

# Newsletter

ISSUE | 5 | MAY 2025



Calendar of Events

Awareness Month

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

# The Pulse

## Mission, Vision, Values

## 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



# The Pulse

Events



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



**MAY**

## Calendar of Events

<b>1ST</b>	<b><i>Policy Mtg. 10am</i></b>
<b>7TH</b>	<b><i>Marketing Com. Mtg. 11am</i></b>
<b>8TH</b>	<b><i>Perinatal Mtg. 8:30am</i></b>
<b>13TH</b>	<b><i>OB Quality Mtg. 8am</i></b>
	<b><i>DM Meeting 1pm</i></b>
	<b><i>Charge Nurse Mtg. 3pm</i></b>
	<b><i>Nursing All Staff Mtg. 4pm</i></b>
<b>14TH</b>	<b><i>Orientation 8am</i></b>
	<b><i>Body Mechanics 11am</i></b>
	<b><i>Active Threat 12:15pm</i></b>
<b>15TH</b>	<b><i>Policy Mtg. 10am</i></b>
<b>21ST</b>	<b><i>CPR 8am</i></b>
<b>23RD</b>	<b><i>BOT Mtg. 8am</i></b>
<b>27TH</b>	<b><i>QEC Day 8am</i></b>
<b>29TH</b>	<b><i>Med Staff Mtg. 7:30am</i></b>
	<b><i>Policy Mtg. 10am</i></b>

# 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



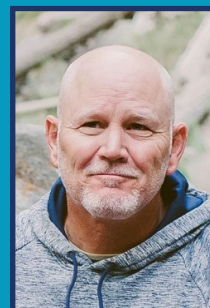
General Surgery  
Dr. Schultz



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 May 5th
- Mammograms May 6th
- Diabetic Clinic May 7th
- Holistic Pain Management May 7th
- Surgical Clinic Dr. Schultz May 8th
- Holistic Pain Management May 12th
- Podiatry Clinic Dr. Hinze May 15th
- Surgical Clinic Dr. Gabel May 19th
- Cardiology Clinic Dr. Wagle May 20th
- Holistic Pain Management May 21st
- Holistic Pain Management May 29th

**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.

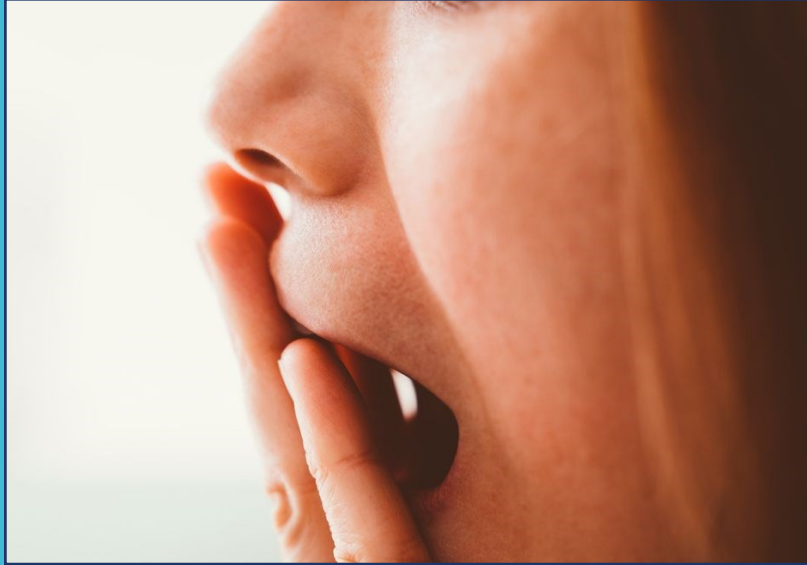
## Yawning May Be More Dangerous Than you Think

**S**leepiness is often dismissed as a minor inconvenience, but it poses serious risks to health, cognitive function, and public safety. Chronic sleep deprivation has been linked to a wide range of health problems, including heart disease, high blood pressure, obesity, diabetes, and weakened immune systems. It also worsens mental health conditions like anxiety and depression, contributing to emotional instability and long-term psychological issues.

Beyond its effects on personal health, sleep loss significantly impairs brain function. Lack of sleep reduces attention span, slows reaction time, disrupts memory, and affects decision-making. These cognitive deficits can have dangerous consequences, especially in situations that require alertness and quick thinking—like driving or operating machinery. Sleepiness is a major factor in thousands of car crashes and workplace accidents every year, many of which are preventable.

