

# Sherman County service cover many fields

## GOODLAND, from Page 24

There are two sources for primary dental care. Goodland Dental Arts, 504 Main, has dentists Dr. Terry Imel and Dr. Megan Pearce. The phone number is (785) 899-6222.

Dr. James Baker has his office at 1009 Main and his phone number is (785) 890-2562.

Dr. Chris Lovell has an office at 1014 Main offering oral surgery and orthodontics on Wednesday and Thursday about every other week. He has an office in Golden, Colo., and comes out some weeks to provide service in Goodland. Call the office at (785) 899-3025.

Three optometrists provide eye care: Dr. David F. Schnee, 601 East U.S. 24 at (785) 899-5501; Dr. Mark Wahlmeier at Vision Source of Colby and Goodland, 1102 Broadway Ave. at (785) 899-3654; and Dr. Ryan Neuman at the Neuman Vision Care, 919 Main, at (785) 890-3937.

There are four chiropractic clinics: Clifton Porterfield at 2233 Caldwell and (785) 899-2500; A.L. Goalden at 1119 Walnut and (785) 890-2076; Patrick Gleason of Gleason Chiropractic at 1015 Main and (785) 899-2225; and Brett Poling of Poling Chiropractic at 1109

Main and (785) 728-7282.

Toby Cooper and Jean McKenzie, massage therapists, work out of Gleason Chiropractic at 1015 Main. Cooper's number is (785) 349-8269 and McKenzie's is (785) 728-7003.

Angie Witman operates Meier Clinics, offering counseling services at (888) 725-4642 through Gleason Chiropractic at 1015 Main.

Jessica Freimuth offers massage therapy out of Klip 'N Kurl Salon at 1120 Main and the number is (785) 899-3942.

The Sherman County Good Samaritan Center, 208 W. Second, offers 48 skilled-nursing beds and an Alzheimer's unit with 12 beds. The number is (785) 890-7517.

On West Eighth Street, Wheat Ridge Retirement Community offers assisted-living care with 50 rooms. It has 10 independent housing units in duplexes. For information call (786) 899-0100.

The Sherman County Health Department, 1622 Broadway, provides immunizations, blood pressure checks and Women, Infants and Children nutrition care for the county. The number is (785) 890-4888.

Goodland Home Health, 655 E. 22nd, owned by Sue McCracken, a registered nurse, phone

(785) 890-7658, and Good Samaritan Home Health Care, 820 S. Denison, St. Francis, at (866) 365-3588 provide home health service.

Meals on Wheels delivers meals to people who can't get out at their homes cooked by the hospital kitchen. Contact the hospital at (785) 890-3625.

Lincare, 1013 Main, supplies home oxygen and medical equipment. Call (785) 899-6848. Hearing aids and maintenance are available from Precision Hearing Service, 1208 Main, at (785) 899-3166.

Golden West Skills Center, 108 Aspen Road, offers a ResCare program for the mentally and physically handicapped and has group homes. Tammy Fogg, a registered nurse, is branch manager of ResCare Home Care of Northwest Kansas, a licensed home health agency. Call (785) 728-7198. The agency covers a five-county area.

High Plains Mental Health, 722 Main, has four staff therapists who handle patients in Sherman, Cheyenne and Wallace counties (785) 899-5991. High Plains handles a 20-county program from its headquarters in Hays. An emergency number is available at (800) 432-0333.

The Thomas County Alcohol and Drug Abuse Council has an office in Goodland at 120 W. 11th, and provides substance abuse counseling. Rex VanHorn is in Goodland on Tuesday and Wednesday. To make an appointment, call the Colby office at (785) 462-6111. The Colby office, 345 N. Lake, is open Monday through Thursday 8 a.m. to noon and from 1 p.m. to 5 p.m. On Friday, hours are 8 a.m. to noon. Call (785) 462-6111.

Twelve-step self-help programs available include Alcoholics Anonymous at (785) 890-3023 or (785) 399-2353, Al Anon at (785) 890-3023, Adult Children of Alcoholics at (785) 821-4277 or (785) 821-2862, Narcotics Anonymous at (785) 890-8369 and Emotions Anonymous, which meets at the Goodland Regional Medical Center.

