



Just For the Health of It

By Wade Richard, Marketing Manager

10 Reasons to Get the Flu Shot

If you're thinking about forgoing a flu shot this season, here are 10 reasons why you should reconsider.

1. A flu shot can save your life.

The flu can cause some serious complications that sometimes require hospitalization, such as dehydration, worsening of chronic illnesses, bacterial pneumonia, ear infections and sinus infections. Every year, about 200,000 people are hospitalized because of the flu. In fact, influenza can lead to death in serious cases. During the 2017-2018 flu season, the CDC estimates 80,000 people died.

2. Getting a flu shot can reduce your sick days.

Whether you are hospitalized or take time off to recuperate at home, it's going to cost you and your employer. The flu accounts for 111 million lost workdays and nearly \$7 billion in lost productivity and sick days annually, says Flu.gov.

3. Most people are eligible to get the flu

The Centers for Disease Control and Prevention (CDC) has made it easy to know who should get a flu shot. The recommendations are for anyone over six months of age should get a flu shot.

4. There is a needle-free flu vaccine.

Afraid of needles? No problem – a needleless flu vaccine is available. A nasal spray can be given to people between the ages of 2 and 49 who are healthy, not pregnant and don't have asthma. Another version, the intradermal shot, has a very small needle that can be used on people 18 to 64.



5. There is a flu shot for older adults.

There's the regular flu shot that's given to people over the age of six months, as well as a version suitable for people 65 and over, which gives them even better protection against the flu.

6. You won't get the flu from the flu shot.

A common misconception is that you can contract the flu from a flu vaccine, but that is not possible because the shot uses a deadened form of the virus.

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7. The flu shot changes each year.

Before each flu season, the CDC determines which strains of influenza appear to most likely to occur that year. The vaccine will still reduce your chances of contracting certain strains of the virus and if you do get sick, having the vaccine can significantly reduce the severity of your symptoms.

8. Flu shot side effects are usually mild.

There are a few possible side effects from the vaccine, such as headache, stuffy nose or sore throat.

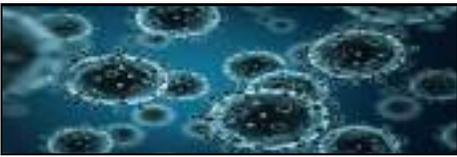
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While many people experience no side effects, if you do, they should only last for a day or so. Considering that the flu itself typically lasts for one to two weeks and the symptoms can be severe, the flu shot is a better alternative.

9. The sooner you get the flu shot, the better.

Flu season usually starts sometime in October and can last until May, so it is important to get vaccinated early. Ideally, the flu shot would take effect right away, but it takes about two weeks for your body's immune system to create the necessary antibodies to fight off the flu so you're protected against getting sick.



10. The flu shot helps with herd immunity.

There's a concept called herd immunity that refers to populations getting immunizations. If everyone were to get the immunization, then the virus couldn't spread elsewhere and we would all be protected from it.

The flu virus spreads easily – you can contract it when an infected person coughs, talks or sneezes and droplets get in your nose or mouth. You can also get the flu by touching something that has the virus germs on it, then touching your eyes, nose or mouth.

The bottom line is definitely get your flu shot. It is important not only for yourself, but for the community to keep us all protected. ♦♦♦ *source Piedmont Healthcare*

Alzheimer Awareness Month

By Wade Richard, Marketing Manager



When Ronald Reagan became President on the eve of his 70th birthday, many saw him as a symbol of vigor in age. The 1981 TIME article about that perception was, in fact, the first time the phrase “Alzheimer’s Disease” appeared in the pages of the magazine. Within a few years, however, awareness and diagnosis of Alzheimer’s (which was first identified in 1906) were increasing, due to better scientific knowledge, an aging population, medicine that helped sufferers live longer and evolving awareness that the condition was not just a normal part of aging.

