



Just For the Health of It

By Wade Richard, Marketing Manager



On November 3rd, 2020 an important vote for Gove County Medical Center will be on the ballot. On April 7, 2015, a proposed 1% sales tax was approved to aid the funding of Gove County Medical Center. Five years later, the 1% sales tax is up for renewal and will be voted on in November. The current approved sales tax will expire on June 30, 2021 if it is not voted for renewal.

“It is important to inform the County that this is not a new sales tax, it is a continuation of the current tax rate and taxes will not go up,” said David Caudill, CEO of GCMC.

Since 2015, the current sales tax has been part of the County sales tax rate. These funds (1¢ per \$1) will assist the hospital in growing and provide

an essential healthcare service in Gove County.

Caudill went on to say, “We have a strong history of healthcare in Gove County and look forward to providing the same quality in the future”. Gove County was recently voted as a Top 20 Rural Hospital in the United States and Caudill said that this speaks volumes about the importance of quality healthcare that is offered at GCMC.

The revenue from the 1% renewal will continue to assure the hospitals position as a critical healthcare provider in Western Kansas. “It has been proven, that a strong hospital will attract future economic development and growth in the County, so it is important that we encourage the County to vote yes on November 3rd,” Caudill said.

So what would happen if the 1% sales tax would not be renewed? As a not-for-profit organization, GCMC would not have the reserves to meet all the funding requirements for operating costs, upgrading the facilities and technology. Currently, any funds or services generated by the hospital are directly invested back into the healthcare programs, services, facilities and equipment to

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meet the changing and growing healthcare needs. In addition, if the sales tax is not renewed it could affect the employment of nearly 200 employees. According the Kansas Hospital Association Economic Impact report for Gove County in 2013, for every hospital job, another 0.28 jobs are created in other businesses. Because of this impact, 53 jobs have been created throughout the County from the hospital. Another impact to the county would be the potential loss of \$12,765,000 in business income generated annually by the hospital. For every \$1 generated in the hospital, another \$0.12 is generated in other businesses throughout the County. *Continued on page 2*

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So what are the facts? The 1% sales tax will be 1¢ for every \$1 of taxable purchases and will be used by the hospital to ensure quality healthcare. This tax renewal will continue to be County-wide with the majority of the tax being paid by visitors and I-70 travelers. The tax renewal will continue to help the hospital maintain programs, services and facilities. Lastly, the hospital will be audited annually by an independent, external auditor to verify appropriate expenditures.



“For the sake of the employees, the quality of services and the sustainability of our hospital, a renewal of the 1% sales tax in November is vital to our County”, said Caudill. ♦♦♦

**VOTE
YES**

Awareness Month

October is Bully Awareness Month

By Wade Richard, Marketing Manager

What makes a bully can be complex, and can include a number of factors. Some people even find themselves being occasional bullies without even realizing it. Here’s some of the things that motivate people to bully others.

Causes of Bullying

Feeling Powerless in Their Own Lives Bullying, whether verbal, physical, or both is one way people claim a sort of power in their lives by seeking out those who seem vulnerable and attacking some aspect of their personality that makes them stand out. That person might have old shoes, be too short, too smart, too dumb, too feminine. The reason doesn’t really matter. It is an example of the classic pulling someone else down in order to pull oneself up. Unfortunately, the strategy rarely works.

Sometimes the feelings of powerlessness come from a problem at home. For kids, this might be a situation such as excessive fighting in the home, parents getting a divorce, or a close family member suffering from an addiction to drugs or alcohol. For adults, problems in a marriage from disloyalty to general estrangement may lead them to exaggerate their own authority to the point of bullying.

Causes of Bullying: Someone Else is Bullying Them

In many cases, bullying begets bullying. A person may feel

bullied by their parents, their boss, or an older sibling. Getting bullied by any of these people who are in an assumed position of authority may tempt some to claim a sort of authority for themselves through bullying, rather than reaching out for help in dealing with their own issues in a more productive way.



