

CALENDAR OF EVENTS

COMMUNITY OUTREACH

AWARENESS MONTH

The Pulse



Gove County Medical Center
Committed to Others. Always.

NEWSLETTER

GCMC Community Outreach Focuses on American Heart Month



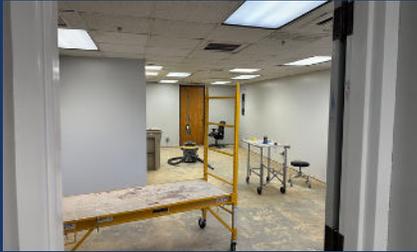
The Community Outreach Committee at GCMC spread awareness about American Heart Month during February. Courtside care was offered during the February 10th Quinter/Grainfield basketball game. Between cheers for each team, GCMC staff offered free blood pressure checks. In addition to blood pressure checks, additional educational material was handed out which included heart healthy tips and some fun GCMC goodies.



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.

Heart health starts with small, daily intentions. Have a daily goal to move more. Try to eat smart by reducing sodium and added sugars. Monitor your blood pressure regularly to catch hypertension early. Lastly, listen to your heart.

NEWS UPDATE



What's Going on in the GCMC Business Office?

Our Business Office is under remodel! If you have visited lately you may have noticed some changes. Our Business Office and HIM are in a state of remodel. The full remodel should be finished in early March. Some staff have moved



back in, but some HIM staff are still temporarily located over at Bluestem Clinic. This remodel includes new flooring, paint and desks. This is a long overdue needed project, and our maintenance team has been working hard to give it a new look. Thank you, Maintenance!



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Stay connected by subscribing to our newsletter. Send an email to wrichard@gcmc.org.

WWW.GCMC.ORG



Gove County Medical Center

Committed to Others. Always.

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



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We are here to make a difference.



GCMC Board of Trustees

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.



Terry Ostmeyer
Chairperson



Dave Polifka
Vice-Chairperson



Greg Beougher
Treasurer



Deana Zerr
Secretary



Larry Manhart
Member

Health News: Having a Panic Attack? Don't Panic!

Scientists Say This is an Easy, Effective Way to Beat Panic Attacks

Panic attacks are sudden, overwhelming feelings of fear that trigger physical symptoms and are quite common.

Over 28% of adults will experience at least one of these episodes at some point, with 2% to 3% of the US population having panic attacks often



technique of intentionally inducing symptoms like a racing heart or dizziness in a safe setting to break the cycle of anxiety and panic.

For the study, 102 adults with panic disorder were assigned the exercise program or a form of relaxation therapy for 12 weeks.

The routine involved stretching, walking for 15 minutes,



enough that they are believed to have a panic disorder.

Panic disorder is typically treated with cognitive behavioral therapy (CBT) and/or antidepressants.

Now, researchers in Brazil say they have identified a more effective therapy - brief bouts of intensive exercise.

"Here we show that a 12-week program of brief intense intermittent exercise can be used as an interoceptive exposure strategy to treat panic disorder patients," said Ricardo William Muotri, a postdoctoral fellow at the Anxiety Disorders Program of the University of São Paulo Medical School.

Interoceptive exposure is a CBT

sets of high-intensity running for 30 seconds, resting after each set, and then walking for 15 minutes. None took drugs during the trial.

Effects were measured on the Panic and Agoraphobia Scale (PAS). The average PAS scores declined over 24 weeks. The findings were published in *Frontiers in Psychiatry*.

March 2026

Specialty Clinics & Services



Gove County Medical Center

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Dr. Gabel	3 Mammograms MRI	4 HPM - Brad Wertz	5 Dr. Schultz	6
9 Dr. Gabel	10 MRI	11 HPM - Regina Taylor	12 Diabetic Clinic	13
16 NucMed/Cardiolite	17 Dr. Wagle MRI	18 HPM - Brad Wertz	19 Dr. Hinze	20 Dr. Samavedi
23	24 MRI	25	26	27 HPM - Regina Taylor
30	31 MRI			



Janette Burbach
MS, RD, CED



Regina Taylor
PA-C



Brad Wertz
APRN - CRNA



Kelly Gabel
D.O.



