



SMITH COUNTY  
MEMORIAL HOSPITAL

# HealthBeat

2025 FITNESS COURT EDITION



## MENTAL HEALTH IS HEALTH

FROM INTERN TO IMPACT:  
Maddy's Journey at SCMH

## THE ULTIMATE WELLNESS HUB

## WHAT COULD GO RIGHT?

### Rooted in Care

The Heart of Smith  
County Family Practice

Leading is personal for  
**KENTON WELTMER**



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# hello

## and welcome to the latest issue of HealthBeat

As CEO of Smith County Memorial Hospital (SCMH), it's my great joy to extend a warm welcome to you. Whether you're reading this in the comfort of your home, in our hospital lobby, or while waiting for a loved one at one of our clinics, know that you matter to us.

At SCMh, we are proud to set the standard of excellence in healthcare, not just in the care we provide within our walls, but in the impact we make throughout Smith County and beyond. We are here to proactively face the health challenges our communities encounter, working hand in hand with our community partners to make our communities healthier.

You'll see that commitment in the stories and updates throughout this magazine. From comprehensive family and specialty care that keeps you close to home, to cutting-edge initiatives like our National Fitness Campaign Fitness Court and Studio, we are transforming what rural healthcare can look like. We are not just treating illness—we are building wellness, developing leaders, and inspiring a culture of health.

Innovation is alive in our work every day. Chef Steve's Grab Good program transforms grocery shopping, providing curated ingredients for on-the-go options that delight and nourish. Our Hometown Café has become a beloved local gathering place, serving healthy lunches to 3% of Smith County's population every weekday—a powerful reminder that good health often begins around the table.

And beyond medical care, we are deeply invested in the fabric of our communities. From supporting local students and our community partners to championing wellness and fitness, SCMh is dedicated to being a catalyst for positive change. We believe healthcare extends far beyond hospital walls—it's about meeting people where they are, offering resources, education, and support that help them thrive.

Thank you for placing your trust in us. Thank you for walking with us as we shape the future of health in North Central Kansas. We are honored to serve you, to walk alongside your families, and to be part of the story of this remarkable community.

With warmest regards,

*Sarah Ragsdale*

Sarah Ragsdale  
CEO, Smith County Memorial Hospital





# Together for TOMORROW



Sarah Ragsdale, CEO



As a mom, a farmer's wife, and the CEO of Smith County Memorial Hospital, I understand the deep love that drives us to protect our families. Whether bundling up the kids on a frosty morning or making sure there's a good meal on the table after a long day in the field, we do what it takes to keep our families safe and strong.

That's why immunizations matter so much to me— not as a hospital leader, but as a mom who wants to see our kids grow up healthy.

As Kansas sees a rise in measles cases, I'm reminded that our decisions don't just affect our own families— they spread outward in waves. Immunizations help protect the most vulnerable among us: the newborn baby too young for vaccines, the elderly neighbor down the road, the child with a health condition that makes them especially fragile.

At SCMH, we are deeply committed to meeting the health needs of our communities, not just inside the hospital walls, but in the everyday lives of the people we serve. We want every child to have the chance to grow, thrive, and run through Kansas wheat fields without the shadow of preventable illness.

I know parents have questions, and that's okay— asking questions is one of the ways we love our kids well. At SCMH, we listen, support, and walk alongside families as they make decisions. But I also want to share, mom to mom, heart to heart: immunizations are one of the simplest and most powerful ways to care for our children.

Together, we can protect our communities. Together, we can protect tomorrow. And that's a hope worth holding onto.

Thank you,  
Sarah Ragsdale, CEO





**Dr. Ferrill Conant**

As a grandfather and a proud member of our beautiful community, I wanted to take a moment to share something close to my heart. This is a photo of my grandson, Cashton, and I enjoying a day in nature together. Moments like these remind me of the importance of keeping our loved ones healthy and safe.

I believe our children deserve every opportunity to grow up strong and healthy. That's why I want to encourage you to ensure your kids are up to date on all their vaccinations. It's a simple step we can take to protect not just our own families but everyone in our community.

Let's keep our kids playing, exploring, and making memories without worrying about preventable illnesses. Together, we can make sure that our future is bright and healthy!

Blessings to you and your family,  
Dr. Ferrill Conant

I just wanted to share this sweet moment of my girls, Willa, Millie, and Lennie, enjoying a bike ride in our beautiful little community. Watching them laugh and ride freely reminds me of how precious their health is.

As a mom and a doctor, I truly believe in the power of vaccinations to keep our kids safe and thriving.

I know there's a lot of information out there, and it can feel overwhelming. But as someone who cares deeply about our families, I want you to know that vaccines are an important way to protect our children and those around us. Let's keep our little ones healthy so we can create even more beautiful memories together!

Much love to all you amazing moms and dads out there,  
Dr. Leah Wiehl



**Dr. Leah Wiehl**





# Redefining Community Health Through **CULINARY INNOVATION**

In the heart of rural Kansas, a quiet revolution is simmering—one that blends culinary artistry, clinical expertise, and community partnership to address some of the most pressing health challenges facing small towns today. At the center of this movement is Chef Steve Smith, a culinary virtuoso whose journey from world-class kitchens to the crossroads of healthcare and nutrition has made him a health visionary at Smith County Memorial Hospital (SCMH). As both Executive Chef of the Hometown Café and a Registered Dietitian, Chef Steve is uniquely positioned to bridge the gap between delicious, accessible food and evidence-based nutrition, delivering patient-centered care that extends well beyond hospital walls.

