



December, 2025



# Patient and Visitor

MEMORIAL HEALTH SYSTEM  
ABILENE, KANSAS

*A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS*

## Athletic Trainer Briley Bohon Settle into Role at MHS

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Athletic trainer Briley Bohon has spent the last few months settling into her role with Memorial Health System’s Rehabilitation and Sports Medicine Department. In her position, she works closely with Abilene High School, where she provides on-site care and support for student-athletes across all home varsity sporting events. Bohon also spends one day a week at the Salina Regional Sports Medicine & Orthopedic Clinic, where she gains additional experience in bracing, splinting and casting. Working alongside other athletic trainers provides opportunities for mentorship, collaboration and professional development.

Bohon grew up in Oklahoma and graduated in 2024 with a Master of Science in Athletic Training from Kansas State University’s accelerated five-year program – a path she pursued after receiving a scholarship. “My dad went to K-State, so I always wanted to follow in his footsteps and go there as well,” Bohon said. The program allowed her to move directly from three years of undergraduate work into graduate studies without earning a standalone bachelor’s degree.

Bohon and her husband, who met in high school, moved to Kansas when he was relocated to Fort Riley with the military. Coincidentally, the move brought her closer to family as well. “My mom and dad moved from Oklahoma to Salina just a few years ago,” Bohon said. “My mother is



originally from Topeka and my father is from Nebraska, so I-70 was a well-traveled road for me growing up,” she said, noting that she had driven through Abilene her entire life. “It’s definitely a bonus to be closer to family.”

Bohon first connected with Memorial Health System two years ago when she shadowed longtime former athletic trainer Justin Clark during football and cross-country coverage. Clark reached out to her again this summer about an opening at MHS. “I was surprised to get a call from Justin,” Bohon said. “I didn’t even know he had left Abilene.” Knowing she would have support from the Salina team, Clark, and even her K-State professor eased her concerns about stepping into the role as Abilene’s only athletic trainer.

Before joining MHS, Bohon completed her final clinical rotations at a physical therapy clinic in Texas, where she stayed on as staff after graduation. Her experience there was largely clinic-based, focused

Continued on next page



Bohon continued...

on rehab and evaluations, with limited sports coverage, including work with a six-man football team. While in Texas, she also worked alongside athletic trainers who taught a sports medicine class, giving students hands-on experience on game days. Learning that MHS offered a similar model, teaching students at AHS while attending varsity athletic events across football, basketball, wrestling, baseball, softball, tennis and track and field, was another major factor in taking the job. She had also heard that AHS had built a new fieldhouse in recent years, which was a feature that any athletic trainer would be excited about when considering their options.

She attributes her passion for athletic training to her time as a student-athlete at Little Axe High School in Norman, Okla., a 3A school without a full-time athletic trainer. As an athlete in softball, basketball and cheer, she understood the importance of having an athletic trainer present to take care of students. Bohon also served as a football and baseball manager in high school and frequently interacted with the athletic trainer who covered football games. It was during this time that she realized, “Oh, this is a real job that you can do. You get to watch sports and be like a nurse... OK, this is kind of what I want to do!” Bohon recalled.

While athletic training positions are predominantly found in health care environments, the profession is gaining more recognition. Athletic trainers can now be found in schools, military and even industrial settings. Bohon hopes more students will learn about athletic training as a career option through Abilene High School’s sports medicine class. “Unfortunately, it will not run this spring due to low enrollment,” Bohon said. “But, I am optimistic that expanding awareness will increase interest for the school year starting in fall 2026.”

In her free time, Bohon enjoys small-town adventures – exploring local shops and restaurants that give each community its unique character.

“I am very glad I chose MHS,” Bohon said. “I absolutely love it here in Abilene, and I enjoy coming to work every day. The people are so nice, the staff is great... the kids are amazing.”



