

The Health Monitor

MEMORIAL HEALTH SYSTEM ABILENE, KANSAS

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS



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Kimberly Haverly New Administrator at Memorial Health System

Salina Regional
Health Center and
Memorial Health
System, Abilene,
announce the
appointment of
Kimberly Haverly as
the new Administrator
at Memorial Health
System.

Haverly's health care experience spans 14 years including serving as Chief Executive Officer and Chief Financial Officer at a rural hospital, leading a 1,000member physician group and a developing a strong background in finance, revenue cycle and supply chain leadership. Haverly most recently served in a combined role as CEO and CFO for Carroll County Memorial Hospital in Carrollton, Ky. In this role she achieved impressive results to improve financial stability and create a positive bottom line, increased volumes and provider recruitment, enhanced patient care, formed a strategic partnership with University of Louisville Health and built a quality team to lead the hospital.

Haverly, who was raised on a farm near Nicholasville, Ky., is passionate about rural health care and enjoys small town life.

"We're very fortunate to gain a dynamic, highlyskilled leader in Kimberly," said Joel Phelps, President and Chief Executive Officer at Salina Regional Health Center. "The Memorial Health System Board of Trustees and Salina Regional Executive Leadership Team are confident that Kimberly is the best person to lead MHS into the future – building an environment of excellence in patient care, a highly-engaging culture for our employees, and adding value to the lives of the communities we serve."

Haverly will officially join MHS June 30, 2025. She replaces Harold



Courtois who is retiring after eight years of dedicated service as the Memorial Health System Administrator.

"While we are sad to see our current CEO, Harold Courtois, depart, we are excited to welcome Kim Haverly to Memorial Health System," said Dr. Steven Schwarting, Memorial Health System Board Chair. "She brings strong potential and a fresh perspective. We look forward to continuing to grow and provide exceptional care to our patients and community under her leadership."

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what patients are saying on

HHCC Patient of Erica Forbes

Erica know how pleased I am with her care, the written part plus when we were visiting about my situation. I really, really enjoyed getting to know her.

She's an excellent helper at the Memorial

Lab External Patient

This was my first time here, and let me say everyone was so kind and helpful!! Even when the computer was having difficulties the staff stayed calm and reassuring. I will definitely be making
Abilene Memorial my new

HHCC Patient of Dr. Hinman

Dr. Hinman is an excellent physician and I trust her expertise completely with my health and wellbeing. She has been instrumental in helping me to improve my health and keep me on track with my healthier lifestyle. I can not thank her

HHCC Patient of Dr. Thompson

We absolutely adore Dr. Allison
Thompson. She started out as my
provider and I was so impressed with
her that now she sees both of my young
children too! The entire clinic is great,
actually. We live right across the street
from a different clinic in our town, but
still prefer to drive the 30 minutes to
HHCC for our all of our medical needs.

here in Abilene. I found big cities with not as much efficient and courteous staff as this one in this little town. Polite is the word, keyboard is supported, and I feel friendliness, warm town friendliness, A real concern from every person that works there.

By golly, they must have a good management. Thank you.

Patient of Dr. Holmes

I've been really impressed by the hospital

HHCC

Emergency Dept. Patient of Devon Shearmire

Everyone in my care last night at the emergency room was excellent. My experience versus a Wichita hospital, I'd drive 100 miles from Wichita to Abilene to come here before I would Wichita hospitals. I was seen quickly, promptly, and with more care than I ever thought I would receive. All the nurses were very friendly and open with the answers they gave me. I got more questions answered last night than I have in my whole life going to a Wichita

Lab & Registration

There was a problem getting the orders from my doctor in KC.

Tori in scheduling was a tremendous help and went above and beyond in getting the orders that were needed. Kim in the lab was very personable and

HHCC Patient of Dr. Hicks

I am very impressed with the thoroughness, knowledge, patience, and ease with communication I experienced. As I mentioned to her, I felt my medical needs were met and I

HHCC Patient of Dr. Brown

Dr. Brown is so down to earth, she treats you just like you are her equal. Instead of Dr. vs. regular person. That means a lot. She listens and helps figure things out.

HHCC Patient of Laura Pape

I was a little mixed up in where to go and an employee walked by asked if she could help me and I was so Happy. I use a cane and get very tired when walking. (They did NOT have any handicap parking so I did have to park a way from the building.) This young lady went and got a wheel chair and took me where I belong. They had someone take me out when I left!!!!

