVERAGE LENGTH OF STAY



SURGERY CASES



EMERGENCY DEPARTMENT VISITS



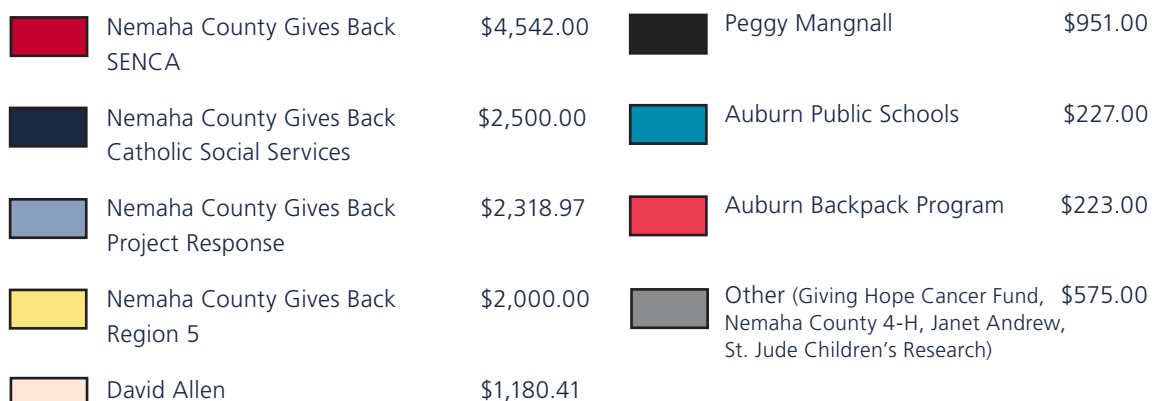
OBSERVATION DAYS



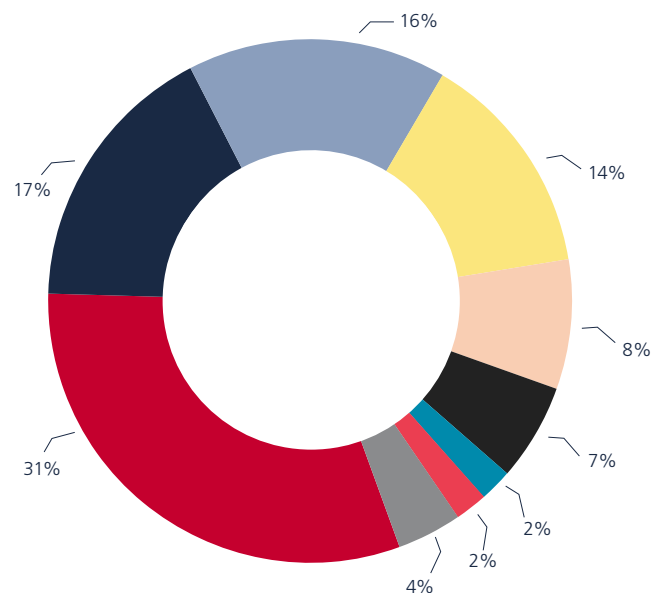
FULL-TIME EMPLOYEES



EMPLOYEE FUNDRAISING 2021



TOTAL EMPLOYEE DONATIONS: \$14,468.38



ASSETS

	FYE 2021	FYE 2020
Current Assets:		
Cash & Equivalents	\$10,284,724	\$5,904,812
Short-Term Investments	\$10,000,000	\$6,500,000
Current portion of assets limited as to use or restricted	\$—	\$—
Receivables:		
Patients, net of estimated uncollectible accounts of \$733,898 in 2021 and \$762,791 in 2020		
	\$2,049,578	\$1,187,481
Accrued interest and other	\$94,873	\$137,016
Inventories	\$297,204	\$282,001
Prepaid expenses	\$253,643	\$230,830
Estimated third-party payor settlements	\$—	\$960,015
Total current assets:	\$22,980,022	\$15,202,155
Long-Term Investments	\$2,000,000	\$4,000,000
Assets limited to use or restricted, net of current portion	\$1,800,000	\$1,800,000
Capital assets, net	\$6,067,827	\$6,874,966
Net pension asset	\$641,136	\$—
Total assets:	\$33,488,985	\$27,877,121
Deferred Outflows of Resources		
Pension related deferred outflows:	\$465,979	\$939,522
Total assets and deferred outflows of resources:	\$33,954,964	\$28,816,643

