



Just For the Health of It

By Wade Richard, Marketing Manager

Lymphatic Therapy Coming to GCMC



Jessica Polzin, MS, OTR/L, CLT at GCMC found herself questioning all of the cases of untreated lymphedema and what could be done. “You see people walking around with it all the time and no one has any idea what it is or that something is wrong. I knew there had to be something out there that could be done to help treat it. No one should have to live with that kind of swelling.”

Polzin enrolled at the Norton School of Lymphatic Therapy, completing 135 hours of training. Polzin noted that most healthcare professionals have less than 1 hour of training on the lymphatic system during their studies; “It’s something we all learn a little about but it’s not heavily emphasized. It’s shocking to think about, especially since it plays such a huge role in the

immune system.”

Lymphedema is a high protein swelling in the arms and legs that occurs when there is a mechanical failure of the lymphatic system. In the United States, the number one cause is cancer treatment. “Cancer itself isn’t the main cause for lymphedema. It’s the treatments these individuals undergo that increase their risk for lymphedema significantly. While the treatments do kill off the cancer cells, it can also damage healthy lymph nodes. The bottom line? It’s not something that shows up overnight or immediately after cancer treatment.” Lymphedema may affect as many as **140 to 250 million people** throughout the world. 3 to 5 million Americans alone are estimated to suffer from lymphedema.

GCMC’s Physical Therapy Department is in the process of developing a lymphedema therapy program. “The therapy team is



excited about the prospects. It would be a wonderful compliment to the cancer therapy services we offer here at GCMC.” Polzin will

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be treating patients to help address the swelling and even the wounds that these individuals often experience. Polzin stated “studies have shown that compression aids in wound healing. Compression, wound care, and manual lymph drainage are the big players in complete decongesting lymphedema therapy.” Polzin says that some services will be covered by insurance. “There are several different forms of lymphedema out there and insurance haven’t recognized all of them yet. We’re working with the insurance companies to figure out all of the kinks so we can ensure as much coverage for the service as possible.”

So what are the symptoms of lymphedema? When lymph fluid builds up in the body, there can be swelling of the arms, legs, trunk, or other body parts. Symptoms and swelling may appear for a short time,

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disappear without treatment, and then return. If you notice any symptoms, write down when they happened, what you were doing, and if anything made it better. Sometimes, when the swelling comes and goes often, it might be the beginning of chronic lymphedema. Early detection and treatment is very important. Once swelling becomes chronic, it is only manageable and not reversible. “There are different stages to lymphedema,” says Polzin. “Depending on what stage you are in will determine what kind of symptoms you show. Early stages fluctuate more. Your swelling can still go down with elevation and may almost appear normal in some cases. As the disease progresses, even elevation won’t help the swelling anymore. In those later stages, you start to see those larger limbs. These people aren’t fat; they have built up fluid, cellular waste, and proteins in their tissues and they need help to get rid of it safely.” Check your



body regularly for these common symptoms:

- Swelling of the arms, legs or trunk
- Feeling of heaviness or discomfort in an arm or leg.

- Loss of flexibility in the hand, wrist, or ankle
- Difficulty fitting into your clothing
- Tightness of rings, watch, or bracelet
- Infections that Won’t go away or



- keep coming back in the same area
- Feelings of tightness in the skin (which may be felt even before there is noticeable swelling)
- Pitting of the skin (swelling in which an imprint remains after pressure is applied)

Polzin said that there are other facilities in Western Kansas that treat Lymphedema, but it’s rarely advertised. “You have to know what a CLT is and you have to know what lymphedema is. The general public hasn’t been educated and these facilities aren’t advertising their offerings nor are they providing education to the general public.” With so many cases, GCMC is confident that this will be a successful program in 2021.

GCMC continues to add programs to treat the community. This is a benefit to Gove County and the surrounding counties affording patients to have services locally without travel. GCMC currently offers specialty clinics just for this reason. Providers from larger towns travel to Quinter to offer services

such as Podiatry, Orthopedics, plastic surgery, general surgery, and many other services. By having trained staff on-site, services can be offered more than once or twice a month.

Polzin stated that lymphedema can be managed with proper treatment but, at this time, there is no known cure. However, studies have shown that early diagnosis and intervention of swelling can help reduce the risk of disfigurement, infection, and other complications. “Some people have no idea what they are suffering from and they let it go for years. Chronic swelling isn’t normal and should be evaluated before permanent damage is done. It’s very important to get in early to get treatment so that it doesn’t progress into something that causes permanent disfigurement. There is treatment out there that can reduce



symptoms and increase overall quality of life.”

