

# Newsletter

ISSUE | 1 | JANUARY 2026



Calendar of Events

Awareness Month

Jingle Jog/Walk

Quality Corner

Employee Awards

## 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.**

## IN THE NEWS

### *Health News*

The latest in news for healthcare

## EMPLOYMENT OPPORTUNITIES

JOB OPENINGS

### *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.*



January

## Calendar of Events

- |      |                                   |
|------|-----------------------------------|
| 5th  | <i>PFAC Mtg. 4:30pm</i>           |
| 6th  | <i>Operations Team Mtg. 1pm</i>   |
| 8th  | <i>Coffee &amp; Convo. 8:30am</i> |
|      | <i>Policy Mtg. 10am</i>           |
| 13th | <i>DM Mtg. 1pm</i>                |
|      | <i>Charge Nurse Mtg. 3pm</i>      |
| 14th | <i>OB Quality Mtg. 8am</i>        |
| 20th | <i>Med. Surge Exercise 8:30am</i> |
|      | <i>Operations Team Mtg. 1pm</i>   |
| 22nd | <i>Policy Mtg. 10am</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**



**Pain Management  
Brad Wertz, CRNA**



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



## January 2026

### Specialty Clinics & Services



**Gove County Medical Center**  
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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

			1	2 HPM Regina Taylor
5 Dr. Gabel	6 Mammograms MRI	7 HPM Brad Wertz Diabetic Clinic	8 Dr. Schultz	9
12 NucMed/Cardiolite	13 MRI	14 HPM Regina Taylor	15 Dr. Hinze	16
19 Dr. Gabel Nuc Med	20 MRI Dr. Wagle	21 HPM Brad Wertz	22	23
26	27 MRI	28	29 HPM Regina Taylor	30 HPM Brad Wertz



**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



## 4 Foods For Better Immune Health During Flu Season?

**F**lu season is picking up across the country, with the a new variant of H3N2 rapidly ramping up the number of cases and hospitalizations in states from the Intermountain West to the Northeast.

There have been 1,200 deaths, 30,000 hospitalizations and nearly 3 million cases of influenza this season, according to data from the U.S. Centers for Disease Control and Prevention. The first flu-associated child death was also reported by the agency recently.

But experts say people can help keep their immune system healthy and protect against illness by making sure they eat the right foods.

### Garlic

In addition to helping give pasta and pizza dishes a little kick, garlic has immune-protective benefits.

The bulbous vegetable has antimicrobial and antiviral properties that help the body fight the flu and other infections and reduce how often you get sick, according to Virginia's Riverside Health.

### Red bell peppers

Even when you drench them in ranch, red bell peppers have nearly three times more vitamin C than oranges.

Vitamin C is an antioxidant that has been shown to decrease the length of some colds and reduce symptoms.



### Yogurt

Eating yogurt helps to regulate your gut health, which is deeply connected to the immune system.

Both the gut microbiome – a collection of trillions of bacteria in the gut – and immune system work to fight pathogens.

### Berries

A superfood and antioxidant powerhouse, berries are a sweeter way to protect your immune health.

Strawberries are the best source of vitamin C, and blueberries have antioxidant plant compounds called flavonoids that can help boost the immune system.

The versatile snacks are also one of the lowest sugar fruits that contain the most nutrients and are a great way to keep your immune system in check all year long. *Source [www.ca.news.yahoo.com](http://www.ca.news.yahoo.com)*



## Jingle Jog/Walk: A Merry Success!

GCMC loved partnering with Castle Rock Health and Fitness for our first-ever Jingle Jog/Walk just before Christmas! It was a fantastic turnout filled with games, prizes, and a special appearance by "The Grinch" (aka Dr. Doug), who kept everyone moving.

Thanks to your generosity, we collected a significant amount of food to help stock our local pantry for the holidays.

Congratulations to our "Most Festive Attire" winners:

- Audrey Hawthorne
- Jordyn McDonald

We capped off the route with hot chocolate and sugar cookies, celebrating a perfect blend of fitness and community giving. Thanks to everyone who joined us!





