



MEMORIAL HEALTH SYSTEM
ABILENE | Salina Regional Health Center
Caring for you.

August 2025

The Health Monitor

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS

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Memorial Health System Board of Directors Approve 2025 Community Health Needs Assessment

Haley Jones, Development & Marketing

Memorial Health System (MHS) is proud to announce the official release of its 2025 Community Health Needs Assessment (CHNA), with the approval from the Memorial Health System Board of Directors on July 22, 2025. It is now available to the public on the MHS website. This important report highlights key health priorities within Dickinson County and serves as a call to action for all who live and work in our communities.

The CHNA identifies the top five health priorities impacting our region: mental health, chronic illness, substance use, physical health, and access to insurance. Developed through months of data collection, public input, and collaboration with community stakeholders, the assessment provides a clear picture of the most pressing health concerns facing Dickinson County today.

This report is more than just information; it's an invitation to get involved. If you see a need in our community, we encourage you to help fill it. Everyone has a role to play in making Dickinson County a healthier, more vibrant place to live. Whether you're an individual, business owner, educator, faith leader, or part of a local organization, your efforts matter and can lead to positive change!

Community Health
Needs Assessment
2025 - 2028

Memorial Health
System
Dickinson County, KS



Presented By:
Memorial Health System
with community partners, Dickinson County Health
Department and K-State Research and Extension

Dickinson County Community Health Needs Assessment

Community Health
Implementation Plan
2025 - 2028

Guidebook



Presented By:
Memorial Health System
with community partners, Dickinson County Health
Department and K-State Research and Extension

CHNA cont. on next page

How to Get Involved:

Read the CHNA and use the CHIP, which you can find on our website: www.caringforyou.org



--> Identify ways to contribute based on your skills, passions, or organizational mission

--> Partner with MHS or local coalitions to support existing initiatives or spark new ones

--> Spread the word and share the report with others

The CHNA is not just a report, it's a living roadmap for change. MHS is committed to working alongside community members, leaders, and organizations to implement the forthcoming Community Health Improvement Plan (CHIP), which will turn assessment findings into actionable steps.

If everyone takes ownership, no matter how big or small, we can create a lasting impact. Together, we can create a healthier Dickinson County!

August 21 is National Senior Citizens Day!

A day to celebrate older Americans and raise awareness of the many issues that affect them, like the increased risk of chronic wounds.

For more information on how the Memorial Hospital Wound Center can help those with non-healing wounds, call 785-571-1070 today!



Did you know that older adults are more likely to develop chronic wounds?

WoundCareEssential

If you are reading an electronic version of this newsletter you can view a short video by clicking the link below:

[Wound Care for the Ages](#)



Grief Support Group

Help and encouragement after the death of a loved one

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.

Contact Us Today

Wednesday's 2-4pm
August 6th-October 29th
Hospice of Dickinson County
1111 N. Brady St. Abilene, KS
785.263.6630 / hospice@mhsks.org

griefshare.org




GET READY FOR A HEALTHY SCHOOL YEAR!

The First Day of School Is Approaching!

Make sure your student is ready to learn and play ~ schedule their sports physicals and vaccinations today!

HEALTHY KIDS = HAPPY SCHOOL YEAR!



MEMORIAL HEALTH SYSTEM
Heartland Health Care Clinic
ABILENE | Salina Regional Health Center
Caring for you.
511 NE 10th Street, Abilene, KS. 67410
785-263-4131
www.caringforyou.org



Purses for Purpose

Silent Auction to be held October 1-3
Proceeds will support the Patient Transportation Fund



SAVE THE DATE

Have a few gently used purses to donate?



511 NE 10th Street, Abilene, KS 67410
785-263-6692
www.caringforyou.org

MHS Volunteer Corps is collecting purses for the next Purses for a Purpose fundraiser. Donated purses may be dropped off Monday-Friday 8:00 am to 3:30 pm, at the Caring Hearts Gift Shop, located in the Memorial Hospital lobby.