The Goodland Activities Center, 808 Main, offers a weight room, racketball, basketball and volleyball courts, an exercise room and gym and dance rooms. The center, a nonprofit membership facility, handles city and county recreation programs for kids and adults. The phone is (785) 890-7242.

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# Rawlins County under construction

By Kimberly Davis

*The Oberlin Herald*  
k.davis@nwkansas.com

The Rawlins County Health Complex is under construction and could be for quite a while, depending on an upcoming decision.

Hospital Administrator Deanna Freeman said workers renovating the entrance and admissions area now. That work will help the hospital meet provisions of two federal laws, the Americans with Disabilities Act and the Health Insurance Portability and Accountability Act.

Freeman said the hospital received a \$400,000 state-federal Community Development Block Grant for that part of the project.

One reason for renovations is because there wasn't any privacy at the window where patients checked in, Freeman said. That had to be addressed.

The next project, she said, is for a \$7 million renovation for the patient wing and other items. Freeman said they have been working on the plans for five years so that every square foot of the building will be used in the best way.

The project, said Freeman, will also address all compliance issues with federal rules.

According to the hospital's website, the project is needed because four of the patient rooms have no restrooms, six aren't handicap accessible, there is no fire suppression sprinkler

system and several areas don't comply with the new federal regulations.

Freeman said they plan to repay a loan from the U.S. Department of Agriculture with hospital revenue.

An advisory ballot on the project will be mailed out to county residents on Monday, but the county commissioners will make the final decision.

The Rawlins County Hospital was founded by the Atwood Rotary Club through the efforts of Dr. C.E. Henneberger. The hospital adopted the name Rawlins County Health Center to reflect the relationship between the hospital, clinic and Prairie Plaza Retirement Community in September 1997.

As a critical access hospital, the facility has 24 hospital beds. The building is owned by the county and run by a nine-member elected board.

The hospital, said Freeman, receives money from a 13-mill property tax levy, about \$364,000 a year.

Besides the providers on staff, the hospital offers speciality clinics in hear, blood and cancer treatment, outpatient surgery, foot care, urinary tract problems, a blood-thinner clinic and anesthesia/pain management.

It's important for small towns to maintain their hospitals, said Freeman, for patients of all ages.



At the Rawlins County hospital, Nonnie McCain, a certified nurse aide, worked on a computer while Karla Heble, director of nursing, looked over her shoulder.

— Photo by Kimberly Davis/The Oberlin Herald

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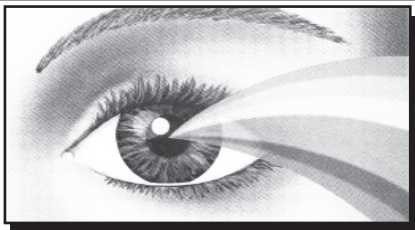


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# Vision, immunization important to kids health

By Erica Bradley

The Norton Telegram  
ebradley@nwkansas.com

Vision, immunizations and development are all important for kids' health and schools and other agencies across northwest Kansas have resources to screen for problems and help them along.

Joan Streck, school nurse for the Norton Community Schools, vision screenings should be done before entering kindergarten.

"More than 80 percent of everything we learn is a result of visual process," she noted.

Streck said up to 20 percent of children entering kindergarten have some kind of vision problem. Screenings can be done by a optometrist or through the See to Learn program run by the Eye Care Council.

This program teaches parents the signs of vision problems, with a free vision assessment by a participating Eye Care Council optometrist and a professional vision exam paid for by the parents during the first year of school.

Participating eye doctors in northwest Kansas include Jim and Jeff Morrison, Larry Washburn and Mark Wahlmeier in Colby, Morrison and Wahlmeier in Goodland, Karen Aldridge in

Norton and Dirk Gray and Robert Stamm in Oberlin.

A full list of participating optometrists can be found at the Eye Care Council website, [www.seetolearn.com/member-list.html#kansas](http://www.seetolearn.com/member-list.html#kansas).

Signs of vision problems include:

- Frequent rubbing or blinking of the eyes.
- Short attention span or day dreaming.
- Poor reading.
- Avoiding close work.
- Frequent headaches.
- A drop in scholastic or athletic performance.
- Covering one eye.
- Tilting the head when reading.
- Squinting one or both eyes.
- Placing the head close to a book or desk when reading.
- Difficulty remembering, identifying and reproducing basic forms.
- Poor eye-hand coordination.

