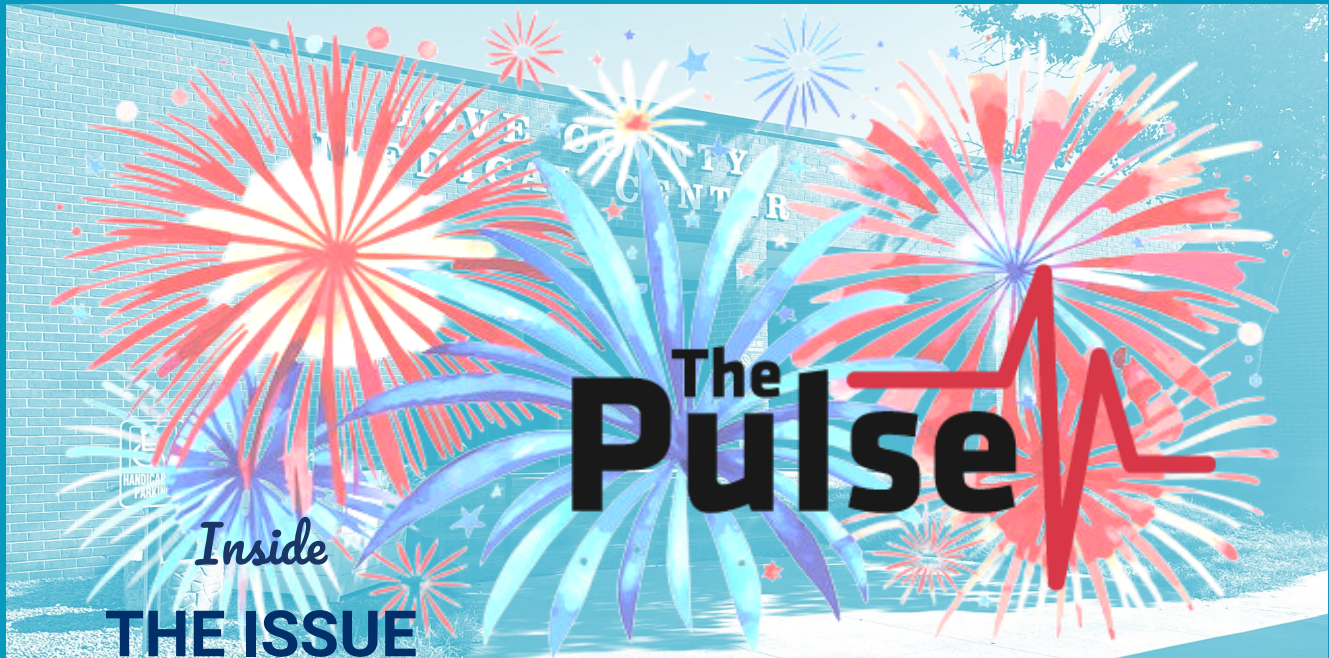


Newsletter

ISSUE | 1 | JANUARY 2025



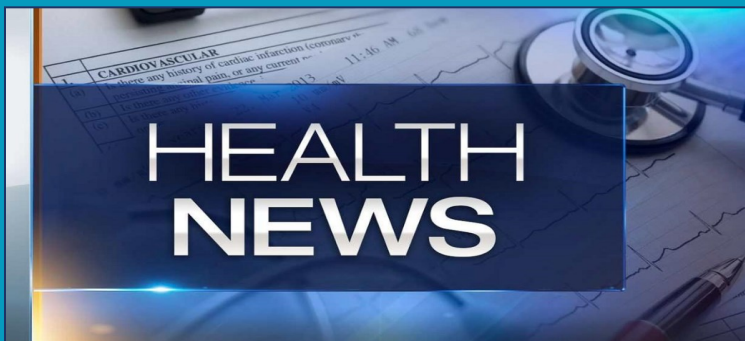
- Calendar of Events
- Awareness Month
- Announcements
- Quality Corner
- New Employees

Gove County Medical Center

Welcome to the Pulse Newsletter. Here you will find the latest news from the hospital including opportunities and trends.

Gove County Medical Center's dedication to individual attention and superb care drive every interaction we have with our patients, our neighbors, and our fellow caregivers.

We are here to make a difference.



Health News

The latest in news for healthcare



Employment Opportunities

Make sure to see all the great job opportunities



VISION

It starts with approach.

Our vision is to act with unity in serving one common purpose: To make a difference. We show we care with every action in each interaction.