Meet Kimberly



You're invited!
Stop by and say hi to Memorial Health Systems' new Hospital Administrator

Tuesday, August 19
3:00 pm to 5:00 pm in the hospital cafeteria.

Dessert bar and drinks provided



Kimberly Haverly, MBA, RHCEOC
Hospital Administrator

ENROLL NOW!!!

CNA and CMA Classes are offered through Cloud County Community College.

Do your clinicals with us at Village Manor!
Want more information? We are happy to talk to you, just give us a call:
Village Manor 785-263-1431

CLOUD COUNTY COMMUNITY COLLEGE ALLIED HEALTH

CERTIFIED NURSE AIDE COURSE

August 13, 2025 - October 8, 2025
Online/Hybrid Course - 5 credit hours (AH197 BAG)

Location: CCCC Geary County Campus (GCC)
631 Caroline Avenue | Junction City | Building A2
Mandatory orientation: July 30, 2025 • 10 a.m.

Clinical schedule:
Village Manor
705 N. Brady, Abilene, Kansas

| | |
|--------------|------------------------------|
| August 21 | 9 a.m.-4 p.m., Building B |
| August 28 | 9 a.m.-4 p.m., Building B |
| September 4 | 9 a.m.-4 p.m., Building B |
| September 11 | 7 a.m.-3 p.m., Village Manor |
| September 18 | 7 a.m.-3 p.m., Village Manor |
| September 25 | 7 a.m.-3 p.m., Village Manor |
| October 2 | 7 a.m.-3 p.m., Village Manor |
| October 7 | 7 a.m.-3 p.m., Village Manor |

State Test - Friday October 10, 2025 @ 10:00am • Building A
Instructor: Linda Ramsey, RN
Cost:
\$805, payable to Cloud County Community College
Includes license fee. Book not included.
High School students can use the CTE waiver and pay only \$100
(Includes license fee. Book not included)

Registration is required, and class size is limited.
Email Cloud County Nursing Department
at nursing@cloud.edu, for more information.



Concordia • Geary County
Online & Outreach
800.729.5101 • www.cloud.edu

CLOUD COUNTY COMMUNITY COLLEGE ALLIED HEALTH

CERTIFIED NURSE AIDE COURSE

August 13, 2025 - December 11, 2025
Online/Hybrid Course - 5 credit hours (AH197 ABG)

Location: CCCC Geary County Campus
631 Caroline Avenue | Junction City | Building A2
Mandatory orientation: Wednesday, July 30 • 1 p.m.

Clinical schedule:
Cloud County Community College
Village Manor

| | |
|--------------|------------------------------------|
| August 27 | 8:00 a.m.-3:00 p.m., Village Manor |
| September 10 | 8:00 a.m.-3:00 p.m., Village Manor |
| September 24 | 8:00 a.m.-3:00 p.m., Village Manor |
| October 8 | 8:00 a.m.-3:00 p.m., Village Manor |
| October 22 | 8:00 a.m.-3:00 p.m., Village Manor |
| November 5 | 8:00 a.m.-3:00 p.m., Village Manor |
| November 19 | 8:00 a.m.-3:00 p.m., Village Manor |
| December 10 | 8:00 a.m.-3:00 p.m., Village Manor |

*State Test - Tues, December 12, 2025. 11 a.m. • Building A
Instructor: Linda Ramsey, RN
Cost:
\$805, payable to Cloud County Community College
Includes CNA license fee. Book not included.
High School students can use the CTE waiver and pay only \$100
(Includes license fee. Book not included)

Registration is required, and class size is limited.
Email Cloud County Nursing Department
at gcadvise@cloud.edu, for more information.