MHS EMPLOYEES DONATE TO ABILENE AREA TOYS 4 TOTS

Employees of Memorial Health System (MHS) in Abilene participated in another “Jeans Day” fundraiser throughout the month of October. Employees make a donation, of at least \$2, and are allowed to wear blue jeans at work. A total donation of \$1,001 was presented to the Abilene Area Toys 4 Tots organization. The monthly Jeans Day fundraiser is organized by the MHS Employer of Choice (EOC) committee.

Pictured from left are: EOC committee members Pam Schoemaker, Megan Williams, Matilda Calvin, and Traci Jurgensen; Billy Hansen, Abilene Area Toys 4 Tots board member and EOC committee member; Abilene Area Toys 4 Tots board members Chesney Fink, Caitlyn Leff, and Theresa Sheaffer; and Joanna Baker, EOC committee member.

Memorial Hospital is an Abilene Area Toys 4 Tots drop off location for new toys, games, books, and monetary donations through December 15<sup>th</sup>.

Abilene CARES Coalition  
**Christmas**  
**FESTIVAL of TREES**  
December 6  
10am-7pm  
Santa will visit 3:00 - 5:00 pm  
Trees, Wreaths and other Christmas items donated by local businesses.  
Bidding by Silent Auction  
Proceeds benefitting Abilene Core Community  
Abilene VFW Post 3279  
317 N Spruce St

Memorial Health System is a proud member of the CARES Coalition.

Stop by and place a bid on this beautiful wreath donated by Memorial Health System!

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

**NOW OPEN!**

Salina Regional Health Center Outreach Clinic

Memorial Hospital  
2<sup>nd</sup> Floor

SRHC Visiting Providers

Dr. Speaks - General Surgery  
Dr. Gray - General Surgery  
Dr. Klaassen - General Surgery  
Dr. Battin - Cardiology  
Dr. Budden - OB/GYN  
Dr. Gomendoza - Endocrinology  
Dr. Geitz - Oncology/Hematology  
Dr. Sandhu - Oncology/Hematology  
Melissa Crawford, PA - ENT

**STARTING IN DECEMBER!!!**  
Dr. Rebecca Johnson—Podiatry

**Memorial Hospital Lab Hours of Operation**

**Monday — Friday**  
7:00 am to 7:00 pm

**Saturday**  
7:00 am to 10:00 am  
(please contact scheduling, walk-ins are not recommended)

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
- Skin Irritations

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!

*Caring for you.*

**RETIREMENT Party**

**Elgin Glanzer**

Please join us for a farewell reception to honor Chief Financial Officer, Elgin Glanzer, on his 31 years of service to MHS!

Tuesday  
December **16**  
3 PM - 4 PM

MEMORIAL HEALTH SYSTEM ABILENE | *Caring for you.*  
511 NE 10<sup>th</sup> Street, Abilene





# A WEEK OF SIMPLE SELF-CARE ACTIVITIES FOR BETTER MENTAL HEALTH

When life gets busy, it's easy to forget about taking care of yourself. But small, regular self-care activities can make a big difference in how you feel, both mentally and physically. You don't have to spend a lot of money or time to care for your well-being. Just doing one small thing each day can help you feel more balanced, more in control, and more connected to yourself and others.

**Here's a simple weekly plan with an easy self-care activity for each day of the week:**

**Reminder:**

Self-care isn't selfish, it's necessary. Taking care of your mind and body helps you stay strong, cope with stress, and enjoy life more fully.

Building new habits takes time, and it's okay if you miss a day or two. Self-care isn't about being perfect. It's about showing yourself kindness and doing what you can. If one activity doesn't fit your day, try another. Be flexible, and give yourself credit for even the smallest steps. Mental health is a journey, not a checklist.

Try adding these simple habits to your week, and see how they make you feel.



**Take a 10 minute walk outside.**  
Start your week by getting some fresh air. A short walk can clear your head, reduce stress, and help you feel more energized. If walking isn't easy for you, just sitting outdoors for a few minutes can still offer many of the same benefits.



**Call or visit someone you care about.**  
Loneliness can hurt our mental health. Reach out to a friend, family member, or neighbor for a quick chat; even a five-minute phone call can lift your spirits. Connection matters.



