



# THE HEALTH MONITOR

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS

## MHS Volunteer Corps earns 32nd consecutive Gold Award

The Memorial Health System Volunteer Services Corps has been awarded the Gold Award of Excellence from Hospital Volunteers of Kansas for the 32nd consecutive year, continuing a long tradition of service, leadership and community impact.

Hospital Volunteers of Kansas was founded in 1951 and supports hospital volunteer programs across the state, working closely with the Kansas Hospital Association to strengthen health care through service and collaboration. Each year the organization presents the Gold Award of Excellence as its highest honor to volunteer organizations that meet 15 rigorous standards. These criteria evaluate volunteer engagement, leadership structure, fundraising efforts, community involvement and overall contribution to health care services. The award also reflects a sustained commitment to excellence.

“This award represents more than simply meeting requirements,” said Jenny Stuck, Volunteer Services manager at MHS. “It highlights the meaningful impact our volunteers have through service, scholarships, fundraising and compassionate care. They play a vital role in enhancing the lives of those we serve.”

One of the most meaningful examples of the impact MHS’s volunteers have on the organization is the annual Gifting Time program, funded entirely through volunteer-led fundraising efforts and gift shop proceeds.

Each year, MHS departments are invited to submit requests for items that enhance patient care, improve employee workflows or create a more comfortable environment. While these items may not always fall within standard operating budgets, they make a significant difference in daily operations and patient experience.

In 2025, the MHS Volunteer Corps approved \$16,175.13 for 40 Gifting Time grant requests that supported 21 different departments across the organization.

Gifting Time is made possible through volunteer-hosted fundraisers and proceeds from the Caring Hearts Gift Shop,



## In this issue:

Community Impact .....	2
Services .....	3
What Patients Are Saying	4
Health & Wellness .....	5
Patient & Visitor Information .....	6
Inside MHS .....	7
Careers Resources.....	8

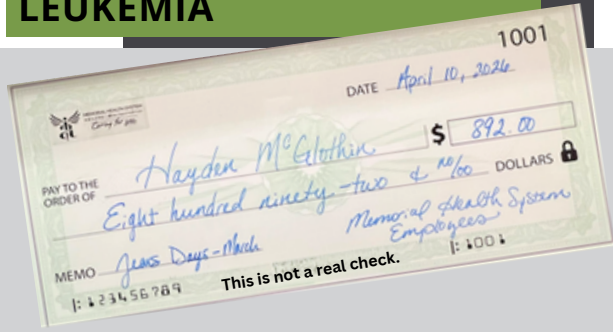
Stay informed, join our mailing list and receive your copy of The Health Monitor right to your inbox.



<https://mhsks.org/health-monitor/>

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## MHS EMPLOYEES GIVE TO YOUNG MAN BATTLING LEUKEMIA



Employees of Memorial Health System (MHS) wore blue jeans at work in March for a “Jeans Day” fundraiser. Employees donate at least \$2, and are allowed to wear blue jeans at work. A total donation of \$892 was presented to Hayden McGlothin.

Hayden, from Chapman, was diagnosed with leukemia last year, just before turning 18 years old. Instead of preparing for that milestone, he was/is facing the toughest challenge of his young life. His world and the lives of those who care about him changed dramatically. Hayden, known for his adventurous spirit, lifts others up even in difficult times. Now, as he battles leukemia, Hayden’s resilience is being tested in new ways, and his determination will help get him through this.

The Jeans Day was organized by the MHS Employer of Choice (EOC) Council.

*Cont. from front page*

creating what many describe as a ‘full circle of giving,’ where community support fuels volunteer efforts, and those efforts directly benefit patients and staff.

“This is what makes Gifting Time so special,” Stuck said. “Our volunteers work hard to give back, and it’s incredible to see those efforts turn into something that supports so many areas of our hospital. This truly reflects the impact our volunteers have across our organization. Their dedication and commitment continue to make a meaningful difference for our patients, staff and departments.”

If you seek to experience the reward of giving back and being part of a volunteer team that reaches high levels of achievement, please contact MHS Volunteer Services at 785-263-6692 to get started. You can also find more information on the MHS website <https://mhsks.org/mhs-volunteer-corps/>.