Concordia • Geary County
Online & Outreach
800.729.5101 • www.cloud.edu

CLOUD COUNTY COMMUNITY COLLEGE ALLIED HEALTH

CERTIFIED MEDICATION AIDE

Aug 13, 2025 - Dec 11, 2025
Online/Hybrid Course - 5 credit hours (AH198 AAG)

Mandatory orientation date: Wednesday July 30 • 3 pm.
CCCC Geary County Campus
631 Caroline Avenue | Junction City | Building A2

Clinical schedule:
Village Manor
705 N Brady Street, Abilene, Kansas

| | |
|-------------|--------------------------------|
| October 24 | 8:30am - 3 pm, Village Manor |
| November 1 | 7:00am - 3:30pm, Village Manor |
| November 12 | 4:00pm - 8:30pm, Village Manor |
| November 28 | 2:00pm - 8:30pm, Village Manor |
| December 6 | 7:00am - 2:30pm, Village Manor |

State Test - Monday December 15, 3:45pm
Technical Education & Innovation Center, Concordia, Kansas
Instructor:
Michelle Schultze (Online & Clinical)
Cost:
\$805, payable to Cloud County Community College
Includes license fee. Book not included.
High School students can use the CTE waiver and pay only \$100
(Includes license fee. Book not included)

Registration is required, and class size is limited.
Email Geary County Campus at
gcadvise@cloud.edu, for more information.



Concordia • Geary County
Online & Outreach
785-238-8010 •
www.cloud.edu

HOSPICE VOLUNTEER MEETING



Effective Storytelling and Life Review

Abilene

Date : August 21, 2025

Time : 12:00pm

Location : 1111 N Brady Abilene, Ks 67410

Herington

Date : August 28, 2025

Time : 2:00pm

Location : 11 N Broadway Herington, Ks 67449



MEMORIAL HEALTH SYSTEM
Home Health & Hospice of Dickinson County
ABILENE Salina Regional Health Center



3,000 BLESSINGS AND COUNTING

Taylor Knauss, Home Health and Hospice of Dickinson County

Have you ever had that one coworker who always has the best stories, the best laugh, and the best advice? That's exactly what Dickinson County Home Health and Hospice (HH&H) has in April Morton, a dedicated home health aide. She may be quiet at first, but once she starts telling a story, all eyes, and ears, are on her.

April grew up in Chapman, Kansas, and graduated from high school in 1979. Before entering the healthcare field, she worked with Pat Little making signs and at the bakery with Ginny Dawson. She then took some time off to be a stay-at-home mom to her daughter.

April's journey into healthcare began in nursing homes, where she worked as a certified nursing assistant. It was there that she discovered her passion for caring for those in need.

She joined HH&H about 14 years ago and has since developed a unique and valuable skill: getting people to do things they don't necessarily want to do, like bathing, exercising, or opening up about their challenges. April has a true gift for helping those who struggle to help themselves.

One of the most meaningful lessons April has learned came while caring for a former boss from Village Manor (previously Mid-America). "I apologized to her for being a pain back in my younger days," April recalls, "and she said, 'No April, you were never a pain.' That's when I learned that everyone deserves grace."

When asked what she finds most rewarding about her work, April says, "Helping people stay in their homes as long as they can." Regarding hospice care, she adds, "It's about making sure the patient is as comfortable as possible and supporting the caregiver if they need a break." This is one of the many unique benefits of hospice: trained aides and volunteers are available to sit with patients, giving caregivers a moment to themselves, whether it's for a doctor's appointment, a walk, or simply lunch with friends.

Working in healthcare is not always easy, and April says she leans on her faith to get through the tough days. "I pray and give my burdens to Jesus," she says. The best advice she's ever received? "Trust in Jesus." And that's what she strives to do every day.

For the past five years, April has kept a daily record of her blessings. Even on the hardest days, this practice reminds her of life's beauty, she's now recorded over 3,000 blessings. When asked about her greatest accomplishment, April says simply: "Being a concerned, caring person." Anyone who knows her would wholeheartedly agree. She has a beautiful heart and a special ability to make people feel seen, heard, and cared for.

Outside of work, April enjoys spending time with her granddaughter, walking her Yorkies, and cheering on the Pittsburgh Steelers. She's also passionate about good public manners, always returning her shopping cart and throwing away her trash, two of her biggest pet peeves!