While the program isn’t ready to accept patients at this time, if you have questions about lymphedema, manual lymph drainage, compression wear, or complete decongestive therapy, you can reach Jessica Polzin via email at jpolzin@gcmc.org or phone at 785-754-5174. ◆◆◆

Connie Breese Retires After 25 Years

By Wade Richard, Marketing Manager



Connie Breese started working at GCMC in January of 1996 and retired in December 2020. In 1996, she started working in Housekeeping, a position she held until September 1996. She then accepted the position of Medical Supply Clerk and has remained in that position as Material Manager for the past 24 years. While in the position of Material Manager, Connie was responsible for ordering and stocking supplies for all departments. While managing all medical supplies, Connie was also the Laundry Supervisor for 2 years.

Over the 25 years with GCMC, Connie served on a multitude of committees including Minds Behind the Mission, Hazmat, Christmas and Golf. She also served as a member of the Med Op Group for Purchasing Managers. “The group was very helpful to obtain great contracts for purchasing medical supplies, office supplies, and supplies for maintenance, lab, dietary, OR, ER, pharmacy and physical therapy.

When asked what she will miss about GCMC she stated, “All the wonderful staff I have worked with then and now, that are more like family than co-workers.” She went on to say, “I will miss the wonderful pats on the back, it’s great to know that you are appreciated, before and after COVID.” She also commented that the challenges of going to work and doing a good job and doing it well as well as knowing that hard work and dedication didn’t go unnoticed would be another thing she would miss.

Before coming to work at GCMC, Connie had her own daycare, worked at Q-Restaurant and Larry’s Food Pride.

Connie had originally planned on retiring in November of 2020, but with the added workload from COVID-19 and training her



replacement, she graciously agreed to stay until the end of the year. This speaks of the dedication Connie has given the hospital for 25 years.

Connie along with her husband DD plan on spending time with family during her retirement. “I am hoping to watch my grandchildren’s activities, sports, dance and music. They do it all and we love every minute of it.” She also commented that she plans on

playing golf, traveling, fishing and anything outdoors. She said,



“I am going to enjoy life!!”

A retirement party was held in her honor at GCMC on December 30th. Co-workers bid Connie fair well and wished her nothing but the best in her retirement.

Connie was asked if she had any advice for those that she leaves behind. Her message to all the staff at GCMC was, “Keep your chin up and be proud of GCMC, 2020 has been a rough year but hard work and dedication will go a long way into 2021. Work as a team and help each other but most of all don’t forget to smile.”

In closing, Connie wanted to thank everyone for the past 25 years, “It has been a wonderful and fulfilling experience, may God Bless you all, stay safe and I wish you all the best in 2021”

From all the staff at GCMC, the hospital is a better place because of employees like Connie. We will miss her laugh, her smile and her friendship. Good luck Connie, we appreciate your years of service.

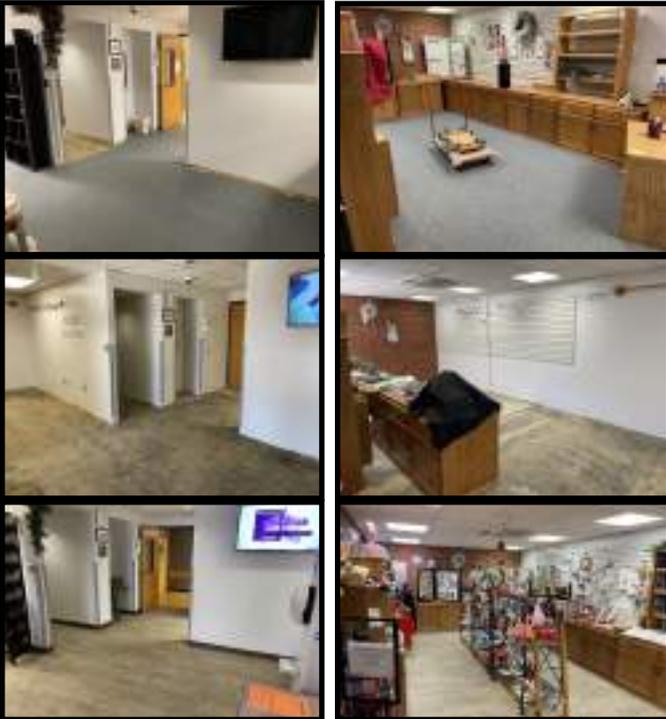


In the News

By Wade Richard, Marketing Manager

Front Lobby Flooring Completed

The front lobby and Gift Shop recently had new flooring put in. We are very happy with the end result. Here are the before and after pictures.



