

Newsletter

ISSUE | 8 | AUGUST 2025



Calendar of Events

Awareness Month

New Employees

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.



August

Calendar of Events

5th	OB Quality Mtg. 8am
	Operations Team Mtg 1pm
7th	Coffee & Convo 8:30am
	Policy Mtg. 10am
12th	Safety Mtg. 10am
	DM Mtg. 1pm
	Charge Nurse Mtg. 3pm
	Nursing Staff Mtg. 4pm
13th	Orientation 8am
	Public Health Mtg. 8am
	Body Mechanics 11am
	Active Threat 12:15pm
14th	Blood Drive 8am
19th	Operations Team Mtg. 1pm
20th	CPR 8am
21st	Policy Mtg 10am
	GCMC Co. Insights 12&5pm
22nd	BOT Mtg 8pm
25th	Perinatal Mtg. 8:30am
26th	QAPI Day
27th	Marketing Com. Mtg. 12pm
28th	Med Staff Mtg. 7:30am

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**



**Pain Management
Brad Wertz, CRNA**



**Pain Management
Regina Taylor, PA-C**



August 2025

Specialty Clinics & Services



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1
4	5 MRI Mammograms	6 HPM Regina Taylor Diabetic Clinic	7 Dr. Schultz Surgery	8
11 HPM Brad Wertz	12 MRI	13	14	15
18 NucMed/Cardiolite Dr. Gabel Surgery Dr. Hagley Cardiology	19 MRI Dr. Wagle Cardiology	20 HPM Regina Taylor	21 Dr. Hinze Podiatry	22
25 HPM Brad Wertz	26 MRI	27	28	29



Janette Burbach
MS, RD, CED



Regina Taylor
PA-C



Brad Wertz
CRNA



Kelly Gabel
D.O.



Charles Schultz
M.D.



Robert C. Hinze
D.P.M.



Kalyan Wagle
M.D.



Michael Hagley
M.D.

Dietitian

Janette Burbach

Holistic Pain Management (HPM)

Regina Taylor

Brad Wertz

Surgery

Kelly Gabel

Charles Schultz

Podiatry

Robert C. Hinze

Cardiology

Kalyan Wagle

Michael Hagley

Cancer deaths from obesity have tripled in 20 years — these states have the highest and lowest rates

It's a growing problem.

Cancer deaths tied to obesity have tripled in the US over the last two decades, according to sobering new research presented Sunday at the Endocrine Society's annual meeting in San Francisco, California.

The study analyzed more than 33,000 deaths from obesity-associated cancers between 1999 and 2020 and found that the age-adjusted mortality rate surged from 3.73 to 13.52 per million during that period — a more than threefold increase.

The risk isn't spread evenly, either — women, older adults, black people, Native Americans and those living in rural areas bore the brunt of the deadly trend.

The new study found that Midwestern states had the highest rates of obesity-linked cancer deaths, while the Northeast fared the best.

At the state level, Vermont, Minnesota and Oklahoma saw the highest rates, while Utah, Alabama and Virginia had the lowest.

"Obesity is a significant risk factor for multiple cancers, contributing to significant mortality," Dr. Faizan Ahmed of Hackensack Meridian Jersey Shore University Medical Center in Neptune City, NJ, said in a press release.

"This research underscores the need for targeted



public health strategies such as early screening and improved access to care, especially in high-risk rural and underserved areas."

Obesity is strongly linked to at least 13 types of cancer, according to the Centers for Disease Control and Prevention (CDC).

These include cancers of the breast in postmenopausal women, colon, uterus, gallbladder, pancreas, liver, thyroid and even the brain, among others.

Together, these obesity-linked cancers account for a staggering 40% of all new cancer diagnoses in the US each year.

Obesity now affects 40.3% of American adults, per CDC data. It is defined as having a body mass index of 30 or higher — and it is associated with an increased risk of sleep apnea, infertility, depression, heart disease, diabetes and cancers.

The World Health Organization officially declared obesity a global epidemic in 1997, noting that rates had nearly tripled since 1975 — which is when experts believe the epidemic began.

What has remained a hotly debated mystery is why the epidemic rages on, with many pointing the finger at lifestyle factors such as increases in ultra-processed foods and sedentary behavior.

The good news is that while technology may be making us fatter, TikTok nutrition hacks and trendy weight loss drugs offer novel ways to win the battle of the bulge.

Source www.nypost.com

The Gove County Medical Center Community Outreach Corner

Community Outreach Committee Corner – July 2025 GCMC Community Outreach: Making a Difference

Gove County Medical Center developed their Mission, Vision, and Values (MVV) with Community identified as one of five core values. Additionally, six strategic priorities were created, including the goal of “being the difference in the community.” Since then, community involvement has been central to who GCMC is and what we stand for.