Chef Steve's latest project, "Grab Good," is a groundbreaking collaboration with Gene's Heartland Foods, the local grocery store that serves as a lifeline for many Smith County families. Through this initiative, Chef Steve personally selects healthier ingredients, which are then marked with "Grab Good" labels on store shelves. Shoppers can scan QR codes to instantly access recipes, pro-tips from a registered dietitian, and how-to cooking videos, making it easier than ever for busy families to prepare wholesome meals at home. This approach combines nutrition education with hands-on support, directly addressing the increasing rates of obesity and chronic diseases in our community. It's all about empowering residents to make healthier choices where it really counts: in their own kitchens.



Chef Steve's Grab Good campaign won an Emerald Award from the Kansas Association of Health Care Communicators. Chef Steve is pictured with Shannon Rogers, Director of Communications, Marketing and Development.



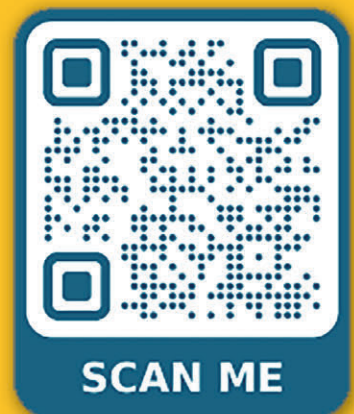


Chef Steve served healthy soup samples with Certified Dietary Managers Michelle Gaddis and Rebecca Pickel at Gene's Heartland Foods.

What sets Smith County Memorial Hospital apart is its commitment to serving healthy food and its bold reimagining of what hospital-based nutrition services can achieve. By combining the roles of executive chef and registered dietitian, SCMH ensures that food quality and patient care are never at odds. Chef Steve meets personally with inpatients, tailoring nutrition plans to individual needs and providing compassionate and clinically sound support. The Hometown Café, open to the public, serves as a living laboratory for healthy eating, offering scratch-made meals that prove nutritious food can be both satisfying and exciting.

As Chef Steve looks to the future, he is seeking an innovative leader to mentor— someone who shares his passion for hospitality, creativity, and community impact. This next-generation culinary leader will have the rare opportunity to learn from a chef whose career spans continents and cuisines, and who has made it his mission to leave a lasting legacy of health and flavor in Smith County. In a region where access to fresh, healthy food is often limited, Chef Steve's food can heal mission is more than a program— it's a promise that change, when led with vision and heart, can taste amazing.

## RECIPES & PRO TIPS





# More than a Step Forward:

## How One Farmer's Determination and Faith Helped Him Rise Again



Everett with Alyssa Bienhoff, Physical Therapist Assistant, and Taylor Kuhlmann, Physical Therapist



Everett with Alisa Pahls, Occupational Therapist, and Taylor Kuhlmann, Physical Therapist

*For Everett Benoit, the rhythm of life was rooted in the land—sunrises over pastureland, the hum of farm equipment, and the shared laughter of family.*

But in February 2024, that rhythm was abruptly disrupted when he was rushed to Smith County Memorial Hospital with sudden, severe leg pain. The diagnosis: critical limb ischemia.

Immediate intervention followed, including a transfer to Omaha for revascularization. Yet complications cascaded—first a large hematoma, then an intracranial hemorrhage. And then came the hardest blow: the leg could not be saved. Everett would need an above-knee amputation.

### A Valley of Questions

"The hardest part wasn't just the surgery," Everett recalls. "It was the question: How will I keep up with the farm? With my family?" For a man who had built his life around physical labor and self-reliance, the loss of a limb brought fear, grief, and deep uncertainty. Like many amputees, he faced not just the loss of mobility but a host of challenges—muscle imbalances, pain, and the risk of long-term complications like joint contractures.

But Everett is not a man who stays down for long.



## Grit, Grace, and Physical Therapy

Recovery from amputation isn't just physical— it's emotional, mental, and spiritual. It takes fire-in-the-belly determination and a strong support team.

"Recovering from an amputation demands maximizing the strength you do have," explains Taylor Kuhlmann, PT, DPT, CSCS. "You have to train your opposite leg, arms, and core while preventing muscle tightness. For most, even standing up from a chair has to be relearned. Walking with a prosthetic is a triumph built one small victory at a time."

Everett embraced this process with his trademark work ethic. He credits his family as his biggest motivator. "They kept me going— especially my wife and kids. They stayed by me in Omaha, and they're still taking me to every appointment."

## Steps of Triumph

Hope bloomed when Everett learned he was a candidate for a prosthetic. "That was my first breakthrough," he says. "Then getting it... and taking those first steps? Incredible."

Each step took strength, balance, and trust— not just in the prosthetic but in himself. With every milestone, his confidence grew. The moment he could once again ride the Gator or offer fatherly advice on the farm marked more than progress— it marked a return to life.

Everett attended the 2025 Annual Benoit Bull Sale in person this spring. A year ago, he had to watch from home.



Everett at the Benoit Annual Bull Sale

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## Anchored by Faith and Family

Behind Everett's progress is a steady foundation: faith, family, and a fierce desire to keep contributing. "I may not be able to do everything I used to, but I'm so grateful for what I can do," he says.

His therapy team echoes that spirit. "Everett shows up ready to work," says Alyssa Bienhoff, PTA, CLT. "Even when his body wanted to quit, he never did. He always had a smile and a lighthearted spirit. It's an honor to be part of his journey."

