

# News letter

ISSUE | 2 | FEBRUARY 2025



Inside  
**THE ISSUE**

Calendar of Events

Awareness Month

Specialty Clinics

Quality Corner

Frosty Fest

## 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

*Health News*

The latest in news for  
healthcare



*Employment Opportunities*

Make sure to see all the  
great job opportunities



## VISION

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### 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

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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.

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

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

## VALUES

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

*Committed to Others. Always.*

## SIX STRATEGIC PRIORITIES

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- + 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

- 3RD**      **PFAC 4:30pm**
- 6TH**      **Policy Mtg. 10am**
- 11TH**     **DM Meeting 1pm**
- Nursing All Staff Mtg. 4pm**
- 12TH**     **Orientation 8am**
- Body Mechanics 11am**
- Active Threat 12:15pm**
- 19TH**     **CPR 8am**
- 20TH**     **Policy Mtg. 10am**
- 25TH**     **QEC Mtg. Day 8am**
- 27TH**     **Medical Staff Mtg. 7:30am**
- 30TH**     **BOT Mtg. 8am**

# The Pulse

Our Providers



Michael E. Machen, MD



Douglas J. Gruenbacher, MD



Shelly L. Gruenbacher, MD



Anna Rempel, MD



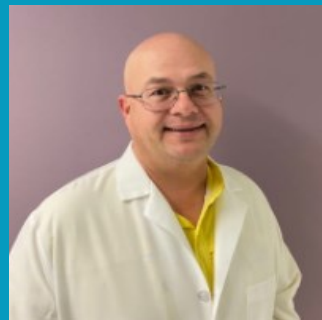
Scott Rempel, MD



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  
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 Feb. 3rd
- Mammograms Feb. 4th
- Holistic Pain Management Feb. 5th
- Surgical Clinic Dr. Schultz Feb. 6th
- Holistic Pain Management Feb. 10th
- Surgical Clinic Dr. Gabel Feb. 17th
- Cardiology Clinic Dr. Hagley Feb. 17th
- Cardiology Clinic Dr. Wagle Feb. 18th
- Podiatry Clinic Dr. Hinze Feb. 20th
- Holistic Pain Management Feb. 21st
- Holistic Pain Management Feb. 24th
- Diabetic Clinic Feb. 26th

**DOCTORS  
AVAILABLE**



**CALL US NOW!**  
**785-754-5154**  
[WWW.GCMC.ORG](http://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

## Morning Coffee May Help You Live Longer, Reduce Cardiovascular Disease Risk

**A** recent study published in the *European Heart Journal* sheds light on the potential health benefits of drinking coffee, particularly when consumed in the morning. Researchers analyzed data from over 40,000 adults and found that morning coffee drinkers had a 31% reduced risk of dying from cardiovascular disease and a 16% lower risk of all-cause mortality compared to individuals who did not drink coffee. These findings suggest that the timing of coffee consumption could play a critical role in its health benefits.

The study revealed that individuals who drank coffee primarily in the morning experienced more pronounced benefits than those who consumed it throughout the day. While coffee itself is known to contain antioxidants and compounds that may support heart health, the researchers believe that morning coffee may better align with the body's circadian rhythms. These natural rhythms regulate many physiological processes, including metabolism and cardiovascular function, which may explain why coffee consumed earlier in the day could have a more positive impact.

Dr. Lu Qi, the study's lead author and a professor at Tulane University, emphasizes the importance of understanding how coffee interacts with the body's internal clock. He suggests that drinking coffee in the morning might optimize its effects on the cardiovascular system and overall health. However, he also notes that further research is needed to fully understand the mechanisms behind these benefits and to determine whether other factors, such as genetics or lifestyle, play a role.



While the findings are promising, experts caution against excessive caffeine consumption. Drinking too much coffee, particularly later in the day, can interfere with sleep quality and lead to other health issues, such as increased anxiety or digestive problems. Poor sleep, in turn, is a known risk factor for cardiovascular disease, potentially negating any positive effects of coffee. Moderation and timing appear to be key for reaping the potential benefits of coffee.

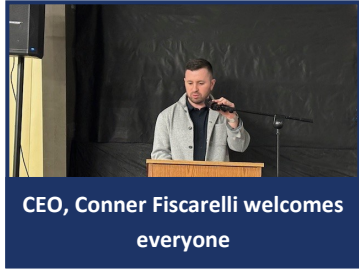
Coffee contains bioactive compounds, such as polyphenols, that reduce inflammation and improve vascular health, contributing to its protective effects against heart disease. Caffeine also boosts metabolism and mental alertness, making coffee a popular morning choice.

