

Newsletter

ISSUE | 10 | OCTOBER 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

Health News

The latest in news for healthcare

JOB OPPORTUNITY

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



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



October

Calendar of Events

- | | |
|-------------|--|
| 2nd | Coffee & Convo 8:30am
Policy Mtg. 10am |
| 6th | PFAC Mtg. 4:30pm |
| 7th | Operations Team Mtg. 1pm |
| 8th | OB Quality Mtg. 8am |
| 9th | Public Health Mtg. 8am |
| 14th | DM Mtg. 1pm
Charge Nurse Mtg. 3pm
Nursing Staff Mtg. 4pm |
| 16th | Blood Drive 8am |
| 21st | Operations Team Mtg. 1pm |
| 22nd | Orientation 8am
Body Mechanics 11am
Active Threat 12:15pm |
| 23rd | CPR 8am
Marketing Com. Mtg. 12pm |
| 24th | BOT Mtg. 8am |
| 28th | QAPI Day 8am |
| 30th | Med Staff Mtg. 7:30am
Policy Mtg. 10am |

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**



October 2025

Specialty Clinics & Services



Gove County Medical Center

Committed to Others. Always.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 HPM Regina Taylor Diabetic Clinic	2	3
6 Dr. Gabel	7 MRI Mammograms	8 HPM Brad Wertz	9	10
13 NucMed/Cardiolite	14 MRI	15 HPM Regina Taylor	16 Dr. Schultz	17
20 NucMed/Cardiolite Dr. Gabel Dr. Hagley	21 MRI Dr. Wagle	22 HPM Brad Wertz	23 Dr. Hinze	24
27	28 MRI	29	30	31



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

What Kind of Dairy Does a Body Good? Science is Updating the Answer

For decades, the official guidance has urged choosing low-fat or fat-free dairy over full-fat products such as whole milk, cheese, and yogurt. This advice was rooted in the belief that saturated fat contributes to heart disease. However, the forthcoming 2025 Dietary Guidelines appear poised to challenge this notion. Health Secretary Robert F. Kennedy Jr. has publicly promised to end what he calls an “attack on whole milk, cheese and yogurt,” signaling a shift in perspective.

Nutrition experts like Richard Bruno, a professor at Ohio State University, observe that dairy’s saturated fats may not behave in the body as once assumed. The unique combination of proteins, calcium, and bioactive compounds found in dairy foods may offset potential risks.

Similarly, Benoît Lamarche, a professor at Université Laval, and colleagues found the evidence against full-fat dairy largely circumstantial, with little rigorous, study-based support to favor low-fat over full-fat options.

Emerging studies suggest that in the context of a healthy diet:

- Full-fat dairy can offer similar — or in some cases, better — outcomes in blood pressure and cholesterol levels compared to low-fat versions, particularly as part of the DASH diet.
- Whole milk has even been shown to raise HDL (“good”) cholesterol more effectively than skim milk in short trials.
- The matrix effect—how fat is packaged with other nutrients—also matters. For example, cheese, which naturally contains beneficial nutrients, has not been linked to higher cardiovascular risk and may even be associated with lower stroke risk.



While the debate continues, leading experts like Frank Hu at Harvard advise moderation. Since full-fat dairy has more calories and saturated fat, there’s no current recommendation to promote it over low-fat options.

At the same time, he emphasizes that the larger concern is how dairy is consumed—most often as part of processed foods like pizza or burgers, which are high in sodium and refined carbohydrates. Moderately including any dairy (full-fat or low-fat) in place of refined carbs or sugar-rich foods is likely a net positive for health.

In Summary:

- Long-standing guidance favoring low-fat dairy is being reevaluated.
- Evidence doesn’t clearly support that full-fat dairy is harmful.
- Dairy’s nutritional package—the “matrix effect”—makes it more complex than just its fat content.
- Adults can incorporate dairy thoughtfully—choosing what best fits their dietary patterns without overconsuming calories or saturated fat.

GCMC Hosts 3rd Annual Suicide Prevention Awareness Event

On Friday, September 13th, Gove County Medical Center hosted the 3rd Annual Suicide Prevention Awareness Event at the Quinter High School Track. The evening brought together approximately 120 registered participants for a night of remembrance, support, and community connection.