Modern life plays a significant role in this growing problem. Hectic work schedules, long hours, social obligations, and constant exposure to screens all interfere with healthy sleep habits. The fast pace of society and the glorification of productivity often lead people to prioritize work or entertainment over rest. Even young people are affected, often sacrificing sleep for academic responsibilities or social media.

Changing how society views sleep is critical. Rather than treating it as optional or unproductive, sleep needs to be recognized as an essential part of overall



health—just as important as nutrition and exercise. Promoting better sleep hygiene, setting consistent sleep schedules, limiting screen time before bed, and creating sleep-friendly environments are key strategies for improvement. There is also a need for broader cultural and workplace shifts, such as encouraging flexible schedules and setting boundaries around after-hours communication.

Fortunately, there are practical steps individuals can take right now to improve their sleep and overall well-being. Creating a calming bedtime routine, going to bed and waking up at the same time each day, avoiding caffeine and screens in the evening, and ensuring the bedroom is quiet, cool, and dark can all make a big difference. Making sleep a non-negotiable priority—just like eating and exercising—can lead to better health, sharper thinking, improved mood, and a more balanced life. Small, consistent changes can break the cycle of sleep deprivation and help restore both energy and quality of life.

Source [www.cnn.com](http://www.cnn.com)



# The 100

## Community Outreach Corner

**A**pril was a busy month for the Community Outreach Committee at GCMC. The month kicked off with raising awareness for National Donate Life Month. This campaign focused on educating the public about the importance of registering as an organ, eye, and tissue donor to help save lives. For more information or to register, please scan the QR code on this page.

Stress awareness was also a major focus throughout the month. Stress balls were handed out to staff, and Dr. Doug Gruenbacher hosted a "Walk, Talk, and Wellness" event, inviting staff and community members to discuss stress management strategies while enjoying some healthy exercise.

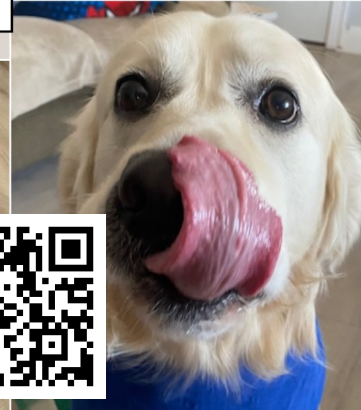
Another highlight in April was the visit from renowned speaker John Beede, made possible through the sponsorship of GCMC, GCMC's Operation Hope of Northwest Kansas, and a coordinated effort with a grant from the Gove County Community Foundation and Greater Northwest Kansas Community Foundation.

The event was hosted by Quinter High School, where John spoke to students from both Quinter and Wheatland/Grinnell schools in the afternoon. He shared his inspiring message about resilience and overcoming self-doubt.

John Beede's impressive achievements include summiting Mount Everest and climbing the highest peak on every continent, including Antarctica. His adventures have been featured on *60 Minutes*, *The Weather Channel*, and numerous media outlets around the world.

John's engaging and energetic presentation style made a big impression on local youth, capturing their attention and encouraging interaction. An additional community session was held in the evening. Although bad weather limited attendance, John delivered his powerful message to those present with the same enthusiasm he's shared with millions worldwide.

Thank you to everyone who made April a great success! We're looking forward to an equally exciting and inspiring May.







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



# Community Baby Shower



**May 27th | 10 AM-12 PM**

The Early Learning Center of Gove County is hosting a drive-through baby shower.

## Lemonade Stand Fundraiser

Join us for a sweet treat! All proceeds go towards books, supplies, and toys to further support our curriculum.

**Southside  
Bluestem Clinic  
Parking Lot**





## National Nurses Week May 6-12

**N**ational Nurses Week, May 6-12, is one of the nation's largest health care events. National Nurses Week concludes on the birth date of Florence Nightingale.

More than 2.9 million people work as registered nurses (RNs) in the United States in 2020 according to the U.S. Bureau of Labor Statistics.