Infection can be better controlled on smooth surfaces over porous surfaces

The flooring will offer a more sanitary and cleanable surface in addition a modernized look



The flooring enhanced the beauty of the Auxiliary gift shop



Gary Hembd, CRNA Joins GCMC



Gove County Medical Center is pleased to announce Gary Hembd, CRNA has joined the Surgery Department. Gary has been a CRNA for 11 years. He along with his wife Monica and their 3 children live in Norton. Gary is very excited to become part of the GCMC family and our community. Gary, along with Brad Wertz, will be providing 24-7/365 anesthesia coverage. They will also continue to provide pain management, surgical, and OB services for our community. Gary has provided coverage to GCMC in the past but now he will be dedicating the majority of his time here. Please help us in welcoming Gary to our GCMC family.

Christmas Committee Gets Creative Amid Covid-19 Hurdles

The Christmas Committee was unable to hold a formal Christmas Party due to COVID. Instead they had activities that everyone could participate in to earn tickets to put on prizes



that they wanted to win. There was great participation from the staff with around 68 prizes given out. Tickets and prizes were sorted through late into the evening and winners were announced on December 23rd. Thank you Christmas Committee for still giving us holiday fun in a creative and interactive way. ♦♦♦

Dress Your Best Christmas

Our staff decked the halls with their best Christmas look in December. We had great participation from all.



Long Term Care Corner

By Wade Richard, Marketing Manager

Resident of the Month Tom Owens



Tom Owens was born in Quinter on April 1, 1948. His parents were John and Angelita (Weigel) Owens. He was raised in Quinter, and was one of nine children: five boys and four girls. Tom was the middle child of the nine. He went to grade school and high school in Quinter as well and graduated in 1967.

Tom was young when he lost his eye. He was fishing in the stock tank while his father milked the cows because Tom was too little to do the milking, himself. His fishing line got tangled in a thistle and while he was cutting the line free, he accidentally cut his own eye.

Tom married Debbie Carpenter from Lee's Summit, MO. They stayed married till she passed a few years ago. Together, they had three children. Their first child, a girl, was premature and passed away. Later they had two boys who now reside in Texas.

After high school, Tom went to automotive school in Dodge City but did not finish. In his early 20's, Tom worked for Clarence Sterrett on a farm. He then became interested in engineering. After his time on the farm, he went to Kansas City for a job in engineering. He trained on the job and learned to design chemical plants and oil refineries. Tom

says he was really real good at the job and worked with good people and he paid attention.

His job took him to places like Aruba, West Virginia, El Paso, Los Angeles, Wyoming, and North Dakota. Tom once helped take a plant down in Los Angeles and move it to Wyoming. He had to make sure that all the parts would be easily located once moved. He not only had to take the plant apart, but he also had to put it back together. There weren't many people that could take charge of such a task.

At one time when Tom was in Wyoming, there was a small piece of a plant that was mistakenly delivered to Wyoming and it was needed in California. He volunteered to deliver it himself and took it to California.

Once while working in West Virginia, Tom went to see his nephew in Kansas City get married. He made speedy trip there and back in order not to miss work.

Tom started riding motorcycles in high school. He also raced cars and motorcycles in his spare time. Even when he wrecked them, he kept going. Tom admits he has had a lot of wrecks in his life.

Tom never broke any bones until he became an adult. He said he has broken about every bone in his body in his wrecks and just kept going. He broke his wrist many years ago on a motorcycle at the Rodeo grounds in Quinter (Where the current baseball field is).

One day when Tom was in Quinter, he decided to visit his friend Phil, North of town, about four and a half miles. While driving there, he encountered a rough spot in the road. The rough spot turned out to be a hole. The motorcycle caught the hole, and the rear end came up and hit Tom in the back. While Tom was still out there with the motorcycle after the accident, His brother Butch called him to ask for help in the hayfield. So, Tom went and helped him. Shortly after that, Tom put his motorcycle back in the trailer of his truck and drove up to North Dakota for his job. He never saw a doctor until a few days after the accident. When he was in North Dakota and couldn't get out of bed. On the way to the hospital, Tom had to ask a police officer where the hospital was, as he had no idea where to find it. Tom states, "It was a little town." It was then that he found out he had broken two vertebrae.