Cyber bullying, or bullying others online is often a byproduct of someone being bullied in their offline life. Some people who are perceived as weak, or perceive themselves that way use the Internet to try and reinvent themselves into someone more powerful or intimidating. They may join open chats or forums and threaten other participants. Often cyber bullying can be an extension of real world bullying too, for example, hacking into a social media account in order to display negative rumors about another person.

Causes of Bullying: Bullies are often jealous of or frustrated with the person they are bullying

When a person picks on someone for always being the first to raise their hand in class, or

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getting the best grade on tests and ruining the curve, or even picking up many of the promotions at work, they may become an easy target for bullies.

Some of the things that make people different are generally neutral characteristics, but some, like being smart, focused, or creative often represent attributes that the bully wishes they shared with their victim. By seeking to undermine someone else's skills, bullies try to create a more level playing field.

Another possible answer to the question, "What are the causes of being bullied?" is that the bully may actually share the characteristic for which they are bullying the other person. They may be embarrassed by their own intelligence and fear being called a "nerd," so they make the accusation of someone else. Those who bully because of a person's sexual orientation may still be trying to figure out their own and come to terms with it.

Causes of Bullying: Lack of Understanding or Empathy

In some cases a person may bully because there is an aspect of a person's personality that they don't understand or don't agree with. They may also have a prejudice against a person's race, religion, or sexual orientation, and in many instances they may even think that targeting a person whom they see as exuding "wrong" behavior as a good thing.

Causes of Bullying: Looking for Attention

Some bullies would never think of themselves as bullying. They think that all they are doing is teasing a bit, and may even be trying to communicate or even befriend the person they are bullying. These social issues lead them to have trouble communicating in a healthy way and instead turn to insults or even physical violence as a way of communicating. Many times bullies are actually very lonely people who do not have many, if any, true friends and want to attract whatever attention they can. Bullies in this group are often easiest to turn around, because they may be open to the concept of "killing with kindness." A bullied person may be able to reduce the instances of bullying and even make friends with the bully by standing their ground and being nice to the bully regardless of how they are treated. BY giving the bully positive attention before they have the chance to seek negative attention, they can make things better for themselves and the bully.

Causes of Bullying: Bullies come from dysfunctional families

A dysfunctional family is not a guarantee that a child will become a bully. However, a large number of bullies come from homes where there is little affection and openness. They may often witness their parents being aggressive toward friends, siblings or other members of the family.

Causes of Bullying: Bullies need to be in control

Kids who push others around are often driven by the need for power. They enjoy being able to subdue others. These types of kids are typically impulsive and hot headed and they thrive when their victims cower in their presence.

Causes of Bullying: Bullying behavior gets rewarded

Most people don't do this intentionally; however, the perpetrator is inadvertently rewarded anytime victims give up their lunch money or belongings. They also get rewarded by gaining popularity, attention or the power of having others afraid of them. These unintentional rewards reinforce bullying behavior and encourage the perpetrator to keep pushing others around.

Causes of Bullying: Bullies don't care how others feel

Some children either lack empathy or just relish seeing others in pain. When they hurt someone, they have no sense of what the victims or the people around them are feeling. Sometimes a perpetrator may even get pleasure from the reactions of the child. The reactions of the victims gives the bully a sense of accomplishment, so he continues the behavior.

It's time to be aware of the bullying. Though all bullying can't be controlled, awareness is the first step.

*From www.americanspcc.org
(information courtesy of nobullying.com)*



Long Term Care Corner

By Wade Richard, Marketing Manager

Resident of the Month Brenda Knouf



Brenda was born on March 2, 1949, in Hays Ks. She is the only daughter to Gayland and Vera Knouf of Wakeeney KS. Although Brenda had three brothers, being the only daughter meant she had tasks at home. But she took pride in them when she washed the dishes, and help clean the house. When Brenda was not busy helping her parents she could be found exploring her hometown. One of her favorite memories was Trego County Fair time. Brenda would spend her days visiting the animals. Her favorite was petting the horses and she would often daydream about owning one someday. Then the family would go and ride the rides. Her favorite ride was the Ferris Wheel with her dad, then the Tilt-A-Wheel by herself.