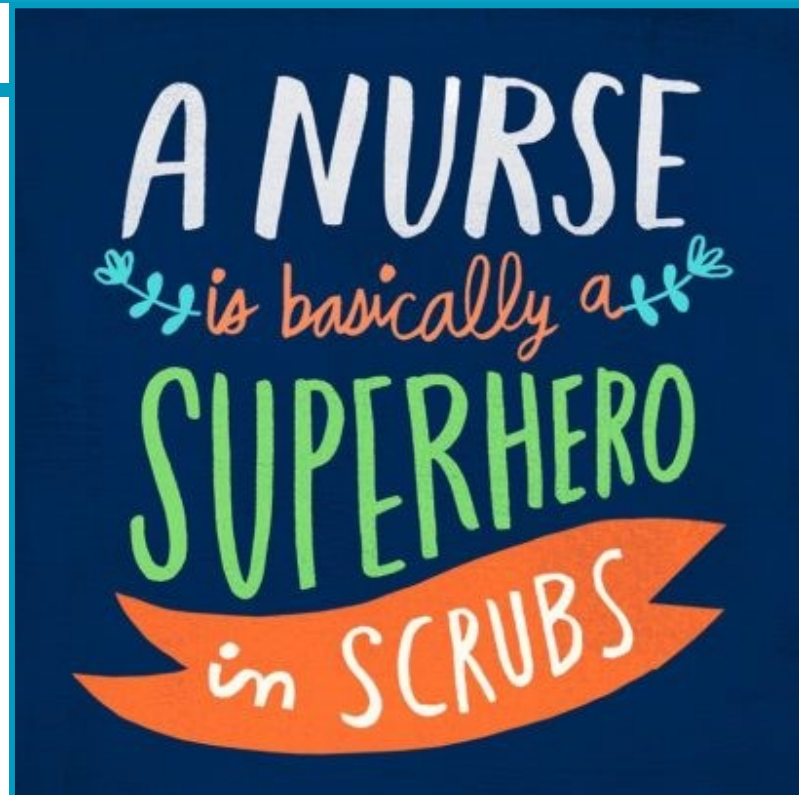
Hallmark was the first greeting card company to create cards specifically for National Nurses Day in 1992. They offered the cards to recognize graduation from nurses' training since the 1950's.

In 1953, an official with the U.S. Department of Health, Education and Welfare proposed that then-President Dwight D. Eisenhower proclaim a "Nurses Day," although Eisenhower did not sign it. Other attempts at establishing a day recognizing nurses were not successful until then-President Richard Nixon proclaimed a National Nurse Week in 1974.

In 1982, a joint congressional resolution designated May 6 as National Recognition Day for Nurses. In 1990, the American Nurses Association expanded the recognition of National Nurses Week (May 6-12) to accommodate the varied schedules of America's nurses.

Every healthcare organization celebrates its nurses a bit differently. Many hold events throughout the week to recognize their nurses, and meals or gifts for the entire nursing team are common.

At GCMC we honor our nurses through the DAISY Award. You can nominate a nurse at [www.gcmc.org](http://www.gcmc.org).



# National Hospital Week 2025!

**R**ecognizing the care and support provided by over 6,000 hospitals across the country, National Hospital Week kicks off on the first full week of May.

Each year, this celebration recognizes the dedicated personnel who provide quality care every day. The work can be stressful, but it is also extremely satisfying. The care they provide brings life into the world, saves lives, and eases our exits from the world. They answer our questions, ease our pain, and support our recovery.

National Hospital Week recognizes hospital workers in every hospital setting including long-term, short-term, children's hospitals, Veterans Health Administration, and psychiatric hospitals. The care they provide includes everything from emergency care, labor and delivery, minor surgery, and specialized care from hospitals big and small. Their services fill a vital need in communities. Every nurse, doctor, practitioner, and staff member is necessary to deliver the compassion and quality services needed. During National Hospital Week, the dedicated personnel are at the celebration's center.

We invite you to be a part of National

Hospital Week. How can you be a part of it? You can thank a hospital worker, learn more about hospital administration, ask a hospital worker about their role in patient care, admissions, maintenance, environmental services, medical records and many more. You can also consider a career in the medical field.

Gove County Medical Center has many great employment opportunities to help you jumpstart your career. Some positions do not require previous healthcare experience. Finally, you can share #HospitalWeek on your social media.



# National Hospital Week

MAY 11-17, 2025



# The Pulse

## Coffee and Conversation

**Announcing:** New Monthly Staff Event: Coffee and Conversation with Conner ☕👤

We are excited to share a new opportunity just for our staff!

Starting **May 1st**, from **8:30 AM to 9:00 AM** in the **Conference Room**, Conner will be hosting an informal “**Coffee and Conversation**” session. This is a relaxed time for any staff members who’d like to drop in, ask questions, or simply chat about GCMC and what’s going on around here.