Tom's hobbies include hunting, fishing, and collecting cars, trucks, motorcycles, and models of them. He has a nice display of models in his room and more that can be brought from home to work on.

Tom had dogs that traveled with him. He had Labradors when hunting. Tom found it was cheaper to hunt here in Kansas than to get a lease and hunt in Texas. Towards the end of his traveling, he had two little dogs that traveled with him. Tom says he likes the Long Term Care and everyone is very nice. ♦♦♦

Employee Spotlight

By Wade Richard, Marketing Manager

Get to Know

Tammy Marshall



I was born and raised in Salina Kansas. I have two younger sisters. As children we didn't have much but we had a wonderful childhood. Our mother would always think of adventures for us to go on together that didn't cost much money. Scavenger hunts, walks in the country, trips to the library, etc. I graduated Salina High South in 1976. My motto after graduation was I was born here and I'm not going to die here.

I began traveling around a little later. My first stop was Anchorage Alaska where I lived for a little over a year. I was so amazed of the sights, sounds, animals and people there. I learned to cross country ski, saw and heard the aurora borealis, had moose and

bear in my front yard, and learned to plug my car in at night. It was also interesting having it be daylight all day and night except for about twenty-minutes in the summer and in the winter it was dark all the time except for about twenty minutes.

Next I drove the Alaskan turnpike from Anchorage to Baton Rouge Louisiana. Louisiana took a little more to get used to. For a while, I felt I was fighting the civil war again, as the southern people didn't take kindly to northerners moving to the south and voiced their opinions. Of course for those of you that know me, know I wasn't afraid to give my opinion back. I ended up living in Baton Rouge for about twelve years. I worked for those twelve years for the first woman State veterinarian in Louisiana.

At that time I also decided to foster children. I left Louisiana with two sibling girls and brought them to Kansas with me. I moved to WaKeeney and purchased a small farm. I ended up with four horses, two pigs, chickens and numerous cats and dogs. I had never lived in the country and I really enjoyed it. This is where I began working in the accounting field. I stayed in Kansas for about eight years.

I then moved to Tennessee the week Katrina hit Louisiana. This was my favorite place to live. I attended Dyersburg State Community College, as I worked for an accounting firm, I began taking medical classes. It was there I decided I wanted to work in the medical field and did so. I have loved working in the medical field and wished I would have taken it up much sooner. In 2015 when I lost my husband I decided I should probably be around my family, so I packed up the U-Haul and moved back to WaKeeney.

I had applied for several jobs in the area before I had moved back to Kansas and I chose GCMC and I have never regretted my decision one bit. I love my job; I love the people of this hospital. The caring we have for one another and our patients is something that isn't in all hospitals. I always found it so amazing the different cultures, animals, people and food in all my travels. I would say to anyone in life, if you see a chance for something you're interested in go for it, you are never too old and you only live once. EXPERIENCE LIFE!!!! ♦♦♦

Human Resources

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



Tanya Brooks
Lead Teacher 1

Tanya currently attends K-State and is on break. While in Manhattan she worked as a teacher and thought that a job at Tender Hearts would be a good match for her with the experience she has



Evie Gruenbacher
Acute Care Nurse Aide

Evie is the daughter of Drs. Doug and Shelly She is passionate about helping others, and is a pre-med student at KU she feels it is a great opportunity to get experience in the field



In December, GCMC implemented a new payroll/Human Resources/time clock program called Paylocity. This new program will allow all communication, payroll and time clock to be in one convenient location

ACTIVE THREAT TRAINING

JANUARY 7TH 3PM—5PM



Recent Milestones

January Anniversaries

- Liz McDonald 25yrs
- Sheree Flax 23yrs
- Myra Howard 19yrs
- Mike Jamison 9yrs
- Brad Mullins 9yrs
- Mary Zerr 6yrs
- Bill Bright 5yrs
- Aubrey Roesch 5yrs
- Heather Hargitt 3yrs
- Marcia Kruse 2yrs
- Jenna Lang 2yrs
- Katie Chrisler 1yr
- Julie Sanders 1yr
- Brevin Labarge 1yr

January Birthdays

- Kynzie Rubio 2nd
- Anita Heirich 5th
- Liz McDonald 6th
- Sydney Sulzman 9th
- Amber Yingling 11th
- Cindy Knouf 12th
- Edd McDonald 12th
- Shawn Shepard 12th
- Tara Thornburg 12th
- Corey Wertz 12th
- Katie Chrisler 15th
- Chris Fulwider 20th
- Laurie Allen 23rd
- Emma Eilert 24th
- Myra Howard 24th
- Pam Lindsay 26th

Human Resources Statistics New Hires / Terminations

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

December 2020

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



Employee Recognitions

For the month of January we are recognizing the employees that four different services at GCMC and thank them for all they do for GCMC. The employees recognized this month, provide services in the areas of Social Service, Activities, Transportation and Hospital Swing Bed. Thank you employees we appreciate you.