The event ran from 6:30 p.m. to 11:00 p.m. and featured a meal, a silent auction, and the lighting of 150 luminaries in honor of loved ones lost or those still struggling. The silent auction was a highlight of the evening, made possible thanks to the generosity of Quinter Building Materials, Ray's Pharmacy, Vintage Soul (WaKeeney), Shear Heaven (Ellis), Janice & Larry Manhart, Ruth Blackwill, Martin & Carolyn Schoenberger, Emery Waldman, Eagle Communications (Hays) and all departments at GCMC and Bluestem Clinic. Their contributions helped make the event a success.

The proceeds from the auction and other donations will go toward Operation Hope of Western Kansas, a program that assists families with lodging and travel expenses while their loved ones seek treatment.

This event carried deep meaning during Suicide Prevention Awareness Month. Suicide is the 11th leading cause of death in the U.S., with more than 49,000 lives lost in 2022, according to the CDC. For ages 10–34, it is the second leading cause of death. But behind each statistic are families and communities profoundly affected.

Did you know?

- Someone in the U.S. dies by suicide about every 11 minutes.
- Rural areas often face higher suicide rates due to barriers like limited access to care and stigma around seeking help.
- The 988 Suicide & Crisis Lifeline offers free, confidential, 24/7 support for anyone in crisis.

The Suicide Prevention Awareness Event was more than a fundraiser. It was a chance for the community to come together, honor loved ones, support those in need, and spread a message of hope—that suicide is preventable, and help is available.

Shirts from the event are still available for those who wish to show their support beyond the evening.

GCMC extends its heartfelt thanks to all who participated, donated, and volunteered. Together, we are making a difference.



The Pulse

Health Awareness Month



Each October, communities across the nation come together to recognize Breast Cancer Awareness Month, a time dedicated to education, prevention, and support for those impacted by breast cancer. This observance not only raises awareness of the disease but also highlights the importance of early detection and ongoing research to save lives.

Breast cancer is the most common cancer among women in the United States, aside from skin cancers. According to the American Cancer Society, about 1 in 8 women will be diagnosed with breast cancer in her lifetime. In 2025 alone, it is estimated that more than 310,000 new cases of invasive breast cancer will be diagnosed in women. Men can also develop breast cancer, with about 2,800 new cases expected this year.

While these numbers are sobering, advances in early detection and treatment have dramatically improved survival rates. Today, when breast cancer is caught early and remains localized, the five-year survival rate is about 99%. This makes regular screenings and awareness of risk factors critically important.

Mammograms remain the gold standard for detecting breast cancer at an early stage, often before symptoms develop. The American Cancer Society recommends:

- Women ages 40–44 have the option to begin annual mammograms.
- Women ages 45–54 should get a mammogram every year.

- Women 55 and older can switch to every two years, or continue yearly.

In addition to screenings, knowing your family history, discussing risks with your healthcare provider, and being alert to changes in your breasts—such as lumps, pain, or changes in skin texture—are vital steps in proactive care.

Breast Cancer Awareness Month is also a time to stand with survivors, support those currently undergoing treatment, and remember loved ones lost. It is about fostering a community of hope, strength, and resilience. Many organizations offer resources, from financial assistance for treatment to counseling and support groups for patients and families.

How You Can Make a Difference

- Schedule your screening. If you're due for a mammogram, make the call this month.
- Encourage loved ones. Remind friends and family to stay current on screenings.
- Show support. Participate in awareness walks, wear pink, or donate to trusted organizations funding research and patient care.
- Share knowledge. Talk openly about breast health to help reduce stigma and fear.

This October, let's continue to shine a light on breast cancer awareness. Together, through education, screening, and support, we can save lives and bring hope to those impacted by this disease.

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

**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 offer our deepest condolences to our employees Lynn Heinrich on the loss of her mother, Jean Rietchek, and Rob LaPierre on the loss of his father, Bob LaPierre. We pray that each of you find peace 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 or PT

EARLY LEARNING CENTER

Lead Teacher - FT & PRN

OPERATING ROOM

Operating Room Nurse Circulator - FT or PT

OR RN - PRN

Congratulations to our employee Alex Hargitt and her husband Jacob on the birth of their baby girl, Rayleen Joanne Hargitt, born 9/1/25.

