



Diana Helms



Bob Husted



Sharon Leiker

Norton Correctional Facility honors employees of the year

By FACILITY'S STAFF for The Telegram

The Norton Correctional Facility recognized three Employees of the Year and a Volunteer of the Year in a recent awards ceremony.

Diana Helms currently operates the Norton Correctional Facilities Staff Dining Program. This program, the "In-2-Work" program, which employs seven to nine inmates, is a closed program. This means that the inmates start and complete at the same time. This program operates in the same manner as a restaurant would in the community. Staff Dining is open for business five hours a day five days a week. They offer daily specials and staff can eat there or have their meal delivered to their post.

Ms. Helms has done a wonderful job implementing the new "In-2-Work" program and presenting the standardized curriculum. The structure of the program encourages inmates to participate in a pro-social setting while learning marketable skills.

Developing inmates to work in a "real life" environment upon release assists Kansas Department of Corrections in its efforts with Risk Reduction and Reentry. Ms. Helms works directly with the inmates as she instructs them in food preparation, the importance of advertising and in developing effective marketing strategies for food products. The importance of balancing out menus to make a profit is another important aspect of the "In-2-Work" program.

Ms. Helms also assists with food preparation and supervision in the male food service area operated by ARAMARK. Her duties include health and sanitation inspections and substituting when there are staff shortages.

Her positive attitude, friendly demeanor and good work ethic make Ms. Helms a great asset to Food Service department and to the facility.

Ms. Helms has one son and eight grandchildren. She enjoys playing games on the computer, gardening and bowling. She also looks forward to spending time with all of the grandchildren when they come to visit.

Sgt. Bob Husted began employment with Norton Correctional Facility in 1988 as an officer trainee. He was assigned as a compound officer on the 12 to 8 shift, and promoted to sergeant on 8-18-1988. Other experiences include Segregation officer and serving as a Special Operations Response Team (SORT) member. COII Husted assumed the respon-

sibilities of all "locks and keys" as NCF's Key Control Sergeant in 1992. The duties of backup Tool Control Sergeant and Armory Officer were added to that position in 2006.

COII Husted provides excellent training for the new staff in key control and is always available for training. The key and lock control systems at NCF have been a model for other facilities. NCF replaced all locks at the facility, and Sergeant Husted completed this task in a professional, thorough and timely manner. Sgt. Husted has assisted with Security Audits of the locks and security procedures at other facilities. Completing study courses for locksmith and locking systems on his own is just one of the ways Sgt. Husted excels.

Prior to employment with Kansas Department of Corrections, Sgt. Husted originally attended the Wichita Automotive and Electronics Institute and began a career in auto body repair and refinishing. In 1985, he began employment with the Department of Social and Rehabilitation Services as a Psychiatric Aide.

Sgt. Husted and his wife Sandy reside in Norton. They have one son and two daughters who are adults. The Husteds are looking forward to being grandparents soon. As a couple they enjoy fishing, camping, visiting family and supporting high school sporting events. Bob enjoys hunting with his son and they have restored a pickup in fashionable camouflage.

Ms. Sharon Leiker has been an NCF volunteer since March 2, 2007. She requested to assist with risk reduction inmate activities at orientation and was assigned to assist Sondra Petrie and Sandi Ross with the development of the Stop Violence call-out (now called Reaching Out from Within). She has been a dependable volunteer attending all meetings of the minimum call-out and filling in as the medium call-out leader since the previous leader resigned.

Staff have monitored several of her call-outs and witnessed her sticking to a solid curriculum that will hopefully assist inmates in ceasing violent activities upon discharge. She has assisted with several fundraisers for the group she oversees that helped to stock God's Pantry, a local provider of foods to near homeless people in Norton. She is the back-up coordinator of The Haven, an overnight hostel for inmate families and she is the leader of the local Salvation Army. Sharon Leiker has been

a boon to the inmate's she has worked with throughout her years with Norton Correctional Facility and a boon to the community at large.

While at the Kansas State Employee of the Year Recognition Ceremony held in Topeka, Ms. Leiker was presented an award by Gov. Parkinson and advised that she was the Kansas State Volunteer of the Year.

Sharon has four grown sons and multiple grandchildren. She devotes most of her spare time to community based work.