But perhaps no one did more to increase awareness the need for which is observed in September, during World Alzheimer’s Awareness Month than President Reagan did. In 1994, when he was diagnosed with Alzheimer’s, he explained to the people of the U.S. and the world that public awareness was part of the decision not to keep the news to himself. The open letter in which he made the announcement is transcribed below:

Nov. 5, 1994

My Fellow Americans,

I have recently been told that I am one of the millions of Americans who will be afflicted with Alzheimer’s Disease.

Upon learning this news, Nancy and I had to decide whether as private citizens we would keep this a private matter or whether we would make this news known in a public way.

In the past Nancy suffered from breast cancer and I had my cancer surgeries. We found through our open disclosures we were able to raise public awareness. We were happy that as a result many more people underwent testing.

They were treated in early stages and able to return to normal, healthy lives.

So now, we feel it is important to share it with you. In opening our hearts, we hope this might promote greater awareness of this condition. Perhaps it will encourage a clearer understanding of the individuals and families who are affected by it.

At the moment I feel just fine. I intend to live the remainder of the years God gives me on this earth doing the things I have always done. I will continue to share life’s journey with my beloved Nancy and my family. I plan to enjoy the great outdoors and stay in touch with my friends and supporters.

Unfortunately, as Alzheimer’s Disease progresses, the family often bears a heavy burden. I only wish there was some way I could spare Nancy from this painful experience. When the time comes I am confident that with your help she will face it with faith and courage.

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In closing let me thank you, the American people for giving me the great honor of allowing me to serve as your President. When the Lord calls me home, whenever that may be, I will leave with the greatest love for this country of ours and eternal optimism for its future.

I now begin the journey that will lead me into the sunset of my life. I know that for America there will always be a bright dawn ahead.

Thank you, my friends.
May God always bless you.

Sincerely,

Ronald Reagan

“Reagan’s act of candor will undoubtedly raise public awareness of Alzheimer’s and give support for research a powerful boost. In that way, he will walk in distinguished company once again,” noted TIME’s Hugh Sidey in the wake of the announcement. “Franklin Roosevelt launched the March of Dimes that ultimately conquered polio. Dwight Eisenhower’s frankness about his heart disease changed the way the world treated this affliction. The publicized bouts of Betty Ford and Nancy Reagan with breast cancer led thousands of women to undergo mammograms. Ronald Reagan’s successful battles with ill health over the years have been an inspiration to all, even those who disagreed with his politics. He may not be able to win this battle, but the way he’s fighting it — with candor and courage — could be one of his most important legacies.” ♦♦♦

Source Time Magazine

In My Opinion

By Wade Richard, Marketing Manager



As the person that is usually behind the camera, the stories, the social media, and the public statements, it felt only right to state observations I have made in the last six months.

I remember four months ago working with Dr. Machen and Dr. Scott to film a COVID-19 informational video. I wanted an informational video that could continue to be used over and over. The doctors were instructed to speak in generalized terms that could be used six months from that point. I now see the naivety of that statement as information changes daily.

We all feel that we have lived ten years in the past eleven months. Recently, I mentioned to a co-worker how strange we would all sound if we could go back a year and tell ourselves what the future held. On social media, I made a list of the top 10 words/phrases that we now use today that we didn’t use a year ago. Words and phrases such as “social distancing”, “nice mask”, and “contact tracing” Shortly after offering my list, others offered up additional ones and the list grew beyond twenty.

Amid the pandemic, we chose to pick fights with others over masks, quarantines, and politics. There is no denying that the virus has fueled discord that has bled into other aspects of our lives.

I remember in school we were taught about World War II and the use of propaganda. I never grasped the concept of the word at the time. Today, social media, network news and politics is laced with propaganda. This one word causes race wars, political

arguments, and mask debates. Each argument has a line drawn in the sand with each person confident that they are on the correct side of the information.

We are all spoon fed the information that each outlet wants us to absorb. Due to the number of COVID-19 cases in Gove County, both myself and our CEO David Caudill have been contacted by the Associate Press, NBC, and television stations for interviews. These interviews have resulted in both good and bad. These interviews have been picked up by ABC and The L.A. Times. The true information was less widespread than the articles that featured the writer’s opinion and political agenda. One news outlet attempted to contact us for an interview. When they were unable to reach us they formulated an article without any first hand information.