## MHS Volunteer Corps awards scholarships to local students

The Memorial Health System Volunteer Corps has announced the recipients of its 2026 scholarship awards. Two Abilene High School students have each been awarded a \$1,000 scholarship in recognition of their academic achievement, dedication and plans to pursue careers in health care.



Magda Meneley also has been awarded a scholarship. After graduation, she will continue her education at the University of Kansas to work towards a Bachelor of Science in nursing. Pictured with Jenny Stuck Volunteer Manager.

Madison Murnahan has been selected as one of this year’s recipients. Following graduation, she will attend Fort Hays State University to pursue a degree in sonography. Pictured with Wendy Klosterman, Hospital Volunteer.



“We are proud to invest in the future of health care through students like Madison and Magda,” said Jenny Stuck, Volunteer Services manager. “We wish them great success as they begin the next chapter of their educational journeys.”

The MHS Volunteer Corps offers annual scholarship opportunities to support students in Dickinson County who are interested in health care and community service. The application cycle opens early each year and remains available through March. Applications can be found on the MHS Volunteer Corps webpage: <https://mhsks.org/mhs-volunteer-corps/>

Through fundraising efforts and community support, the MHS Volunteer Corps invests in the future of health care by assisting students with their educational goals.



# SAVE THE DATE



## Dickinson County Health Dept Community Baby Shower



### May 7<sup>th</sup> at Sterl Hall

Doors open at 4:30 PM  
Event starts at 5:00 PM



<https://www.dkcoks.gov/community-baby-shower>

Stop and visit Heartland Health Care Clinic’s team to get valuable information about our services, including our *Shared Care Program*. Load up on informational material and some fun freebies! More information can be found by following the link or scanning the QR Code above.

# 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)



## 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:

<b>Cardiology</b>	<b>Podiatry</b>	<b>OB/GYN</b>	<b>Hem/Oncology</b>	<b>Hem/Oncology</b>	<b>Endocrinology</b>	<b>Orthopedic Surgery</b>	<b>ENT</b>	<b>Audiology</b>
Kaleigh Ramey, PA	Dr. Rebecca Johnson	Dr. Emily Budden	Dr. Jeffrey Geitz	Dr. Peeran Sandhu	Dr. Richard Gomochoza	Dr. Todd Reilly	Melissa Crawford, PA	Kaitlin Lafreniere, Au.D.
For an appointment call (785) 452-7562	For an appointment call (785) 452-6211	For an appointment call (785) 827-7996	For an appointment call (785) 452-4850	For an appointment call (785) 452-4850	For an appointment call (785) 309-2323	For an appointment call (785) 452-7366	For an appointment call (785) 823-7225	For an appointment call (785) 823-7225

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



# INJECTIONS for Chronic Pain Relief

At Memorial Hospital, we provide minimally invasive pain injection procedures to help manage chronic pain and improve quality of life.



### Common Types of Pain Treated

- Back and Neck Pain**
- Joint Pain** (shoulders, knees, hips)
- Nerve Pain** (radiating or tingling pain)
- Arthritis-related Pain**
- Post-injury or Post-surgical Pain**
- Chronic Migraines**

### What is Chronic Pain?

Chronic pain is pain that lasts longer than 3 months and may affect your daily life, sleep, and mobility. It can be caused by injury, arthritis, nerve damage, or other conditions.

### When to Consider Injections

- Pain has lasted several weeks or longer
- Medications or therapy have not provided relief
- Pain is limiting your daily activities
- Your provider recommends further evaluation

### Types of Injections Available

- Epidural Steroid**
- Joint Injections**
- Nerve Blocks** (Interrupt pain signals from specific nerves)
- Trigger Point Injections** (Treating muscle-related pain)
- Radiofrequency Ablation (RFA)** (Uses heat to target and reduce nerve pain)
- Botox Injections**

Talk with Your Provider

Not all pain requires injections. A provider can help determine the best treatment plan for your specific needs. Ask your provider if a referral is right for you.