Beyond vision exams, immunizations play an important role in health.

Streck said usually more vaccinations are needed for children under 5 who attend an early-childhood program operated by a school.

- Three doses of Hib (Haemophilus influenzae type b).

- Four doses of PCV7 (Pneumococcal conjugate).
- Two doses of hepatitis A vaccine.

The Norton County Health Department says immunizations recommended from birth to 12 months include HepB at birth, one to two months and six to 18 months and polio at six to 18 months.

"There's a pretty rigorous schedule," said Jenda Jones, a registered nurse with the department.

Development is another important factor for children, especially those going into preschool classes such as Head Start.

Twila Custer teaches a class at Eisenhower Elementary School for kids 3 to 5. She said development covers cognitive thinking, motor, communication and adaptive skills.

She said the school does two screenings every year, in March and August. Parents can call to schedule a screening at a time.

She said screeners look at many things, including height, weight and physical development.

"If your child isn't walking by 16 months, you should be concerned," she said.

Custer can be reached at the school, 877-5113.



Vernetta Becker had a blood sample taken by Jenda Jones, a registered nurse at the Norton County Health Department, during the department's latest blood draw. The screenings, held twice a year, are available for people who are uninsured, have high co-pays or for those who have health insurance that doesn't cover blood work.

— Photo by Erica Bradley/The Norton Telegram

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# Burlington outreach clinic gives veterans' health care service options closer to their homes

VA, from Page 11

said at that time.

Veterans' outreach clinics in Colorado include Alamosa, Aurora, Colorado Springs, Durango, Fort Collins, Greeley, La Junta, Lakewood, Lamar, Montrose and Pueblo.

The drive for a community veterans' clinic began in 2004 with a public forum at the Goodland Veterans of Foreign Wars Hall, where nearly 400 veterans and supporters gathered to urge officials from the Denver regional VA office to consider opening a clinic out here.

The office sent out a request for proposals in January 2007, and in March said the sites had been narrowed down to Goodland, Burlington and Yuma, Colo.

Visits were made to the three in March, and Burlington was notified April 30, 2007, that its proposal had been accepted.

Ken Baum, former Goodland American Legion commander, and one of the leaders in the effort to get the clinic, said the decision it would go to Burlington was a disappointment

for Goodland, but at least it is closer for most Kansas veterans than going to Yuma. Burlington is 35 miles, he said, while Yuma is 112.

"It is better than not having one," Baum said. "I figured if we did not get it, the decision would be politics to keep it in Colorado. It is disappointing it is not going to be here...."

"We were glad to see the VA taking a long overdue step to provide primary health-care services to the veterans in this region," said Jay Jolly, administrator of the Goodland hospital. "(We have) been working with area veterans and our congressional delegation for over five years to bring attention to this need and persuade the veterans health care system to address it."

Recently the VA has also begun a program to exchange health records with the Department of Defense and private providers. This is paving the way for the "seamless" lifetime exchange of the health records of veterans, regardless of where they live.

The agency says its computer system has grown to support the full range of patient care, including patient records, bar-coded medica-

tions, radiological imaging and laboratory and medication ordering.

The department, as a result of a recent medical review, has proposed rule changes that will allow medical care for nine diseases associated with military service in Southwest Asia after Aug. 2, 1990, or in Afghanistan on or after Sept. 19, 2001. These include brucellosis, campylobacter jejuni, coxiella burnetii (Q fever), ma-

laria, mycobacterium tuberculosis, nontyphoid salmonella, shigella, visceral leishmaniasis and West Nile virus.

The agency has moved to meet the needs of women veterans. It says about 1.8 million veterans out of a total of 23 million living are women. The agency estimates that women will be 10.5 percent of the veteran population by 2020.



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# Burlington hospital updated in 2008,

By Karen Krien

The Saint Francis Herald  
karen.k@nwkansas.com

Kit Carson County Memorial Hospital in Burlington opened a 27,476-square-foot addition in November 2008 at 286 16th Street.

The building offers single-patient rooms, maternity suites, and obstetrics and operating room, emergency rooms, a laboratory, imaging department, admissions and scheduling and the business office.

