

News letter

ISSUE | 4 | APRIL 2025



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THE ISSUE

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- Specialty Clinics
- Quality Corner
- Community Outreach

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.



APRIL

Calendar of Events

- | | |
|-------------|-----------------------------------|
| 3RD | <i>OB Quality Mtg. 8am</i> |
| | <i>Policy Mtg. 10am</i> |
| 7TH | <i>PFAC 4:30pm</i> |
| 11TH | <i>Marketing Mtg. 11am</i> |
| | <i>DM Meeting 1pm</i> |
| | <i>Charge Nurse Mtg. 3pm</i> |
| | <i>Nursing All Staff Mtg. 4pm</i> |
| 16TH | <i>Orientation 8am</i> |
| | <i>Body Mechanics 11am</i> |
| | <i>Active Threat 12:15pm</i> |
| 17TH | <i>340B Oversight Mtg 8:30am</i> |
| | <i>Policy Mtg. 10am</i> |
| 23RD | <i>CPR 8am</i> |
| 24TH | <i>Medical Staff Mtg. 7:30am</i> |
| 25TH | <i>BOT Mtg. 8am</i> |
| 29TH | <i>QEC Day 8am</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



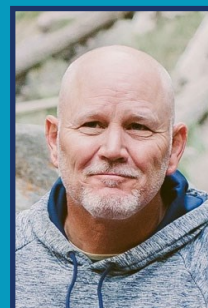
General Surgery
Dr. Schultz



General Surgery
Dr. Gabel



Diabetic/Dietitian/Nutrition
Janette Burbach, MS RD CDE



Anesthesiology
Mitch Bailey, CRNA



Anesthesiology
Melissa Albers, CRNA

The
Specialty Clinics



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

Specialty Clinics
**YOUR HEALTH
IS OUR
PRIORITY**

This Month's Clinics

- Mammograms Apr. 1st
- Diabetic Clinic Apr. 2nd
- Surgical Clinic Dr. Gabel Apr. 7th
- Holistic Pain Management Apr. 9th
- Cardiology Clinic Dr. Hagley Apr. 14th
- Holistic Pain Management Apr. 14th
- Cardiology Clinic Dr. Wagle Apr. 15th
- Surgical Clinic Dr. Schultz Apr. 17th
- Surgical Clinic Dr. Gabel Apr. 21st
- Podiatry Clinic Dr. Hinz Apr. 24th
- Holistic Pain Management Apr. 25th
- Holistic Pain Management Apr. 28th

**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

Amid growing Texas outbreak, how contagious is measles?

Measles has been spreading across the U.S. for the last several weeks, sickening people in at least nine states amid a growing outbreak in western Texas.

Several people have been hospitalized and at least one school-aged child in Texas has died, marking the first U.S. measles fatality in a decade.

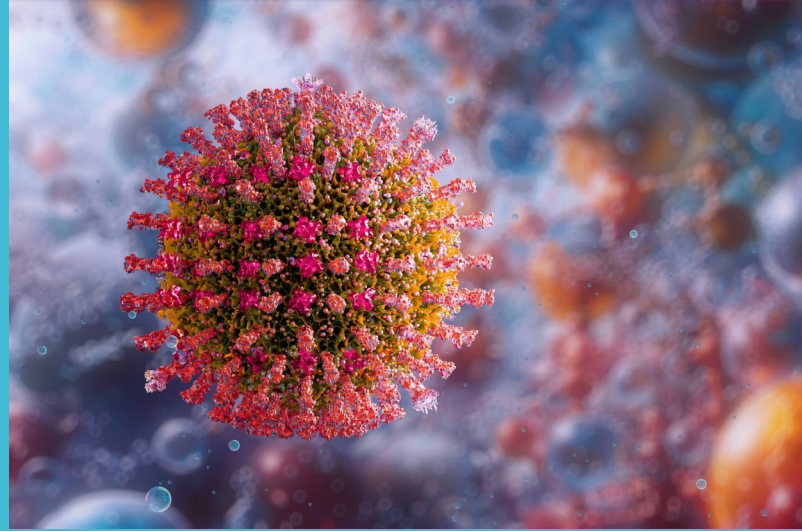
Some may believe that measles is a harmless childhood illness that causes a fever and a rash, clearing after a few days. However, it can also lead to serious health complications, especially in children younger than 5 years old, pregnant women and those with weakened immune systems.

Measles is highly contagious in a totally unprotected group. One infected patient would be able to spread the illness to an average of 18 people.

It can be transmitted through direct contact with infectious droplets or through the air when an infected person coughs, sneezes or breathes, according to the CDC.

Measles virus can linger in the air and live on surfaces for up to two hours after an infected person has left a room.

About one in 20 children with measles develop pneumonia, which is the most common cause of death in young children who get infected. In addition, about one in 10 children infected with measles develop ear infections as well, which can lead to hearing loss.



According to the CDC, about one out of every 1,000 children with measles will develop encephalitis -- which is the swelling of the brain and can lead to brain damage -- and one to three out of every 1,000 children with measles will die from respiratory and neurologic complications.