**MEMORIAL HEALTH SYSTEM**  
ABILENE | Salina Regional Health Center  
*Caring for you.*  
511 NE 10<sup>th</sup> St. Abilene, KS 67410  
785-263-2100 | [www.mhsk.org](http://www.mhsk.org)

**Local, Trusted Care**



check out the new and improved features

## My Health Portal

[https://www.srhc.com/patient\\_portal/](https://www.srhc.com/patient_portal/)



- Review Appointments
- Communicate with Your Provider
- Attend Virtual Visits
- Review Exam Results
- Pay Your Bill Online



AVAILABLE NOW

## Advanced CT Imaging, Close to Home

Memorial Hospital is equipped with a new CT scanner designed to support a wide range of diagnostic imaging needs. This technology helps physicians obtain detailed images to assist in the evaluation and diagnosis of various medical conditions.

- Support efficient imaging workflows
- Provide high-quality, detailed images
- Reduce scan times
- Minimize radiation exposure
- Enhance patient comfort

CT imaging plays an important role in detecting and monitoring conditions affecting the brain, chest, abdomen, and other areas of the body.



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# WHAT PATIENTS ARE SAYING...



***DR Thompson is the best Dr I have ever had and that is saying alot as I am over 65 I am having some new health conditions and this Dr always listens and talks my situation through. I would recommend her to others and at this time my whole family goes to her***

*Dr Holmes paid very close attention to my concerns and gave great feedback.*

***Nicole Betz did an outstanding job. All of the ER nurses did a remarkable job informing me and assisting***

Hi, my name is Emily and I recently got the new doctor, Dr. Hicks. I had Dr. Short before and I am just in love. She's the greatest. She listens. She's very knowledgeable and I just, I'm very happy. So I just wanted to let you know. Thank you.

**Dr. Brown and the entire staff at Heartland Clinic are wonderful.**

Doctor Zigler listened to my concerns and provided me with all the information I needed. I am happy that I switched over to him!

Dr Hinman is always so pleasant and through and I'm blessed to have her as my provider!!

***The Tech, Susan, who performed my MRI this morning was amazingly understanding and comforting with my claustrophobia. She was professional and quite helpful.***

***Thank you Susan for addressing my concerns and acting as a "partner" thru my test.***

**ALL STAFF MEMBERS WERE SO KIND AND DR BROWN WAS THE BEST! THANK YOU.**

*Coming back from McAllen Texas area I'm so thrilled with how each and every department in Abilene displays quality and timely care at the highest level! As a retired PT and local dr's daughter Abilene care remains head and shoulders above bigger and smaller hospitals. They do care right!*

***The physical therapy department was very helpful, very encouraging. They really helped me.***

***I had an MRI done. I was so nervous and so stressed out. But the lady that was helping me made me completely comfortable during the whole process. It wasn't easy! As I was in that tube for over an hour! I highly recommend your staff. They were wonderful. Thank you so much!***

*Prompt follow up when scheduling and post appointment communication. Friendly staff, clean facility. Dr. Hicks is a partner in healthcare. The biggest compliment is that they are respectful of my time and are efficient and it does not take me hours of waiting at an appointment. Thank you!*

***The overall failings of the American Healthcare system notwithstanding, Abilene Memorial is an outstanding healthcare facility and it's staff is, without exception as far as I have experienced them, superlative in their skills and professionalism.***



Scan for more info

## STEPS OF SUPPORT RELAY WALK COMING TO VILLAGE MANOR; RESIDENT INSPIRES EVENT

On a warm June morning at Village Manor in Abilene, the walking trail will become more than just a path, it will be a circle of support, resilience, and shared purpose.

From 8:00 a.m. to noon on Saturday, June 6th, residents, families, friends, and neighbors will gather for the Steps of Support Relay Walk, an event dedicated to raising awareness for multiple sclerosis (MS), Alzheimer's and dementia, Parkinson's disease, and COPD. But at the heart of the walk is one woman's determination to turn her personal journey

into something that uplifts others.

Silynda Christensen, a resident of Village Manor, knows firsthand what it means to live with MS. Diagnosed in 2005, she has faced the challenges of the disease with honesty, grit, and an unmistakable sense of gratitude. It was that same spirit that inspired her to push for the event.

"I asked Andy (Village Manor Executive Director, Andy Sutter) last year if we could have a MS walk. He said 'sure,'" she recalled. "I wanted a MS walk cause we had a dementia walk, so why not?"

What began as a simple idea has grown into something much bigger, an event that recognizes not just one condition, but several that affect countless families.