There was a time on social media that I would engage in political debates that never changed the opinions of anyone. This activity served as more of an approval from others “liking” a comment I made which validated my opinion. Several years ago, I ceased engaging in these propaganda fueled debates that ended with no changed opinions.

For me, this year has been marked by tears from co-workers and loved ones. Fist bumps have replaced handshakes and hellos have replaced hugs. As 2020 comes to a not soon enough end, I am reminded that I am in charge of the information I choose to receive and the attitude I choose to carry each day. I am responsible for myself and have to change internally before I can change the world. For me that change is a kind word, warm smile and a caring heart. I would encourage all of us to perform a self-check right now. ♦♦♦

Long Term Care Corner

By Wade Richard, Marketing Manager

Shout Out to our Long Term Care Staff



From all of us at GCMC and the local community, we would like to thank all the workers in the Long Term Care for all the sacrifices everyone has made lately.

While all of us may have been home with loved ones, you worked double shifts when your co-workers were sick. You comforted residents during the hardest times when you needed

comforting.

There are no words to show our gratitude to each of you for picking up the pieces, filling in the gaps, and being the hero's that you all are.

Through all your tears you will come out stronger on the other side. We appreciate each of you.



In Memory of Our Precious Residents We Have Lost

*"We raise a glass to the ones we lost.
 Our hearts are heavy with the loss.
 We raise a glass to the ones who fought.
 We raise a glass to the caregivers who stuck
 through the hardest days."
 Teresa McComb, Administrator Logan Manor*



Tim Waggoner



Eulalia "Layla" Ochs



Beulah Gillespie



Loree Holaday



Iona Selensky



Maggie Gassman



Brenda Knouf



Daniel D.A. Crist



Shirley Borger



Sylvia Thomas



Rose Hartman



Eugene Evans



Virginia Pratt



Ross Wilson



Wesley Turner

Human Resources

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



Mystery Carroll
COVID-19 Screener

Mystery is excited to work here because it's a great opportunity to get into the healthcare side of things. Her goal is to eventually become a CNA



Tonya Dreher
Housekeeper

Tonya previously worked at Hays Med as a housekeeper. She came to GCMC because she heard it was a great place to work with great employees



Andi Johnson
Acute Care RN

Andi formerly worked at Rebel Staffing. She lives in Hays and came to GCMC because of the positive first impressions she has had of our employees



Lori Wills
Patient Registration Clerk

Lori formerly worked at Kidz Korner. She came to GCMC because she heard good things about the employees and the great benefits that are offered



We would like to extend our condolences to the following employees. Stephen Zeman on the loss of his mother Lilly Zeman. Ivy and Andrea Charles on the loss of their father and grand father Edward "Mac" McElhaney Sr.. Evy Wilson on the loss of her brother Jimmy Nichols. May God Comfort each of you in your time of need. Our thoughts and prayers are with you and your families.



Congratulations to Becci and Tyler Baker on the birth of their baby boy Beau Kirk Baker born on 10/26/20 and weighed 9lbs 5oz and was 21 inches long.

Recent Milestones

November Anniversaries

- Marcie Wolf 22 years**
- Brenda Thyfault 15 years**
- Steve Smith 8 years**
- Jessica Polzin 3 years**
- Ellie Anderson 2 years**
- Shelby Schamberger 2 years**

November Birthdays

- Joyce Rohr 11-1**
- Alex Russell 11-5**
- Bonny Walt 11-6**
- Connie Breese 11-8**
- Star Hooper 11-9**
- Dayna Beachel 11-11**
- Bill Bright 11-12**
- Brevin LaBarge 11-19**
- Christie Salyers 11-22**
- Ruth Blackwill 11-25**
- Genoa Lemaster 11-27**