LIABILITIES AND NET ASSETS

	FYE 2021	FYE 2020
Current Liabilities:		
Current portion of long-term debt	\$—	\$—
Accounts payable	\$166,318	\$189,335
Accrued salaries, vacation & benefits payable	\$905,267	\$915,387
Accrued interest payable	\$—	\$—
Estimated third-party payor settlements	\$778,659	\$—
Refundable advance	\$6,828,547	\$4,023,068
Total current liabilities	\$8,678,791	\$5,127,790
Long-term debt, net of current portion	\$—	\$984,783
Net pension liability	\$—	\$408,200
Total liabilities	\$8,678,791	\$6,520,773
Deferred Inflows of resources		
Pension related deferred inflows	\$620,223	\$190,538
Net assets:		
Invested in capital assets, net of related debt	\$6,067,827	\$6,874,966
Unrestricted	\$18,588,123	\$15,230,366
Total net assets	\$24,655,950	\$22,105,332
Total liabilities & net assets	\$33,954,964	\$28,816,643

NEMAHA COUNTY HOSPITAL FINANCES

BY THE NUMBERS APRIL 30, 2021 - 2020

REVENUE

	FYE 2021	FYE 2020
Operating Revenue		
Net patient service revenue, net of provision for bad debts		
\$338,880 in 2021	\$14,506,788	\$13,441,294
\$320,324 in 2020		
Other operating revenue	\$68,047	\$59,179
Total operating revenue	\$14,574,835	\$13,500,473

EXPENSES

	FYE 2021	FYE 2020
Operating Expenses		
Salaries & wages	\$5,797,970	\$5,672,806
Employee benefits	\$1,640,476	\$2,324,308
Professional & purchased services	\$2,485,588	\$2,444,755
Supplies & other expenses	\$2,732,142	\$2,711,445
Depreciation & amortization	\$1,122,883	\$1,137,361
Insurance	\$73,124	\$67,912
Total operating expenses	\$13,852,183	\$14,358,587

INCOME and NET ASSETS

	FYE 2021	FYE 2020
Operating income	\$722,652	\$(858,114)
Nonoperating income		
Investment income (loss)	\$199,784	\$194,497
Noncapital grants & contributions	\$1,628,182	\$465,364
Interest	\$-	\$(1,998)
Nonoperating revenue (expenses), net	\$1,827,966	\$657,863
Excess revenue over expenses before capital grants & contributions	\$2,550,618	\$(200,251)
Capital grants & contributions	\$-	\$-
Increase in net assets	\$2,550,618	\$(200,251)
Net assets, beginning of year	\$22,105,332	\$22,305,583
Net assets, end of year	\$24,655,950	\$22,105,332