To wrap up our conversation, we asked April if she had any advice for our readers. She offered this heartfelt wisdom:

"We're only on this planet for a short time, use your time to leave it better."

Memorial Health System Dickinson County Diabetes Support Group

August 2025 Newsletter

Top Tips for Tackling the County Fair with Diabetes

August brings sunshine, community spirit, and one of the most anticipated events of the season: the County Fair! From the smell of kettle corn in the air to the excitement of carnival rides and live music, the fair is a celebration we all look forward to. Whether you're living with diabetes yourself or supporting someone who is, here are some essential tips to help you enjoy the fair safely, especially in the summer heat.

1. Respect the Heat: It's Not Just Uncomfortable—it's a Risk

People with diabetes are more susceptible to dehydration and heat-related illness.

Pro Tips:

- Drink water regularly, even if you don't feel thirsty.
- Take breaks in shaded or air-conditioned areas.
- Avoid peak heat hours (usually 1–4 PM) if possible.

2. Smart Food Choices at the Fair

Yes, fair food is famous—and often loaded with sugar and fat. But that doesn't mean you can't enjoy it with some balance.

Try This:

- Choose grilled meats, veggie kabobs, or roasted corn over deep-fried foods.
- If you're craving a sweet treat, consider splitting it with a friend or enjoying a small portion with protein to buffer your blood sugar.

4. Take Care of Your Feet

You'll be walking a lot, likely on hot pavement. And for people with diabetes, foot care is serious business.

Remember:

- Wear comfortable, closed-toe shoes—no flip-flops or sandals.
- Check your feet at the end of the day for blisters or irritation.

No meeting in August so that everyone can enjoy the fair! We'll be back in September with fresh topics and stories to share—maybe even your best fair-day success tips!

Dickinson County Diabetes Support Group
meets the first Tuesday
of every month
at 3:00 PM in the
Nichols Education Center

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center 2
- street level entrance and
parking in the back)

For Information on Diabetes Support
Group, please contact:
Marcy Newcomer, RD, LD, CDCES
785-263-6676



The Pursuit of Happiness: What Science Says About Finding Joy

Happiness is something we all strive for, but what does science say about how to achieve it? Based on recent research from the American Psychological Association, happiness isn't just about momentary pleasure—it's about long-term fulfillment and well-being. Let's explore some key insights on how to live a happier life.

What is Happiness?

Happiness isn't just about feeling good in the moment. Researchers often define it in two ways:

Hedonic happiness - the pleasure we get from enjoyable experiences.

Eudaimonic happiness - a deeper sense of fulfillment that comes from living a meaningful life.

Both types of happiness contribute to our overall well-being, but eudaimonic happiness is often more sustainable in the long run.

What Really Makes Us Happy?

The study suggests that happiness comes from a mix of personal choices and external circumstances. Here are some proven factors that contribute to happiness:

Strong Relationships

Human connection is one of the biggest drivers of happiness. Studies show that people with strong social ties—family, friends, or community—tend to be happier and healthier. Investing time in meaningful relationships pays off in the long run.

Purpose and Meaning

Happiness isn't just about pleasure; it's also about purpose. Engaging in activities that align with our values—whether it's helping others, pursuing a passion, or working towards personal goals—brings deeper satisfaction.

Gratitude and Mindset

Gratitude has been linked to greater happiness. Taking time to appreciate the good things in life, no matter how small, shifts our mindset towards positivity. Simple practices like keeping a gratitude journal can make a big difference.

cont. on next page

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 Gray, MD



Leah Speaks, MD



Salina Regional
Surgical Associates
Salina Regional Health Center

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



Physical and Mental Well-being

Taking care of our bodies and minds plays a crucial role in happiness. Regular exercise, healthy eating, and quality sleep improve mood and energy levels. Mindfulness and meditation can also reduce stress and increase overall well-being.