Human Resources Statistics New Hires / Terminations

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

October 2020

<u>New Hires:</u>	<u>Terminations:</u>
Full Time: 3	Full Time: 0
Temp: 1	Part Time: 0
Part Time: 0	PRN: 2
PRN: 0	



Human Resources Continued

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

- *I was born and raised in the tumbleweed state*
- *I am considered a middle child*
- *My two oldest animals are named after desserts*

Unscramble the letters to find out who I am: **lhaluievatoarc**

CURRENT JOB OPENINGS

ACUTE CARE

RN or LPN IV Certified - Days/Nights - FT/PT/PRN
CNA - Days/Nights - FT, PT and PRN

LONG TERM CARE

RN/LPN - PT/PRN Evenings/Nights

DIETARY

Food Service Supervisor-FT
Dietary Aide -FT

RADIOLOGY

Radiologic Technologist - PT

LAUNDRY

Laundry Aide - PRN

Quote of the Month

Provided by Joyce Adams, Risk Manager

“I am not a product of my circumstances. I am a product of my decisions.”

Stephen Covey

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

Departmental Recognitions

During the month of November we want recognize the following department and thank them for all they do for GCMC. Thank you to the Radiology!



The Radiology Department

*Left to right:
Melanie Windholz,
Amber Yingling,
Jamie Ruf, Nicole
Pfannenstiel. Not
pictured Brenda
Thyfault, Therese
McKinney*

www.gcmc.org

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Quinter, KS 67752

Gove County Medical Center

@CenterGrove



Departmental Managers Meeting Minutes October

OLD BUSINESS:

EMAIL MIGRATION:

Brad reported all email addresses have been converted except one employee that is not in the office. IT has emailed an updated email address list for email users. If you need help updating your email addresses, please send an email to Brad or Ernie and they will set up a time to assist you.

NEW BUSINESS:

KDHE:

The Kansas Department of Health and Environment visited the Long Term Care Facility last week to review procedures and protocols. David will receive a report with the findings and will email to Department Managers.

FINANCIAL UPDATE:

Sheree distributed department financials through the end of September. Sheree reminded each department to ensure they are capturing all COVID-related expenditures.

The business office will be converting to a new billing software and will be busy for the next (five) 5 months. Natasha and Sheree will be taking back from MRS the charge master additions and updating. Please see them for any additions or changes to your departments charge master.

Sheree will not have 2021 department budget meetings this year, due to time restraints. She will complete those with Marcie. If any department has substantial purchases or expenses, please let her know as soon as possible. She will provide each manager a copy of their budget before presenting to the BOT for any necessary changes.

COMMUNICATION MEETING SURVEY:

A discussion was held regarding the Employee Communication Survey. Brad mentioned the new payroll software will offer additional communication tools that will be utilized.

COMMUNICATION MEETING:

DEPARTMENT ROUND TABLE:

Maintenance: Darren reported the Fire Marshall recently conducted a federal survey and no deficiencies were found. He expects there will be additional surveys due to Covid.

Hospital Nursing: Marcia thanked the staff while she was gone. Today was her first day back. The nursing staff continues to stay busy and are expecting a few deliveries.

Lab- Lab continues to stay busy with testing. Katie shared that a contracted employee has accepted an offer to become a GCMC employee.

Materials Management: Connie reported a short supply of PPE was received, but the orders have not been complete. She thanked the maintenance department for their help with deliveries. Connie has moved her retirement to December 30th.

HR- While Julie is out of the office, please contact Shelby via email or phone if you need assistance.

Radiology: Amber reported one employee has returned from maternity leave. She also has one PRN employee that has been working out well. Her department continues to stay busy.

Dietary- Nadine shared challenges dietary has experienced with Covid inpatients. It is a new learning experience and she asked for some patience while the staff adjusts to new procedures.

LTC- Denise expressed the difficult time the LTC continues to deal with. She shared there are still many employees out. She thanked the PT department for assisting with restorative aid duties while her staff has been busy.

Marketing: Wade reminded everyone to get out and vote. Wade is currently working on two grants. For the last few weeks, David has been working closely with Wade dealing with media. He discussed the recent Associated Press article and the follow-up news coverage.