Teresa Kultgen began her Kansas Department of Corrections career at the Norton Correctional Facility East Unit in Stockton as an administrative assistant on Nov. 17, 1997. Since that time, Ms. Kultgen has functioned as the Norton Correctional Facility East Unit business office manager and has managed and conducted the inmate canteen functions.

Other responsibilities have included liaison for the Norton Correctional Facility institutional parole officer, preparing inmate release documents and providing inmate release funds and documents for inmate releases. She has provided an enthusiastic leadership role in special events planning for the east unit and has provided her personal time and equipment in that role. She serves as a member of the Norton Correctional Facility Crisis Intervention Team and was a founding member of the east unit Dog Rescue Program sponsored by the Humane Society of the High Plains. Teresa was selected as the Norton Correctional Facility employee of the first quarter for 2008. She is considered by her peers as a genuinely conscientious and dedicated employee of Norton Correctional Facility.

With the closing of the Norton Correctional Facility East unit Teresa has moved to Norton Correctional Facility's reentry unit. She will be assisting the IPO and the reentry specialist. With this new position, Teresa will have the opportunity to expand her knowledge in Risk Reduction and Reentry practices.

Teresa is a lifelong resident of Stockton and has two children. She currently serves as a Stockton Emergency Medical Service volunteer. She formerly served 18 years as the director and training coordinator of the Stockton Ambulance Service. She has also served several terms on the Stockton Grade School Site Council. Teresa is viewed as an integral part of and invaluable asset in her local community.

Business again helping children

Pamida Foundation is holding their Back-to-School Pinup Program in Pamida stores across the midwest.

The program raises money for schools in Pamida communities.

Norton Community Service Organizer Barb Goeken said the fundraiser started July 25 and will last until Aug. 21.

Funds are raised through customer donations and distributed to schools for the purchase of school supplies for underprivileged children.

Each donation will go to a local school designated by the store. Mrs. Goeken said Norton

Community Schools receive the funds raised.

The Pamida Foundation will match up to \$250 per community during the program.

Mrs. Goeken estimated 250-300 people have participated so far.

She said this is looking to be a better year than last year, in spite of the troubled economy.

"It's important that kids can come back to school with the necessary school supplies," Mrs. Goeken said.

"We are very excited about this year's Back-to-School Pinup Program in our Pamida commu-

nities," said Jessica Strohm, executive director of the Pamida Foundation.

"The program is designed to support local schools and provide support to children to start the school year off right,"

"The Foundation strives to support education in our communities and this is just another way we are able to help students have a very successful year," she said.

In 2008, the Pamida Foundation donated more than \$700,000 to these organizations. This year, Pamida's goal is to donate \$1 million to Pamida communities.

New museum exhibits offered

By SHIRLEY HENRICKSON
Hansen Museum Director

This week the "Ostrich Eggs Series by Lenne' Nicklaus-Ball" from Katharine T. Carter and Associates, Kinderhook, New York, is being taken down. It was our pleasure to display this exquisite exhibit of costume jewelry and ostrich eggs.

The Dane G. Hansen Memorial Museum is proud to present "Ultra-Realistic Sculptures by Marc Sijan". This showing is part of a national tour over a two and a half year period containing five full size figures, two torsos and ten portraits. The tour was developed and managed by Smith Kramer Fine Art Services, Kansas City, Mo. This exhibit will be on display through Oct. 4.

Internationally recognized artist Marc Sijan with his life-size realistic sculptures has been featured in over forty one-man museum exhibitions, half of which set attendance records. One museum director boasted that the attendance was even greater than a recent exhibition they had by some fellow Degas. Sijan's exhibitions are always the talk of the town, and the viewer often comments that you wouldn't believe it until you see it. The work has been classically described as homages to humanity. His startlingly lifelike representation of real people is considered the leading contemporary example of realistic sculpture. Far from static, the security guard, dancer or lounging ladies present a cross

section of American life—a frozen sense of motion, rather than in inert passivity.

Our August Artist of the Month is Roy Jessup from Oakley. Roy has many beautiful watercolor paintings on exhibit and for sale. Please stop in and check his work out. He is truly a gifted artist!

Museum hours are M-F 9-12 & 1-4; Sat. 9-12 & 1-5; Sun. & holidays 1-5. We are handicapped accessible, there is never an admission fee and we have a free Wi-Fi Hotspot in the Community Room. For more information about this and other exhibits, contact Shirley at 785-689-4846 or check out our web at www.hansenmuseum.org.