"I hope this walk will draw an abundance of people," Christensen said. "I want this MS walk to continue for years to come." Her words carry the weight of experience. "Every disease is such a terrible disease. You never think this will happen to you. People take things for granted. Everyday be grateful for what you have, because it can ALWAYS be worse."

Despite the hardships, Christensen focuses on what she has, not what she's lost. "I am blessed to have my kids, a great supportive family, and a wonderful group of supportive friends! That really means a lot to me!"

Thank you for your support!



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

DR. MARK SHEERN



Brian J Tajchman Agency, Inc.



THE COLLMAN'S



On good days, you will find her outside, riding her scooter along the same path that will soon host the walk. "It's nice when people holler at me while riding, makes me feel good," she said with a smile.

"I've been known to give my great nieces and nephews rides and little cousins. My scooter is my legs."

That sense of movement, both physical and emotional, is central to the event's message. Participants will register and walk laps around the Village Manor trail, choosing one, three, five, or even more laps. At least one lap will be shared with a resident, turning the walk into a chance for connection as much as awareness.

Along the route, walkers will find informational stops, treats, and interactive activities, reinforcing the idea that education and community go hand in hand. Prize drawings will reward participants at each lap tier, with a grand prize for the most laps completed.

The \$10 participation fee supports the Village Manor Resident Fund, and local businesses are encouraged to sponsor the event as a way to show their support.

For Christensen, though, the real goal goes beyond prizes or numbers. It's about showing up, for yourself and for others.

"Please come out and support the MS/COPD/Alzheimer-Dementia/Parkinson's walk June 6th from 8 to noon," she said.

"These are all great causes to walk for. Keep moving, it is good for you!"

On June 6th, each step around that trail will carry a story of struggle, of strength, and of a community choosing to walk forward together. For more information, visit Village Manor's Facebook page or the MHS website page at [mhsks.org/steps-of-support](http://mhsks.org/steps-of-support)



## CARING HEARTS VENDOR POP-UP

Hosted by the MHS Caring Hearts Volunteers  
Supporting Education & Future Healthcare Professionals

Shop Local. Support Scholarships. Strengthen Community.

The MHS Volunteers are hosting a small business vendor fundraiser in the hospital lobby to support our Scholarship Program.

Local Dickinson County businesses are invited to showcase and sell their products to:

- Patients
- Visitors
- Hospital Staff

**Apply to Be a Vendor Today**  
Limited Vendor Spots Available

**\$50 Vendor Fee**

- ✓ Provide your own products & display
- ✓ Manage your own payment methods
- ✓ Engage with a steady flow of customers

Vendors Register Here: 

**Questions???**  
Contact Jenny Stuck  
MHS Volunteer Services Manager  
jstuck@mhsks.org  
785-263-6692

**EVENT DETAILS**

- June 2 – July 30, 2026
- Tuesdays, Wednesdays or Thursdays
- Hospital Lobby
- One featured vendor per week
- Two-day selling opportunity



Heartland Health Care Clinic and USD 435 partnered for another Sports Physical Night. 164 student-athletes took advantage of the annual \$10 - cash only - walk-in option, and the money. The \$1,640.00 collected goes back to the school.

**From left to right:** Jessica Dawson, RN; Kristi Meuli, LPN; Brandi McGivney, school nurse; Karysa Reyer, HHCC Director, Franchisca Washington, LPN; Derek Berns, AD; Taylor Hagen-Sexton, master’s student.

**Not pictured** but instrumental in the success of the evening are staff: Drs. Holmes, Brown, and Hicks; APRNs: Todd Smith and Laura Pape; clinical staff: Kimberly Kickhaefer, Missy Drake, Barb Karraker, Amanda Fredericks; and office staff: Susan Vaughn, Rhonda Craig, Stacey Lehman, Annie Leach.

# BREAK THE STIGMA



Help us break the stigma surrounding mental health this May, Mental Health Awareness Month!

**Wear GREEN every Friday!**

Stigma and discrimination often keep people who are experiencing a mental health challenge from seeking the help and support they need. It’s time to change that narrative. By raising awareness, promoting understanding, and fostering empathy, we can create a community where mental health is openly discussed and supported. Here’s how you can help:

**Educate yourself.** Learn about mental health conditions, their symptoms, and available treatments to combat misconceptions and stereotypes.

