

# Her medicine includes dose of hugs

By **CAROLYN PLOTTS**

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Home health nurse Susan Engelbert, Licensed Practical Nurse, gives more than medicine to her clients — she gives a healthy dose of hugs and friendship.

A full-time nurse for 21 years at Norton County Hospital, Mrs. Engelbert was drawn to the home health aspect of nursing. She wanted to help and she could see the advantages of safely keeping people in their own homes longer.

As a home health-care provider working for the Norton County Health Department, she attends to a wide variety of client needs like foot care, shopping, setting up medications, a little cooking and administering shots. "This is the best job anyone could have," said Mrs. Engelbert. She said her clients are like family, but they're friends, too.

She has a roster of 15 clients she sees throughout a week. She sees from five to seven clients a day spending from one to two hours with each. "My clients really appreciate me. They all say, 'Thank You,'" she said.

Part of almost any job is the paperwork. Mrs. Engelbert said there is a lot of record keeping and book work associated with her job. Her supervisors, Leslie Pfannenstiel and Gina Frack, at the Norton County Health Department, have been really great, she said. Her co-workers are also good to work with — we all work together, she said. "My job brings the best out of me. I feel

good about what I do. It has been a very positive work experience," she said.

She enjoys what she does so much, she is not even thinking about retirement. "I like to pamper my clients. We work and laugh at the same time," she said.

Mrs. Engelbert has another job through the health department and that is running the Healthy Start program. She visits new mothers and their babies, insuring they are both getting off to a good start. She sees about 40 to 50 mothers a year, giving them a sleep sack and some books.

She also conducts Vita-Bank exercise classes at the Norton Senior Center twice a week. This is exercise that even 90-year olds can do, she said.

Mrs. Engelbert admires the elderly who are trying to take care of themselves. They have a lot of heart, she said.

One of Mrs. Engelbert's clients is Anita Wyatt. With help, Ms. Wyatt has been able to remain in her own home. With Mrs. Engelbert's help she does things like exercise that she probably wouldn't do on her own. "I know she's right — and I don't give her too much trouble," said Ms. Wyatt.

Mrs. Engelbert and her husband, Dale, have four children: Brent, 32, Zane, 29, Elise, 22, and Bryce, 18. They have two grandchildren with another on the way. Mr. Engelbert is a math teacher at Norton Community High School. The Engelberts have lived in Norton for 33 years.



Susan Engelbert is more than just a nurse to the patients she serves through the Norton County Health Department — she is a friend. Anita Wyatt, right, received special care and a manicure during one of Mrs. Engelbert's visits.

— Telegram photo by Carolyn Plotts

## Yogurt may help you lose weight

Even the lactose intolerant can benefit from yogurt

While some diets may shun snacking, Bob Greene, the personal trainer best known for helping Oprah achieve her dramatic weight loss, recommends having at least one snack a day in his new best-selling book, "The Best Life Diet."

"Eating between meals can help you stay energized and help you get the nutrients you need," said Mr. Greene. "When choosing snacks, I recommend healthful options, like yogurt, that are lower in calories and fat, provide a lot of nutrients and can help satisfy a sweet craving."

Research finds the dairy calcium like that found in yogurt may help people burn fat and lose more weight than by just cutting calories alone, when you are getting an adequate amount of dairy calcium each day.

Vitamin D helps the body absorb the calcium, so look for options that provide vitamin D in every cup.

If you're among the 25 percent of people who are lactose intolerant, try yogurt. The live and active cultures in yogurt help break down lactose, making it easier to digest than milk.

Many options, like key lime pie and peach flavors, keep yogurt interesting. And yogurt isn't just for snacking. Try these creamy options.

- Use flavored yogurt for a cool, refreshing smoothie.
- Mix yogurt with cereals made from whole grain for breakfast.
- Use yogurt as a substitute for higher-calorie condiments, such as sour cream or mayonnaise.

For more Best Life Diet-approved tips, visit [www.eatbetteramerica.com](http://www.eatbetteramerica.com).

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