HHCC Patient of Rachelle Sims

Rachelle and her team are by far the best that I have had. Rachelle is incredibly attentive and answered all questions I asked. She is patient and kind, and is always free of judgment. Rachelle heard my concerns and made sure to talk with me to formulate a strong care plan. I would absolutely recommend her to all of my family and friends. She does such an amazing job that I drive from Topeka to Abilene to see her for my needs.

Emergency Dept.

The two nurses that completed my triage were very efficient and treated me with respect. I do not have easy pain and they managed to get a good IV started with quick blood draws. I received prompt attention and everything was explained to me as it was happening along

HHCC Patient of Dr. Ziegler

Dr. Ziegler is a great doctor. He always takes his time and never makes me feel rushed. I appreciate that he cares and is dedicated to helping me with my complex questions and concerns.

Radiology & Registration

From registration to radiology the whole experience was A+.
Your team is amazing!

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Get Signed Up for July Classes at Impact!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boxmaster	Spin		
6:00am						
8:00am		Fun		Fun		
9:00am						
9:30am			Yoga "Everybody Flow"			
10:00am						
10:15am	*Chair/Balance			*Chair/Balance		
3:00pm		Parkinson's Program Boxmaster				
3:30pm				Parkinson's Program Boxmaster		
4:30pm		Boxmaster				
4:45pm				Boxmaster		
5:00pm						
5:30pm	Spin		Yoga "Restore Flow"	HIIT		
6:00pm						

8:00am	т/тн	Come and be surprised – you will have FUN! You might be faced with resistance bands, TRX, or even medicine balls! 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
5:30pm	тн	High Intensity Interval Training/Every Minute On the Minute. Best form of workout when training to burn those calories and get the heart rate up! 1X a week, monthly: \$20.00 member \$40.00 non
4:30pm 5:30am 4:45pm	T W TH	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. Monthly: \$20.00 member \$40.00 non
3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
10:15am	M/Th	Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
9:30am 5:30pm	w	Start your day and get energized and focused. Stretch your muscles and relax from the day. Monthly: \$20.00 member \$40.00 non
	5:30pm 4:30pm 5:30am 4:45pm 3:00pm 3:30pm 5:30am 10:15am	5:30pm TH 4:30pm T 5:30am W 4:45pm TH 3:00pm T 3:30pm T H 5:30pm M 5:30am TH 10:15am M/Th

PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES - ASK FRONT DESK FOR COST.

*IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.



Membership Information

Single Membership: \$36.50/month* Family Membership: \$59.00/month*

Membership dues allow use of Impact's facility. A discount can apply for one-year pre-payment, auto bank draft, rehab, seniors, students, corporate, or military.

DAY PASS.....\$10

GUEST PASS......\$5
Member must accompany guest

WEEK PASS.....\$30

WALKING MEMBERSHIP.....

\$14.75

Monthly pass includes unlimited use of the walking track and locker rooms ONLY

*All rates subject to change



418 N. Broadway Abilene, KS 67410 mhsks.org/impact 785-263-3888 Follow us on Facebook and Instagram!



5K Run 2 2Mile FunWalk Kids Races

ANNOUNCEMENT!!! SAVE THE DATE!

IMPACT THE CAUSE 5K Run and 2 Mile Fun Walk Saturday, September 13, 2025 Run/Walk beginning at 8:00 a.m. Event will occur rain or shine!

Impact Sports and Fitness is excited to announce Impact the Cause 2025. Now in its 15th year (second year with the updated name), Impact the Cause will continue to support the Memorial Health Foundation's vision: "supporting and securing our community's health...now and for the future", with proceeds from the event helping fund any and all causes supported by Memorial Health Foundation. Some examples of those causes are: free mammograms, health care scholarships, Memorial View Park & Walking Trail, patient transportation funds, medical equipment, and much more.

Impact the Cause will continue to hold the annual 5K Run and 2MileFunWalk. This year, our event will be held on Saturday, September 13, 2025. Also planned, are the free kids races and much more. Awards will be given to our 5K runners and kid racers.

Also this year, the event will be held at a *new location* — Memorial View Park & Walking Trail — on the south side of Memorial Hospital in Abilene. With our focus changing last year, we hope to continue to highlight Memorial Health System (MHS) in a way that gives back to our community by providing information about the services we offer.

This year, the funds raised from Impact the Cause will go towards a **youth health initiative** — a one month membership and a personal training session at Impact Sports and Fitness for ages 12 to 19. LET'S HELP KEEP YOUNG PEOPLE MOVING AND HEALTHY!

ONLINE REGISTRATION WILL BE AVAILABLE VERY SOON MORE INFORMATION FOR THIS EVENT COMING SOON

We look very forward to seeing everyone at Impact the Cause 2025!