The CDC currently recommends that children receive two vaccine doses, the first at 12 to 15 months and the second between 4 and 6 years old. One dose is 93% effective, and two doses are 97% effective. Most vaccinated adults don't need a booster. It has been noted that even those who have the measles vaccine can still be infected. Five of the 146 cases in Texas were vaccinated patients who had received one dose.

In 1963, the first measles vaccine became available, followed by an improved vaccine in 1968. CDC data show that cases fell from 385,165 confirmed cases in 1963 to 26,686 cases in 1973.

source abcnews.go.com

The Community Outreach Corner



This last month employees gave of their time to appear on camera to bring awareness to colon cancer. With four videos in total, each employee stated a “Did You Know” fact about colon cancer. The Community Outreach committee titled their colon cancer campaign as “Get Your Rear in Gear.” Thank you to all the employee who agreed to be filmed and bring awareness to this terrible disease.

We have great news for the month of April. Renowned public speaker John Beede will be coming to Quinter on April 23rd to talk about resilience, overcoming doubt and boosting overall mental health. John will speak at a school assembly that will include both Quinter and Wheatland schools. The assembly will take place in the Quinter High School gym starting at 1:45pm for grades 7-12 and at 7pm for the community.

The community outreach committee would like to thank the Gove County Community Foundation and Greater Northwest Kansas Community Foundation for a generous grant to help fund this event. In addition, the committee would like to thank Operation Hope for Northwest Kansas for helping fund this event. Please mark your calendars and see the event information on the poster here.

Quinter High School April 23rd

Brought To You By Greater Northwest Kansas Community Foundation, Gove County Community Foundation, Operation Hope for Northwest Kansas, and Gove County Medical Center

FREE

John Beede

RESILIENCE

Adventurer John Beede has been struck by lightning, attacked by a 5-foot iguana, and he once did the hokey-pokey in the eye of a hurricane. He's been swimming with Hammerhead, Great White, and Whale Sharks. He was even trapped in the Indonesian jungle between warring tribes and the world's largest goldmine. His travels have taken him to 56 countries and every continent including Antarctica.

In his presentation, you're going to learn the peak performance and leadership lessons that John learned while pursuing his life's biggest dream; reaching the summit of Mount Everest. After two months of climbing, 9 months of full-time preparation, and 17 years of mountaineering, he planted his trusty ice axe into the summit of Mount Everest. Subsequently, he was featured on TV's 60 Minutes and media outlets across the globe.

He is not sponsored. All funding for his expeditions comes from building and selling his own companies. Additionally, he has authored two books, including *Climb On! Success Strategies for Teens* and *The Mini-Manual for Becoming Super Awesome*. Together, they have sold over 50,000 copies. After his talk, you're welcome to purchase a copy of your own and take your picture with this extraordinary gentleman.

Get ready to laugh and be inspired. John's integration of outdoor adventure stories and powerful success strategies are going to catapult you to a new level of personal achievement.

Grades 7-12 Assembly 1:45pm

Community Assembly 7pm

National Donate Life Month

April is National Donate Life month. In 2025, *let life sing!* Birds are known across many cultures as one of the most welcomed and visible signs of spring. They represent both new beginnings and visits from loved ones who have passed away. The yearly return of birds and their songs offer us a sense of peace and hope.

National Donate Life Month is a time to educate about organ, eye and tissue donation, and to honor and remember donors and the lives they have saved and healed. Your decision to be an organ, eye and tissue donor gives hope to the 100,000 people on the national organ transplant waiting list who are waiting for a second chance at life.

During National Donate Life Month, the goal is to spread awareness to help and heal lives. We encourage everyone to register your decision to be an organ, eye and tissue donor.

Registering to become a donor is very easy. Simply scan this QR code and fill out the required information. It's that easy!



Being an organ donor is a life-saving act, with one donor potentially saving up to eight lives and improving the lives of 75 others through tissue donation. Anyone can register to be an organ donor, regardless of age or medical history, and it's a personal decision that can provide comfort and closure to grieving families.

Did you know there is no cost to the donor's family for donating organs and tissues?

Did you know organs are matched by blood type, tissue type, and medical urgency and not on a social status, fame, or ethnicity basis?

Did you know that not everyone who registers as a donor is able to donate, as only a small percentage of deaths allow for deceased organ donation?

Did you know organ donation can be a rewarding and positive experience for families working through the grieving process knowing their loved one is helping others?

Register today!

Source donatelife.net



WELCOME TO
**THE
TEAM**

*Please Welcome
Your New
Co-workers!*

Megan Carder

Acute Care PCT

Please help us in welcoming Megan Carder to our team at GCMC. Megan works at Dawson Place in Hill City, where she lives. She will be working as a PRN Acute Care PCT at GCMC. Megan has had her CNA license for almost a year and has been working at Dawson Place for the last six months. When asked why she wanted to come to work at GCMC, Megan stated that her grandmother was a patient here at one time and the hospital felt familiar to her.



