



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

The Health Monitor

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS

SEPTEMBER 2025

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Impacting the Community Continues with a Cause

Impact Sports and Fitness is proud to celebrate 15 years of making a difference through our annual fundraising event. For many years, this initiative was known as Impact the Cure, with proceeds dedicated primarily to providing free mammograms for uninsured individuals in Dickinson County.

Last year, the event evolved into Impact the Cause—a new name that reflects a broader mission. While mammogram support remains a possible area of funding, the expansion allows proceeds to benefit a wider range of community health needs through the Memorial Health Foundation, such as healthcare scholarships, patient transportation, medical equipment, and enhancements to Memorial View Park & Walking Trail.

One of the most exciting outcomes of last year's event is the brand-new playground equipment at Memorial View Park. This month, during Impact the Cause, we will proudly celebrate the official ribbon cutting for this new addition—a lasting reminder of how your participation directly improves community health and wellness.

Looking forward, this year's Impact the Cause is focused on youth health initiatives. Proceeds will provide a one-month membership and personal training session at Impact Sports and Fitness for youth ages 12 to 19. This effort directly supports two key goals from the 2025 Community Health Needs Assessment:

- Reducing chronic illness by encouraging healthy lifestyle habits at a young age.
- Increasing physical activity across all ages through fun, community-wide opportunities.

Impact the Cause is more than a fundraiser—it's a movement that continues to grow and inspire, thanks to the incredible support of our community. Whether you walk, run, bike, or cheer from the sidelines, your involvement makes a real and lasting difference. Join us on September 13 for the event and the playground ribbon-cutting!

Impact
the
CAUSE



Register today at www.mhsk.org/impact-the-cause.

Memorial Health System & K-State Extension to Host Medicare Education Seminar



Abilene, KS – Memorial Health System, in partnership with K-State Research and Extension Chisholm Trail District, will host a **FREE** Medicare Education Seminar.

The seminar is designed to help community members better understand their Medicare options ahead of the annual open enrollment period, which begins October 15.

Attendees will learn from several professionals, the differences between Original Medicare and Medicare Advantage, common enrollment questions, and key factors to consider before making important healthcare decisions.

This event is open to the public. Anyone interested in learning more about Medicare, *whether enrolling themselves or helping a family member*, is encouraged to attend.

Event Details:

Date: Tuesday, October 1, 2025

Time: 5:30 – 7:30 p.m.

Location: Nichols Education Center, 1003 N Brady, Abilene
Light refreshments will be available

MHS EMPLOYEES DONATE TO ABILENE PUBLIC LIBRARY FOR STORY WALK PROJECT



Pictured from left are: Haley Jones, EOC committee member; Jonee Crump, Memorial Health Foundation Manager; Wendy Moulton, Abilene Public Library Director; Jamie Ely, Abilene Public Library Children's Librarian; Pam Schoemaker, EOC committee member; and Sarah Veach, EOC committee member.

Employees of Memorial Health System (MHS) wore blue jeans at work for another "Jeans Day" fundraiser on Fridays throughout the month of July. Employees make a donation, of at least \$5, and are allowed to wear blue jeans at work. A total donation of \$750 was presented to the Abilene Public Library for their "Story Walk" project along the MHS Walking Trail at Memorial View Park, on the south side of Memorial Hospital. Youth will walk the trail and stop at each "post" along the way to find the next page to each story. This will be an engaging activity for the youth of the community, and they will be getting a little exercise along the way. The monthly Jeans Day fundraiser is organized by the MHS Employer of Choice (EOC) committee.

HOME HEALTH & HOSPICE OF DICKINSON COUNTY
PRESENTS

Caregiver Connections

"A circle of understanding, strength, and renewal."

Session 1: Caring for You While You Care for Them

Self-care for caregivers is important!

Recognizing your own needs alongside your caregiver responsibilities can be a challenge. Let us help you!

Date: October 7, 2025

Time: 3:00 pm – 5:00 pm

Location: 1111 N Brady St., Abilene

Join our Caregiver Support Group sessions on the first and third Tuesday of every month.

Caring for you.

Hospice of Dickinson County invites you and your family to our annual

Celebration of Life Event

September 23rd, 2025 6pm
Lake Shelter House, Herington Kansas

Join us in this heartwarming event as we remember loved ones that have passed and honor the lives they lived.

Potluck dinner will be served

Please RSVP by September 16th by emailing hospice@mhsks.org or by calling 785-263-6630

Walk In Clinic

Emergency Room

How to choose the right care when you need it.