Brenda spends her days at the Gove Medical Long Term Care watching the Bird Aviary, playing Bingo, relaxing in her recliner watching TV, and visiting with friends and family. ♦♦♦

A Bridal Shower for Emily Ochs

By Wade Richard, Marketing Manager

A bridal shower was thrown for Long Term Care CNA Emily Ochs in September. The residents shared the moment with Emily and offered their advise for marriage. Some said, “Never go to bed angry” others said “Run”. Emily and her husband were married on

September 19th.
Congratulations
Emily!♦♦♦



Announcements

Peggy Ritter joins GCMC as Patient Financial Counselor

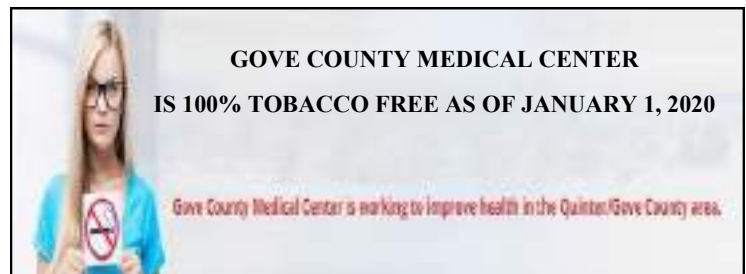


Writing an article is a lot more challenging than it looks. Trying to decide what TO say, what NOT to say. What is enough information without oversharing? Hats off to those who do this for a profession! Luckily, this is NOT my job! I'm here to help your community find affordable insurance through the Federally Facilitated Exchange, commonly known as the Marketplace. Additionally, I can help you sign up for Medicare Parts A & B as well as looking at your Drug Plan (Part D) each year. Or, if you have children, are elderly or disabled, we can look to see if KanCare is an option.

Open Enrollment is just around the corner! Medicare's begins October 15th and runs through December 7th. Open Enrollment for the Marketplace begins November 1st and runs through December 15th. Unless you have a qualifying event throughout the year, this is the only time you are eligible to sign up for insurance.

It's a good idea to sit down with a professional every year to review your plan. When it comes to Medicare, there are always changes and often there are new drug plans that are less expensive. I've helped hundreds of people save thousands of dollars and I'd like the opportunity to help you. Even if you don't change anything, at least you know you've made the best choice.

The Marketplace changes each year as well. Not every change has an impact on every person, but it's best to know if your plan is your best



option. If you're new to insurance, have lost your insurance, are turning 26, and need to get off your parent's insurance, I'm here to help you, too! There is never a fee to talk to me and I don't sell insurance. I've helped people in Gove County, Sheridan, Decatur, Rawlins, Thomas, Graham, and Cheyenne Counties. People from Illinois, Florida, North Dakota, Minnesota, Mississippi, Colorado, Arizona, and Montana have come to me for help.



I'm a seasoned professional for the Marketplace, Medicare, and Medicaid. I have undergone training and have years of experience. Call today to set up an appointment! My number is 785-754-5184. If you'd rather email, you can reach me at: pitter@gcmc.org ♦♦♦

Human Resources

Gove County Medical Center is proud to announce our new employees. Please say hello, and welcome them to our team!



Karissa Haldeman
LTC Nurse Aide

Karissa took the CNA class at GCMC. She came to work at our facility because it has been her dream to work here since she was a little girl.



Kaylee Knouf
LTC Nurse Aide

Kaylee took the CNA class at GCMC. She came to work at our facility for her future career and to follow in her mother's footsteps.



Bryton Mesch
LTC Nurse Aide

Bryton took the CNA class at GCMC. Working at our facility is the beginning of her medical adventure to see how far she is able to go.



Tyra Schultz
LTC Nurse Aide

Tyra took the CNA class at GCMC. She came to work at our facility because it has always been her dream to be in the medical field and help people.