**Do something creative.**  
You don't have to be an artist to be creative. Try coloring, journaling, baking, knitting, or even arranging flowers. Creative activities give your brain a break from worry and help you stay present in the moment.



**Declutter one small area.**  
Pick one small space, like a drawer, a shelf, or a corner of your desk, and tidy it up. Clearing physical clutter can help you feel more mentally clear and in control.



**Practice gratitude.**  
Take a few minutes to think of three things you're thankful for. You can write them down or just say them out loud. Focusing on the good in your life, even small things like a warm cup of coffee or a kind word, can boost your mood.



**Do something just for you.**  
What brings you joy? Reading, gardening, dancing in your living room? Make time for something that makes you happy. You deserve it.



**Rest and reflect.**  
Give yourself permission to rest. Take a nap, sip tea, or listen to calming music. You can also think about the past week—what went well, what you learned, and what you're looking forward to in the week ahead.

## Memorial Health System and Lindsborg Community Hospital Earn Chartis Performance Leadership Awards

Memorial Health System in Abilene and Lindsborg Community Hospital were both recognized with 2025 Performance Leadership Awards from The Chartis Center for Rural Health as part of National Rural Health Day on November 20.

Both hospitals earned Top Quartile recognition in Patient Perspective, reflecting strong patient experience performance compared to rural hospitals nationwide. In addition, Lindsborg Community Hospital received a Top Quartile Performance Leadership Award in Quality, further highlighting its clinical excellence.

The annual Performance Leadership Awards are based on results from the Chartis Rural Hospital Performance INDEX, a comprehensive benchmarking tool used across the country to evaluate rural hospital performance. INDEX results are relied upon by rural hospitals, health systems, hospital associations and state offices of rural health to assess performance in areas critical to hospital operations, finance and community care.

"These recognitions reflect the commitment, professionalism and compassion of our teams," said Kimberly Haverly, Administrator at Memorial Health System. "Every day, our staff works to provide patient-centered, accessible care close to home, and this recognition underscores those efforts."

Lindsborg Community Hospital Administrator, Mark Rooker, echoed the sentiment. "This recognition



## PERFORMANCE LEADERSHIP AWARD 2025

Memorial Health System

Patient Perspective  
Top Quartile Performer Category

*Michael Topchik*  
Executive Director, Chartis Center for Rural Health

places LCH among the top quartile of rural and Critical Access Hospitals nationwide and reflects the dedication of our entire team — from physicians and nurses, to support staff and volunteers — who work each day to provide compassionate, high-quality care to our community. Earning awards in both Quality and Patient Perspective demonstrates that our commitment goes beyond clinical excellence. It speaks to the personal, patient-centered experience that defines who we are as a hospital.

"These awards affirm that even as a small rural hospital, we continue to deliver big results — ensuring that exceptional care and genuine compassion remain at the heart of everything we do," Rooker said.

Michael Topchik, executive director of the Chartis Center for Rural Health, said the awards reflect the excellence found across rural communities. "The areas of quality, outcomes and patient perspective are cornerstones of health care delivery across rural America, and this year's Performance Leadership Award recipients are establishing a standard of excellence for their rural peers to follow," Topchik said. "We are delighted to shine a spotlight on such strong performance and honor the achievement of these hospitals on National Rural Health Day."



## Employee of the Month!

**Kesa Riffel**

**Home Health & Hospice  
Office Coordinator/Quality Improvement**



Kesa is a shining example of leadership, teamwork, professionalism, and dedicated service. Over the past year, she has stepped into expanded responsibilities with confidence and heart, becoming a true cornerstone of Home Health and Hospice. When staffing changes brought new challenges, Kesa rose to the occasion, taking on billing duties, learning a new EMR system, and helping others navigate it with patience and skill. She trained both clinical and front office staff, built processes that kept the team organized, and played a key role in planning department events and celebrations. Beyond her work ethic, Kesa brings warmth, positivity, and emotional intelligence to every day. She lifts up her team, supports coworkers when they need it most, and strengthens our workplace culture simply by being who she is.