From the MVV, a plan was developed to address and implement each element. Several committees were formed to focus on specific priorities, one of which was the Community Outreach Committee, tasked with organizing employee volunteerism to meet local needs.



One urgent need identified was the lack of visible curb numbers on homes, which can hinder EMS response times during emergencies. From there, the “Day of Caring” initiative was born—organizing groups of employee volunteers to paint curb numbers throughout Gove County communities. The Quinter City Council graciously donated \$500 in supplies to help launch the project.

Weather delays caused multiple postponements, but work is now underway. To ensure success, city blocks have been assigned to different hospital departments, with the goal of completing Quinter by early fall before expanding to neighboring towns.

GCMC employees dedicate themselves daily to serving others and saving lives. This initiative carries that same spirit, as clear curb numbers can help save lives in emergencies. Volunteering is never required but reflects the heart of GCMC—to truly be the difference in our community.



The Community Outreach Committee thanks the City of Quinter for their support and every employee who has given their time and energy, block by block. Stay tuned to the Community Outreach Corner for updates on this project and future outreach efforts.



July is UV Safety Awareness Month

August is recognized as National Breastfeeding Month, a time to celebrate, support, and spread awareness about the many benefits of breastfeeding for both babies and mothers.

Why Breastfeeding Matters

- **Optimal nutrition:** Breast milk is uniquely designed to support growth and development in infants, providing essential fats like DHA, proteins, carbohydrates, and antibodies that protect against infection.
- **Adaptive and practical:** It evolves to meet a baby's changing needs and is always fresh and ready
- **Health advantages:** Reduces risks of infections and illnesses, supports brain and vision development, and may lower risk of SIDS.

Support Systems for Success

Breastfeeding is a learned skill—new parents often need education and support. Key ways to build confidence include:

- 1. Prenatal education:** Learn from healthcare providers, attend breastfeeding classes, and include breastfeeding goals in your birth plan.
- 2. Expert guidance:** Consult lactation consultants or support professionals for challenges like latch issues or low milk supply.
- 3. Community support:** Join groups like La Leche League or access programs such as WIC.
- 4. Online and hotline resources:** Utilize trusted websites and the National Breastfeeding Helpline at 800-994-9662.

Common Challenges & Solutions

Mothers may experience issues like sore nipples, breast engorgement, plugged ducts, or latch difficulties:

A graphic for National Breastfeeding Awareness Month. The background is a solid teal color. On the left side, there are several overlapping circles in various shades of blue and green. The text is arranged in a stacked, centered format. At the top, it says '— AUGUST IS' in a white, sans-serif font. Below that, 'NATIONAL' is written in a smaller, white, spaced-out sans-serif font. The word 'BREASTFEEDING' is in a large, bold, white sans-serif font. Below that, 'AWARENESS' is in a white sans-serif font, with the letters 'A', 'W', 'A', 'R', 'E', 'N', 'S' each contained within its own white rectangular box. At the bottom, 'MONTH' is in a large, bold, white sans-serif font.

— AUGUST IS

NATIONAL

BREASTFEEDING

A
W
A
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S

MONTH

- **Engorgement:** Frequent feeding helps relieve pressure.
- **Nipple pain:** Often improves by adjusting baby's latch or technique.
- **Plugged ducts:** Massage and pumping can aid drainage.
- **Nipple confusion:** Avoid bottles/pacifiers until breastfeeding is well established.

Persistent pain is not normal—seek help from healthcare providers or lactation experts.

How You Can Prepare

- **Read reliable materials (e.g., March of Dimes' guides on positioning, pumping, and storage.)**
- **Sign up for prenatal or breastfeeding classes.**
- **Add breastfeeding to your birth plan.**
- **Plan support—connect with professionals or peer groups before baby arrives.**

Bottom line: Breastfeeding offers unmatched benefits for infants and mothers, but it takes support, learning, and patience. National Breastfeeding Month aims to equip families with knowledge, resources, and community backing to thrive. Visit [March of Dimes](#) for more support tools and guidance.

The Pulse
GCMC Recognized



Gove County Medical Center is Nationally Recognized for its Commitment to Providing High-Quality Cardiovascular Care

Gove County Medical Center has received four American Heart Association **Get With The Guidelines®** and **Mission: Lifeline®** achievement awards for demonstrating commitment to following up-to-date, research-based guidelines for the treatment of heart disease and stroke, ultimately leading to more lives saved, shorter recovery times and fewer readmissions to the hospital.

Heart disease and stroke are the No. 1 and No. 5 causes of death in the United States, respectively, according to the American Heart Association 2025 Statistical Update. Studies show patients can recover better when providers consistently follow treatment guidelines.

Get With The Guidelines and Mission: Lifeline put the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest evidence- and research-based guidelines. As a participant in Mission: Lifeline and Get With The Guidelines programs, **Gove County Medical Center** qualified for the awards by demonstrating how their organization has committed to improving quality care.

