



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

# The Health Monitor

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS

October 2025

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## Memorial Health System Awarded \$20,000 Grant to Expand Integrated Behavioral Health Services

(October 1, 2025) – Abilene, Kan. — Memorial Health System is proud to announce that Heartland Health Care Clinic has been awarded a \$20,000 grant from the Sunflower Foundation to support its ongoing efforts to integrate behavioral health care services into primary care.

Angie Johnson, Chief Nursing Officer, and Karysa Reyer, Clinic Operations Director, attended the Integrated Care Learning Network Launch Event on September 17 at the Sunflower Nonprofit Center in Topeka. The event brought together health care leaders from across Kansas to explore innovative models of integrated care that improve patient outcomes through collaboration between medical and behavioral health providers. “This grant strengthens our ability to provide patient-centered care that addresses both physical and mental health needs,” Johnson said. “We are grateful to the Sunflower Foundation for recognizing the importance of behavioral health and supporting clinics like ours.”



Currently, Heartland Health Care Clinic offers a variety of behavioral health services, including medication management, individual therapy and group therapy through its partnership with Senior Life Solutions, an affiliate program of MHS. The clinic also provides referrals to trusted mental health professionals throughout Dickinson County and the surrounding region.

The work being led by Johnson and Reyer directly supports MHS’s Community Health Needs Assessment (CHNA), which identified mental health as the top community health priority. By expanding integrated care services, MHS is taking measurable steps toward addressing this need and ensuring greater access to behavioral health resources for patients and families in the region.

“The Sunflower Foundation’s support allows us to expand on what we’ve already started and create a more sustainable model of integrated care,” Reyer said. “This is about building a stronger health care system for our community, and collaborating with our community partners when we are able.”



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.*



## "SWEETS STREET"

- A TRUNK OR TREAT ON BRADY STREET -

**Halloween Fun for Everyone!**

*"Another opportunity for kids to have fun wearing their Halloween costumes!"*

**WHEN: Monday, October 27**  
**WHERE: Memorial Hospital**

511 NE 10<sup>th</sup> Street in Abilene  
(back parking lot on Brady Street)



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Also joining MHS - Abilene Police Department, Abilene Fire Department, and Dickinson County Sheriff's Office



## MHS EMPLOYEES DONATE TO DERRIK'S RIDE

Employees of Memorial Health System (MHS) in Abilene wore blue jeans at work for another "Jeans Day" fundraiser on Fridays throughout the month of August. Employees make a donation, of at least \$5, and they are allowed to wear blue jeans at work. For August, a total donation of \$920 was presented to Tori Murphy, organizer of Derrik's Ride. Derrik's Ride is an annual event to help in the fight against childhood cancer, which features a poker run, dinner, auction, and more. This year's event is in Old Abilene Town on Saturday, September 20<sup>th</sup>. For more information, search "Derrik's Ride" on Facebook. The Jeans Day was organized by the MHS Employer of Choice (EOC) committee. Pictured from left: Billy Hansen, EOC committee member; Murphy; and Matilda Calvin, EOC committee member.



## 340B RX Program

Memorial Health System partners with local pharmacies to help patients get the medications they need.

**IF YOU DO NOT HAVE PRESCRIPTION DRUG INSURANCE, YOU MAY QUALIFY FOR THE 340B RX PROGRAM.**



**ASK US HOW IT WORKS!**

**785-263-4131**



## Memorial Health System announces new location for Salina Regional Health Center Outreach Clinics

Memorial Health System (MHS) is proud to announce the official designation of the Salina Regional Health Center Outreach Clinic, now located on the second floor of Memorial Hospital in Abilene. The designated clinic location provides a centralized, convenient space for visiting specialists from Salina Regional Health Center.