Money and Material Possessions

While money can contribute to happiness, it has limits. Research shows that after meeting basic needs, additional wealth has diminishing returns on happiness. Instead, spending on experiences, personal growth, and helping others often brings greater joy than material goods.

The Key Takeaway

Happiness isn't just something that happens to us—it's something we can actively cultivate. By focusing on relationships, purpose, gratitude, and overall well-being, we can create a life that is not just pleasurable but deeply fulfilling.

So, what small step can you take today to boost your happiness?

This article is provided by Memorial Health System's Senior Life Solutions Program. Our hospital outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self referrals, provider referrals, or community consultations.

Call us today at 785-263-6805



MEMORIAL HEALTH SYSTEM
VOLUNTEER CORPS

ABILENE |  **Salina Regional Health Center**

Give Back. Connect. Belong

Are you seeking a meaningful way to give back to your community? Looking to connect with others and find purpose? Memorial Health System (MHS) needs compassionate individuals to help support the care we provide every day.

Whether you have medical experience or not, you can make a difference. Our volunteers are the heart behind the care we give at MHS. From offering a warm welcome to patients and visitors to assisting behind the scenes. Every hour donated makes a powerful impact! "Volunteering at MHS is a fulfilling way to connect with others and be a part of something bigger than yourself," says Volunteer Manager Jenny Stuck.

What Can You Do as a Volunteer?

Choose how and when you serve—volunteer your way!

---Greet patients and visitors as a Lobby Ambassador and assist with wheelchair transportation

---Helping in the Caring Hearts Gift Shop

---Delivering flowers and mail to patient rooms

---Assisting the Marketing Department with tasks like folding newsletters and brochures, and updating waiting room materials.

---Serving on the Craft and Card Committees

---Taking on a leadership role for the Volunteer Board. Open positions include: President-Elect, Secretary, and Member-at-Large

Whether it's once a week or a few hours a month, your time matters! Ready to make someone smile?

Call Jenny Stuck at 785-263-6692 or visit the Volunteer Office at Memorial Health System, located in the hospital lobby. Apply online here: <http://mhsk.org/mhs-volunteer-application/>



Join our mailing list to receive your monthly issue of The Health Monitor!

<https://lp.constantcontactpages.com/sl/CNrmrRU/TheHealthMonitor>

MHS EMPLOYEES DONATE TO HERINGTON HEARTS CORE COMMUNITY

Employees of Memorial Health System (MHS) wore blue jeans at work for another “Jeans Day” fundraiser on Fridays throughout the month of June. Employees make a donation, of at least \$5, and are allowed to wear blue jeans at work. A total donation of \$440 was presented to Herington Hearts Core Community. The Herington Hearts Core Community program offers support to individuals to help build financial, emotional, and social resources as well as economic stability. The monthly Jeans Day fundraiser is organized by the MHS Employer of Choice (EOC) committee. Pictured from left are: Pam Schoemaker, EOC committee member; Sarah Veach, EOC committee member; Kevin Bayes, Herington Hearts Core Community Director/Coach; Chardy Magnett, Community Liaison/Facilitator for Herington Hearts Core Community; Jenn Chaput, EOC committee member; and Brittany Ogden, EOC committee member.



Check out these open positions at MHS!

Visit our website caringforyou.org

Join Our Team

CAREERS

Or simply scan the QR Code below.



Current Open Positions at MHS

Certified Medication Aide-VM
 Certified Nurse Assistants (multiple)
 Food Service Worker-VM
 Infection Prevention Nurse-LTC
 Licensed Practical Nurse or Medical Assistant
 Linen Services Associate - VM
 Massage Therapist
 Nurse Assistant-Hospital
 Maintenance Mechanic I
 Radiologic Technologist - CT
 Radiologic Technologist - Diagnostic
 Radiologic Technologist - Ultrasound
 Registered Nurse (multiple)
 Room Attendant/Village Manor CNA Scholarship
 Surgical Technician

Matilda at registration is an invaluable employee and should be recognized as such. She always greets me with a smile and an "I am here to serve you" attitude! The OP surgical staff was just as welcoming and merrily Mary something I can't remember her first name in the outpatient surgery department explained everything to me in detail and asked if I had any questions, answered everything so that I was knowledgeable about the procedure checked on me often during the 30 minute wait period after the injection. I couldn't have asked for a better experience.