# Coffee and CONVERSATION

**With Conner Fiscarelli, CEO**

**Thursday, May 1st - 8:30am-9:00am**



**And...  
DONUTS!**



**GCMC Conference Room  
FOR EMPLOYEES OF GCMC**

Oh—and **did we mention there will be free donuts?** 🍩

This event is **for staff only** (not open to the public), and it’s all about giving you the chance to connect directly with Conner in a casual setting—something our busy schedules don’t always allow.

**Coffee and Conversation** will be held on the **first Thursday of each month** and promoted internally.

We look forward to seeing you there—**coffee and donuts are on us!**

# Mental Health Awareness Month

**A**ccording to Mental Health America (MHA), they began Mental Health Month, previously Mental Health Week, in 1949 to help "educate Americans about mental illness and mental health." Each year, organizations and programs like ours across the country come together to reduce the stigma surrounding mental health, help improve access to care, educate communities on signs and symptoms, and highlight the progress being made in mental health.

1. Did you know that half of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives, with symptoms starting by age 24 for most people?
2. Did you know that while 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health?
3. Lastly, did you know that social, cultural, and historical factors often impact the mental health of traditionally marginalized communities? These communities experience overt racism and bigotry far too often, leading to a deeper mental health burden than what others may face.

**Learning these facts can be daunting, but don't worry. You can help break down the stigma surrounding mental health and increase access to quality care by getting involved in Mental Health Awareness Month!**

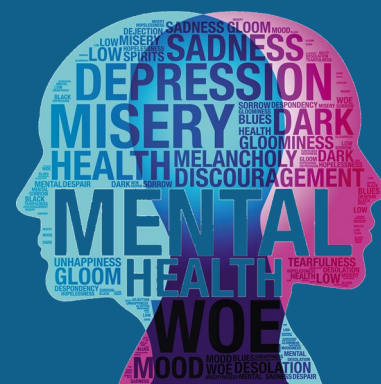
**GCMC's Senior Life Solutions Program strongly believes that everyone deserves access to quality mental health care. Helping as many people as**



MAY IS  
MENTAL HEALTH  
AWARENESS  
MONTH

possible get the help and treatment they need is what we work towards every day. Our team specializes in addressing the needs of older adults. The challenges older adults face can drastically impact their mental health. As we compare older adulthood to the previous chapter in our lives, many changes that occur in our lifetime are changes we often initiate ourselves. As we get into later adulthood, it is much more likely that some of the changes we experience in our lives are more because of involuntary circumstances we are subjected to rather than something we signed up for. Change is hard for all human beings, and if we initiate those changes ourselves, it is a little different than if we have change brought upon us that we did not create.

**We look forward to a fun-filled Mental Health Awareness Month!**







### IN SYMPATHY

*We would like to express our deepest sympathy to our fellow employees: Heather Zerr on the loss of her grandfather, Gene Coughlin, Carol Zahn on the loss of her brother Greg Johnson, and Trish Clark on the loss of her grandmother Marie Eelkema. We pray that each of you find comfort and peace in this difficult time.*

#### May Birthdays

Brianna Miller	5-1
Aminda Brunner	5-3
Conner Fiscarelli	5-4
Trish Clark	5-6
Julie Litfin	5-16
Emily Ochs	5-18
Hannah King	5-19
Carol Zahn	5-20
Leann Meiar	5-21
Dustri Brown	5-22
Carrie Ringer	5-22
Tammy Marshall	5-25
Shelly Dinkel	5-26
Rene' Johnson	5-26

#### May Anniversaries

<u>19 YEARS</u>
Amber Yingling
<u>11 YEARS</u>
April Bantiyan
<u>9 YEARS</u>
Shayla Stuenkel
<u>7 YEARS</u>
Tiffany Ochs
<u>5 YEARS</u>
Alex Hargitt
Aubrey Werth
<u>3 YEARS</u>
Jerry Gallentine
<u>1 YEAR</u>
Saige Betz
Breann Powers

### EMPLOYMENT OPPORTUNITIES

#### ACUTE CARE

**RN - FT Nights /PRN Days/Nights**  
**Charge Nurse – FT Nights**

#### LAB

**Medical Lab Technician– PRN**

#### EARLY LEARNING CENTER

**Lead Teacher I - FT & PRN**  
**Teacher's Aide - PRN**

#### DIETARY

**Cook - FT**

#### ENVIRONMENTAL SERVICES

**EVS Technician - FT**

#### PHYSICAL THERAPY

**Occupational Therapist - FT**

### CONGRATULATIONS!



# The Pulse

## New Employees



WELCOME TO  
**THE  
TEAM**

### Shaun Sloan

Maintenance Specialist

Please help us in welcoming Shaun Sloan to our team at GCMC. Shaun worked at KDOT for several years and most recently at the Ellis County Public Works Department. Three years ago, Shaun moved from western Colorado to WaKeeney, where he currently resides. When asked why he decided to come to work at GCMC, he stated that he felt it would be a better opportunity for him. Welcome aboard, Shaun!