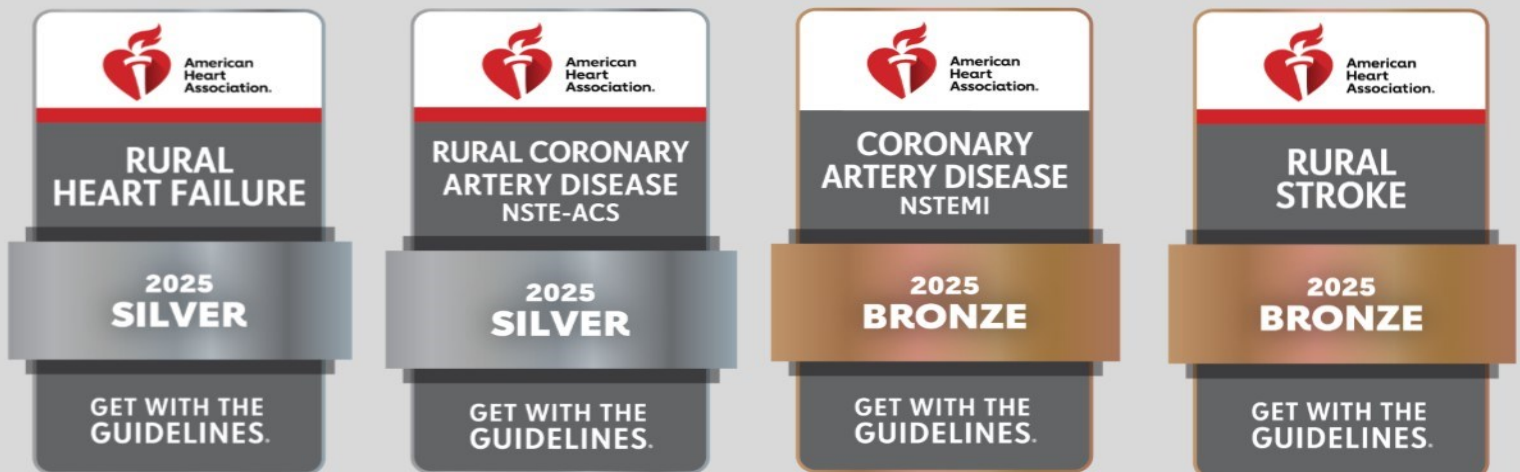
This year, **Gove County Medical Center** received these achievement awards:

Award – **Get With The Guidelines®** - Rural Heart Failure – Silver Award

Award – **Get With The Guidelines®** - Rural Coronary Artery Disease NSTEMI-ACS – Silver Award

Award – **Get With The Guidelines®** - Coronary Artery Disease NSTEMI – Bronze Award

Award – **Get With The Guidelines®** - Rural Stroke – Bronze Award



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Committed to Others. Always.

The Pulse

Coffee and Conversation

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

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

These events will happen **every 1st Thursday of Every Month**, from **8:30 AM to 9:00 AM** in the **Conference Room**, where 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

1st Thursday Every Month - 8:30am-9:00am

**Aug. 7th
Sept. 4th**



**Oct. 2nd
Nov. 6th
Dec. 4th**

**GCMC Conference Room
EMPLOYEES ONLY**

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 only be promoted internally.

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





IN SYMPATHY

We would like to extend our condolences to the following employees. To Danielle Flinn on the passing of her grandfather, Ernest Pfeifer, Sr. and to Rob LaPierre on the loss of his grandfather-in-law Dean Dowson. We pray each of you find comfort during this difficult time.

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

RN - FT Nights /PRN Days/Nights

Charge Nurse – FT Nights

LAB

Medical Lab Technician– PRN

ENVIRONMENTAL SERVICES

EVS Technician - FT

PHYSICAL THERAPY

Occupational Therapist - FT

RESPIRATORY THERAPY

Respiratory Therapist - FT, PT

EARLY LEARNING CENTER

Lead Teacher - FT, PRN

OPERATING ROOM

Operating Room Nurse Circulator - FT, PT
Operating Room RN Clinical Coordinator - FT
Operating Room RN - PRN

DIETARY

Dietary Aide - PRN
Cook - FT

August Birthdays

Jo Ann Wachendorfer	8-1
Megan Carder	8-2
Payton Havlas	8-3
Sonya Cap	8-4
Shannon Corwin	8-5
Andrea Hargitt	8-6
Scott Rempel	8-10
Abby Weber	8-12
Brad Landis	8-13
Claudia Bentham	8-15
Brandi Baker	8-16
Shelby Mattke	8-19
Miley Pennington	8-20
Shelly Gruenbacher	8-29
Ella Prosser	8-29
Evy Wilson	8-31