Taylor adds, "Patients like Everett remind us why we do what we do. His strength, humor, and perseverance inspire everyone around him."

## Gratitude and the Road Ahead

Everett knows the road to recovery is ongoing. But his steps are steady, and his heart is strong. "I'm thankful for the care and for the physical and occupational therapists at Madonna Rehabilitation Hospital and Smith County Memorial Hospital. They got me this far— and I'm not done yet."

His advice for others facing life-altering challenges?

"Just keep working hard," he says with a humble smile. "You don't have to be an inspiration. Just keep showing up."

Everett's story is more than a tale of survival— it's a story of rising again, of reclaiming purpose, of pressing forward with gratitude, grit, and grace. And on every step of that journey, his community— and the Smith County Memorial Hospital team— stands with him.





# MENTAL HEALTH IS HEALTH

*by Kaley Conner, Manager of Education & Outreach,  
High Plains Mental Health Center*



## It's time to get real about mental health.

We all have a brain, so mental health is something we all have. It can be positive, negative or somewhere in the middle. Many of us might feel like our mental wellness fluctuates somewhat from day to day, and that's normal! Having good mental health does not mean feeling happy all the time – that simply is not realistic.

What does it mean to have positive mental health? Simply stated, having positive mental health means we are able to cope with daily stress, manage our emotions, maintain healthy relationships, and find productivity and purpose in our work, school and community life.

Now is a perfect time to pull back the curtain of mystery and stigma and shine a light on this important topic. Mental illness is common, affecting at least 1 in 5 U.S. adults, and 1 in 5 U.S. teens. Mental illness is also diagnosable and treatable! Most people who find and receive appropriate treatment will see their symptoms get better. And effective treatment may be closer to home and more accessible than you realize.

High Plains Mental Health Center is proud to partner with Smith County Memorial Hospital to increase local access to specialized clinical and psychiatric care. On-site clinical therapy services are available every Friday with Mandy Stock, LMSW, and Julie Pletcher, psychiatric mental health nurse practitioner, provides in-person medication services once a month. To learn more or schedule an appointment, call 1-800-432-0333.



**Mandy Stock, LMSW**

Convenient telehealth services are also available and easy to access from the hospital or from the comfort and privacy of your home. Both clinical therapy and medication appointments can be scheduled remotely via a secure Zoom connection.

Telehealth services are also available on-site at all regional public schools to help ensure timely access to treatment for youth needing support. High Plains Mental Health Center has a team of school liaisons who work closely with school staff to schedule and connect appointments, assist with paperwork, and serve as a central point of contact for educators and parents/guardians.

New Mobile Crisis Response Team services are available 24/7 for anyone in the community needing immediate support. Our crisis team is based in Hays and includes therapists, case managers and peer support specialists. They provide assistance using a hybrid response model that includes telephone, telehealth and in-person response when necessary. These services are confidential and available to anyone in the community at no cost. Call High Plains Mental Health Center's crisis team anytime at 1-800-432-0333.

Mental health matters, and mental health care is health care. Please reach out anytime if support is needed. A sliding fee scale is available, and services are not refused based on ability to pay. We're Here for You!



**CALL OUR CONFIDENTIAL CRISIS LINE ANYTIME:**

**1-800-432-0333**

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# CREATING A BETTER COMMUNITY:

## How Local Youth Are Leading the Charge Against Substance Abuse

by Shannon Rogers, Director of Communications, Marketing and Development

At Smith County Memorial Hospital, we believe that health is about more than medicine— it's about strengthening the heart of our community. We are proud to partner with the Smith County Drug and Alcohol Council, a dedicated group focused on creating a better community through connection, education, and prevention.

As a member of the Council, I've had the privilege of seeing firsthand our local youth's passion, creativity, and leadership as they work to educate their peers and shape a healthier future. It's a beautiful reminder that prevention doesn't just come from top-down policies or public health campaigns— it grows from the ground up, through the hearts and voices of young people who care deeply about each other and the place they call home.

### Empowering Students to Lead

The Council works closely with Smith Center and Thunder Ridge High School students to develop prevention education materials and public service announcements (PSAs) that speak directly to their peers. These are not generic, one-size-fits-all messages. These are real, authentic voices— students using their own creativity and insights to reach their friends and classmates with truth, urgency, and hope.

Through this partnership, students have created compelling PSAs that address the dangers of underage drinking, vaping, tobacco use, fentanyl, and the serious legal consequences of social hosting and providing substances to minors. You'll see these messages proudly displayed throughout SCM— in our waiting rooms and on our lobby televisions— because we believe their voices deserve to be amplified.

These young leaders are raising awareness and shaping a culture where saying "no" to substance use is courageous and cool. They show that prevention is not about fear but love, connection, and the belief that every life matters.

### Why This Matters

Substance use and addiction don't just impact one person; they affect families, schools, workplaces, and entire neighborhoods. But there's hope! Prevention can be just as powerful, helping to strengthen, uplift, and transform whole communities for the better.

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Smith Center High School students Daryssa Ochoa and Easton Hrabe created a PSA about parents talking with their kids about drugs.

When students take the lead in prevention, they send a powerful message: We care about our future. We care about each other. And when we, as adults, surround them with support, encouragement, and platforms to share their voices, we create a community where every young person knows they belong and they matter.