Eli Gruenbacher
Nurse Aide Trainee II

Eli took the CNA class at GCMC. He came to work at our facility because he loves helping people and wants to go into the medical field when he gets older.



Kelsey Nelson
Acute Care CNA

Kelsey recently moved to Quinter and wanted to get back into healthcare. She had heard good things about GCMC. Kelsey formerly worked at Enersys.

Recent Milestones

October Anniversaries

Roy Litfin	19 years
Angie Walt	18 years
Heather Zerr	16 years
Bonny Walt	12 years
Doreen Went	12 years
Peggy Noble	9 years
Nadine Hargitt	8 years
Susan Bentham	7 years
Carrie Ringer	6 years
Harry Sturgeon	4 years
Jayne Zimmerman	4 years
Glenda Chase	3 years
Pam Schmidtberger	3 years
Dana Tinkler	3 years
Brittany Lewis	2 years
Charlene King	1 year

October Birthdays

Isabel Rosales	10-1
Jayne Zimmerman	10-1
Natasha Crits	10-2
Shauna Lang	10-2
Jeanne Lassman	10-4
Nicki Graham	10-6
Therese McKinney	10-11
Kilee Zeman	10-11
Ernie O'Banion	10-12
Aubrey Roesch	10-12
Patty Gallentine-Johnson	10-17
Brad Mullins	10-18
Michaela Stefan	10-18
Rache' Wente	10-20
Mary Zerr	10-21
Jamie Ruf	10-22
Cara Hudson	10-25
Brittany Dinkel	10-26
Shelby Schamberger	10-26

Human Resources Statistics New Hires / Terminations

*Termination = Voluntary or Involuntary
GCMC is an Equal Opportunity Employer
and a Tobacco Free Facility.*

October 2020

New Hires:

Full Time: 1
Part Time: 0
PRN: 5

Terminations:

Full Time: 2
Part Time: 0
PRN: 1



Do You Remember the 10 Tile Rule?

As an employee of GCMC, we want to remind you that our

10 tile rule requires you to greet both co-workers and visitors in the hallway as you pass them. Please make sure that you are playing an active roll in this. We all love a kind greeting each day so please do your part.



Human Resources Continued

Guess the employee.....WHO AM I?

- ◆ *I grew up around horses, horse shows, and rodeos and even had a lighted arena at our place where my dad hosted “cutting horse” shows.*
- ◆ *During high school, I rode the bus to school (when we didn’t drive) even though I lived in town.*
- ◆ *I have five tattoos!!!!*

Unscramble the letters to find out who I am: **alhbicl agul**

CURRENT JOB OPENINGS

ACUTE CARE

RN - PRN Nights & Days
RN- RN Full-Time Nights

LONG TERM CARE

RN/LPN - PT/PRN Evenings/Nights
CNA - Days/Evenings FT/PT/PRN Meal Time PRN
COVID-19 Temporary Nurse Aides- PT

DIETARY

Food Service Supervisor-FT
Dietary Aide -FT

RADIOLOGY

Radiologic Technologist - PT

LAUNDRY

Laundry Aide - PRN

MATERIALS MANAGEMENT

Materials Management Clerk -FT

INFECTION PREVENTION

Temporary COVID-19 Screener -FT

Quote of the Month

Provided by Joyce Adams, Risk Manager

“Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward”.

Oscar Wilde

MISSION STATEMENT

Gove County Medical Center is committed to providing exceptional healthcare services delivered in a spirit of compassionate care.

VISION STATEMENT

Gove County Medical Center will be a prominent healthcare provider in Northwest Kansas offering services which encompass the complete life cycle of our patients, residents and their loved ones.

THE 4 AGREEMENTS

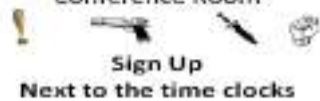
- ~ Be impeccable with your words.
- ~ Don’t take anything personally.
- ~ Don’t make assumptions.
- ~ Always do your best.

