

Newsletter

ISSUE | 2 | FEBRUARY 2026



Calendar of Events

American Heart Month

Outreach Corner

Quality Corner

Specialty Clinics Calendar

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



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.



February

Calendar of Events

3rd	<i>Coffee & Convo. 8am</i>
	<i>Operations Team Mtg. 1pm</i>
5th	<i>Policy Mtg. 10am</i>
9th	<i>Perinatal Mtg. 8:30am</i>
10th	<i>DM Mtg. 1pm</i>
	<i>Charge Nurse Mtg. 3pm</i>
11th	<i>New Hire Orientation 8am</i>
	<i>OB Quality Mtg. 8:30am</i>
12th	<i>Leads Training 9am</i>
17th	<i>Operations Team Mtg. 1pm</i>
18th	<i>KS Virtual Career 8:30am</i>
	<i>Clinical Lead Team Mtg 3pm</i>
19th	<i>Blood Drive 8am</i>
	<i>Policy Mtg 10am</i>
25th	<i>Leads Training 9am</i>
26th	<i>Med Staff Mtg 7:30am</i>
27th	<i>BOT Meeting 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**



**Pain Management
Brad Wertz, CRNA**



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



February 2026

Specialty Clinics & Services



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Dr. Gabel	3 Mammograms MRI	4	5 Dr. Schultz	6
9	10 MRI	11 HPM Regina Taylor	12 Diabetic Clinic	13
16 NucMed/Cardiolite Dr. Gabel Dr. Hagley	17 MRI Dr. Wagle	18 HPM Brad Wertz	19	20
23	24 MRI	25 HPM Regina Taylor	26 Dr. Hinze	27



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

New US Dietary Guidelines

On January 7, 2026, the Trump administration, led by Health and Human Services (HHS) Secretary Robert F. Kennedy Jr. and USDA Secretary Brooke Rollins, released the updated Dietary Guidelines for Americans (2025–2030). This release marks a significant departure from previous federal nutrition policy, leaning heavily into the "Make America Healthy Again" (MAHA) agenda.

Core Message: "Eat Real Food"

The guidelines prioritize whole, nutrient-dense foods while "declaring war" on added sugars and ultra-processed products. The document was intentionally shortened to just 10 pages to ensure it is simple and understandable for the public.

Key Nutrition Changes

- **The Inverted Food Pyramid:** The traditional food pyramid has been "flipped." Animal proteins (red meat, poultry, seafood, eggs), full-fat dairy, and vegetables now occupy the largest section at the top. Whole grains have been moved to the narrow bottom.
- **Protein Increase:** Recommended protein intake has nearly doubled. The new guidance suggests 1.2 to 1.6 grams of protein per kilogram of body weight (approx. 81–109g for a 150lb person), up from the previous 0.8g/kg.
- **"Ending the War" on Saturated Fats:** The guidelines ease restrictions on animal fats. For the first time, items like beef tallow, butter, and whole milk are included as healthy options, though total saturated fat is still suggested to stay around 10% of daily calories.
- **Strict Sugar Limits:** The administration set a firm target to limit added sugars, specifically advising that one meal should contain no more than 10 grams of added sugar.



- **Targeting "Highly Processed" Foods:** The guidelines urge Americans to avoid "packaged, prepared, or ready-to-eat" foods (chips, cookies, candy) and refined carbohydrates like white bread and flour tortillas.

National Impact & Policy Reach

RFK Jr. has framed the nutrition crisis as a national security threat, noting that diet-related chronic illness disqualifies many from military service. By shifting the national focus from "pharmaceuticals to food," the administration aims to curb the 90% of healthcare spending currently driven by chronic disease.

These guidelines legally mandate nutrition standards for school lunches, federal facilities, and SNAP (Food Stamps).

Mixed Reactions

While groups like the AMA praised the crackdown on ultra-processed foods, some experts remain concerned that the promotion of red meat and saturated fats contradicts long-standing research regarding heart disease.

The GCMC Community Outreach Corner

A Year of Connection: GCMC Community Outreach Committee's 2025 Year End Recap

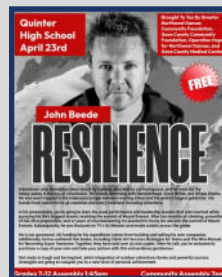
In early 2025, GCMC launched its **Community Outreach Committee** with a simple goal: to take healthcare beyond the hospital walls and increase community involvement and awareness. As we look back on our first year, we are incredibly proud of the miles walked, the lives touched, and the partnerships built across Gove County.