VS



Heartland Health Care Clinic's walk-in option is available to anyone. You do not need to be an established patient of the clinic to be seen for your acute care. Avoid the costs of an emergency room visit whenever possible, and choose the walk-in option!

Walk-In hours: Monday through Friday - 7am to 11am and 1pm to 6pm

*** If you visit the ER for acute care, you may experience longer wait times, as critical patients are always treated first.

Don't Forget!

Starting in September, Dr. Budden and Melissa Crawford will move to the SRHC Outreach Clinic on Second Floor

Salina Regional Health Center
OUTREACH CLINIC

Dr. Emily Budden
OB/GYN

For an appointment call
785-452-4850

WE ARE MOVING TO THE 2ND FLOOR

Starting in September!

Salina Regional Health Center
OUTREACH CLINIC

Melissa Crawford, PA
ENT

For an appointment call
785-823-7225

WE ARE MOVING ACROSS THE HALL

Starting in September!

Memorial Health System

Dickinson County Diabetes Support Group

Tuesday, September 2
at 3:00 PM in the
Nichols Education Center
1003 N Brady, Abilene



caresresources.org

The Cares Resource Guide is a list of resources within Dickinson County and the surrounding area.

MHS is a proud sponsor of the CARES Resource website.

Purse-a-Palooza

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



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 Purse 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.

Sepsis: Let's Get Loud About This Silent Killer

Understanding Sepsis: Know the Signs and Act Fast

When you think about infections, you probably imagine something a doctor can treat with antibiotics or rest. However, sometimes, the body's reaction to an infection spirals out of control, creating a life-threatening emergency called sepsis.

Sepsis is not an infection itself; it is the body's overreaction to infection that can damage tissues, shut down organs, and even lead to death if not treated quickly. Globally, sepsis affects nearly 50 million people each year and is responsible for about 1 in 5 deaths. In the United States, it strikes more than 1.7 million people annually and claims around 350,000 lives.

Sepsis can progress quickly—from mild symptoms to life-threatening shock in just hours. Death rates range from 30% for sepsis to as high as 80% for septic shock if untreated. That is why early recognition and treatment are so important. Sepsis can develop from any infection, whether bacterial, viral, or fungal. Common culprits include:

- Lung infections (like pneumonia)
- Urinary tract infections
- Abdominal infections
- Skin or wound infections

Even a small cut, an untreated UTI, or case of the flu can potentially lead to sepsis if the body responds abnormally.

Who Is Most at Risk?

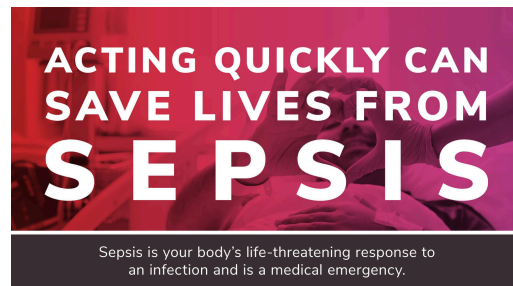
- While sepsis can affect anyone, some groups are especially vulnerable:
- Infants and young children
- Older adults (65+)
- People with chronic conditions such as diabetes, cancer, or kidney disease
- Individuals with weakened immune systems
- Hospitalized patients with IVs, catheters, or breathing tubes
- Pregnant women

Warning Signs: When to Seek Help Fast

Sepsis can be hard to spot, but some warning signs include:

- Fever, chills, or feeling very cold
- Rapid breathing or shortness of breath
- Fast heartbeat or weak pulse
- Confusion or disorientation
- Clammy, sweaty skin
- Extreme pain or discomfort ("the worst you've ever felt")
- In children under five years of age, look for poor feeding, vomiting, unusual sleepiness, or fewer wet diapers.

If these symptoms are present, especially after an infection, surgery, or injury, call 911 or seek emergency care immediately.



When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

- T TEMPERATURE**
higher or lower than normal
- I INFECTION**
may have signs or symptoms of infection
- M MENTAL DECLINE**
confused, sleepy, difficult to rouse
- E EXTREMELY ILL**
severe pain, discomfort, shortness of breath

CALL 911 OR GO TO A HOSPITAL AND SAY "I'M CONCERNED ABOUT SEPSIS"

Take the **TIME** to learn the signs at sepsis.org.