Hospice an option for many

By SANDY KUHLMAN
Special to The Telegram

Caring for someone suffering from cancer, Alzheimer's or dementia, or another serious illness is one of the most challenging experiences in life.

Few are adequately trained for it, yet most think they can do it single-handedly.

In spite of medical technology, there is no accurate way to predict the course of an illness or how much caregiving will be needed, a few days or many months or years.

Family caregiving is the underpinning of the country's health-care system, with a value to society estimated at \$306 billion per year — more than the value of home care and nursing care combined.

At least 44.4 million adults provide care, with an estimated 80 percent of all care received by older Americans provided by family members — spouses, children, grandchildren and other relatives.

Nearly 60 percent of caregivers work and nearly 40 percent of caregivers have children under the age of 18.

Managing the competing priorities of work and family, in addition to caregiving, is stressful, costly, and draining, and can exact a heavy toll, resulting in caregiver stress, burnout, and other health problems.

Experts anticipate that family caregiving will continue to grow in the decades ahead.

Taking care of yourself when a loved one needs you may seem like a selfish idea. It may be hard for you to see how taking care of yourself benefits the person you are carrying for as well. If you have ever experienced the cursory examination of a fatigued physician or the impatience of an overworked nurse, then you have experienced what happens to the quality of care when caregivers do not care for themselves.

- Suggestions for the caregiver:
- Pace yourself — acknowledge your limitations
 - Acknowledge your strengths — the person you are caring for may not be able to express appreciation for all that you are doing
 - Talk it over — find someone with whom you can safely discuss your feelings and your needs
 - Nurture your body — caregiv-

ers tend to ignore their own physical needs

• Feed your soul — learn what renews you emotionally and spiritually

Caring for someone who is ill is challenging, yet it has the potential also to be rewarding.

As each moment becomes special, caregivers may experience a heightened awareness of the beauty of life.

When friends tell you to "take care," take them seriously!

Only by caring for yourself can you experience the fulfillment as well as the challenges of your commitment to care for one another.

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Norton County Health Promotion Blood Draws
 At the Norton County Health Department
 Tuesday, Aug. 25, 2009
 Time: 7:00 a.m. - Noon
 Provided by a joint effort of the Norton County Health Department and the Norton County Hospital
 Need to be fasting (no food or drink after midnight) before the test
NO APPOINTMENTS NECESSARY - FIRST COME, FIRST SERVE
QUESTIONS? CALL THE NORTON COUNTY HEALTH DEPARTMENT AT 785-877-5745

Profile #1 (Health Profile and CBC)\$40.00
 HEALTH PROFILE CONTAINS:
Electrolytes - (Sodium, potassium, chloride and total carbon dioxide) These are major indicators of kidney and hormonal functions. Electrolytes are essential for the body's acid-base balance and the operation of nerves and muscles, especially the heart.
Kidney Functions - (BUN, creatinine) These indicators are used to monitor kidney function.
Liver Functions - (Total albumin, globulin) These tests can be used in detecting and/or monitoring liver function damage, tissue damage or inflammation.
Alkaline Phosphate - (Uric acid, calcium, phosphorus) Used for detection and monitoring of bone, tissue and parathyroid disease, such as arthritis, gout, bursitis and lupus.
Glucose - This test is to measure blood sugar levels and is used to help diagnose/monitor diabetes mellitus.
Cholesterol - (Including HDL, LDL, VLDL, triglycerides and ratio of LDL/HDL) these are fats produced in the liver that combine with fatty oils in the blood stream. Cholesterol is further broken down and measured as HDL (good cholesterol) and LDL (bad cholesterol). The person who has higher levels of LDL is at greater risk of heart disease. Triglycerides determine the level of simple fats in the blood.
CBC - (Complete blood count with differential) This is a series of tests of the blood that provides a tremendous amount of information about the hematologic system, immune response and many other organ systems.

Profile #2 (PSA)\$20.00
 PSA - This test detects an enlarged prostate, infected prostate and/or prostatic cancer. It can be used to evaluate disease progression and to monitor treatment.

Profile #3 (TSH)\$15.00
 TSH - This test is used to evaluate thyroid function and detect if there is too much or too little hormone secreted by the thyroid.

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