*Please Welcome  
Your New  
Co-workers!*



WELCOME TO  
**THE  
TEAM**

### Jaylee Schleicher

ELC Lead Teacher

Please join us in welcoming Jaylee Schleicher to our team at GCMC! Jaylee recently moved to Kansas from Minnesota and was working as a paraeducator in WaKeeney. She has a passion for working with children and is currently taking online classes in Elementary Education. We're excited to have you on the team, Jaylee — welcome!



WELCOME TO  
**THE  
TEAM**

### Peyton Havlas

Clinic LPN

Please help us in welcoming Peyton Havlas back to our team at GCMC. Peyton formerly worked at the GCMC LTC for a year and a half before moving to Japan for three years. Once her husband left the service, the couple moved back to Quinter. Peyton was recently accepted into RN school at Fort Hays Tech and will be pursuing her career soon. When asked why she came back to GCMC, Peyton stated that she loves the small town vibe that GCMC offers.

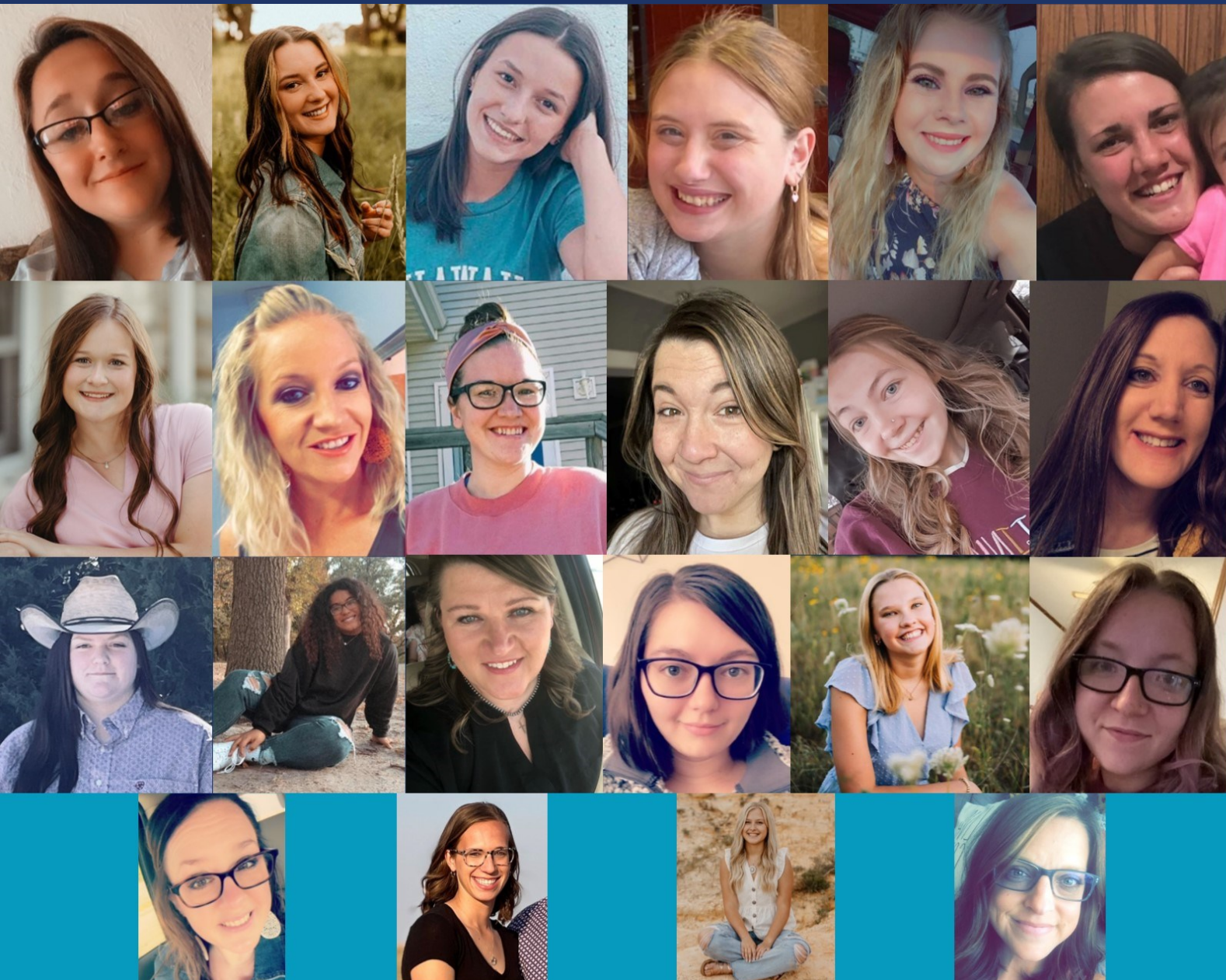


# The Pulse

## Employee Recognition



Each month, Gove County Medical Center recognizes employees within departments for their dedication to healthcare. This month we would like to recognize the employees of the Early Learning Center and Nursing Staff. Thank you to each employee and everything you do for our hospital and patients.



Left to Right

Row One: Claudia Bentham, Jadelyn Betz, Saige Betz, Jessa Borger, Michaela Depenbusch, Liz Dilka

Row Two: Karissa Haldeman, Cara Hudson, Emma Jones, Brandi Klein, Kaylee Knouf, RaeAnn Mattke

Row Three: Raegan Mattke, Aliah Miller, Tiff Ochs, Tara Perez, Jaylee Schleicher, Shayla Stuenkel

Row Four: Katie Waldman, Julia Werth, Emma Zerr, Heather Zerr



# The Pulse Employee Recognition



**Left to Right**

**Ellie Anderson, Hannah King,  
Kylie Ritter, Laura Cooksey,  
Amber Baxter, Carol Zahn,  
Aubrey Werth**



**Left to Right**

**Shelly Dinkel, Sydney Jacques,  
Cole Wachendorfer, Allyssa Brungardt**

**Not Pictured**

**Sandra Bradshaw, Aminda Brunner, Brittany Chapin, Shannon Corwin, Brooklyn Foster, Emily Goetz, Lauree Johnson, Laura Kahle, Karina Lara, Shelby Mattke, Aida Racette, Aubrey Roesch, Holley Wilson, Ruth Blackwill, Michelle Drexler, Harry Sturgeon, Sonya Cap, Kelsey Billinger, Cindy Knouf, Jo Wachendorfer, Amanda Bernbeck, Payten Havlas, Sheryl Bird, Kaitlyn Kunnemann-Woofter**

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