### Key Educational Messages We're Sharing

- Social hosting is illegal. It's against the law to allow minors to drink alcohol in your home or on your property.
- Providing alcohol, tobacco, or vape products to minors is illegal. This includes buying or giving these substances to anyone underage.
- Fentanyl is deadly. Just a tiny amount— even unknowingly mixed into other substances— can take a life.
- Underage drinking is dangerous. It increases the risk of accidents, poor decision-making, and long-term health consequences.

You are not alone. There are always adults, friends, and resources ready to help— whether you're struggling or you want to make a difference.

### A Community Effort

This work isn't just about education— it's about connection. When students, parents, schools, healthcare providers, and local leaders stand together, we create a safety net that holds our kids up.

At SCM, we are honored to stand alongside the Smith County Drug and Alcohol Council and the incredible students working hard to build a brighter future. Their commitment inspires, and their messages remind us all that prevention is possible when we work together.

As you sit in our waiting rooms or pass by our lobby screens, take a moment to watch these student PSAs— and let them remind you of the hope and determination alive in our community. Together, we are building a place where young people can thrive, make wise choices, and grow into the leaders we need.

Let's continue to champion connection, education, and prevention. Every young person in Smith County deserves the chance to live a healthy, hope-filled life and together, we can help make that happen.



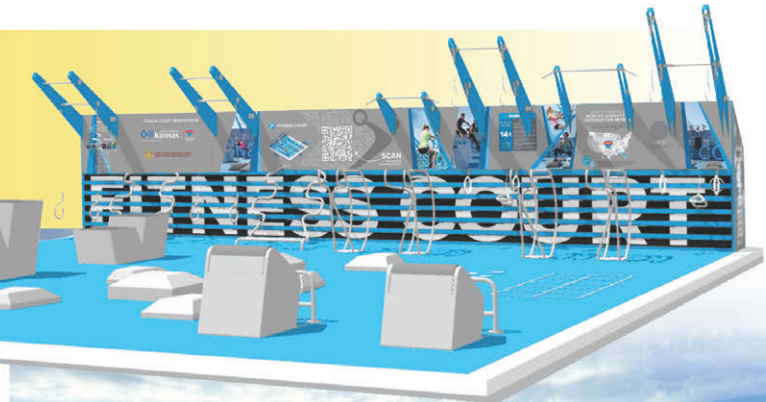
# The Ultimate Wellness Hub:

## Smith County Memorial Hospital's Vision for a Healthier Future

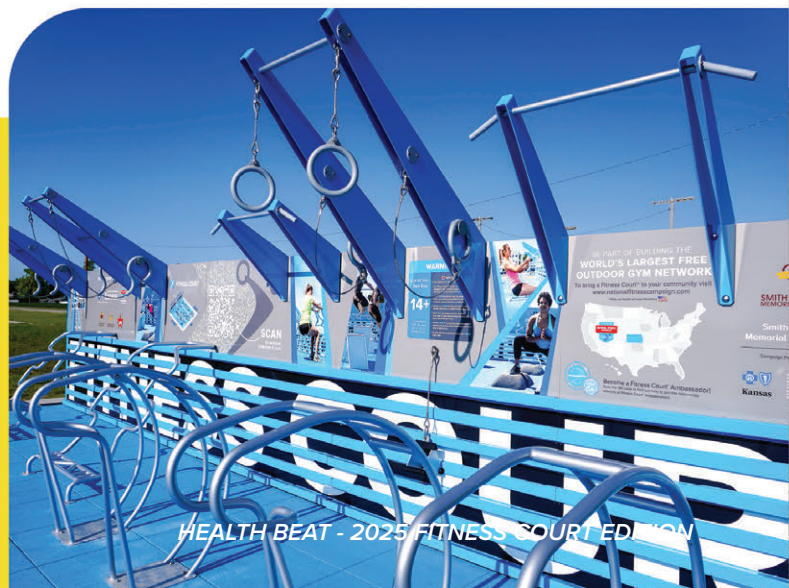
Smith County Memorial Hospital (SCMH) is taking a bold step forward in addressing the pressing health challenges of obesity, chronic disease, and substance abuse within Smith County, Kansas. This summer, SCMH will unveil a state-of-the-art National Fitness Campaign (NFC) Fitness Court and Studio® on its campus, a free-to-use outdoor wellness space designed to empower the community to lead healthier, more active lives. Strategically located between the hospital, SunPorch assisted living facility, and the Smith Center Junior/Senior High School, this initiative underscores SCMH's commitment to becoming the ultimate wellness hub for North Central Kansas.

The NFC Fitness Court and Studio features seven exercise stations that target key muscle groups through movements like push, pull, squat, lunge, bend, twist, and agility. This modular design allows users to customize their workouts based on their fitness levels, making it inclusive for people of all ages and abilities. The Fitness Court and Studio, developed by the National Fitness Campaign, is a world-class outdoor gym that offers a full-body workout in just seven minutes, making fitness convenient and achievable for all fitness levels. Research from the National Fitness Campaign shows that outdoor fitness spaces promote physical activity, enhance mental health by reducing stress, and create a sense of community.

The decision to bring the NFC Fitness Court and Studio to Smith County aligns with the Community Health Needs Assessment findings, which identified obesity, chronic disease management, and substance abuse as critical regional health priorities. SCMH's goal is to provide accessible, equitable fitness opportunities that promote physical activity, combat sedentary lifestyles, and reduce the prevalence of preventable diseases.