October Birthdays

Jayne Zimmerman	10-1
Jaden Hockley	10-3
Michael Machen	10-3
Bre Seymour	10-6
Don Johnson	10-9
Kilee Zeman	10-11
Amber Ladwig	10-12
Aubrey Roesch	10-12
Patty Gallentine-Johnson	10-17
Brad Mullins	10-18
Emma Thompson	10-19
Rache' Wente	10-20
Jamie Ruf	10-22
Cara Hudson	10-25
Brittany Chapin	10-26
Lauree Johnson	10-27

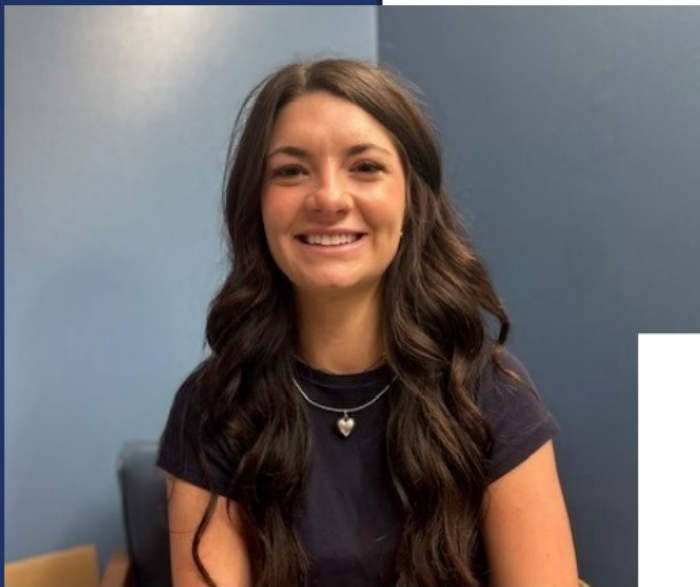
October Anniversaries

<u>24 YEARS</u>
Roy Litfin
<u>23 YEARS</u>
Angie Walt
<u>21 YEARS</u>
Heather Zerr
<u>17 YEARS</u>
Doreen Wente
<u>13 YEARS</u>
Nadine Hargitt
<u>11 YEARS</u>
Carrie Ringer
<u>9 YEARS</u>
Harry Sturgeon
<u>4 YEARS</u>
Michaela Depenbusch
<u>3 YEARS</u>
Alana Fuller

The Pulse
New Employees



Please Welcome Your New Co-Worker!



WELCOME TO
**THE
TEAM**

Sadie King

Clinic Medical Assistant

Please join us in welcoming Sadie King to our team at GCMC! Originally from Winona, Kansas, Sadie currently lives in Collyer, Kansas and works as a PRN CNA with Logan County Hospital. She is currently taking online classes through NCK Tech in Hays to obtain her LPN license. After that, her goal is to acquire her RN license and eventually become a Nurse Practitioner. When asked why she came to GCMC, she stated that she was ready for a change and the commute wasn't as long. Welcome aboard, Sadie!

Quality Corner: Departmental Storyboard Highlights Care You Can Trust

At Gove County Medical Center, every department plays an important role in driving quality improvement. During the August QAPI meeting, several teams presented Storyboards showcasing their active improvement projects. Here are the highlights:

Laboratory

They are working to strengthen proficiency testing compliance. Recent flags for sample handling prompted updates to assignment sheets and signatures to ensure clarity and accountability. The goal is a 100% pass rate on all proficiency samples, with monitoring in place to maintain accuracy.

OB/Nursery

They are addressing OB staffing and training continuity. With limited births each year, training opportunities can be challenging. Two additional OB RNs will be trained by December 2025, with immersion training at Salina Regional, ongoing CNEs, and high-risk OB drills scheduled for September.

Radiology

They are improving order entry lists in CPSI to make it easier for staff to find the exams they need. Staff are being trained on how to update and adjust exam lists, and once finalized, the changes will be shared with ordering departments.

Health Information Management (HIM)

They are enhancing timeliness of record requests. By tracking all insurance and legal requests, the team will be able to identify barriers and ensure compliance with strict timelines, such as sending requests within 30 days.

Utilization Review (UR)

They are focused on Medicare form compliance. Education was provided to nurses on the importance of signatures, and each chart is reviewed before and after discharge. This process has already led to achieving the goal of ensuring all forms are properly signed.

Moving Forward

These Storyboards reflect the proactive efforts of GCMC departments to identify challenges, implement solutions, and track results. Each project contributes to our mission of Making a Difference and our promise of Care You Can Trust.



*You Can't
Fake Quality*



The Pulse

Board of Trustees



Quote of the Month

"It's no use going back to yesterday, because I was a different person then."

Lewis Carroll

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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.