The Specialty Clinic is host to visiting health-care professionals specializing in everything from asthma and allergy to urology, dealing with urinary-tract and prostate problems.

The recently remodeled facility accommodates a clinical and surgical schedule for 20 doctors from the Colorado Front Range area.


For over 25 years, said Julie Jacobson, director of Growth and Development, the Kit Carson County Health Service District has recruited doctors who recognize the need for quality medical care for patients out here. The staff at Burlington Speciality Services makes appointments for patients with doctors who come to Burlington every week or two, avoiding the long drive to Denver.

The hospital imaging department offers Magnetic Resonance Imaging (MRI), a 16-slice CT scanner, and DEXA bone density screenings with the bonus of speedy telemedicine reads from the radiology consultants at Colorado Imaging Associates.

New to the Specialty Surgical Services is the state-of-the-art Pentax high definition colon scope. The Burlington gastrointestinal lab averages 220 colon-rectal scans a year and this helps the doctors to be able to see lesions and cell changes that might have been overlooked before without the ability to isolate flat lesions, Jacobson said.

Kit Carson County Memorial Hospital has trained, experienced laboratory technicians and a modern laboratory which provides doctors the medical information they need to be able to diagnose and recommend treatment without the wait and hassle of travel.

"They are able to work personally with our local medical staff," said Jacobson. "They, to-



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gether, look closely at a patient's medical history to provide a quality well-rounded approach to their well being."

The resident medical staff includes Dr. Wayne Hoppe, Dr. Zach Pimentel, Dr. James Perez and Dr. Elizabeth Maes, as well as physician assistants Kristen Janssen and Candace Campbell and nurse practitioner Susan Dorman.

"With our professional imaging, laboratory and surgical staff on hand, Monday through Friday from 8 a.m. to 5 p.m.," Jacobson said, "our ... staff can make sure you have the opportunity to have your entire visit coordinated in one place. That really makes it a patient-friendly environment."



Dr. Elizabeth Maes (right) consulted with a laboring obstetrics patient in one of the new maternity suites at Kit Carson County Hospital. The equipment at right is a radiant warmer that keeps a baby's temperature regulated so it can stay in the room with its mother. — Photo by Casey McCormick/The Saint Francis Herald



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# opened new addition

## What the hospital offers

The hospital is a licensed as a Critical Access Hospital, which provides primary care, inpatient and outpatient services and a level 4 trauma service, as well as home health care and hospice services.

The patient wing features 16 private rooms with baths as well as three two-person rooms. Two of the private rooms are "negative-pressure" rooms for patients who require isolation.

Three new obstetric delivery suites and the nursery have been relocated to the new building, as well as an emergency operating room. Last year, 99 babies were born at the hospital.

Special features in the new emergency department include street level, walk-in access to a four-bed trauma bay, two emergency treatment rooms and a decontamination shower for patients who've encountered hazardous chemicals.

The hospital offers same-day surgery and physical, speech, occupational and cardio/pulmonary rehabilitation therapy in the clinic and the Parke Health Center.

The Specialty Clinic offers a certified audi-

ologist and the only in-house sound booth for hearing testing in eastern Colorado.

The orthopedic surgical program draws on three specialists from Denver.

"Patients can now see orthopedic specialists for knee, shoulder, hip, elbow, arm and wrist and hand procedures," Jacobson said.

Other doctors from the Front Range who have regular specialty clinics in Burlington offer same-day surgeries for colon and rectal complications, gall bladder, hernia repair, ear tubes, tonsillectomy and breast biopsies.

South of the hospital, in the first level of the clinic building, is the Parke Wellness Center. The clinic offers physical, occupational, aquatic and speech therapy, cardiac and pulmonary rehabilitation and sports-injury rehabilitation. The center is on the top floor of the family practice clinic.

New home health care and hospice offices in the main hospital building should be done soon, Jacobson said. The offices, adjacent to the inpatient area and specialty clinic, will be home to a program which serves of patients and their families in their homes.



Getting ready to use the new state-of-the-art Pentax High Definition Colon Scope were (left to right) Jasalyn Hays, Terra Ware, Dr. Zach Pimental and Shauna Richardson. The Kit Carson County Hospital gastrointestinal lab averages 220 colorectal procedures a year. — Photo by Casey McCormick/The Saint Francis Herald

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