Made possible in part by an unrestricted educational grant from Merck and Co., Inc. Special thanks to the UK Sepsis Trust

©2020 Sepsis Alliance

How Is Sepsis Treated?

Sepsis is a medical emergency. In the hospital, patients are treated quickly with:

- IV antibiotics to fight the infection
- Fluids through an IV to maintain blood pressure
- Blood tests and monitoring
- Support for organs if needed, such as oxygen, dialysis, or surgery to remove infected tissue

Can Sepsis Be Prevented?

While not every case is avoidable, you can lower your risk by:

- Treating infections early and completing prescribed medications
- Practicing good hygiene and wound care
- Staying current with vaccinations (like flu and pneumonia)
- Managing chronic health conditions with regular care
- Knowing the warning signs and acting fast

The Bottom Line

Sepsis is serious, but awareness saves lives. By recognizing symptoms early, seeking medical attention promptly, and staying on top of your health, you can protect yourself and your loved ones.



It is with both joy and bittersweet emotion that we acknowledge the retirement of Teresa Hudson, after an incredible 29 years of dedicated service at MHS.

She joined Memorial Hospital in 1996, and throughout her time at MHS, Teresa has been more than just a nurse; she has been a beacon of compassion and knowledge. Her ability to forge lasting relationships with both her co-workers and patients has resulted in friendships that will endure long after her departure. Known affectionately as the "Singing Nurse," she brought joy and comfort to everyone around her with her cheerful disposition and warm spirit. Teresa's contributions to MHS have been remarkable. She has mentored new nurses, participated in committees, and served as an ACLS Instructor, amongst many other things. During her six-year reign as the Medsurg Nurse Manager, her leadership was instrumental in shaping the department during the build of a hospital addition, which relocated the department.

Teresa returned to her first love, floor nursing, allowing her to focus on her patients and community. Her last years at MHS were spent in Surgery/Outpatient, continuing to showcase her fun and welcoming personality, lighting up the rooms for her patients.

Although Teresa is retiring from her full-time position, we are grateful that she will remain with us in a PRN capacity. We will still see her occasionally, which is a comforting thought for all of us.

Teresa, your presence will be greatly missed by staff and patients here at MHS. Thank you for your 29 years of exemplary service. You are truly a top-notch nurse, and we wish you all the best in your future endeavors.

Melissa Taplin,BSN,RN
Outpatient/Surgery Director

A Heartfelt Thank You to Danielle Gantner, RN

Director of Dickinson County Home Health and Hospice



At the heart of every strong team is a steady, compassionate leader, and at Dickinson County Home Health and Hospice, that leader is Danielle Gantner, RN. This month, we take a moment to express our deepest gratitude to Dani for her dedicated leadership, clinical excellence, and unwavering commitment to patients, families, and staff alike.

As Director, Danielle brings more than professional expertise; she brings presence. In the fast-paced, emotionally complex world of home health and hospice, Dani leads with both her head and her heart. Her decisions are rooted in clinical integrity, patient dignity, and a clear vision for quality care at every level.

Dani's impact is felt daily in the ways our teams are supported, our services are strengthened, and our mission is lived out in every home we enter. She has a remarkable ability to balance the demands of management with the deeply personal nature of hospice and home health care.

Whether she's guiding staff through a difficult case, mentoring new nurses, or advocating for improvements in care delivery, Dani leads by example with empathy, quiet strength, and a steadfast dedication to the people we serve.

Under Dani's leadership, our program has continued to grow not just in numbers, but in depth and heart. She reminds us, even on the hardest days, why we do this work: to bring comfort, dignity, and support to people at home, in some of life's most vulnerable moments.

Her leadership has elevated the care we provide and strengthened the bond we share as a team. From bedside to boardroom, her influence is lasting and deeply appreciated.

Thank you, Dani, for your unwavering commitment to this community and this team. Your leadership inspires confidence, your compassion inspires trust, and your heart inspires all of us to give our very best.

Your guidance has helped build a team that leads with both skill and heart.

With sincere appreciation,
Your Home Health & Hospice Team

Memorial Health System Welcomes

Briley Bohon, MS, LAT, ATC

ATHLETIC TRAINER



Background & Education

Briley earned her Master of Science in Athletic Training from Kansas State University. She will provide care in the Rehabilitation and Sports Medicine Department at Memorial Hospital, as well as the Sports Medicine Clinic at Salina Regional Health Center. Briley will also provide care to the athletes at Abilene High School.