Get to Know
Bill Evans,
Impact Sports and
Fitness Member
By Billy Hansen, Public
Relations Coordinator



Impact Sports and Fitness member, Bill

Evans, has been coming to the facility for about three years to help with his recovery from a stroke. At age, 73, Bill makes use of having one of our personal trainers to help keep him moving and use all of his muscles to the best of his ability.

"I do not like to be static; I try to keep moving as much as I can," said Bill. "The staff at Impact Sports and Fitness is awesome," he continued. Bill starts out on the seated elliptical machine before beginning his 30-minute session with his personal trainer.

Bill lives in rural Abilene, where he moved to three years ago, after living in the Wichita area for 41 years while working for Boeing and Spirit AeroSystems in the engineering test department. Bill has also lived in Paola, 19 years; Williamsburg, four years; Salina, two years; Haysville, 10 years; and Andover, 30 years.

Bill graduated high school from Paola, and attended Kansas Technical Institute. Bill has been married to Marcia for 50 years, and they have four kids and 11 grandkids. He enjoys helping his son-in-law with farming and assisting with anything mechanical.

Thank you, Bill, for choosing Impact Sports and Fitness to help with your recovery and to help keep you moving. We enjoy the trivia that you challenge us with weekly! We also love having you as a part of the Impact Sports and Fitness "family."

Impact Sports and Fitness offers a variety of services including personal training – with nationally certified trainers, group classes, and an array of strengthening and weight machines.



Memorial Hospital Wound Center Celebrates 5-Year Anniversary

The Memorial Hospital Wound Center follows a multidisciplinary approach to wound care that is comprehensive, coordinating traditional and advanced therapies that aid and accelerate the healing process. For patients, that means longer-lasting results, decreased amputation rates, and increased mobility.

After evaluating a patient's unique medical history and symptoms, the center's team of clinicians develops a personalized advanced wound care treatment plan, which may include:

- Diagnostic Testing
- Nutritional Evaluation
- Infection Control
- Specialized Dressings
- Pressure-relieving Devices
- Debridement
- Ongoing Patient Education

Memorial Hospital Wound Center, in Abilene, is open 8:30 a.m. - 3:30 p.m. on Wednesdays and Thursdays.

For more information about wound care or to schedule an appointment, call 785-571-1070. No referral is required.

The HOSA (Health Occupation Students of

America) International Leadership Conference was held in Nashville, Tennessee this year. Over 14,000 past, present, and future health professionals, leaders from across the healthcare sector, advisors, judges, alumni, and volunteers were in attendance including our Chief Nursing Officer, Angie Johnson.

In 2023, Memorial Health System (MHS) partnered with KHA (Kansas Hospital Association) and HealthWorks to help start and support the Abilene High School Health Occupation Student Association. Angle is the facilitator for the partnership and works with USD 435 and HOSA Advisor, Michelle Schultze, RN to support student enrichment. "We are cultivating the future. Over 90% of the students who are in HOSA will go into a health profession," explained Angle.

MHS was thrilled to cheer on our incredible Abilene, Kansas, students! "To have seven students from Abilene make it to an international HOSA competition is a true testament to our high school educators and community support. I judged students from China, Canada, and magnet high schools in the US, specifically for healthcare focused students, and our kids held their own against that competition. They were also one of the most respectful and kind groups there! To be part of it all made me very Abilene proud, and excited for the future of healthcare", Angie exclaimed.

Thank you, Angie, for your dedication to our healthcare future!



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Block the Rays, Not Your Style! UV Safety Starts with Sunglasses!

July is UV Safety Month, and while protecting your eyes is serious business, it doesn't mean you have to sacrifice your summer style. Stop by the Caring Heart Gift Shop at MHS to grab a pair of stylish, affordable sunglasses, and read on to learn why your eyes need the sun, but also need protection.

Sunlight: It's Not All Bad for Your Eyes

That golden sunshine isn't just for your tan, it actually plays a healthy role in keeping your eyes functioning at their best. In fact, getting the right amount of natural sunlight is linked to:

- Lower risk of nearsightedness (myopia). Studies show that time spent outdoors, especially in childhood, can help reduce the risk of developing nearsightedness.
- Better mood and sleep. Sunlight triggers the release of serotonin, improving your mood and regulating your body's sleep-wake cycle.
- Overall eye development. Exposure to natural light supports healthy eye growth and development, particularly in younger years.

But like anything good the key is moderation and protection!