**Start conversations.** Initiate open and honest discussions about mental health with friends, family, and colleagues to create a safe space for sharing your own experiences and seeking support.

**Share stories.** Instill courage in others by sharing your own experiences to inspire fellow community members facing mental health challenges to seek help without fear of judgement.

Together we can break the silence, show compassion, and build a community where everyone feels supported and accepted, regardless of their mental health journey.

We can help, call us today: 785-263-6805.





## MHS Sleep Lab earns three-year accreditation

Memorial Health System's Sleep Lab has been awarded a three-year accreditation from the Accreditation Commission for Health Care – a nationally recognized organization that evaluates health care providers against rigorous quality and safety standards.

This achievement reflects MHS's ongoing commitment to delivering high-quality, patient-centered care to the community. "We are proud to receive this accreditation as it represents the hard work and dedication of our entire

team," said Matt Mead, Respiratory Care director at MHS. "By meeting ACHC's rigorous standards, we have demonstrated our ability to provide care that is consistent, reliable and focused on the long-term well-being of every patient we serve."

ACHC accreditation is considered a 'gold seal' of excellence within the health care industry. Earning this distinction requires a comprehensive, voluntary peer-review process that evaluates all aspects of clinical operations, including the accuracy of diagnostic equipment, adherence to best practices and staff expertise.

For patients, this means confidence in the quality of care they receive.

"When a sleep lab earns ACHC accreditation, it assures patients they are receiving care that meets the highest national standards," Mead said. "It's not just about meeting requirements, it's about actively pursuing the most stringent benchmarks in the industry to ensure safety, accuracy and exceptional outcomes."

snoring and interrupted breathing during sleep.

A sleep study involves multiple diagnostic tests conducted simultaneously during a patient's normal sleeping hours. These tests may include monitoring brain activity (EEG), eye movement (EOG), muscle activity (EMG) and heart rhythm (ECG), along with other observations. Results are evaluated by physicians trained in sleep medicine to develop personalized treatment plans.

"What truly sets our accredited lab apart is our unwavering dedication to the patient experience," Mead said. "Our ACHC status reflects a commitment to continuous quality improvement. We are constantly refining our protocols and staying at the forefront of sleep medicine technology to better serve our community."

Individuals experiencing ongoing fatigue, difficulty concentrating or disrupted sleep may benefit from a sleep study. Memorial Health System encourages those with symptoms to speak with their health care provider or complete a sleep screening assessment.

For more information about sleep study services at MHS, contact the Respiratory Care department at (785) 263-6669.

## Employee of the Month!

### *Trevor McKee* *Lab Manager*

Trevor McKee is our May Employee of the Month. With more than five years at Memorial Health System, Trevor demonstrates leadership, teamwork, professionalism, dedication, innovation, and customer service.

Trevor is always willing to step in and help, including working the bench when the department is short-staffed and coming in on days off when needed. He listens to his team's concerns and works to support them, creating a collaborative and responsive work environment.

During recent changes in the lab, Trevor has led his team with pride and encouragement. He remains a steady presence, helping to diffuse situations and support his staff. His commitment to his team and the department makes a positive impact across the organization.



**Congratulations, Trevor,  
and thank you for your  
continued dedication to  
Memorial Health System!**



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WWW.CARINGFORYOU.ORG

**MISSION**

ENHANCE THE HEALTH AND WELLNESS OF ALL

**VISION**

BE THE HEALTHCARE PROVIDER AND EMPLOYER OF CHOICE.

**CORE VALUES**

COMPASSION FOR ALL

APPRECIATION FOR OTHERS

RESPECT FOR EVERYONE

EXCELLENCE THAT EXCEEDS EXPECTATIONS

**JOIN OUR**

**TEAM**



<https://mhsk.org/careers/>



**CARES**  
Co<sup>♥</sup>lition  
of Dickinson County

[CARESRESOURCES.ORG](http://CARESRESOURCES.ORG)



Looking for resources available in Dickinson County? Visit the CARES Coalition website and find what you are looking for with the online resources guide.

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



**National Hospital Week**  
**May 10-17**

*Healing happens here.*



1890's Carpenter house 107 W 1st. First hospital in Abilene (still stands)



Hospital District No.1 of Dickinson County KS - 1922



Memorial Hospital 1960's



Memorial Hospital - 2002



Memorial Health System 2026