August Anniversaries

<u>14 YEARS</u>
Star Hooper
<u>13 YEARS</u>
Darwin Schuster
<u>11 YEARS</u>
Carol Zahn
<u>8 YEARS</u>
Ivy Charles
<u>7 YEARS</u>
Stan Ostmeyer
Wade Richard
<u>6 YEARS</u>
Brittany Chapin
Shelly Dinkel
Christie Salyers
Serenity Thomas
<u>5 YEARS</u>
Amber Hatch
<u>4 YEARS</u>
Brandi Baker
Conner Fiscarelli
<u>3 YEARS</u>
Justin Atwell
Michelle Drexler
<u>2 YEARS</u>
Christina Weigel
Emma Zerr
<u>1 YEAR</u>
Kimberly Kieft
Genoa Lemaster
Heidi Wood

The Pulse

New Employees



WELCOME TO
**THE
TEAM**

Pam Horton

Cook

Please join us in welcoming Pam Horton back to our team at GCMC! Pam previously worked in the GCMC Dietary Department for 8 years before retirement. She said although she has kept busy, she became restless and missed talking to her friends at work. Pam will be working PRN so that she can still enjoy her freedom. Pam stated that when you work your entire life, it's hard to stop in retirement. Welcome back, Pam!



WELCOME TO
**THE
TEAM**

Jailey Gallentine

Cook

Please join us in welcoming Jailey Gallentine to our team at GCMC! Jailey currently works for Sheridan County Dispatch, but said she had some extra time and decided she wanted to get some experience in dietary. She said she likes idea of dietary because it is very structured, whereas the dispatch job is unorganized because you never know what calls will be coming in. Welcome to GCMC, Jailey!



WELCOME TO
**THE
TEAM**

Breanna Seymour

Dietary Aide

Please join us in welcoming Breanna (Bre) Seymour to our team at GCMC! Breanna recently graduated from Springhill High School and plans to attend Dodge City Community College next year. She said she came to GCMC because she wants to be in a successful career. Welcome to GCMC, Breanna!

*Please Welcome
Your New
Co-workers!*

The Pulse

New Employees



WELCOME TO
**THE
TEAM**

Audrey Hawthorne

Clinic Patient Registration Clerk II

Please join us in welcoming Audrey Hawthorne to our team at GCMC! Audrey formerly worked at Premier Tillage for the past four years. Audrey is originally from Quinter and is a local EMT. When asked why she wanted to come to work at GCMC Audrey stated that she wanted to pursue a career that was more medical field orientated.

*Please Welcome
Your New
Co-workers!*



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



WELCOME TO
**THE
TEAM**

Paula Calvin

Dietary Aide

Please join us in welcoming Paula Calvin to our team at GCMC! Paula formerly worked as an independent babysitter and stated that this is her first real job. She will be going into her Junior year in high school in the fall. She said she came to GCMC on the recommendation that GCMC had great employees. Paula says she is looking forward to the change and experiencing something new.



Quality Corner: Driving Improvement Across Departments Care You Can Trust

A Gove County Medical Center, quality is more than a measure—it's a mindset. Our teams continue to demonstrate commitment to continuous improvement through a variety of department-driven quality initiatives. Here are some of the exciting efforts currently underway:

- Central Supply & Surgery are enhancing communication by developing a more efficient system for notifying the on-call surgical team, helping ensure readiness for urgent needs.
- Environmental Services (EVS) is refining how deep-cleaning tasks are tracked and completed, promoting a consistently clean and safe environment for all.
- Information Technology (IT) is tackling several key initiatives: improving ticket tracking through Worxhub, refining asset management, enhancing medication refrigerator temperature monitoring, and streamlining user access and termination processes.
- Maintenance is addressing key infrastructure tasks to enhance safety and improve the facility's public-facing appearance, while also using Worxhub to better manage and track tasks.
- Physical Therapy is working on repairing or replacing the pool's dehumidifier system—an important step to restore this valuable therapeutic service.
- Occupational Therapy is focused on staffing solutions, with a contracted OT professional who has recently joined the team.
- Speech Therapy is enhancing scheduling through improvements in the Redoc system, supporting smoother coordination between departments and medical secretaries.
- Lactation Services will soon reconvene as a team to identify and resolve communication issues—like missed patient visits—and build a stronger support system for new mothers.
- Pulmonary Rehab is actively addressing low referral rates. Over the next three months, efforts will focus on boosting awareness and utilization of this important service.
- Cardiac Rehab is working to ensure timely chart completion by closing and forwarding Phase 4 patient records to HIM within 90 days of discharge.
- Our commitment to Making a Difference is clear in every improvement we make. Thank you to all departments for your continued focus on excellence and patient-centered care.



*You Can't
Fake Quality*



The Pulse

Board of Trustees



Quote of the Month

"Be the change that you wish to see in the world."

Mahatma Gandhi

MISSION STATEMENT

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

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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.