Patients have already begun seeing Salina Regional general surgeons Jesse Grey, M.D., Leah Speaks, M.D., and Justin Klaassen, D.O., in the new clinic. This month, obstetrics and gynecology (OB/GYN) services with Emily Budden, M.D., and ear, nose, and throat (ENT) care with Melissa Crawford, PA, also will see patients in the new location. In October, oncology and hematology specialists, Jeffrey Geitz, M.D., Peeran Sandhu, M.D., and endocrinologist Richard Gomendoza, M.D. also will join the clinic. More specialty services are anticipated to transition into the new clinic in the future.



Salina Regional Health Center's goal is to improve access to care for patients close to home. Since affiliating with SRHC, MHS has welcomed a growing number of visiting specialists to Abilene, which has resulted in more procedures and follow-up care being done locally. This not only benefits patients and families, but also strengthens the entire community by keeping high-quality care accessible.

"Having a wide range of specialists visit Abilene is incredibly important for patients," said Kim Haverly, MHS Administrator. "When patients can receive the services they need without traveling long distances, it's better for their health, their families and their employers. It reduces time away from work, limits stress and helps ensure that our most vulnerable populations have access to the care they need, close to home."

A complete list of visiting specialists and scheduling information is available on the MHS website at: <https://mhsk.org/providers/>.

**NOW AVAILABLE  
Rheumatology  
services at  
Heartland Health  
Care Clinic**

Heartland Health Care Clinic welcomes

**Stephen Ruhlman, MD**  
Rheumatology



MEMORIAL HEALTH SYSTEM  
Heartland Health Care Clinic  
ABILENE Salina Regional Health Center

511 NE 10<sup>th</sup> ST., Abilene, KS | 785-263-4131 | [www.mhsk.org](http://www.mhsk.org)



#### Background & Education

Dr. Ruhlman earned his Doctor of Medicine degree, along with Certificates of Residency and Fellowship, from the University of Kansas. Since graduating in 1997, he has built a distinguished career with Arthritis Specialists of Greater Kansas City, based in Overland Park, KS.

Dr. Ruhlman is now seeing patients in Abilene on Mondays at Heartland Health Care Clinic.

## ADHD Awareness Month

### ADHD IN OLDER ADULTS: WHAT YOU SHOULD KNOW

When we think of ADHD (Attention Deficit/Hyperactivity Disorder) most of us picture kids who are bouncing off the walls or can't sit still in school. But many older adults also live with ADHD. It doesn't disappear with age. Many people may not even realize they have ADHD. And too often, it gets confused with just "getting older" or even early dementia. Let's explore what ADHD looks like in older adults, and why it's important to get the right diagnosis and support.



**Forgetfulness**



**Difficulty finishing tasks**



**Trouble staying focused**

If these experiences sound familiar, you're not alone. These are common symptoms of ADHD in older adults

For many people, retirement, a change in lifestyle, or chronic illness removes the routines that helped keep them on track for years. Without that structure, ADHD symptoms may feel more noticeable. But unlike age-related memory loss, ADHD symptoms usually start much earlier in life, even if you didn't know it at the time.

A recent review of studies found that many older adults either have a diagnosis of ADHD or fit the criteria, even if they've never been officially diagnosed. That means there are likely lots of people out there struggling silently.

#### Challenges in Diagnosis

Here's the tricky part: the symptoms of ADHD can look a lot like other issues that happen with aging, like mild memory problems or even depression. As a result, ADHD often goes undiagnosed or misdiagnosed.

Harvard Health argues that doctors might not be thinking about ADHD when evaluating older patients. That's starting to change, but slowly. Family history can be a helpful clue since ADHD often runs in families. There are also screening tools that can help, but a full evaluation by a professional is the best way to know for sure.

Another challenge? Most of the tools used to diagnose ADHD were designed for kids. They're not always a good fit for older adults, which means the condition can fly under the radar for years.

#### What Can Be Done to Help?

The good news is: there are treatments that can make life easier if you're living with ADHD. Some people benefit from medications like stimulants, which are commonly used to treat ADHD. But for older adults, these meds can sometimes affect the heart, so it's important to work closely with your doctor if you're considering them.