Research suggests that consuming coffee at the right time, particularly in the morning, may amplify these benefits by aligning with the body's natural rhythms.

Moderate coffee consumption has been linked to a reduced risk of type 2 diabetes, certain cancers, and neurodegenerative diseases like Alzheimer's and Parkinson's. This study highlights the importance of timing to maximize coffee's heart health benefits while emphasizing the need to balance it with other healthy habits.

# The Pulse Frosty Fest

GCMC held its annual employee awards banquet on 1-19-25, giving it the name “Frosty Fest.” The evening started out with a welcome from Conner Fiscarelli, CEO, and Terry Ostmeyer, Board of Trustees (BOT) Chairman. The attendees were then treated to a delicious meal catered by Broken Handle, Grainfield, KS. Following the meal, Terry recognized and honored Cheryl Remington, outgoing BOT member, with a plaque for her service. Employees were then honored for their years of service to GCMC and its patients by their department manager, who presented them with a plaque. Entertainment was provided by comedian Brent Reed, who left everyone laughing with his audience-roasting humor and quick wit. Thank you to all the employees who organized the event for everyone to enjoy.



CEO, Conner Fiscarelli welcomes everyone



Terry Ostmeyer, BOT Chair honors outgoing board member, Cheryl Remington



5 Years of Service: Kylie Ritter, Brittany Chapin



10 Years of Service: Carol Zahn, Nicole Pfannenstiel



20 Years of Service: Julie Litfin



20 Years of Service: Heather Zerr



25 Years of Service: Shirley Haffner

Years of Service Recipients		
Shirley Haffner	1999 – 2024	25 Years
Julie Litfin	2004 – 2024	20 Years
Heather Zerr	2004 – 2024	20 Years
Jamie Ruf	2009 – 2024	15 Years
April Bantyan	2014 – 2024	10 Years
Rache' Wente	2014 – 2024	10 Years
Sandie Bradshaw	2014 – 2024	10 Years
Carol Zahn	2014 – 2024	10 Years
Nicole Pfannenstiel	2014 – 2024	5 Years
Carrie Ringer	2014 – 2024	5 Years
Amber Baxter	2019 – 2024	5 Years
Kylie Ritter	2019 – 2024	5 Years
Christie Salyers	2019 – 2024	5 Years
Shelly Dinkel	2019 – 2024	5 Years
Brittany Chapin	2019 – 2024	5 Years
Serenity Thomas	2019 – 2024	5 Years



Brent Reed, Comedian



- |                 |                     |                 |                  |
|-----------------|---------------------|-----------------|------------------|
| <b>25 Years</b> | <b>15 Years</b>     | <b>10 Years</b> | <b>5 Years</b>   |
| Shirley Haffner | Jamie Ruf           | Rache' Wente    | Christie Salyers |
| <b>20 Years</b> | <b>10 Years</b>     | <b>5 Years</b>  | Kylie Ritter     |
| Heather Zerr    | April Bantyan       | Amber Baxter    | Serenity Thomas  |
| Julie Litfin    | Carol Zahn          | Brittany Chapin | Shelly Dinkel    |
|                 | Nicole Pfannenstiel | Carrie Ringer   |                  |



## February is National Cancer Prevention Month



**T**he federal government estimates that 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2024, and that more than 600,000 died from their disease. Research shows that more than 40% of these cases and nearly half of the deaths can be attributed to preventable causes—smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others.

This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers can dramatically reduce your risk of cancer in many cases.

In the United States, many of the greatest reductions in cancer morbidity and mortality have been achieved through the implementation of effective public education and policy initiatives.

For example, nationwide initiatives aimed at reducing tobacco use have led to declines in

smoking from 42.4% of U.S. adults in 1965 to 11.5% in 2021. Still, nearly 20% of all cancer cases and 30% of cancer-related deaths are caused by smoking cigarettes, including 80% to 90% of lung cancer deaths.

But certain segments of the U.S. population have a disproportionately higher burden of preventable cancer risk factors. Learn more about the racial and ethnic minorities and other medically underserved people who are at higher risk.

It's imperative that we implement effective, evidence-based practices that reduce modifiable cancer risk factors for everyone.