Social Services is Mary Kreutzer far left and Ivy Charles middle

Activities is Mary Kreutzer far left, Crystal Richards far right

Transportation is Ivy Charles middle, not pictured are Denise Wittman, Stan Ostmeier, Michael Jamieson, Renee Horton, Joyce Sneath, Brevin LaBarge

Hospital Swing Bed is Natasha Crites on the left and Dee Foster on the right



REMINDER

YOUR JANUARY PAYSTUBS WILL BE DIFFERENT AS THESE WILL REFLECT YOUR INURANCE PLUS ADDITIONAL DEDUCTIONS SUCH AS AFLAC. PLEASE DOUBLE CHECK FOR CORRECTNESS. PLEASE CONTACT PAYROLL WITH ANY QUESTIONS OR CONCERNS.



Congratulations to Melanie Windholz and her husband Tyler on the birth of their daughter Willow Mae Windholz Born 11-29-20 6 lbs. 11 oz. 18”

With Sympathy

Our deepest sympathy to our employees Bill and Joyce Schneider on the lost of their brother and brother-in-law Jim Schneider and Connie and Abby Weber on the passing of a husband and father-in-law Allan Weber and Brenda Thyfault on the passing of her brother-in-law Daniel (Dan) Billinger. May God comfort you.

CURRENT JOB OPENINGS

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

DIETARY
Dietary Aide –FT

RADIOLOGY
Radiologic Technologist - PT

LAUNDRY
Laundry Aide - PRN

CHILDCARE CENTER
Lead Teacher - FT

ADMINISTRATION
CEO Assistant - FT

LABORATORY
MT or MLT - FT Nights No Weekend Call

Guess the employee WHO AM I?

-I was born on an Arm base

-I am the oldest of 3 children

-I love to bowl

-I have five grandchildren

Who am I?

Unscramble the letters to find out who I am:

ea iadrldwhmon

Quote of the Month

Provided by Joyce Adams, Risk Manager

“You will never change anything that you are willing to tolerate”

Myles Munroe

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

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 please do your part.



www.gcmc.org

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

Gove County Medical Center

@CenterGrove



Statistics For Hospital, LTC and ILA October 2020

Acute Care:

Inpatients: 28
 Outpatients: 930
 Swing bed: 12
 Newborns: 2

Dietary (Meals served):

Inpatient: 665
 LTC: 2093
 ILA: 166
 Employees: 1049

LTC Residents: 26

ILA Apartment Tenants: 6
Laundry Washed: 10,593

2019 Comparison

Acute Care:

Inpatients: 28
 Outpatients: 758
 Swing bed: 8
 Newborns: 8

Dietary (Meals served):

Inpatient: 264
 LTC: 3417
 ILA: 382
 Employees: 1463

LTC Residents: 42

ILA Apartment Tenants: 7
Laundry Washed: 14,178

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



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



Pain Management
Gary Hembd, CRNA



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



Pain Management
**Brad Wertz,
APRN-C, CRNA**



**Gove County
Medical Center**

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Years Day	2
3	4 PFAC 4:30	5 Plastics Clinic Dr. Potter Mammos	6 Diabetic Clinic	7 Housekeeping Mtg 2pm Southwind Surgical Dr. Schultz Cardiology Clinic Dr. Curtis	8 Ortho Clinic Dr. Harbin	9
10	11 Perinatal Mtg 8:30am Cardiology Clinic Dr. Hagley	12	13 Orientation NW KS Surgical Dr. Gabel Western Ortho Dr. Sears	14 Orientation	15 BOT Mtg 9am	16
17	18 Martin Luther King Jr. Day	19 QEC Day 7:30am Plastics Clinic Dr. Potter	20 Diabetic Clinic	21 CPR Basement 8am High Plains Podiatry Clinic Dr. Hinze	22	23
24	25 Diabetic Clinic	26 DM Mtg 1pm LTCF Staff Mtg 3pm	27 NW KS Surgical Dr. Gabel	28 Medical Staff Mtg 7:30am	29	30
31						