Therapy, including cognitive-behavioral therapy (CBT) and group therapy can also help. It focuses on building routines, improving time management, and learning ways to stay on track. More research is still needed to figure out what works best for older adults, but many people find relief with the right support.

#### Why It Matters

Understanding ADHD in older adults is important all year, not just during ADHD Awareness Month. It helps avoid the frustration and confusion that come with being misdiagnosed. And with the right tools and support, many people are able to manage their symptoms and enjoy a better quality of life.

If you, or someone you care about, have trouble staying focused, forget appointments often, or struggle to finish everyday tasks, it's worth bringing up with a doctor. ADHD doesn't just affect kids. And you're never too old to get the answers and help you deserve.

Memorial Health System's Senior Life Solutions 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

## Celebrate Breast Cancer Awareness Month with Us!



The Pink Ribbon is a community scavenger hunt designed to raise awareness for breast cancer and learn about other resources in your community! Follow the QR codes for some fun learning and a chance to win a prize!

#### Each QR code will:

... share a fact about mammograms

... reveal a clue word for the message required for the prize entry

Collect all of the code words to create a message. Put the message on your entry form to be entered for a prize. The winner will be announced on MHS Pink Out Day – **TUESDAY, OCTOBER 28<sup>th</sup>!**



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START HERE





## KHA Leadership Institute Graduates 31



Sara Boyd is pictured on the far right, in the pink suit jacket.

The Kansas Hospital Association Leadership Institute graduated its 23rd class of 31 students on Sept. 5, 2025, at the KHA Annual Convention and Trade Show in Wichita, Kansas. Students were nominated by their hospital's CEO to be part of this select group. They represent the future leaders of Kansas hospitals.

Helping to build future healthcare leaders is important to the Kansas Hospital Association. "We are committed to strengthening and promoting the leadership capacity of hospital employees in Kansas," said Chad Austin, president and CEO, Kansas Hospital Association. The KHA Leadership Institute was established to help hospitals provide professional development opportunities that accentuate the personal skills and abilities needed to facilitate positive change and innovation in Kansas hospitals.

The 2025 Leadership Institute class was diverse. They represented a wide geographic distribution of hospitals from St. Francis to Liberal and Neodesha to Lawrence – there was representation from all parts of the state. Students had been working in healthcare for as little as a year to 20 years. Several students have been in management positions, while others were new managers. Some students also supervise other staff, from a few to more than 50 employees.

It is important to note that the students nominated to participate in this program were not selected because they needed to learn "management skills." They were nominated because their CEO recognized their potential to be future leaders and wanted to help cultivate that development. Each one of these students made a personal and professional commitment to expanding their skills by attending all six courses of the Leadership Institute.

The curriculum was structured to enhance each student's leadership abilities. Course #1 focused on explaining the difference between leadership and management, identifying organizational values and creating a positive organizational climate. Course #2 focused on enhancing communication skills and grassroots advocacy. Course #3 focused on team building - including how to lead a team and how to be part of a team and Course # 4 examined conflict and conflict management. Course #5 was at the KHA Annual Convention and Trade Show. Students learned about the challenges facing health care.

## Memorial Health System Volunteer Corps receives 31st Gold Award of Excellence

The Memorial Health System (MHS) Volunteer Corps has once again been recognized with the Gold Award of Excellence from the Hospital Auxiliaries of



Kansas – marking their 31st consecutive year receiving this distinguished honor. To qualify for the award, volunteer groups must meet 15 requirements each year. The MHS Volunteer Corps fulfilled these by engaging in a variety of impactful activities, including:

- Hosting fundraisers such as the Purse-A-Palooza Silent Auction, Scrub Hub, SUNdae FUNdraiser, and the popular Collective Goods lobby sale
- Supporting health career scholarships
- Recruiting new members
- Promoting National Volunteer Week

Jenny Stuck, MHS Volunteer Services Manager, commended the Corps for their achievement.