VALUE STATEMENT

The values guiding Gove County Medical Center's mission and vision express our commitment to all those who live in the communities we serve.

Dedication to individual attention and superb care drive every interaction we have with our patients, our neighbors, and our fellow caregivers.

We are here to make a difference.

MISSION

Enhancing lives through person-centered care. Providing the right care, at the right time, in the right setting - close to home.

VALUES

- + Collaboration
- + Unity
- + Respect
- + Community
- + Excellence

Committed to Others. Always.

SIX STRATEGIC PRIORITIES

- + Providing a person-centered experience
- + Care you can trust
- + Be the difference in our communities
- + Be a great place to work
- + Today's success for tomorrow's future
- + Invest in our leaders



**Gove County
Medical Center**
Committed to Others. Always.



JANUARY

Calendar of Events

- | | |
|-------------|--|
| 6TH | <i>PFAC 4:30pm</i> |
| 9TH | <i>Policy Mtg. 10am</i> |
| 14TH | <i>DM Meeting 1pm</i> |
| | <i>Nursing All Staff Mtg. 4pm</i> |
| 12TH | <i>Policy Mtg. 10am</i> |
| | <i>Special BOT Mtg. 7am</i> |
| 15TH | <i>Orientation 8am</i> |
| | <i>Body Mechanics 11am</i> |
| | <i>Active Threat 12:15pm</i> |
| 23RD | <i>Policy Mtg. 10am</i> |
| 24TH | <i>BOT Mtg. 8am</i> |
| 28TH | <i>QEC Mtg. Day 8am</i> |
| 30TH | <i>Medical Staff Mtg. 7:30am</i> |

The Pulse

Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



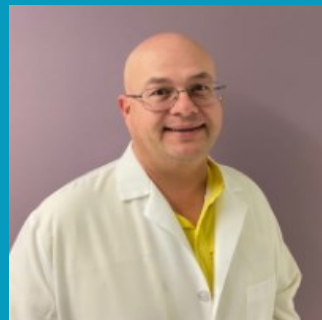
Scott Rempel, MD



Jamie Mense, APRN



Cardiology
Dr. Wagle



Podiatry
Dr. Hinze



Cardiology
Dr. Hagley



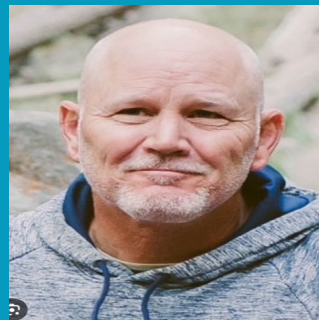
General Surgery
Dr. Schultz



General Surgery
Dr. Gabel



Diabetic/Dietitian/Nutrition
Janette Burbach, MS RD CDE



Anesthesiology
Mitch Bailey, CRNA



Anesthesiology
Melissa Albers, CRNA

The
nurse
Specialty Clinics



**Gove County
Medical Center**
Committed to Others. Always.

Specialty Clinics
**YOUR HEALTH
IS OUR
PRIORITY**

This Month's Clinics

- Surgical Clinic Dr. Gabel Jan. 6th
- Mammograms Jan 7th
- Holistic Pain Management Jan. 8th
- Surgical Clinic Dr. Schultz Jan 9th
- Holistic Pain Management Jan. 13th
- Podiatry Clinic Dr. Hinze Jan. 16th
- Cardiology Clinic Dr. Wagle Jan. 21st
- Holistic Pain Management Jan. 24th
- Holistic Pain Management Jan 27th

**DOCTORS
AVAILABLE**



CALL US NOW!
785-754-5154
WWW.GCMC.ORG

COMMITTED TO OTHERS. ALWAYS.

Enhancing lives through person-centered care.
Providing the right care, at the right time, in the right setting -
Close to home

Can RFK Jr Make America's Diet Healthy Again?

Robert F Kennedy Jr has set his sights on changing how Americans eat and drink.

From the dyes in Fruit Loops cereal to seed oils in chicken nuggets, Kennedy - who is President-elect Trump's choice to lead the Department of Health and Human Services (DHHS) - has long spoken out against ingredients that he says hurt Americans' health.

But if Kennedy hopes to target junk food, he will first have to shake up the country's food regulations - and run up against Big Food.

Leading up to the election, Kennedy - a former Democrat - offered several ideas for tackling chronic diseases under his slogan "Make America Healthy Again".