Substance abuse remains a critical issue in Smith County, as highlighted in the Community Health Needs Assessment. Studies have shown that regular physical activity can play a significant role in addiction recovery by reducing cravings, improving mood, and enhancing self-esteem. The NFC Fitness Court and Studio provides a free and accessible space for individuals in recovery to engage in healthy behaviors, promoting a sense of accomplishment and community support.



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The NFC Fitness Court and Studio's strategic location— centrally positioned between SCMH, SunPorch assisted living, and the Smith Center Junior/Senior High School— ensures accessibility for diverse groups, including students, seniors, and physical therapy patients. This proximity supports the hospital's goal of creating a wellness hub integrating physical activity into daily life.

SCMH partners with key community organizations, including USD 237, the Smith County Drug and Alcohol Council, and K-State Research and Extension's Post Rock District, to promote lifestyle changes and holistic wellness. These partnerships integrate fitness, nutrition, and education into a comprehensive approach to health improvement. The NFC Fitness Court and Studio will complement nutrition initiatives like Chef Steve's Grab Good and Hometown Café, which emphasize the healing power of food. SCMH's community outreach demonstrates our commitment to setting the standard of excellence in healthcare and community engagement.

Adding the NFC Fitness Court and Studio represents a positive step toward a healthier, more connected community. SCMH is addressing immediate health concerns and building a foundation for long-term community vitality by providing accessible fitness opportunities and forming partnerships that prioritize wellness. We invite you to take advantage of this fantastic local health resource.



Scan the QR code now to unlock alerts about our incredible Rehab Services team's upcoming community classes and exciting demonstrations on the NFC Fitness Court and Studio.

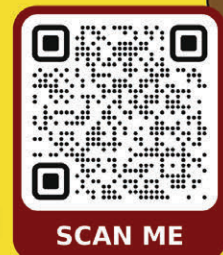
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## WE WANT TO THANK

*the National Fitness Campaign, Blue Cross Blue Shield of Kansas, the Kansas Health Foundation, the Smith County Drug & Alcohol Council, Smith County Memorial Hospital, and its staff for sponsoring our NFC Fitness Court and Studio!*



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SMITH COUNTY FAMILY PRACTICE







# HEALTHY HABITS MAKE HEALTHY HEROES

SMITH COUNTY MEMORIAL HOSPITAL'S SUPERHERO ACADEMY  
IGNITES A NEW GENERATION OF WELLNESS WARRIORS



In the heart of Smith County, something heroic is happening— and it's not in comic books. It's happening in living rooms, where kids from Pre-K to sixth grade are suiting up in the greatest gear of all: healthy habits. Powered by imagination and backed by science, Smith County Memorial Hospital's Superhero Academy is transforming the way young people learn about wellness— and the results are nothing short of super.

This dynamic eight-week program, co-sponsored by the Smith County Drug and Alcohol Council, is more than just a series of lessons. It's a movement— an energetic, youth-led campaign to defeat the villains of chronic disease, poor nutrition, inactivity, peer pressure, and self-doubt. Through a partnership with Nex-Generation summer interns, the program fuses fresh ideas and vibrant creativity with serious public health goals. The result? A wellness initiative that equips kids with the tools, confidence, and commitment to lead strong, drug-free, joy-filled lives.

## FROM SIDEKICK TO SUPERHERO: A MISSION-FUELED JOURNEY

Each week of Superhero Academy introduces a new "mission," complete with themed activities, science-backed teachings, and interactive challenges that connect the dots between personal habits and real-world impact. The tone is playful, but the message is powerful: you don't need a cape to change the world— just courage, compassion, and commitment.

Here's a sneak peek at the weekly training modules that are transforming everyday kids into extraordinary leaders:

WEEK	MISSION TITLE	SUPERPOWER DEVELOPED	KEY LEARNING OUTCOME
1	Superhero Fuel	Smart Nutrition	Choosing colorful, nutrient-rich foods
2	Super Moves	Physical Activity	Moving for at least 60 minutes daily
3	Rest is a Power Up	Rest and Recovery	Establishing healthy sleep routines
4	Be a Kind Hero	Social Connection	Practicing kindness and inclusion
5	Shield Up	Substance Refusal	Saying no to drugs, alcohol, and vaping
6	Smart Choices Build Your Future	Emotional Intelligence	Recognizing and managing feelings
7	Feelings are Superpowers	Decision Making	Making smart, future-focused choices
8	Hero Vow	Commitment to Wellbeing	Pledging to live strong and seek help when needed





## DESIGNED BY YOUTH, BACKED BY EXPERTS

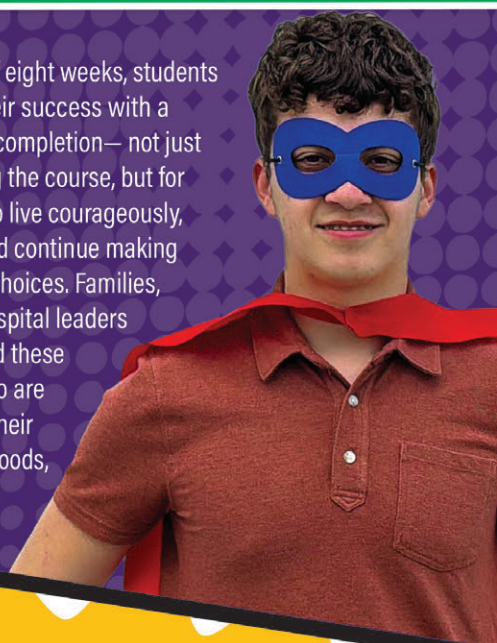
Developed in collaboration with health professionals and infused with creativity from local teens serving as Nex-Gen interns, Superhero Academy reflects the best of grassroots innovation. It's a perfect fusion of peer-to-peer engagement and evidence-based teaching, tailored to the realities of rural youth.