"We have the most amazing volunteers!" Stuck said.

"Meeting the Gold Award requirements every year shows the level of commitment our volunteers have to Memorial Health System and our community, which is truly remarkable. Each and every volunteer plays a role in the success and strength of the Volunteer Corps."

For more information on becoming a volunteer at Memorial Hospital, please contact Jenny Stuck, MHS Volunteer Services Manager, at 785-263-6692.

## Hospice Volunteer Joni Cook Receives Statewide Hero Award

Joni Cook, a dedicated volunteer with Home Health and Hospice of Dickinson County, was honored with the Home Care and Hospice Hero Award by the Kansas Home Care and Hospice Association during its annual conference on Wednesday, September 17. This award recognizes individuals who are not employed in the field, but who make a profound impact on home care and hospice through their selfless dedication and support.



Pictured in the center is Joni Cook receiving her award.

Since joining the hospice program in spring 2021, Cook has donated over 730 hours of her time – consistently going above and beyond in her role. She was nominated by the staff of Home Health and Hospice of Dickinson County, for her unwavering commitment, compassion and extraordinary service.

Whether sitting with patients in their final hours, offering a calming presence to grieving families, or simply holding a hand in silence, Cook provides comfort in ways words often cannot. Her natural ability to connect with patients – with dignity, empathy and grace – has brought peace to many during life's most vulnerable moments.

One story that captures the essence of Cook's compassion involves a blind patient who had been moved between multiple long-term care facilities

and suffered from severe anxiety. When Cook first began visiting, the patient was new to her current home and feeling unsettled. To help ease her anxiety, Cook began describing everything around them – painting vivid scenes of the environment. As they sat together and listened to the birds, Cook shared the beauty just outside the window. These visits soon became a source of joy and comfort for the patient, transforming her experience into something peaceful and meaningful.

In addition to her work with patients, Cook is a tireless advocate for hospice awareness in the community. She mentors new volunteers, supports bereavement and staff appreciation events and serves on the Hospice Advisory Board as secretary. Her positivity uplifts the entire team, and her quiet leadership continues to inspire others.

"Hospice care requires a rare blend of emotional strength, compassion and resilience," said Taylor Knauss, volunteer coordinator at Home Health and Hospice of Dickinson County. "Joni embodies all of these qualities and more. She reminds us that true heroism doesn't lie in grand gestures, but in consistent, heartfelt acts of kindness."

Pictured below: Guests are lined up for the potluck dinner that was provided by staff and volunteers.



## HOSPICE VOLUNTEER MEETING

### Abilene

Date : October 21, 2025  
Times : 12:00pm  
Venue : Home Health and Hospice Office  
Address : 1111 N Brady Abilene, KS 67410

### Herington

Date : October 23, 2025  
Times : 2:00pm  
Venue : Home Health and Hospice Office  
Address : 11 N Broadway Herington, KS 67449

- Volunteer Recruitment
- End of Year Reviews
- Subject requests for 2026

***Thank you for attending the Celebration of Life Event in Herington on September 23.***

Pictured below: Dani Gantner place a "thumb print leaf" on the memory tree.





Everyone was very professional and caring. The ladies checking me in and out, my nurse, Chris, and my doctor, Laura Pape.

Dr. Hinmen is wonderful and is very helpful to me as I see her only once a year. All My appts always made in a prompt manner.

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!

Dr. Megan Brown is the BEST doctor I've ever had! Always listens and takes the time to answer all my questions and concerns. Our family is so blessed to have her as our PCM/Doctor, she's always kind, compassionate and treats us like family! Her nurse, Barb is also great, always returns calls, promptly addresses any health concerns we have with Dr. Brown when we call. Heartland Health Care Clinic is a true blessing to our community!!

# what patients are saying

Absolutely love Amanda and Dr. HOLMES!