NEMAHA COUNTY HOSPITAL FINANCES

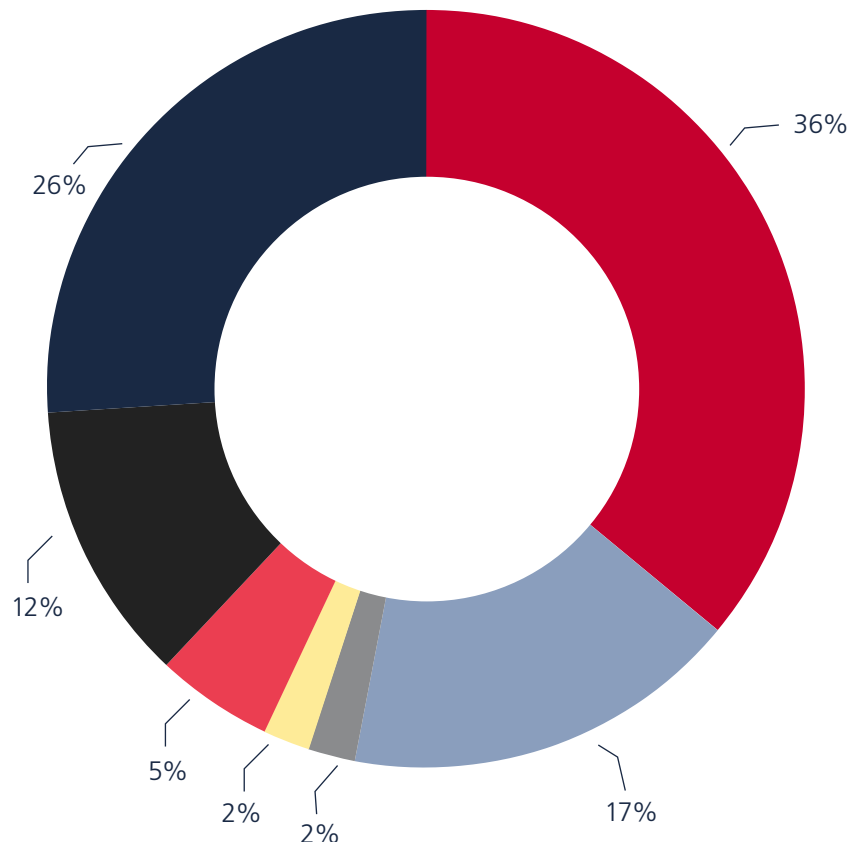
HOSPITAL OPERATIONS OVERVIEW

WHERE THE MONEY WENT IN 2020

TOTAL EXPENSES

Wages & Benefits	\$7,438,446
Insurance Shortfalls	\$3,605,242
Financial Assistance	\$364,066
Bad Debt	\$338,880
Equipment Depreciation	\$1,122,883
Operating Margin	\$2,550,618
Other Patient Expenses	\$5,290,854

WAGES PAID TO EMPLOYEES: \$5.7 MILLION



HOSPITAL REVENUES

We billed our patients	\$18,814,976
We made insurance adjustments (including Medicare & Medicaid) of	\$3,605,242
Due to writeoff of uncollectible patient accounts (Bad Debts) & the inability of some patients to pay their bills (Financial Assistance) we could not collect	\$702,946

Therefore, we received from patients \$14,506,788

Other revenue earned from patient activity such as the cafeteria & service contracts was	\$68,047
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So, total revenues for the year were \$14,574,835

HOSPITAL EXPENSES

Salaries, wages & employee benefits (health & life insurance, retirement & social security)	\$7,438,446
Food, medical supplies, utilities & professional services	\$5,290,854
Depreciation on buildings & equipment	\$1,122,883

Which gave us total expenses of \$13,852,183

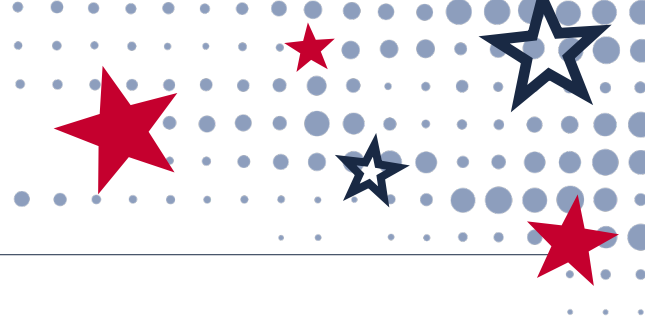
Which gave us an operating income over expenses of \$722,652

HOSPITAL INVESTMENT INCOME

We received interest income on our bank deposits which totaled	\$199,784
In addition, we received grant & contribution income which totaled	\$1,628,182

Giving NCH a fund for future growth, new services & equipment improvements of \$2,550,618

NOTES



NOTES





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