Congratulations, Kesa, and thank you for making MHS an Employer of Choice in Dickinson County!



# what patients are saying.....

Dr Thompson is very professional and yet very caring, and listens to everything I say, giving excellent advice on all counts. I would recommend her to anyone, without reservation. Great to have her in Abilene!

Love having this hospital and clinic and lab so close to us in Hope KS !

Tori with scheduling always has a smile and willing to help. I appreciate her going above and beyond to make to process smooth.

I felt like they personally really cared about me and wanted me to be in the best possible health. It was a warm and caring clinical visit.

Lab techs are always friendly and efficient.

I think the Memorial Hospital here in Abilene is one of the finest. I would recommend anybody going there. The staff is very good and they're very cordial and very helpful. So I would give them the highest rating possible. Thank you.

Deborah at the front desk went above and beyond to work out some insurance snags. I was then seen promptly by the Dr who explained the situation in a way that I could understand. Very impressed!

I drive from Wichita...the trip is worth it. Everyone I interacted with were exceptional. I can't say enough about the quality of care I have received. Wonderful people!!

I had the best of care in the ER. The staff was pleasant, efficient and knowledgeable. I'd like to mention Robin, Rachel, and Laurie who took the very best of care of me. They were very kind and supportive. Even the young woman on the video feed was efficient, very friendly, and supportive. Also my brain CT scan was performed by a very capable and kind man.



## SPECIALITY 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, Salina Regional Health Center has many specialists who travel to various communities to offer comprehensive, personalized care in outreach clinics. Several SRHC providers have specialty clinics at Memorial Health System:



Cardiology

Dr. David Battin

For an appointment call (785) 452-7562



Podiatry

Dr. Rebecca Johnson

For an appointment call (785) 452-6211



OB/GYN

Dr. Emily Budden

For an appointment call (785) 827-7996



Hem/Oncology

Dr. Jeffrey Geitz

For an appointment call (785) 452-4850



Hem/Oncology

Dr. Peeran Sandhu

For an appointment call (785) 452-4850



Endocrinology

Dr. Richard Gomendoza

For an appointment call (785) 309-2323



Orthopedic Surgery

Dr. Todd Reilly

For an appointment call (785) 452-7366



ENT

Melissa Crawford, PA

For an appointment call (785) 823-7225

For a list of specialty care in your community visit [www.srhc.com](http://www.srhc.com) and click on "Services" then "Outreach Clinics".



## MENTAL HEALTH FIRST AID

**WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID**

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

**WHY MENTAL HEALTH FIRST AID?**  
Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,  
**130**

people die by suicide every day.  
Source: American Foundation for Suicide Prevention

From 1999 to 2019,  
**841,000**

people died from drug overdoses.  
Source: Centers for Disease Control and Prevention

Nearly  
**1 IN 5**

in the U.S. lives with a mental illness.  
Source: National Institute of Mental Health

Sources:  
American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/suicide-statistics/>  
Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>  
National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>

Memorial Health System and Central Kansas Mental Health Center are excited to offer Mental Health First Aid for Adults in Dickinson County!

**Saturday, January 10th, 8am - 5pm**  
**Nichols Education Center, 1003 N Brady, Abilene.**

(Located in the basement of Abilene Childcare Learning Center- enter through the back door.

**Lunch will be provided!**  
Space is limited and registration is required.  
Contact Alyssa at 785-515-7629 or [ajewell@ckmhc.org](mailto:ajewell@ckmhc.org)

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.



**JOIN OUR TEAM!**  
**Check out the open positions at MHS!**

[caringforyou.org](http://caringforyou.org)



Happy Holidays



MEMORIAL HEALTH SYSTEM

ABILENE |  Salina Regional Health Center

*Caring for you.*

511 NE 10th St.

Abilene, KS 67410

785-263-2100

[WWW.CARINGFORYOU.ORG](http://WWW.CARINGFORYOU.ORG)

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The Health Monitor!



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

**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  
resources guide.



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