Each session includes a short educational video and hands-on worksheets. By integrating home and community into the curriculum, the program builds a shared foundation for lifelong wellness.



## A SERIES THAT CELEBRATES MORE THAN COMPLETION

At the end of eight weeks, students celebrate their success with a certificate of completion— not just for completing the course, but for taking a vow to live courageously, care deeply, and continue making smart, healthy choices. Families, mentors, and hospital leaders gather to applaud these young heroes who are ready to shine in their schools, neighborhoods, and beyond.



## LIGHTING THE WAY FOR LIFELONG IMPACT

In a time when childhood obesity, depression, and substance use are on the rise, Superhero Academy offers more than hope— it offers strategy. It shows what's possible when a community invests in its children, educates with joy, and believes in the power of early intervention.

Because in Smith County, we're not just raising kids.

**We're raising heroes.**

**“EVERY CHILD HAS THE POWER TO  
BE A HERO— IN THEIR HEALTH, THEIR  
CHOICES, AND THEIR COMMUNITY.  
WE JUST HAVE TO GIVE THEM THE  
TOOLS TO BELIEVE IT.”**

**— SCMHS SUPERHERO ACADEMY TEAM**

**SCAN THE QR CODE TO  
LEARN MORE ABOUT  
SUPERHERO ACADEMY!**





FROM INTERN TO IMPACT:

# Maddy's Journey

AT SCMh

Investing  
in People.

Growing  
Local Talent.

Building  
the Future  
of Rural  
Healthcare.



Maddy with her family at her graduation from Fort Hays State University

**When Maddy Koelsch first applied for a Nex-Generation internship at Smith County Memorial Hospital, she was looking for a summer job. What she found instead was a calling.**

"I've always had a curious mind and a heart to help people," she said. "When the marketing internship I applied for was already filled, they offered me a spot in Social Services. I didn't hesitate. I wanted to learn—and to serve."

That summer shaped more than her résumé—it shaped her heart. Maddy discovered what many find at SCMh:

healthcare isn't just about treatment plans and charts. It's about showing up with empathy, listening well, and meeting people where they are. "This place taught me that healthcare is about trust. You don't need a medical degree to make a difference."

Today, Maddy serves as the Chief Financial Officer of SCMh—a role she stepped into right after graduating from Fort Hays State University. "It was surreal. This job has been an answered prayer," she said. "I knew I wanted to return to a rural area and serve the community that raised me. Without the support from my family and community, I wouldn't be where I am today."

Her story is one of homegrown purpose, proof that SCMh not only provides jobs, but also grows leaders.





Maddy with our Patient Access Team

## Investing in People

At SCMH, career paths extend far beyond clinical care. Finance, social services, culinary arts, marketing, IT, administration—the list goes on. “There are so many parts to a hospital that most people never think about,” Maddy said. “Every department, every person, is vital to what we do.”

As CFO, Maddy sees her work as a ministry. “Finances aren’t always easy to talk about,” she said. “But asking someone, ‘What can we do to help?’—that’s powerful. That’s how we serve.”

And she’s not serving alone. “Our leadership team is one of my favorite things about working here. We hold each other accountable. We lift each other up. We share the same vision: to build something good for this community.”

## Leading with Purpose

Maddy’s journey—from intern to executive—is a powerful example of how local investment in local people creates lasting impact. “Leadership isn’t about titles,” she said. “It’s about courage, service, and doing the right thing—especially when no one’s watching.”

She offers this encouragement for high school and college students wondering what comes next: “Explore your interests. Don’t be afraid to start somewhere. Internships, job shadowing—they can open doors you didn’t even know existed.”

And to anyone wondering whether a thriving career is possible in a small town, her life says it all: **Absolutely.**



Maddy with our Finance Services Team

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# Explore Your Future AT SCMH

Whether you dream of clinical care, leadership, or making a difference behind the scenes, SCMH offers opportunities to build a meaningful career in the heart of North Central Kansas.

## Medical & Non-Medical Paths Available

- Nursing, Lab, and Radiology
- Social Work, Physical Therapy, and Patient Access
- Finance, Health Information, Marketing, and Administration
- Dietary Services, IT, and Facilities Maintenance
- Internships and “Earn While You Learn” Apprenticeship Positions

SCMH is where purpose meets opportunity. In addition to competitive pay, we provide a robust benefits package valued at approximately 25% of your wages, including:

- Health, vision, and dental insurance
- Life insurance
- Retirement contributions

**LEARN MORE  
ABOUT OUR CURRENT  
OPPORTUNITIES AT**  
[scmhks.org/careers](https://scmhks.org/careers)



# Close to Home, Committed to Healing:

# EXPANDED SURGICAL SERVICES

at SCM<sup>H</sup>



## *In the heart of rural America, where community and care go hand in hand,*

Smith County Memorial Hospital (SCMH) proves that high-quality surgical services don't require a long drive or time away from home. With a deep commitment to meeting the evolving health needs of Smith County and the surrounding areas, SCM<sup>H</sup> is proud to offer a growing array of surgical specialties right here, close to home.