Elizabeth, the home health team of Jenny RN, Kristina LPN, Leslie PT and Sydney PT were very friendly and professional. I enjoyed working with them. e 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.

Phlebotomist was one of the best ever and had a great sense of humor.

Great experience. No waiting. Elizabeth in x-ray was awesome! She was so kind, caring and a great listener. Super asset for your hospital. Kimberly in lab is super too. I'm a hard stick, but she seems to get me to relax and gets me on first try. Can't ask for better than that! Love Abilene Hospital

Dr Hicks is a terrific addition to the staff. She is considerate, concerned, and has great communication skills. I would highly recommend her to anyone.

Dr. Ziegler is my primary doctor. What a wonderful doctor. I'm so glad I decided to switch due to convenience for me since I live in Abilene. His exam room is so neat. It makes you feel more relaxed and comfortable. Usually you are waiting in a room with a wall full of depressing health material. You feel sick as it is, then you read the material on the wall and you leave wondering when that is going to happen. Dr. Ziegler nailed it with his sports memorabilia. My Very Favorite Doctor

VILLAGE MANOR IS

# Now Hiring!

Discover meaningful work at Village Manor! Join a staff where you're valued — by your coworkers, leadership, and the community we serve.

We are now offering Sign-On Bonuses for RNs, LPNs, and CNAs.

We have new starting rates in November 2025!

We Take Care of You So You Can Care for Others. Enjoy competitive rates and full benefits.

SIGN-ON BONUSES FOR:

- RN **\$15,000**
- LPN **\$7,000**
- CNA **\$6,000**

All Sign-On Bonuses require a 2 year tie-off-service and are subject to change at anytime.

View Positions & Apply at [SRHC.com](https://www.srhc.com) and join our Abilene Community!

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Salina Regional Health Center

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





# Protect Your Health

Get Vaccinated Today!

## Why Vaccination?

Heartland Health Care Clinic providers recommend all patients receive their flu shot, with October being the best time.

"Flu season often peaks between December and February. It takes a couple of weeks for your body to build protection after getting vaccinated. Getting your flu shot early helps ensure you're covered before flu cases rise. Unfortunately, the flu shot doesn't prevent every case, but it can make illness milder and lower the risk of serious complications."

- Karysa Reyer, MSN RN-CHFM  
Director of Clinical Operations

### Walk-in Flu Shot Clinics

Wednesday, October 1, 2025	7:00am - 6:00pm
Friday, October 10, 2025	8:30am - 4:00pm
Tuesday, October 14, 2025	1:00pm - 5:00pm
Wednesday, October 15, 2025	7:00am - 12:00pm

\*High-dose flu shots available upon request while supplies last

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\*Please note: Patients with KanCare health insurance should contact the Dickinson County Health Department in Abilene to schedule their vaccination.



## Lymphatic Drainage Massage

Gentle • Healing • Restorative

What is it? A light, rhythmic massage technique that stimulates your body's lymphatic system - helping flush out toxins, reduce swelling, and support natural healing.

### Benefits You'll Feel:

- Boosts Immunity
- Reduces Swelling & Water Retention
- Detoxifies the Body
- Relieves Sinus Pressure
- Promotes Relaxation
- Improves Skin Health

### Who Can Benefit?

- \*Post-surgery recovery
- \*Athletes (faster muscle recovery)
- \*People with swelling or inflammation
- \*Anyone seeking a natural detox & relaxation boost

Contact Us To Schedule Your Appointment at Impact Sports & Fitness, 785-263-3888

Memorial Health System Impact Sports and Fitness ABILENE | Salina Regional Health Center



# The Health Monitor

MEMORIAL HEALTH SYSTEM ABILENE, KANSAS

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS



## The Health Monitor Sign Up!

The Health Monitor is a monthly newsletter from Memorial Health System in Abilene, Kansas.

Constant Contact



<https://lp.constantcontactpages.com/sll/CNmrRU/TheHealthMonitor>



[caresresources.org](https://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.