CORE VALUES

1. Respect
2. Compassion
3. Quality Healthcare
4. Innovation
5. Accountability
6. Community

Active Threat

Tuesday October 13, 2020
3:00 pm to 5:00 pm
Conference Room



We would like to express our deepest sympathy to our employee Tyra

Schultz on the passing of her grandmother. May God comfort you during this difficult time.



Congratulations to employee Nichole Pfannenstiel and her husband Calvin on the birth of their daughter Landrie Denise Pfannenstiel Born 8-7-20 6 lbs. 5 oz. 18 ½”

www.gcmc.org

520 W. 5th Street; PO Box 129
Quinter, KS 67752

Gove County Medical Center

@CenterGrove



Departmental Recognitions

By Wade Richard, Marketing Manager

During the month of October we want recognize the following departments and thank them for all they do for GCMC. Thank you to Respiratory Therapy, Dietary, Physical Therapy, Medical Supply and Maintenance.



Medical Supply, Connie Breese



Respiratory Therapy: left to right Nicki Graham, Laurie Allen, Randy Gideon. Not pictured, Pam Lindsay, Chris Fulwider and Brittany Luckert



Maintenance Department left to right Steve Smith, Kelly Rummel, Darren Flax, Bill Schneider. Not pictured Edd McDonald



Physical Therapy Department from left to right Callie Kuntz, Karla Rohleder, Star Hooper, Wendy Schmidt, Becci Baker, Liz McDonald, Abby Weber, Jessica Polzin, Kyle Cooksey



Dietary Department front left to right Dana Tinkler, Nadine Hargitt, Gina Carman, Back left to right Lynn Heinrich, Evy Wilson, Pam Horton, Charlene King, Patty Galentine-Johnson, A.J. Heier, Not pictured Emily Corbett, Peggy Noble, Janice Glick, Genoa Lemaster

Employee Spotlight

By Jessica Polzin, OT

Get to Know

Jessica Polzin



I am a transplant from out of state. I hail from the Great Lake State of Michigan. I always laugh when people here in Kansas talk about going to the lake on weekends. I always tell them, “those are ponds, not lakes.” A Fun Fact is that one fifth of the total area of my small town consists of water.

I attended Western Michigan University for both undergrad and graduate school, earning a Bachelor of Science in Interdisciplinary Health Services in 2014 with minors in psychology and holistic health and wellness as well as a Master of Science in Occupational therapy. I joined the therapy team here at GCMC in fall of 2017. GCMC contracts me out to Logan County Hospital and Sheridan County Hospital.

I married my husband Matt in 2018 and together, we have an almost trained army of fur balls. We are registered through Empress Chinchillas as breeders and a rescue. Currently, we have 32 chinchillas in our herd. We do attend shows with our chinchillas and have several class champions in our herd. In addition, we have two dogs (Shiloh and Ryder), a kitten (Porter), and 4 chickens (Sophia, Dorothy, Blanche, and Rose).

When I’m not at work, I can usually be found tinkering around in my craft room. I also like to knit, crochet, paint, sculpt, make jewelry, bake, decorate cakes and cookies, sew, quilt, and embroider.

I decided to study therapy after my grandfather had Alzheimer’s. After I saw what therapy could do for him to help keep him at home with his family longer, I decided it was the profession for me.

I have a younger sibling that is my polar opposite in almost every way. So much so, that no one believed we were siblings in school. While in school, I was once accused of cheating on my high school boyfriend after I was spotted giving my brother a hug. Through middle school and high school, I played the flute.