Spring: Awareness & Resilience

We kicked off the year in February for **American Heart Month**, meeting fans at the Quinter/Grainfield basketball game and visiting Senior Citizen Centers to provide blood pressure checks and heart-healthy education. In March, we tackled **Colon Cancer Awareness** with our "Get Your Rear in Gear" campaign, using social media videos to share life-saving statistics. April focused on **National Donate Life Month**, where we helped community members register as organ donors.



One of the year's major highlights occurred on April 23rd, when GCMC hosted motivational speaker **John Beede**. His presentation on resilience reached every junior high and high school student in the county, followed by an inspiring evening event for the broader community.



Summer: Support & Safety

In May, we celebrated new beginnings with a **Community Baby Shower**, partnering with the **Early Learning Center's lemonade stand** to raise funds and collect essential items for local families. As the weather warmed, we shifted to safety. In June, we installed a permanent **sunscreen station** at the Quinter swimming pool for UV Awareness Month.

During July and August, our staff stepped out in their "Days of Caring" project. Every GCMC department took to the streets to **paint house numbers on curbs**, a critical initiative designed to help EMS teams identify addresses more quickly during emergencies. We even found time for some summer fun, serving popcorn at the local Movie in the Park!



Fall & Winter: Education & Empowerment

As the seasons changed, so did our focus. In September, we stood together for the **Suicide Prevention Awareness Walk**, and in October, our team visited Senior Citizen Centers to provide education about **Medicare Open Enrollment**, ensuring our seniors felt confident in their healthcare choices.

We closed the year with two powerful events. November saw the **Empowering Women Through Wellness** event, focusing on pelvic floor health for the women in our community. Finally, we braved the December chill for the **Jingle Jog/Walk**, celebrating a year of movement and health.

Looking Ahead

The GCMC Community Outreach Committee's first year was about more than just events; it was about building trust and showing that we are your partners in health 365 days a year. Thank you for welcoming us into your schools, your senior centers, and your lives. Here's to an even healthier 2026!



February is American Heart Month

Did you know more than 23,000 children experience cardiac arrest outside of the hospital each year? Learn CPR today so you can be ready and become a part of the Nation of Lifesavers. Because no one, especially our most precious ones, should face a life-changing moment alone.

February is **American Heart Month**, a time when the nation turns its attention to the single most important muscle in the body. Heart disease remains the leading cause of death for both men and women in the United States, but there is a powerful silver lining: **nearly 80% of cardiac events can be prevented** through education, lifestyle changes, and early detection.

At Gove County Medical Center, our mission is "More Care, Closer to Home." This February, we aren't just waiting for you to come to the clinic—we are bringing heart health directly to the sidelines, the coffee tables, and the heart of our community.

Knowing Your Numbers

The "silent killer" of heart health is often high blood pressure (hypertension). It rarely shows symptoms, yet it significantly increases the risk of heart attack and stroke. That is why GCMC is hitting the road this month to help you "Know Your Numbers."

Join us at the following community outreach events:

- **Courtside Care:** On **Tuesday, February 10th**, GCMC staff will be at the **Quinter/Grainfield basketball game**. Between cheers for the home team, stop by our booth for a **free blood pressure check**.
- **Senior Center Visits:** We will also be visiting **Senior Citizen Centers throughout Gove County** during the month of February. We want to ensure our seniors have easy access to screenings and health consultations without having to make a formal appointment.



In addition to blood pressure checks, our team will be handing out **educational materials, heart-healthy tips, and some fun GCMC goodies** to help keep your wellness goals on track.

Small Steps for a Stronger Heart

Heart health doesn't require a marathon; it starts with small, daily intentions. Our providers recommend focusing on the "Big Three":

1. **Move More:** Aim for 30 minutes of moderate activity, like a brisk walk, five days a week.
2. **Eat Smart:** Reduce sodium and added sugars. Focus on "real food"—proteins, healthy fats, and colorful vegetables.
3. **Monitor Regularly:** Consistent checks are the only way to catch hypertension early.