He has frequently advocated for eliminating ultra-processed foods - products altered to include added fats, starches and sugars, like frozen pizzas, crisps and sugary breakfast cereals, that are linked to health problems like cancer, cardiovascular disease and diabetes.

He has taken aim primarily at school lunches, telling Fox News: "We have a generation of kids who are swimming around in a toxic soup right now."

Part of Kennedy's new mandate will include overseeing the US Food and Drug Administration (FDA), which has over 18,000 employees.

The agency is in charge of ensuring the safety of pharmaceuticals and the US food supply, but has come under fire in recent years from some lawmakers and consumer groups, who have accused it of a lack of transparency and action on food safety.

The 70-year-old has pledged to take a sledgehammer to the agency, and fire employees he says are part of a "corrupt system".

He has also pushed for getting rid of food dyes, including Red No. 3, and other additives banned in other countries.

The former Democrat has also singled out more controversial health issues, including fluoride in drinking water, which he says should be banned altogether, and raw milk, which he believes has health benefits despite the increased risk of bacterial contamination.

Several public health experts stand behind Kennedy's goal to tackle ultra-processed food, which they say the US eats at much higher rates than many other countries.

The FDA has pushed back on Kennedy's claim that the US allows thousands of additives that are banned in the European Union. A spokesperson said it was necessary "to dig deeper and understand the context behind the numbers" when comparing regulations in the US and EU, which use different methodologies.

But public health experts and former officials said a number of Kennedy's goals were not worthwhile - and in some cases, harmful.

For instance, drinking raw milk that has not been pasteurized - a process that helps kill bacteria - can make people sick or even kill them, research has found.

Food reforms, while long part of the public health conversation, could also simply be unrealistic both politically and bureaucratically.





SAVE THE DATE!

You are invited to the GCMC

Frosty Fest

Saturday, January 4, 2025

4-H Building

757 West 3rd Street, Grainfield, Kansas

Entertainment by Brent Reed, Comedian

5:00 p.m. Social Hour

6:00 p.m. CEO Welcome and Dinner

Award Ceremony

Prize Drawings

Watch for sign-up sheets to be posted soon.



January is

National Stalking Awareness Month

KNOW IT. NAME IT. STOP IT.

January 2025 marks the twenty-first annual National Stalking Awareness Month (NSAM) and the second annual Stalking Awareness Day of Action on January 18th! Both are a call to action to recognize and respond to the serious crime of stalking.

While awareness and public discussion of intimate partner violence and sexual assault have increased in recent years, stalking remains frequently misunderstood and rarely discussed – both within the fields of domestic and sexual violence and among the broader general public. Dating abuse and/or sexual assault educators have an incredible opportunity to increase knowledge about this commonly co-occurring crime.

Most victims of stalking talk to a friend, family member, or someone else they know and trust about the situation before pursuing any sort of professional or legal help. If a stalking victim talks to you, your response significantly impacts if they feel validated and/or seek help.

Stalking impacts 1 in 3 women and 1 in 6 men in the United States. Yet, there is no stalking hotline, no stalking crisis centers, and it is often difficult for stalking victims to recognize what they are experiencing and/or know where to go for help.

Unlike most crimes which require a single incident to establish probable cause, stalking requires a pattern of behavior or course of conduct consisting of two or more incidents. The incidents that make up a course of conduct in a stalking crime are often not criminal on their own (for example, sending gifts). These incidents only

become criminal when considered along with the context and intent of stalking.

In Kansas, as in most other states, stalking is a crime. Kansas statute states Stalking must contain (1) intentional harassment; (2) course of conduct, not single action; (3) targets a specific person; and (4) places a reasonable person in fear for the safety of a specific person and/or immediate family member. A stalking charge could be a Class A misdemeanor or a felony offense, depending on how a defendant is charged.

Stalking victims can request a protection from stalking order, even if the stalker hasn't been arrested or charged. A protection order can last up to one year, but can be extended for up to two more years or the rest of the defendant's life if the court finds that the order has been violated. Either party can file a motion to modify the order. If you or someone you know feels their being stalked, report the incident to your local law enforcement.

Source www.stalkingawareness.org





IN SYMPATHY

Our deepest condolences to our employee Sydney Jacques on the passing of her grandmother Linda Sulzman. We pray that your family finds peace in this difficult time.