WELCOME TO
**THE
TEAM**

Michael Pinkston

Radiology Technologist

Please help us in welcoming Michael Pinkston to our team at GCMC. Michael formerly worked at Community Hospital in Oklahoma City for 12 years. He is married with one child and lives in WaKeeney. Although he is from Okalahoma City, his wife has family in WaKeeney and they wanted to move closer to them. Michael stated that he saw the GCMC job opening and there weren't many other openings around. He came to GCMC because he said it seems like a nice group even though he didn't know a lot about the hospital.



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



WELCOME TO
**THE
TEAM**

Danielle Flinn

Remote Medical Biller

Please help us in welcoming Danielle Flinn to our team at GCMC. Danielle was the former Radiology Director at Logan County Hospital but most recently was the 2nd grade teacher at Wheatland School. She lives in Grainfield with her husband and children but is moving to Ellis this summer. She came to GCMC because she said that rural healthcare holds a special place in her heart. She also said that her position will allow her to meet the needs of her family.



WELCOME TO
**THE
TEAM**

Desiree (Desi) Neff

Radiologic Technologist

Please help us in welcoming Desi Neff back to our team at GCMC. Desi previously worked at GCMC for just under 3 years before leaving to take another job opportunity. The job opportunity didn't work out for her so she decided to come back. Desi currently lives in WaKeeney with her husband and two children. When asked why she came back, she stated that she realized that GCMC was where she was suppose to be and she missed her work family. Welcome back Desi!

*Please Welcome
Your New
Co-workers!*



WELCOME TO
**THE
TEAM**

Cassie Wertz

Acute Care PCT

Please help us in welcoming Cassie Wertz to our team at GCMC. Cassie formerly worked at Camber Children's Mental Health for a year. She currently lives in Quinter with her three children. When asked why she came to GCMC she stated that she was looking for a night shift PCT position because she loves that shift and found it in Quinter. Welcome to the team, Cassie!

The Pulse Employee Recognition



EMPLOYEE RECOGNITIONS

We would like to recognize the employees from the departments of Administration, Information Technology, Business Office, and Lab.

Administration

From Left to Right
Rob LaPierre, Breann Powers,
Doreen Wentz, Conner Fiscarelli,
Wade Richard



Information Technology

From Left to Right
Justin Atwell, Brad Mullins



Lab

From Left to Right Front Row
Arle Gumban, April Bantiyan
From Left to Right Second Row
Alana Fuller, Edeline Cuarto
From Left to Right Third Row
Tara Thornburg,
Germaine Ramirez
Not Pictured
Trish Clark, Austin Cook



Business Office

Left to right
Allison Corbin,
Hailey Mossman,
Ivy Charles,
Natasha Flora,
Joyce Rohr,
Alex Hargitt
Not Pictured Kilee Zeman, Dustri Brown, Danielle Flinn



Thank you to each employee from these departments for your dedication and service to our patients at GCMC. You are appreciated.

April is Stress Awareness Month: Caring for Ourselves to Better Care for Others

April is recognized as **Stress Awareness Month**, a time to acknowledge the impact of stress on our health and wellbeing — especially for those of us in healthcare. As caregivers, it's easy to put the needs of our patients and teams above our own. But managing stress is not a luxury; it's a necessity for delivering safe, compassionate, and high-quality care.

Why Stress Matters in Healthcare

Chronic stress can lead to burnout, decreased job satisfaction, increased absenteeism, and even medical errors. It affects our concentration, communication, and emotional resilience — all critical skills in our line of work. For our patients, stress can complicate recovery, impair immune function, and worsen chronic conditions.

How GCMC Is Supporting a Healthier Workplace

At Gove County Medical Center, our mission of *Making a Difference* includes fostering a work environment where staff wellbeing is a priority. In alignment with our strategic priority to *Be a Great Place to Work*, we continue to:

- Promote open conversations about mental health and stress,
- Encourage the use of Employee Assistance Programs (EAP),
- Support work-life balance through flexible scheduling,
- Monitor and improve staff satisfaction through ongoing feedback and surveys.

Simple Strategies to Manage Stress Daily

Even small actions can make a big difference. Here are a few tips to help reduce stress throughout your day:

- Take a few deep breaths between patients or tasks.
- Step outside for 5 minutes of fresh air when you can.
- Talk to a coworker — peer support is powerful.
- Stay hydrated and nourished.
- Set boundaries when possible, and don't hesitate to ask for help.

Let's Normalize Self-Care

Taking care of yourself isn't selfish — it's essential. As we continue to deliver high-quality, person-centered care to our patients, let's also commit to showing that same care to ourselves and each other. Together, we can build a healthier workplace culture and a stronger healthcare team.

Thank you for all you do — every day — to make a difference at GCMC.

By Harry Sturgeon, RN – Quality, Risk & Compliance



*You Can't
Fake Quality*



Quote of the Month

“If you accept the expectations of others, especially negative ones, then you never will change the outcome.”

-Michael Jordan



Terry Ostmeyer
Chairperson



Dave Polifka
Vice-Chairperson

MISSION STATEMENT

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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.