Your Partners in Wellness

Whether we see you at the basketball game or in the clinic, GCMC is committed to being your partner in heart health. We believe that a healthy community is a strong community, and it starts with one heartbeat at a time.

Take a moment this February to listen to your heart. It's been working hard for you—let's work together to take care of it.


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 Tuesday 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 Tuesday Every Month - 8:30am-9:00am

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

GCMC Conference Room

EMPLOYEES ONLY

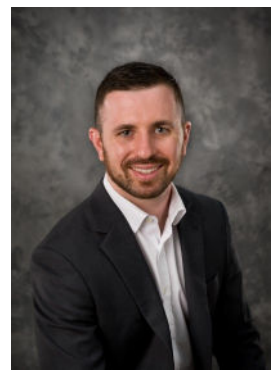


Oh—and **did we mention there will be free donuts?** 🍩

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 employees Jamie Ruf on the loss of her grandmother, Hazel Zimmerman; Rene' Johnson on the loss of her brother-in-law, Randy Schmidtberger; and Carol Zahn on the loss of her father-in-law, Raymond Zahn. We pray each of you finds peace during this difficult time.

EMPLOYMENT OPPORTUNITIES

ACUTE CARE

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

FOOD SERVICES

Cook – PT

LAB

Medical Lab Technician – PRN
Lab Supervisor – FT

RESPIRATORY THERAPY

Respiratory Therapist - FT or PT

SURGICAL SERVICES

Surgical Services RN Circulator - FT/PT/PRN

BLUESTEM CLINIC

Licensed Clinical Social Worker – FT
(\$10,000 Sign-on Bonus)

ENVIRONMENTAL SERVICES

EVS Technician – FT

EARLY LEARNING CENTER

Lead Teacher I – FT

February Birthdays

Heidi Wood	2-4
Gina Hargitt	2-5
Denise Wittman	2-9
Wendy Schmidt	2-10
Jessa Borger	2-11
Tiffany Ochs	2-12
Dakota Kozak	2-15
Nicole Pfannenstiel	2-15
Blake Broeckelman	2-19
Austin Cook	2-19
Tasha Fuchs	2-24
Christina Weigel	2-24
Angie Calvin	2-29

February Anniversaries

21 YEARS

Dustri Brown

20 YEARS

Laura Cooksey

18 YEARS

Joyce Schneider

Evy Wilson

5 YEARS

Don Johnson

4 YEARS

Lynette Guisinger

2 YEARS

Tasha Fuchs

Rob LaPierre

Jamie Mense

1 YEAR

Mia Briggs



Departmental Quality Improvement Highlights from the December QAPI Meeting

► Lactation

Strengthening team communication using group messaging to support timely coordination and support.

► Cardiac Rehabilitation

Charting and documentation are improving, with records being completed more accurately and on time. The team is preparing to begin a new improvement project in 2026.

► Speech Therapy (ST)

Making scheduling and communication more consistent through better coordination and standardized processes.

► Occupational Therapy (OT)

Staffing is now stable following the transition to permanent coverage. Planning is underway for a new improvement project in 2026.

► Physical Therapy (PT)

Therapy pool upgrades are underway. The project is waiting on final KDHE approval before construction continues so aquatic therapy services can be restored.

► Compliance

A new project has started to make discharge instructions clearer and more consistent for patients. Continuing to work with TRULU Health to strengthen the overall Compliance Program.

► Risk Management

Incident reviews are becoming more consistent and structured, with clearer processes and better follow-up.

► Quality Department

More departments are actively using QI Storyboards, with better consistency and stronger participation. A new effort has begun to improve oversight of policy approvals in Surgical Services.

► Respiratory Therapy

Emergency airway equipment is now checked weekly, with clear processes in place to keep supplies up to date and ready for use.

► Pulmonary Rehabilitation

Work continues to increase awareness and referrals so more patients can benefit from pulmonary rehab services.

► Health Information Management (HIM)

Medical records are being released quickly and reliably, with continued tracking to ensure timely delivery even for large requests.



*You Can't
Fake Quality*



The Pulse

Board of Trustees

Quote of the Month

*“Life isn’t about finding yourself.
Life is about creating yourself.”*

George Bernard Shaw

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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.