Lastly, when I was asked to be the spotlight in the newsletter, I was involuntarily volunteered. 😊



Employee News

Morale Committee Treats Staff to Food and Money

By Wade Richard, Marketing Manager

The Morale Committee at GCMC recently provided the staff with a free pulled pork meal and gave away twenty-eight gift cards. Twenty-six cards were valued at \$20.00, one card valued at \$50.00 and one card valued at \$100.00. Thanks to the Morale Committee for all they do for hospital. The following employees received cards:

\$100.00 Card Winner

Jonathan Sturgeon

\$50.00 Card Winner

Shanna Aumiller

\$20.00 Card Winners

Connie Breese

Alyssa Byerly

Emma Eilert

Debbie Garrison

Shelby Getz

Shirley Haffner

Pamela Horton

Renee Horton

Myra Howard

Cassidy Janik

Callie Kuntz

Shauna Lang

Jessica Polzin

Elissa Roberts

Wendy Schmidt

Bill Schneider

Jacquie Stevenson

Denise Wittman

Ernie O’Banion

Amber Yingling

Jayne Zimmerman

Jamie Gierhart

Bonny Walt

Laura Cooksey

Austin Cook



Statistics For Hospital, LTC and ILA August 2020

Acute Care:

Inpatients: 23
 Outpatients: 802
 Swing bed: 7
 Newborns: 4

Dietary (Meals served):

Inpatient: 704
 LTC: 3630
 ILA: 470
 Employees: 1599

LTC Residents: 38

ILA Apartment Tenants: 8
Laundry Washed: 14,165

2019 Comparison

Acute Care:

Inpatients: 19
 Outpatients: 838
 Swing bed: 8
 Newborns: 3

Dietary (Meals served):

Inpatient: 572
 LTC: 3341
 ILA: 487
 Employees: 1595

LTC Residents: 38

ILA Apartment Tenants: 9
Laundry Washed: 17,521

Gove County Medical Center Providers

Gove County Medical Center has five Physicians and two Advanced Practice Registered Nurses on staff. All of our providers share responsibility between GCMC and Bluestem Medical Clinic. Each of our providers has a passion for healthcare and want each patient to feel comfortable and confident that your well being is their number one priority.



Michael E Machen, MD



Douglas J Gruenbacher, MD



Shelly L Gruenbacher, MD



Anna M Rempel, MD



Scott L Rempel, MD



Glenda Wheeler, APRN-BC



Heather Mauck, APRN-C



Orthopedics
Dr. Harbin, MD



Orthopedics
Dr. Sears, MD



Plastic Surgery
Dr. Potter, DO

SPECIALTY CLINICS

Gove County Medical Center offers many specialty clinics focusing on practices that can only be found in larger metropolitan areas. We offer clinics specializing in Orthopedics, Plastic Surgery, General Surgery, Cardiology, Podiatry, Pain, Allergy, Diabetics, Diet, and Nutrition. Visit www.govecountymedicalcenter.org for more information.



General Surgery
Dr. Schultz, MD



General Surgery
Dr. Gabel, DO



Cardiology
Dr. Hagley, MD



Cardiology
Dr. Curtis, MD



Podiatry
Dr. Hinze, DPM



Allergy
Diana Staley, APRN



**Diabetic/Dietitian/
Nutrition**
**Janette Burbach, MS
RD CDE**



Pain Management
Brad Wertz, CRNA



**Gove County
Medical Center**

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Housekeeping Mtg. 2pm	2 Ortho Clinic Dr. Harbin	3
4	5 PFAC Mtg 4:30pm Southwind Surgical Dr. Schultz	6 Comm Committee Mtg 2pm Plastics Clinic Dr. Potter Mammos	7 Diabetic Clinic	8 Cardiology Clinic Dr. Curtis	9	10
11	12	13 Active Threat Training 3pm Allergy Clinic D Staley	14 Orientation 8am NWKS Surgical Dr. Gabel Western Ortho Dr. Sears	15 Orientation 8am Auxiliary Mtg ILA 1:30pm High Plains Podiatry Dr. Hinze	16 BOT Mtg 9am	17
18	19 Perinatal Mtg 9am Xmas Committee Mtg 10:30am	20 QEC Mtg Day 7:30am Plastics Clinic Dr. Potter	21 Diabetic Clinic	22	23	24
25	26 Diabetic Clinic	27 DM Mtg 1pm LTCF Staff Mtg 3pm	28 NWKS Surgical Dr. Gabel	29 Medical Staff Mtg 7:30am	30	31