There are many ways in which you can lend your talents to support lifesaving research. Learn how you can become an advocate for cancer research, participate in events to raise awareness, volunteer your time, and share your story of how cancer has affected your life.

Thanks to lifesaving cancer research, 18,000,000 cancer survivors in the United States are living with, through, and beyond their disease.





**DEPARTMENTAL RECOGNITION**



**THANK YOU CARDIAC REHAB**

**LEFT TO RIGHT: WENDY SCHMIDT,  
LIZ MCDONALD, CALLIE KUNTZ**

**EMPLOYMENT OPPORTUNITIES**

**ACUTE CARE**

**RN - FT Nights /PRN Days/Nights**

**Charge Nurse – FT Nights**

**PCT – FT Weekend Nights**

**EARLY LEARNING CENTER**

**Lead Teacher I - FT & PRN**

**RADIOLOGY**

**Radiologic Technologist - FT**

**BUSINESS OFFICE**

**Medical Biller - FT**

**MAINTENANCE**

**Maintenance Specialist - FT**

**ENVIRONMENTAL SERVICES**

**EVS Technician - FT**

**February Birthdays**

Heidi Wood	2-4
Gina Hargitt	2-5
Denise Wittman	2-9
Wendy Schmidt	2-10
Jessa Borger	2-11
Tiffany Ochs	2-12
Nicole Pfannenstiel	2-15
Austin Cook	2-19
Saige Betz	2-21
Katie Waldman	2-21
Tasha Fuchs	2-24
Christina Weigel	2-24
Angie Calvin	2-29

**February Anniversaries**

**20 YEARS**

Dustri Brown

**19 YEARS**

Laura Cooksey

**17 YEARS**

Joyce Schneider

Evy Wilson

**4 YEARS**

Don Johnson

**3 YEARS**

Lynette Guisinger

**1 YEAR**

Tasha Fuchs

Rob LaPierre

Jamie Mense

## February is National Heart Month: Advancing Heart Health Through Quality Care

At Gove County Medical Center, National Heart Month is an opportunity to focus on the connection between diabetes and cardiovascular health. As part of our Quality Assurance initiatives, we highlight the American Diabetes Association's (ADA) 2025 Standards of Care, offering advancements in managing diabetes and protecting heart health.

### Highlights from the ADA Standards of Care—2025

#### Heart-Healthy Medications and Weight Management

The latest ADA guidelines emphasize medications that not only control blood sugar but also reduce cardiovascular risks and support weight management. Treatments like **GLP-1 receptor agonists**—including **semaglutide (Ozempic®)**, **Wegovy®** and **liraglutide (Victoza®)**—and the dual **GIP/GLP-1 receptor agonist tirzepatide (Mounjaro®)** provide comprehensive benefits for managing diabetes and improving overall health.

#### Advanced Glucose Monitoring

Devices like **Dexcom G7®**, **FreeStyle Libre 3®**, and **Medtronic Guardian Connect®** offer real-time insights into blood sugar levels, empowering patients and providers to make informed decisions and enhance heart health.

#### Nutrition for Heart Health

A plant-based, fiber-rich diet is a cornerstone of both diabetes management and heart health. Evidence supports these dietary changes as effective tools for reducing cardiovascular risks and promoting patient-centered care.

### Why It Matters

These advancements support our Quality Assurance efforts to improve outcomes and deliver personalized care. If you or a loved one has diabetes, consult your healthcare provider about these options to better manage diabetes and safeguard heart health.

### Quality Care, One Heart at a Time

At Gove County Medical Center, our Quality Assurance efforts embody our mission of **“Making a Difference.”** We encourage our valued staff and patients to take steps all month long to prioritize heart health. Consider scheduling a wellness visit, joining a fitness program, or sharing heart-healthy habits with loved ones. Together, we can celebrate healthier hearts and brighter futures.

For more details on the ADA 2025 Standards of Care, visit:

<https://professional.diabetes.org/standards-of-care>



# The Pulse Board of Trustees



## Quote of the Month

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

**Theodore Roosevelt**



**Terry Ostmeyer**  
Chairperson



**Dave Polifka**  
Vice-Chairperson

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**Greg Beougher**  
Treasurer



**Deana Zerr**  
Secretary

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We are here to make a difference.

### VALUES

Collaboration

Unity

Respect

Community

Excellence



**PHOTO**  
COMING SOON

**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.