From orthopedic procedures to expert pain management, patients now have access to a skilled team of visiting and local specialists delivering quality care backed by the latest medical techniques— all within the familiar, trusted walls of SCM<sup>H</sup>.

### Orthopedics: Restoring Motion, Renewing Lives

When joint pain or injury holds you back, the Orthopedic team at SCM<sup>H</sup> is ready to help you get moving again with precision and compassion. We now offer:

- **Shoulder Scopes:** A minimally invasive technique to repair rotator cuff injuries and relieve impingement.
- **Knee Scopes:** Used to treat meniscus tears, cartilage damage, and ligament injuries with faster recovery times.
- **Hand Procedures:** Including Carpal Tunnel Release and Trigger Finger Release to restore dexterity and relieve nerve pressure.

Whether you're a rancher, teacher, athlete, or retiree, our orthopedic team is here to help you regain strength, function, and the freedom to live fully.

### Podiatry: Every Step Matters

Foot pain can steal the joy from everyday life, but SCM<sup>H</sup>'s podiatric surgical services are designed to get you back on your feet with confidence.

- Hammer Toe Correction
- Fusions for joint stabilization
- Fasciotomy procedures for chronic plantar fasciitis

These targeted treatments help relieve pain, improve mobility, and prevent long-term complications that often go untreated in rural areas. At SCM<sup>H</sup>, every step is a step toward healing.

“

*We believe that high-quality, specialized care shouldn't be miles away— it should be right here at home.*

”



## General Surgery: **Safe, Skilled, and Seamless**

SCMH's general surgery offerings are comprehensive and patient-centered. Our team performs both outpatient and inpatient procedures, ensuring comfort and continuity of care.

- Endoscopy for digestive health diagnostics
- Laparoscopic Surgeries for quicker recovery
- Biopsies and Lesion Removals for early detection and treatment
- Hernia Repairs that restore comfort and function

These procedures are delivered with advanced tools and the warm care our patients know and trust.

## Urology: **Specialized Solutions with Dignity and Care**

Urological conditions can be sensitive and complex, but our team approaches every procedure with professionalism and empathy.

- Cystoscopy to examine the bladder
- TVT (Tension-Free Vaginal Tape) for urinary incontinence
- Fulguration to treat bladder conditions

Our goal is to restore health and confidence with minimal disruption to daily life.

*Let your healing begin right where you are.*

To schedule a consultation or learn more about our surgical services, visit [scmhks.org](http://scmhks.org) or call 785-282-6845.

## **Why It Matters:**

## **A FUTURE OF LOCAL ACCESS AND WHOLE-PERSON CARE**

What sets SCMH apart is more than our expanding list of procedures— it's our mission to deliver the highest-quality surgical care with a hometown touch. Patients benefit from shorter wait times, a familiar recovery environment, and the peace of mind that their healthcare is in the hands of professionals who see them as neighbors, not numbers.

Our commitment doesn't stop at the operating room. The SCMH Rehabilitation Services team plays a vital role in helping patients recover and thrive after surgery. Our skilled physical, occupational, and speech therapists work hand-in-hand with surgeons to develop personalized recovery plans that promote strength, mobility, and confidence. Whether it's regaining motion after joint surgery or rebuilding balance after a procedure, this seamless collaboration ensures that healing continues with purpose and support every step of the way.

As surgical options continue to grow, so does our vision: to ensure every person in North Central Kansas has access to the care they need without leaving the place they love.

## Pain Management: **Relief that Restores Your Quality of Life**

Living with chronic pain can be overwhelming, but at SCMH, relief is possible through our expert pain management team. We offer targeted therapies including:

- Epidural Steroid Injections
- Cervical Injections
- Radio Frequency Ablation
- Sacro-Iliac Injections
- Botox for Migraines
- Intra-articular Injections for joint pain

These treatments reduce inflammation, calm nerve pain, and help patients reclaim their independence.



*Trent Blackwill, CRNA, NSPM-C at Holistic Pain Management*



*Dr. Travis Rump, DO with members of our Surgical Services Team*

# Thank you

*We thank the Smith County Community Foundation, Dane G. Hansen Community Foundation, and Kansas Health Foundation for their generous support to help fund key surgical equipment to help us add local services.*





# Rooted in Care

## The Heart of Smith County Family Practice

*At Smith County Family Practice, care isn't just clinical— it's personal. It's delivered by providers who know what it's like to wave at their patients from the grocery aisle or cheer beside them at a Friday night game. It's about relationships, trust, and a shared life in a rural place they call home.*

Each provider brings their own story, but together they create a practice grounded in purpose and compassion. Dr. Justin Overmiller puts it plainly:

***"I chose to practice in a rural community because I'm from a rural community. It's what I grew up with. It's what I know."***

His words reflect the heartbeat of a team that lives and works in the same small towns as their patients.

Dr. Hannah Haack shares that same deep connection to the families she serves. "My favorite thing about being a provider in a rural community is taking care of a whole family and being there from either the birth of a baby to the death of a loved one. And then all those milestones in between." This long-term, whole-life care makes rural medicine so meaningful and rare.

Preventive care is a cornerstone of that commitment. It's about being proactive with health, not just reactive to illness. But the message comes with encouragement, not pressure.

"I love what I do just because of the ability to take care of everyone in the community," says Dr. Stephen Moll. "It's a very rewarding experience."