# The Pulse

## Health Awareness Month



**D**id you know that every two seconds, someone in the U.S. needs blood? This urgent need spans emergencies and treatments like cancer therapy, surgeries, and transplants. Yet, only 3% of eligible Americans donate, and only 12% of donations come from communities of color. With a 40% rise in donors over 65, there's an urgent call for younger, more diverse donors.

This January, during National Blood Donor Month, we honor all who save lives through blood donation. Join them by donating at a local blood drive or ImpactLife Donor Center. Book your appointment at [www.bloodcenter.org](http://www.bloodcenter.org) or call 800-747-5401.

This National Blood Donor Month, we salute America's 7 million annual blood donors - the unsung heroes who save lives every day. Your generosity and compassion make a world of difference.

Did you know a single donation can save multiple lives? Your decision to donate can be transformative. Every day, patients battling cancer rely on blood transfusions to survive. In fact, approximately 25% of the blood supply goes to cancer patients.

Take a look at the testimonies and gratefulness of those who have been recipients:

*"I deeply thank the 3% of people who donate each year—their selfless act has saved lives like mine. Moments with loved ones during treatment wouldn't have been possible without these donors. Please consider giving blood at your local center. Your contribution could make a life-saving difference for someone you may never meet."*

*"As one of 100,000 Americans with Sickle Cell disease, I know firsthand the importance of regular transfusions. Finding a compatible donor often depends on shared ethnic backgrounds, making diversity crucial. With only 12% of*

NATIONAL  
**BLOOD  
DONOR**  
MONTH



*donations from communities of color, the need for diverse donors is pressing. This National Blood Donor Month, I thank the 3% who give blood, bringing hope to patients like me. I urge our community to donate at a nearby center—your generosity can save countless lives."*

There are many rewards in being donor and giving of yourself to save lives. Here is the testimony of a repeat donor and what it means to them:

*"As a committed donor with over XX gallons contributed, I proudly consider myself a 'milestone donor.'"Yet, the fulfillment of giving goes beyond any amount. Every two seconds, someone needs blood—whether from trauma, cancer, sickle cell disease, or childbirth. Despite this, only 3% of Americans donate each year, making it challenging for centers that supply 60% of the nation's blood to meet demand. In honor of National Blood Donor Month, I thank all who donate and encourage others to join us in saving lives. Together, we can make a powerful impact."*

If you have ever been a donor or a recipient, have you ever considered the power of your story in motivating others to make a difference? By submitting a letter to the editor in your local community, you have the opportunity to shed light on the vital role of blood donation and inspire individuals to join the cause of saving lives.

Source [www.bloodcenter.org](http://www.bloodcenter.org)



# 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**

Jan. 8th	July 2nd
Feb. 5th	Aug 6th
Mar. 5th	Sept. 3rd
Apr. 2nd	Oct. 1st
May 7th	Nov. 5th
June 4th	Dec. 3rd

**GCMC Conference Room**

**EMPLOYEES ONLY**

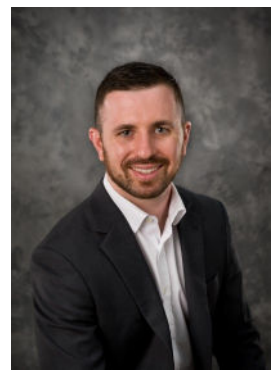


Oh—and **did we mention there will be free donuts?** 🍩

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 deepest sympathy to our employee Tammy Marshall on the passing of her father, Jim Harries and our employee Tara Thornburg on the passing of her grandmother, Etta Clayton. We pray each of you find peace during this difficult time.*

### EMPLOYMENT OPPORTUNITIES

#### ACUTE CARE

**RN - FT Nights /PRN Days/Nights**  
**Charge Nurse – FT Nights**  
**Patient Care Technician – PRN Days/Nights**

#### DIETARY

**Cook – PT**

#### LAB

**Medical Lab Technician – PRN**  
**Lab Supervisor – FT**

#### RESPIRATORY THERAPY

**Respiratory Therapist - FT or PT**

#### SURGICAL SERVICES

**Surgical Services Nurse Circulator - FT or PT**  
**Surgical Services RN - PRN**

#### January Birthdays

Camie Melgoza	1-4
Sondra Kitch	1-5
Paula Calvin	1-6
Liz McDonald	1-6
Mia Briggs	1-8
Sydney Jacques	1-9
Alana Fuller	1-10
Amber Yingling	1-11
Cindy Knouf	1-12
Tara Thornburg	1-12
Julia Werth	1-12
Katie Chrisler	1-15
Aliah Miller	1-16
Brandon Weber	1-25
Pam Lindsay	1-26
Anna Rempel	1-29