Respiratory: Randy shared a few new services that will be offered such as Services Overnight Oximeter, Home Sleep Test, Full Body Box PFT and EEG.

IT- Brad reported IT discovered a time when both outside doors to the hospital were propped open. After some discussion, it was determined this occurred while repairs were being made to the facility. Brad stressed the importance that all doors remain closed especially during this time. Brad reminded managers to ensure that new employees change their voice mail as soon as possible.

Housekeeping: Serenity was happy to report that her department is fully staffed. This will allow more time for deep cleaning. Employees have been coming in on Sundays to keep up with laundry.

PT: Liz reported one of her employees is out on maternity leave. Her department is helping other departments during their downtime.

Business Office: Natasha reported the Patient Registration position has been filled. The new hours will be 8 a.m. to 5 p.m. Monday through Friday. Patients needing assistance before or after hours should be directed to the nurse's station. Natasha also stated they will be starting the interfacing to the new Rycan software.

Daycare: Heather stated the daycare has been implementing the new curriculum for the past four (4) weeks. She is also working on three (3) Dane Hansen grants with Wade. They are also preparing for the survey coming in December or January.

CEO: David shared a Joint Conference with the Providers and the Board of Trustees was held earlier this morning.

There was no further business to discuss and the meeting was adjourned at 2:06 p.m.

Departmental Managers Meeting Minutes September

EMAIL MIGRATION:

The IT Department continues to switch over to the new domain. It is a slow process and has approximately half of the email addresses updated.

SALES TAX VOTE AND TOWN HALL MEETINGS:

Wade shared experiences at the Town Hall Meetings to date. There is one more meeting to be held in Grinnell. Wade shared statistics on how the hospital will be affected if the vote does not pass. A discussion was held. David and Wade will begin visiting with staff as to the importance of a yes vote.

NEW BUSINESS:

FINANCIAL UPDATE:

No report as Sheree was not at the meeting.

COVID IDEAS:

Brad wanted to remind department managers to utilize Covid funding remaining. He recently received a few orders but wants to ensure departments are using this time to evaluate upgrades to their department.

COMMUNICATION MEETING SURVEY:

Liz discussed findings on the recent Communication Survey. Managers were given highlights of the findings. In 2019 there were 79 total surveys received, this year 100 surveys were received. A discussion was held. The Communication Committee will meet next week to review suggestions from the survey. Liz asked each manager to keep an open dialogue with their employees and ensure they are aware that managers are there to help.

COMMUNICATION MEETING:

DEPARTMENT ROUND TABLE:

Lab- Katie thanked the departments that have been helping during this busy time. She is trying to keep up morale. The lab will begin the night shift in the second week of October. The next blood drive is 10/16.

HR- Shelby wanted to communicate that she will attempt to answer emails while Julie is out of this office.

Dietary- Nadine shared some difficulties with the recent Covid restrictions. Please share with your employees that dietary might only have one server during meals and to please have patience while we get through this difficult time.

LTC- Visitations will be suspended due to positive Covid cases. A Covid Task Force Meeting will be held next week.

IT- Brad will be out of the office for the next two weeks. Ernie will be in house to help with IT issues and Brad will be available by phone if necessary.

Nursing- Marcia will be having Nursing In-Service in the basement in October. They continue to stay busy. They hope to have hired a Covid Screener that will help elevate demands on the staff.

There was no further business to discuss and the meeting was adjourned at 1:54 p.m.

Statistics For Hospital, LTC and ILA September 2020

Acute Care:

Inpatients: 15
Outpatients: 1025
Swing bed: 13
Newborns: 1

Dietary (Meals served):

Inpatient: 677
LTC: 3441
ILA: 408
Employees: 1507

LTC Residents: 37

ILA Apartment Tenants: 7
Laundry Washed: 13,074

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



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



Pain Management
Brad Wertz, CRNA



**Gove County
Medical Center**

November 2020

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