Charles Schultz
M.D.



Robert C. Hinze
D.P.M.



Kalyan Wagle
M.D.



Michael Hagley
M.D.



Srinivas S. Samavedi
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

Urology

Srinivas S. Samavedi

MARCH IS
**COLORECTAL
 CANCER**
 AWARENESS MONTH



Colon Cancer is the 3rd most common cancer diagnosis in both men and women in the US, with an expected 159,000 new cases in 2026

Colorectal cancer (CRC) is a cancer that starts in the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.

CRC may not cause any

symptoms, especially in its early stages. Some symptoms might be due to other causes like hemorrhoids, diarrhea, infection, or irritable bowel syndrome.

Not everyone is comfortable talking about their bowels, and because of this stigma, it's

easier for people to have misconceptions about CRC. Having the facts can save lives. Here are five common myths about colorectal cancer:

1. CRC Only Affects Older People (FALSE). While it is true that the risk of CRC increases with age, it can affect people of any age.



**BUTT Seriously,
 Get Screened!**

2. Colorectal Cancer Only Affects Men (FALSE). While CRC does affect more men than women, it is still very common in women and should not be overlooked by gender.

3. CRC Is Not Preventable (FALSE). Not only is CRC preventable, it's one of the most preventable forms of cancer with early screening.

4. CRC Always Causes Symptoms (FALSE). CRC can be present with or without symptoms. Symptoms of CRC can include: changing bowel habits, abdominal discomfort, rectal bleeding, weakness and/or fatigue, unexplained weight loss, or no symptoms at all. It is important to get screened for early detection.

5. CRC is Fatal (FALSE). Sometimes people don't want to get tested because they fear the potential results. However CRC has high survivorship rates when detected early.

CRC is highly treatable, especially in the earlier stages, so on-time screening is key to overcoming this disease.

Quality Corner: January QAPI: Departmental Performance Improvement Updates

Ongoing performance improvement work across departments was highlighted at the January QAPI meeting, reflecting our commitment to Care You Can Trust.



- **Discharge Planning/CSB** – Strengthening swing bed discharge follow-up and addressing documentation barriers to reduce readmissions.
- **ELC** – Finalizing updated sanitation and cleaning protocols to align with KDHE regulations.
- **Emergency Preparedness** – Updating policies, required drills, and emergency flipbook; project will conclude once updates are complete.
- **Emergency Room** – Reinforcing complete sepsis bundle documentation; HIM reviewing for gaps.
- **Infection Prevention** – Implementing new Fit Testing policy to support respirator compliance.
- **Acute Nursing** – Addressing missed/late dressing changes through order-entry education and ongoing monitoring.
- **Materials Management** – Tracking outdated supplies and implementing first-in, first-out inventory processes.
- **Clinic** – Improving vaccine accuracy through insurance verification review and standardized double-check processes.
- **EVS** – Updating and organizing SDS binders to ensure regulatory compliance.
- **Outpatient Clinic (Surgical Services)** – Reviewing specialty wait times and improving patient communication.
- **Pharmacy** – Updating policies to clarify IV medication administration and ensure KSBN compliance.

These projects reflect ongoing efforts to strengthen processes, improve compliance, and enhance patient care across the organization.



EVENT HIGHLIGHTS

GCMC leaders Conner Fiscarelli, Rob LaPierre, and Sonya Cap recently attended the American Healthcare Association's Rural Healthcare Leadership Conference. By connecting with national experts on innovative workforce strategies and digital technology, our executive team is ensuring GCMC remains a leading voice in the future of rural health. We are proud to invest in the continuous learning that allows us to better serve our neighbors.

GCMC Providers

We strive to be your preferred medical provider for your primary and preventative healthcare needs. Our team of providers offers a full line of services, including obstetrics to meet the needs of your family. We pride ourselves on making a difference by providing personalized, professional, and quality healthcare.