When Sunshine Turns Risky: How UV Light Can Harm Your Eyes

While your eyes need some sunlight, unprotected exposure to harmful UV rays can take a toll on your vision over time. Here's how:

- Cataracts UV rays can speed up the development of cataracts, clouding your vision.
- Macular Degeneration Long-term UV damage increases the risk of this leading cause of vision loss in adults
- Photokeratitis (Sunburn of the Eye) Painful, temporary vision problems caused by intense UV exposure.
- Skin and Eyelid Cancer The delicate skin around your eyes is especially vulnerable to UV-related skin cancers.
- Even cloudy days aren't a free pass. The sun's UV rays can still penetrate clouds and damage your eves.

Protect Your Sight: Simple Tips for Eye-Safe Sun Fun

The good news? Keeping your eyes safe is easy with a few daily habits:

- Wear sunglasses! For the best protection find sunglasses with 100% UVA & UVB protection.
- Wear a wide-brimmed hat. Extra shade = extra eye safety.
- Watch out for reflective surfaces. Did you know that water, sand, and snow can intensify UV exposure?
- Be sun-smart even on cloudy days. UV rays don't take a day off.
- Don't skip those eye exams. Your provider can spot early signs of sun damage.

Swing by the Caring Heart Gift Shop on July 15 and get you some shades and a tasty treat!

Stay cool, look cool, and be sun smart!



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Senator Moran Makes a Stop at MHS

Among his many stops across Kansas, Senator Jerry Moran stopped at MHS on Friday, June 20.

"This week, I visited Memorial Health System in Abilene. During my tour, I met with CFO Elgin Glanzer and Director of Operations Sara Boyd. We discussed how Memorial Health System is looking to increase accessibility to quality health care within their community. Thank you to Elgin, Sara and all those who met with me on the tour." — Senator Jerry Moran

MHS EMPLOYEES GIVE TO LOCAL **FAMILY AFTER HOUSE FIRE**



Employees of Memorial Health System (MHS) wore blue jeans at work, in May, for a "Jeans Day" fundraiser. Employees who made a donation of at least \$5 were allowed to wear blue jeans on Fridays in May. A total donation of \$900 was presented to the VanNess family. The family of four recently lost everything due to a house fire. Nobody was home at the time of the fire but Colby, Shaylan, and their two children lost all contents of their home – including a dog and two cats. The Jeans Day was organized by the MHS Employer of Choice (EOC) committee.

Pictured are (from left): Sarah Veach, EOC committee member; Casidee VanNess, Shaylan VanNess, Cillian VanNess; EOC committee member, Pam Schoemaker; and Matilda Calvin. MHS employee.



Do you have a bunch of puzzles you don't know what to do with? Consider donating them to Frontier Estates. Residents there are looking for new puzzles to complete!



Bringing outstanding surgical care to Abilene.

Salina Regional Surgical Associates is pleased to announce we will provide general surgery outreach at Memorial Health System in Abilene beginning June 25. Drs. Justin Klaassen, Jesse Gray and Leah Speaks will each see patients once a month and perform colonoscopies, EGDs, and other minor procedures in Abilene. To schedule an appointment to see one of our surgeons, call 785-452-7245.







Justin Klaassen, DO

Jesse Grav, MD

Leah Speaks, MD



501 S. Santa Fe Ave., Suite 200, Salina, KS | 785-452-7245 SalinaReaionalSuraicalAssociates.com









Bringing care closer to home!

Caring for you.

Check out our list of all visiting specialists on our website!

Scan the QR code for instant access.



https://mhsks.org/providers/

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MEMORIAL HEALTH SYSTEM

Heartland Health Care Clinic



ABILENE Salina Regional Health Center

511 NE 10th Street, Abilene, KS (785-263-4131)

WALK - IN CLINIC

Monday—Friday

7:00 a.m. ~ 11:00 a.m. 1:00 p.m. ~ 6:00 p.m.

* Pending Provider Availability *

The purpose of HHCC Walk-In Clinic is to serve those who need non-critical immediate care.

For those little things life throws our way...

Common acceptable treatments may Include:

Cold and Flu **Sore Throat Ear Infections Laceration Repairs Muscle Strains and Pains Minor Aches and Pains**

Physician establishment, while encouraged, is not required to receive care through the Walk-In Clinic option. If you would like to become an established patient please talk to any of our staff members during your visit!

Skin Irritations























2ND MONDAY OF **EVERY MONTH** 12:30 PM

511 NE 10TH ST IN ABILENE

Volunteer board members are needed. Two open positions to fill; Secretary and Member at Large.

Volunteers are needed for Caring Hearts Gift Shop (located in the hospital lobby), patient transport, and the card and craft committees.

JOIN US! WANT MORE INFORMATION?