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

RN - FT Nights /PRN Days/Nights

Charge Nurse – FT Nights

PCT – FT Weekend Nights

LAB

Lab Manager - FT

EARLY LEARNING CENTER

Lead Teacher I - FT & PRN

RADIOLOGY

Radiologic Technologist - FT

BUSINESS OFFICE

Medical Biller - FT

January Birthdays

Liz McDonald	1-6
Sydney Jacques	1-9
Alana Fuller	1-10
Renee Wagoner	1-10
Amber Yingling	1-11
Cindy Knouf	1-12
Tara Thornburg	1-12
Julia Werth	1-12
Carli Smith	1-15
Aliah Miller	1-16
Rae Ann Mattke	1-19
Brandon Weber	1-25
Pam Lindsay	1-26
Anna Rempel	1-29

January Anniversaries

29 YEARS

Liz McDonald

13 YEARS

Brad Mullins

9 YEARS

Aubrey Roesch

3 YEARS

Aida Racette

2 YEARS

Shannon Corwin

We would like to recognize the employees of the Public Transportation Van for the month of January and thank them for all they do for the hospital and the county. We appreciate you!

Ivy Charles

Stan Ostmeyer

Esther Thielen

Randy Wittman

Heidi Wood

Renee Horton



STATE EMPLOYEE HEALTH PLAN

EARNING HEALTHQUEST POINTS FOR DISCOUNTS AND HSA MONETARY AWARD

DEADLINES

PLAN A

December 31, 2025

40 points must be displayed in the portal by 12/31/25 in order to receive your \$480 (\$40/month) premium incentive discount for 2026. 20 points will earn you a \$240 (\$20/month) premium discount for 2026.

PLAN C, J, and N

November 15, 2025

Points must be displayed in the portal by 11/15/25 in order to receive **up to** \$500 in your Health Savings Account. Rewards are deposited at **\$12.50 per credit** directly into your HSA account throughout the year, so the amount deposited depends on how many points you earn. **40 points earns \$500.**

December 31, 2025

40 points must be displayed in the portal by 12/31/25 in order to receive your \$480 (\$40/month) premium incentive discount for 2026. 20 points will earn you a \$240 (\$20/month) premium discount for 2026.

THERE ARE MANY WAYS TO EARN POINTS!

my.marathon-health.com

Create an account and start completing activities as soon as possible beginning January 1, 2025. Make appointments with providers as soon as possible, as points are awarded 3 - 5 business days AFTER the claim has been filed and processed by the SEHP vendor. This could take four to six weeks or more to be delivered depending on when your provider submits the claim.

HealthQuest Rewards Program Credit Timeline



2025

Activity	Time for Credits to Appear in Portal
Completed through the HealthQuest Health Center	
<ul style="list-style-type: none"> • Health Coaching (1-2 visits) • Annual Physical/Well-Person Exam • Glucose Check • A1C Check • Cholesterol Check • Vaccinations: Flu, COVID, Pneumococcal, Shingles, & TDAP • Skin Cancer Screening • Prostate Exam • Cervical Cancer Screening/Pap 	5-7 business days after appointment
<ul style="list-style-type: none"> • Marathon Weight Management Program • Marathon Tobacco Cessation Program • Marathon Chronic Condition Management Program (Diabetes and High Blood Pressure) 	Updated at the end of each quarter
<ul style="list-style-type: none"> • Program Overview Video and Quiz • Monthly Wellness Webinars 	7 – 10 days after completion
<ul style="list-style-type: none"> • Wellness Programs (Online Modules) • Statewide Challenges 	24–48 hours after completion of online module or end of Statewide Challenge
Completed Outside of the HealthQuest Health Center	
<ul style="list-style-type: none"> • Colonoscopy/ Colon Cancer Screening • Prostate Cancer/ PSA • Cervical Cancer Screening/Pap • Skin Cancer Screening • Annual Physical/Well-Person Exam • Glucose Check • A1C Check • Cholesterol Check • Vaccinations: Flu, COVID, Pneumococcal, Shingles, & TDAP • Dental Exam • Vision Exam • Mammogram 	Credits are awarded 3-5 business days AFTER the claim has been filed and processed by the SEHP medical or dental vendor. Typically, you will know when the claim has been received and processed by the SEHP vendor when you receive your Explanation of Benefits (EOB) which could take anywhere from 4-6 weeks to be delivered depending on when your provider submitted your claim.
<ul style="list-style-type: none"> • EAP Learning Events • RX Savings Solution 	Once registration has been processed, credits will be awarded 3-5 business days after Marathon Health receives file from vendor.