Dr. Michael Machen



Dr. Doug Gruenbacher



Dr. Shelly Gruenbacher



Dr. Anna Rempel



Dr. Scott Rempel



Jamie Mense, APRN

Coffee and CONVERSATION
 With **Conner Fiscarelli, CEO**
 1st Tuesday Every Month - 8:30am-9:00am
 Mar. 3th
 Apr. 7th
 May 5th
 June 2nd
 July 7th
 Aug 4th
 Sept. 1st
 Oct. 6th
 Nov. 3rd
 Dec. 1st
GCMC Conference Room
EMPLOYEES ONLY

EVENTS

- March 3rd: Coffee and Conversation 8:30am
Operations Team Meeting 1pm
- March 5th: Policy Meeting 10am
- March 10th: DM Meeting 1pm
Charge Nurse Meeting 3pm
All Nursing Staff Meeting 4pm
- March 11th: New Hire Orientation 8am
OB Quality Meeting 8am
- March 17th: Operations Team Meeting 1pm
- March 18th: Timekeeping Training 8am
- March 19th: Timekeeping Training 10am
Policy Meeting 10am
- March 24th: Supervisor Timekeeping Trng. 10am
- March 26th: Medical Staff Meeting 7:30am
- March 27th: Board of Trustees Meeting 8am

Human Resources

MARCH BIRTHDAYS

Doug Gruenbacher	3-8
Kim Broeckelman	3-9
Jaylee Schleicher	3-9
Mike Pinkston	3-10
Selena Gorsky	3-11
Pam Horton	3-18
Brooke Foster	3-19
Kimberly Kieft	3-22
Laura Cooksey	3-26
Sara Brantley	3-27
Germaine Rameriz	3-27
Angie Walt	3-27

MARCH ANNIVERSARIES

18 Years

Bill Schneider

7 Years

Amber Baxter

6 Years

Natasha Flora

Callie Kuntz

Kassidy Winter

5 Years

Megan Heier

4 Years

Allyssa Brungardt

Sonya Cap

Brandon Weber

1 Year

Megan Carder

Danielle Flinn

Desi Neff

Mike Pinkston

Cassie Wertz

EMPLOYMENT OPPORTUNITIES

Acute Care

RN - FT Nights/PRN Days/Nights

Charge Nurse - FT Nights

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)

Early Learning Center

Lead Teacher I - FT

IN SYMPATHY

We would like to extend our deepest sympathy to our employees Aubrey Roesch on the loss of her grandmother, Mary Roesch; Karina Lara on the loss of her grandfather, Jesus Aragon; Kilee Zeman on the loss of her grandmother, Glenna "Jean" Hafenstine; Breann Powers on the loss of her grandfather, Leon Barton; and Liz McDonald on the loss of her husband, Edd McDonald. We pray each of you finds peace during this difficult time.

CONGRATULATIONS

Congratulations to our employee Claudia Bentham and her husband Kameron on the birth of their baby boy, Kolter John Bentham, born 2-11-26.

Congratulations to our employee Allyssa Brungardt and her husband Lincoln on the birth of their baby boy, Brooks William Brungardt, born 2-18-26

NEW EMPLOYEES



Please join us in welcoming Lucas Haldeman to the GCMC team as a Dietary Aide! Lucas formerly worked at the Quinter Pit Stop for the last four years. He is currently a Junior in high school and would like to study graphic design after graduation. Lucas said he has a connection to GCMC, as his mother was a previous employee. When asked what he's most excited about in his new role, he simply said he wants to "make everyone's day better." We think he's off to a great start! We are so happy to have you on board, Lucas!



Please join us in welcoming Jaidlyn Harvey, the newest member of our Dietary Team! A 2022 graduate of Wheatland High School and a Quinter local, Jaidlyn joins us from her previous role at Dollar General. Jaidlyn has a love for cooking and a desire to take her career to the next level. She felt GCMC was the perfect place to grow. Jaidlyn is most looking forward to building connections with her new colleagues and meeting more members of our community. We are so happy to have her on board. Welcome to the team, Jaidlyn!