MEMORIAL HEALTH SYSTEM
Rehabilitation & Sports Medicine
ABILENE Salina Regional Health Center

511 NE 10th ST., Abilene, KS | 785-263-6664 | www.mhsk.org

The Abilene Memorial Hospital is the best, they are extremely caring and competent. We are so blessed to have them serving our community!!

Dr. Brown and her Team are AWESOME!!!

Dr. Hinman was very thorough and listened intently to my questions and concerns.

Dr Thompson is really great. When you tell her something, you can tell she is listening. And every problem I have seems just as important to her as it does to me so she is very thorough on her exam and not rushed . Great experience really

what patients are saying

Dr. Holmes has always been very, very nice to me.

Elizabeth, the radiology tech. Was extremely kind and extremely thorough. She listened to my verbal and nonverbal cues when being positioned on the breast exam table. She is truly an expert in her field.

I was very appreciative of the care and the concern by the entire staff of people there. I felt they were very professional and they were very respectful. And I am very, very pleased with all the people that I've encountered at the hospital. Thank you.

We had APRN Erica Forbes when we visited and my children and I had the absolute best experience. She was so kind, funny, and thorough with my son (3). Didn't just feel like your typical Dr visit. She made us all feel comfortable and was absolutely okay with how high energy he was during the appointment. You could tell that she loves her job. 10/10 recommend seeing her

Todd was very thorough and compassionate. We truly appreciate the walk in clinic, staff, Todd and care we have received. Keep up the great work

Friendly staff , clean areas. No waiting , Ashley got IV stick on First try ! There is nothing like the care you receive in this facility , EXCELLENT!



MEMORIAL HEALTH SYSTEM
Impact Sports and Fitness
ABILENE Salina Regional Health Center


TRY US OUT!

1ST TIME MEMBERS GET

50% OFF

YOUR FIRST 90 DAYS


* First 90 days with discounted price must be paid upon sign up.




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

SURGICAL CARE CLOSE TO HOME


Salina Regional Health Center is committed to providing services to patients close to their own home. To help patients receive their care closer to home, the surgeons at Salina Regional Surgical Associates travel to Memorial Health System to offer comprehensive, personalized care in outreach clinics.




SALINA REGIONAL SURGICAL ASSOCIATES
GENERAL SURGEONS



Dr. Justin Klaassen




Dr. Jesse Gray



Dr. Leah Speaks

To schedule an appointment in Abilene call
Salina Regional Surgical Associates at (785) 452-7245.

For a list of specialty care in your community visit www.srhc.com and click on "Services" then "Outreach Clinics".



BUILD YOUR FUTURE IN ABILENE
HEALTHCARE FACILITIES

Now Hiring

RNs, LPNs, CNAs



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

We Offer:

- ★ Tuition Reimbursement (up to \$5,250)
- ★ \$1200/Year Childcare Stipend
- ★ Employee Discounts
- ★ Referral Bonus Programs
- ★ Extended Illness Bank
- ★ ETO & Paid Holidays
- ★ Loan Forgiveness for Qualifying Roles
- ★ Bonus Opportunities for Qualifying Roles

View Positions &
Apply at SRHC.com

and join our Abilene Community!



Salina Regional Health Center



QUESTIONS? CONTACT:
Savy Samreth
Talent Acquisition Specialist
785-452-7464
ssamreth@srhc.com

See a full list of job
openings at MHS by
clicking the Careers
button below or simply
scan the QR Code to visit
our career page.

Join Our Team

CAREERS



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

GET BACK TO YOUR LIFE WITH
AQUATIC THERAPY



The HydroWorx 350 Series Aquatic Therapy is a versatile underwater therapy with unique features that can help almost anyone with a wide variety of health conditions.

- **Older adults:** Decreased joint pain, improved sleep patterns, greater flexibility and an overall improvement in physical and psychological wellbeing.
- **Overweight/obese adults:** Reduces the risk of injury and perception of effort in overweight users, while contributing to improvements in aerobic capacity and body weight.
- **Post-surgery Recovery:** Faster recovery times and less incidences of re-injury when underwater therapy is incorporated into their rehabilitation.
- **Osteoarthritis:** Less joint pain and greater improvements in mobility.



MEMORIAL HEALTH SYSTEM
Rehabilitation & Sports Medicine
ABILENE Salina Regional Health Center

Patients may self-refer.
Call us today to schedule your
appointment!
785-263-6664

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