### Departmental QAPI Highlights

**E**ach month, GCMC departments report on key Quality Assurance and Performance Improvement (QAPI) initiatives. The following February and March updates reflect our continued commitment to safety, service excellence, and improvement:

#### Maintenance / IT

- Replaced ER sidewalk and stairs with new handrail.
- Repaired overhead door; upgraded oxygen tank base for compliance
- Launched WorxHub to track IT, maintenance, and housekeeping requests

#### Dietary

- Advancing a patient-centered food and beverage system

#### Therapy Services (PT/OT/ST)

- Seeking grant for therapy pool dehumidifier replacement
- Positive feedback on contracted speech therapy

#### Cardiac Rehab

- 100% SQSS compliance maintained
- Evaluating LSI contract for potential upgrade

#### Lactation

- All patient callbacks completed within 72 hours

#### Quality / Risk / Compliance

- Rolling out new QAPI storyboard forms
- Catching up on annual policy review and plan updates
- Advancing through Trulu Health Compliance Elements

#### Surgery / Central Supply

- Improving anesthesia documentation and monitoring instrument processes

#### Laboratory

- Reducing wait times and minimizing blood product waste

#### Radiology

- Enhancing turnaround times for Dexas, Echos, and Stress Tests

#### Discharge Planning / Swing Bed

- Improving caregiver communication and post-discharge follow-up

**These initiatives reflect GCMC's dedication to high-quality, patient-centered care.**

**Thank you to all departments for your continued commitment!**



# The Pulse

## Board of Trustees



### Quote of the Month

*“To care for those who once cared for us is one of the highest honors.”*

**Tia Walker**

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### VALUES

Collaboration

Unity

Respect

Community

Excellence



**Terry Ostmeyer**  
Chairperson



**Dave Polifka**  
Vice-Chairperson



**Greg Beougher**  
Treasurer



**Deana Zerr**  
Secretary



**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.