For many providers, this is more than a job— it's a calling. Dr. Ferrill Conant describes it best: "It fulfills what I believe is my purpose, and that's providing care to families." That purpose shines through in every appointment, every follow-up call, every bit of health advice shared with a smile.

The team is united not only by their mission but also by a strong sense of camaraderie. "I love working at Smith County Family Practice because of the people I work with and the patients," says Hallie Theobald, PA-C. That warmth extends from staff to patient, making the clinic feel more like a home than a hallway of exam rooms.

Lindsay Rut, PA-C, shares that her connection to medicine is generational:

***"My grandpa was a pharmacist, my mom was a nurse. My dad worked at the pharmacy, so that's all I knew, and I love it."***

That heritage carries forward into every patient she sees— personal, professional, heartfelt.

And for some, the commitment to community runs especially deep. Dr. Leah Wiehl, who grew up in Kensington, says it with humble pride:

***"I love living in a rural community and I love giving back to the community I call home."***

Jill Kuhlmann, APRN, captures the whole picture simply and beautifully:

***"We get to take care of friends, family, and really get to see the impact we have."***





At Smith County  
Family Practice,  
you're not just  
a patient.

You're a neighbor.

**And you're in  
good care.**



SMITH COUNTY MEMORIAL HOSPITAL

## Why Preventive Care



Annual wellness exams,  
screenings, immunizations,  
and honest conversations with  
a provider who knows you can  
prevent illness before it starts.

Call 785-282-6834 to schedule  
your visit with someone who cares.

*Hear our providers  
share their why.*



SCAN ME



# Leading is personal for Kenton Weltmer

In a place where neighbors know each other by name and the hospital is more than just a building— it's a lifeline— leadership matters.

That's where Kenton Weltmer comes in.

As the board chair of Smith County Memorial Hospital (SCMH), Kenton has stepped into a role that's about more than meetings and spreadsheets. It's about guiding a rural hospital that cares for real people— your family, your friends, your coworkers. And now, he's been recognized across Kansas for doing it well.

Recently, Kenton completed the Kansas Hospital Association's Trustee Recognition and Accountability Program, a professional achievement that highlights his commitment to responsible leadership, continued learning, and excellence in serving his community.

*Sarah Ragsdale presented Kenton Weltmer with the Kansas Hospital Association Certificate of Recognition for completing the Trustee Recognition and Accountability Program*

This program isn't just a certificate. It's a rigorous education in how to help rural hospitals like SCMH thrive despite limited resources, workforce shortages, and the constant challenges of rural healthcare. Trustees who complete the program gain deep insights into finances, patient safety, legal responsibilities, and community engagement.

For Kenton, this education has translated into action.

Under his leadership, SCMH expanded its services so that patients could see specialists without leaving town, and it aggressively acted to meet community health needs. It has launched health education programs and is building strong partnerships with schools, local businesses, and community organizations to spread wellness throughout Smith County.

*“Kenton leads with vision and heart,” says Sarah Ragsdale, CEO of SCMH. “He understands that rural healthcare is personal. His leadership helps us keep care close to home.”*

While many rural hospitals are closing their doors, SCMH is moving forward. That momentum is no accident— it's the result of faithful leadership, sound governance, and a deep love for the community.

And Kenton Weltmer is at the heart of it all.







# what could go right?

Looking at the photo of the concrete slab before the SCMH National Fitness Campaign Fitness Court and Studio was installed, I can't help but smile. To some, it may just look like a stretch of gray concrete. But to me— and to many of you— it represents something far more meaningful: a foundation for possibility.

It's easy, isn't it, to slip into the mindset of what could go wrong? When we first dreamed of creating a community wellness hub, doubts crept in. How will we fund the vision? Will the community embrace it? Can we really transform a rural hospital campus into a community wellness hub? We've all been there in our work and lives when dreams stir up as many questions as they do excitement.

But here's the beauty of what we're building together on the SCMH campus: we are learning to flip the question. Instead of focusing on what could go wrong, we dare to ask, "what could go right?"

What if this Fitness Court becomes a place where neighbors encourage each other? What if it sparks healthier habits, laughter, and connection? What if it helps someone discover strength they never knew they had?

Every slab poured, project launched, and initiative we champion as a community is an act of faith in what's possible. "Now faith is confidence in what we hope for and assurance about what we do not see" (Hebrews 11:1). We choose to believe that healthy change can happen— that people can transform, that communities can thrive, and that our shared spaces can bring us together in new and meaningful ways.

This mindset shift isn't just about concrete and construction. It's about our community, partnerships, and even our personal wellness. When we change our focus from "what might go wrong" to "what could go right," we move away from fear and hesitation and step into a place of faith and hope. This shift opens up possibilities for innovation.

So, as you look at the photo of that foundation, I encourage you to see more than a concrete slab. See the countless possibilities it represents. Let it remind you that every day, you help lay foundations of healing, encouragement, and hope— not just in big projects, but in small, quiet moments that matter.

Let's choose to be people who believe in what could go right. Let's carry that spirit into every challenge we face together.

We're building more than a Fitness Court. We're building a healthier, stronger, more connected community— and that's something worth celebrating.

Keep dreaming. Keep building. Keep believing.

With love,



Shannon Rogers  
Director of Communication, Marketing and Development



**SCAN ME**

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Healthier North Central Kansas







# SMITH COUNTY MEMORIAL HOSPITAL

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SCMHKS.ORG

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