Dr. Hicks is great. Only seen her twice but she is thorough.

Dr. Hinman is great and always listens

Dr Thompson is my doctor she makes me feel comfortable and listens to everything I have to say and I love her smile she makes me feel like I'm the only one she's caring for at that time

what patients are saying

I love Dr. Brown. She spends quality time with me and I never feel she needs to rush. So easy to talk to!

If it weren't for Nurse Practitioner Laura Pape, I might still be waiting for the surgery that had loomed over me for more than four years. That wait—long, painful, and full of disappointment—was only lifted

because of her. She stepped in not just with knowledge, but with genuine compassion, listening without judgment and speaking in a way that makes complex medical systems finally make sense.

She doesn't talk over your head or rush you along; she makes you feel seen, understood, and cared for. Just days before my

scheduled surgery in February, I found out my surgeon no longer accepted my insurance. I was devastated. Completely thrown. But then—almost miraculously—I had an appointment with Laura. And

as if by fate, she had just returned to work after receiving the very same surgery I had canceled. Instead of offering sympathy alone, she handed me a roadmap. She guided me through what I

needed to do to push the surgery through the VA, even recommending doctors in the system. Thanks to her swift and thoughtful actions, I received my surgery in under two months. My family and I say this without hesitation: Laura Pape is an angel.

An angel placed in my life at one of the hardest moments. Her kindness and advocacy are the reason I'm healing today—not just physically, but emotionally too. Thank you, Laura. Truly. If you hadn't "fallen" into my life, I would still be in pain. You are the reason things turned around, and I'm forever grateful.

I seen Todd and I haven't been more amazed with the care of a provider in Abilene than I was with him!! I felt like he had compassion, sympathy, and a wonderful bed side manner!!! I was in so much pain and was not sleeping and the day I came home, I was already feeling better. He acted fast and probably saved me from a lot more pain and from having a true medical emergency!!

Thank you so much and I appreciate you so much Todd!!!

Radiology

Elizabeth has always taken excellent care of me. She is very caring and kind! Along with showing excellent knowledge of her job which makes for trusted relationship with her patients.



PLAYGROUND AREA
GETTING CLOSER TO BEING
OPEN FOR USE!!!
RIBBON CUTTING TO BE
HELD DURING IMPACT THE
CAUSE EVENT!



Impact Sports and Fitness is proud to present our annual Impact the Cause fundraising event! For 15 years, this initiative, originally known as Impact the Cure, has raised vital funds to support the Memorial Health Foundation's mission: *"supporting and securing our community's health... now and for the future."* In past years, proceeds helped provide free mammograms for uninsured individuals in Dickinson County. Today, Impact the Cause supports a broader range of health-focused initiatives through the Memorial Health Foundation. While funding may still support mammograms, it can also go toward healthcare scholarships, patient transportation, medical equipment, and the continued development of Memorial View Park & Walking Trail. Thanks to last year's event, we were able to purchase the new playground equipment that will be unveiled this year!

This year, we're focused on supporting youth health. Proceeds will provide a one-month membership and a personal training session at Impact Sports and Fitness for youth ages 12 to 19. This initiative aligns with our 2025 Community Health Needs Assessment by addressing two key priorities:

- Priority #2: Reducing **chronic illness** by encouraging healthy lifestyles in youth to help prevent long-term health conditions.
- Priority #3: Increasing **physical activity** across all ages by hosting a fun, community-wide event that gets people moving.

We're excited to continue promoting health and wellness in our community—and we hope you'll join us!

Register now at: www.mhsk.org/impact-the-cause/ Or, if you're viewing this electronically, simply click the image below.