Do you want to receive your tax forms in the mail or just view and print them from your account?

January 3, 2025 - This is the last day you have to opt in or out of paperless tax forms.

- **Opt In** means you will not receive your tax forms in the mail. You can view and print them from your Paylocity account.
- **Opt Out** means you will receive your tax forms in the mail. You can also view and print them from your Paylocity account.

You may contact HR for instructions on how to opt in or opt out.

January 3, 2025 - This is the last day you have to inform HR if you have a change of address so that your tax forms will be sent to your current address.

The
New Employees



♥ Welcome to the Team ♥



WELCOME TO
**THE
TEAM**



Jenna Harvey
Radiologic Technologist

Please help us in welcoming Jenna Harvey to our team at GCMC. Jenna graduated from FHSU three and a half years ago and formerly worked at the Kansas City Imaging Clinic before moving to WaKeeney. When asked why she took a job at GCMC, she stated that she has family ties to this area and her family has always had a good experience here. Jenna said that GCMC feels more like home. Welcome to GCMC!



WELCOME TO
**THE
TEAM**



Shelby Mattke
Acute Care RN

Please help us in welcoming Shelby Mattke to our team at GCMC. Shelby is currently a Nurse Practitioner student at Fort Hays State University and is working PRN at GCMC. She formerly worked at First Care Clinic and Angel Care Home Health. Shelby is married and has one child. When asked why she decided to come to GCMC, she stated that she loves smaller hospitals and wants to make a difference in the area. Welcome to GCMC!

Quality Corner: Celebrating Positive Patient Feedback in 2024

As we reflect on 2024, one thing stands out: the incredible impact of our Gove County Medical Center team on our patients. Through Press Ganey surveys, patients have shared heartwarming stories and compliments about their experiences. Here are some highlights:

- *"I've always had a wonderful experience at Gove County Medical Center. You're doing a wonderful job!"*
- *"Trish took great care of me! I have needle anxiety, and she got my blood with one smooth poke!"*
- *"Dr. Scott was very nice, asked questions, and answered questions."*
- *"The ladies in registration are always nice; more places should take note of this."*
- *"Dr. Doug did a great job of knowing what was wrong and treating it."*
- *"Collett, Andi, and Brandon are the best. Their teamwork and knowledge are unbeatable. They are irreplaceable!"*
- *"Kilee was very professional when registering me."*
- *"Young man in lab was very nice."*
- *"I recommend GCMC to everyone."*
- *"Trish was very helpful in getting my time-sensitive labs drawn even though I had not given her much time to work with. Thank you, Trish!"*
- *"Wonderful experience again! Everyone is very friendly—from the custodian to the admission office to the amazing lab tech who was professional and knowledgeable."*
- *"The registration team was upbeat and friendly; their kindness sets the tone for my visit every time."*
- *"I felt I was in good hands. Quick and smooth service."*
- *"The nurse was so understanding and explained my procedure step by step. She made me feel completely at ease."*
- *"Dr. Anna, Aubrey W, and Andi made me feel comfortable and made the whole process easier on me."*

These heartfelt comments affirm our commitment to compassionate, patient-centered care. Every member of our team, from our registration staff to our providers, plays a vital role in creating a positive experience for our patients.

Let's celebrate the teamwork and dedication that make these stories possible. Your hard work ensures that GCMC truly lives its purpose of "Making a Difference." Here's to continuing this momentum in 2025!

Harry Sturgeon

Quality, Risk, and Compliance



Quote of the Month

“Do what you can, with what you have, where you are.”

Theodore Roosevelt



Terry Ostmeyer
Chairperson



Dave Polifka
Vice-Chairperson

MISSION STATEMENT

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VISION STATEMENT

It starts with approach. Our vision is to act with unity in serving one common purpose: To make a difference. We show we care with every action in each interaction.

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The values guiding Gove County Medical Center’s mission and vision express our commitment to all those who live in the communities we serve.



Greg Beougher
Treasurer



Deana Zerr
Secretary

Dedication to individual attention and superb care drive every interaction we have with our patients, our neighbors, and our fellow caregivers.

We are here to make a difference.

VALUES

Collaboration

Unity

Respect

Community

Excellence



Larry Manhart
Member

GCMC’s Board of Trustees is a leadership team that is comprised of a diverse group of individuals passionate about providing access to healthcare regardless of the challenges that come with rural hospitals.