Contact: Jenny Stuck, Volunteer Services Manager jstuck@mhsks.org ---- 785-263-6692

Current Open Positions at MHS

Certified Nurse Assistants (multiple)

Clinical Outreach Athletic Trainer

Fitness Class Instructor

Food Service Worker

Infection Prevention Nurse

Licensed Practical Nurse or Medical Assistant

Maintenance Mechanic I

Radiologic Technologist - CT

Radiologic Technologist - Diagnostic

Radiologic Technologist - Ultrasound

Registered Nurse (multiple)

Room Attendant/Village Manor CNA Scholarship

Scheduling Coordinator

Check out these open positions at MHS! Visit our website caringforyou.org

Join Our Team

CAREERS

Or simply scan the QR Code below.

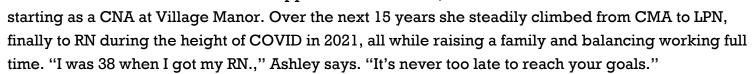


A Nurse's Rise, A Heart's Calling

Submitted by Taylor Knauss

When Ashley Burleson walks into a patient's home, it's not just as a nurse, it's as someone who's been on the other side of the bed. "My parents both passed away on hospice," she says. "Watching the nurse who cared for them...that's when I knew I wanted to be in the medical field." Today, Ashley is a Registered Nurse at Home Health and Hospice of Dickinson County (HH&H), where she's spent the last four years caring for patients across a broad spectrum; from wound care and post-op recovery to end of life support. It's work that demands not only clinical precision, but also immense emotional strength. For Ashely, it's deeply personal.

Ashely didn't take a straight path to nursing. Out of high school she worked at Tony's Pizza, gas stations, hotels, and Russell Stover. It wasn't until 2005 that she stepped into healthcare,



Her work now stretches far beyond medical tasks. She offers emotional supports, guidance for families, and moments of connections during the most vulnerable stages of life. "Yes working for hospice can be hard, but it's also very rewarding. It is when our patients are in their last moments of life and being able to share that with our patients' families, that's what creates a lifelong relationship.

Despite the emotional days, Ashley finds strength in her team. "Teamwork really does make the dream work," she says. "We support each other, if someone needs time off, or more time with a patient, someone else steps in. Someone is always willing to step up and share the load." And when the weight of the day gets too heavy? "Cake helps, then try again tomorrow!"

Outside of work, Ashley is a pink loving, dog hugging, sushi eating mom, who finds joy in camping, spending time with her kinds and husband, and wants to learn how to sew! She even has a secret desire to learn how to train whales. When asked what her biggest life accomplishment is, without hesitation she states, "My kids. They are the best part of me."

Ashley is quick to downplay her own strengths, but always has a kind word for others. Ask anyone who knows her they will likely use three words to describe her: happy, easygoing, and hardworking. Ashley is living proof that compassion, resilience, and determination can rewrite life's narrative at any age. No moment is ever too small to make a difference. As she continues on with her career, Ashley carries with her the quiet knowledge that she's doing exactly what she was meant to do, not just helping people live, but helping them live well.





Our agency is looking for dedicated individuals to make a difference in the lives of our patients. If you are interested in volunteering, please fill out an application or stop by and speak with Taylor Knauss our Volunteer Coordinator.

www.mhsks.org



MHS Says Farewell to Retiring Hospital Administrator, Harold Courtois



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Village Manor held their 2nd Alzheimer's Walk to celebrate Alzheimer's Awareness Month. Employees of MHS and resident family members were invited to come walk with a resident for \$5.00. The walk took place on the path that was installed 3 years ago along with the Community Gardens project; made possible with the BCBS Pathway to a Healthy Kansas Grant. While participants walked the path, there were six stops along the way. The first had hot dogs, the second stop was a large chalkboard that allowed participants to write down what they never wanted to forget. The number one answer: family. The third stop held were able of several raffle items such as homemade bread, cookies, t-shirt bundles, and a beautiful quilt. After dropping their tickets off, the walk continued until they got the fourth stop with a popcorn treat. The fifth stop had lawn games and lemonade, and the last stop had snow cones! It was successful event with plenty of smiles and new friendships made!











MEMORIAL HEALTH SYSTEM

ABILENE

Salina Regional Health Center

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MISSION

Enhance the health and wellness of all.

VISION

Be the healthcare provider and employer of choice.

CORE VALUES: CARE

Compassion

Appreciation for others

Respect for everyone

Excellence that exceeds expectations



caresresources.org

Looking for resources available in
Dickinson County? Visit the CARES

Coalition website and find what you are looking for with the new online resource quide.

Memorial Health System is a proud member, and sponsor, of the CARES Coalition of Dickinson County.