#### January Anniversaries

##### 30 YEARS

Liz McDonald

##### 14 YEARS

Brad Mullins

##### 10 YEARS

Aubrey Roesch

##### 4 YEARS

Aida Racette

##### 3 YEARS

Shannon Corwin

##### 1 YEAR

Sondra Kitch



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



# The Pulse New Employees



*Please Welcome Your New Co-Worker!*



WELCOME TO  
**THE  
TEAM**

## Jasmine Tidball

Medical Coder

*Please join us in welcoming Jasmine Tidball, our new Medical Coder, to the GCMC team! Jasmine previously worked in the Dietary department at Trego County-Lemke Memorial Hospital for the past five years. During that time, she took coding classes through Hutchinson Community College. Jasmine said she is looking forward to better opportunities, not working weekends, and not being on her feet all day long. We are excited to have Jasmine's skills here in the Health Information department!*

*Welcome!*



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WELCOME TO  
**THE  
TEAM**

## Norma Kammer

Dietary Lead

*Please join us in welcoming Norma Kammer, our new Dietary Lead, to the GCMC team! Norma previously worked at Family Market in Quinter for the last year and a half. Encouraged by current Dietary employees, Norma applied for her position. She stated she is excited about the changes in the Dietary department. Norma also stated she loves learning new things and is a people person, so it's a perfect match. We are excited to have Norma's skills here in the Dietary department!*

# The Pulse Employee Awards

## Frosty Fest 2025

**F**rosty Fest 2025 was held in early December where employee milestones were celebrated. We thank each of our employees for their years of dedicated service to our patients and hospital.



Thank you, Tammy Marshall, Patty Gallentine-Johnson, and Andrea Hargitt!



Thank you, Natasha Flora, Aubrey Werth, Kassidy Winter and Amber Hatch!





## Departmental Quality Improvement: Progress Through Storyboards

**Q**uality improvement across Gove County Medical Center continues to move forward through active departmental QI Storyboards, highlighting focused efforts to strengthen care delivery, operations, and patient outcomes. Several departments provided updates during the November QAPI meeting, reflecting both progress and ongoing opportunities for improvement.

The Business Office continues its quality improvement project aimed at reducing Accounts Receivable (AR) days. The team has been reviewing denial trends, delayed documentation, and claim-processing timelines while strengthening communication with Medical Records, increasing staff education, and improving follow-up workflows. Monthly AR trends remain under close review as the department works toward its year-end goal of reducing AR days to 80.

The OB/Nursery Department shared steady progress toward its goal of increasing the number of fully trained OB nurses to ensure safe staffing during times of multiple OB patients. While staffing challenges such as turnover, leave, and scheduling remain, the department has taken proactive steps by sending nurses to immersive OB training at Wesley Medical Center and Hays Medical Center. Additional training shifts are being scheduled locally, and progress remains on track toward the June 2026 goal.

Other departments, including Laboratory, Radiology, and Utilization Review, continue to monitor previously established storyboard projects. While no new updates were reported this month, these teams remain engaged in ongoing efforts related to specimen collection quality, imaging turnaround times, and discharge-related documentation and compliance.

These storyboard projects reflect the organization's commitment to continuous improvement and accountability. Departments are encouraged to keep their QI projects active, measurable, and aligned with regulatory expectations and patient-centered care goals as we move forward together.



*You Can't  
Fake Quality*



# The Pulse

## Board of Trustees

### Quote of the Month

*"A man who dares waste one hour of time has not discovered the value of life."*

**Charles Darwin**

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### VISION STATEMENT

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### VALUES

Collaboration

Unity

Respect

Community

Excellence



**Terry Ostmeyer**  
Chairperson



**Dave Polifka**  
Vice-Chairperson



**Greg Beougher**  
Treasurer



**Deana Zerr**  
Secretary



**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.