

# New director brings 26 years of nursing skills

**By Karen Krien**  
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The Good Samaritan Home Health Service has a new director. Cheryl Lee, R.N., took over the position on Dec. 10. After several weeks of training in Hays, she has settled into her office on U.S. 36, St. Francis. She fills the position left by Vickie Reuber.

She comes to the home health service with 26 years of nursing skills, having worked at the Goodland Regional Medical Center for 15 years and then went to St. Anthony Central in Denver where she worked in the Cardiac Intensive Care.

"I loved working with these patients and I hadn't planned transfer somewhere else but a series of events changed my thinking, and, then this job (home health) fell in my lap."

"It was as if God meant me to be here."

Mrs. Lee will be giving half of her time to working with clients and the rest will be spent administratively.

The home health service is presently serving people in Cheyenne and Sherman counties but, in the near future, will expand to Rawlins and Thomas counties.

"When we are stabilized, we will take on more clients in adjacent counties," Mrs. Lee said.

"Our goal is to keep our clients at home as long as we can," she said. "Home care changes everything except where the client lives."

"I want the home health service to be able to give quality service to the people as well as make it an 'awesome' place to work. We value our employees by offering competitive wages as well as good working conditions."

**Home health**  
As many older people experience diminished eyesight, hearing or decreased fine motor coordi-

nation, they need help to provide care for themselves. Home health aides can help by meeting the activities of daily living; personal hygiene and safety; housekeeping and laundry; meal preparation; help with simple exercise and ambulation.

The service offers 24-hours a day, seven days a week on a fee-for-service basis. People who can benefit from the service include:

- Those who have just left the hospital after a severe illness or injury and still have difficulty meeting daily living challenges on their own.

- People with chronic health conditions or who are not able to manage their personal care without assistance.

- People who are homebound.

The service provides home health aides, who work under the guidance of the director or a registered nurse; skilled nursing care which provides a wide range of physician-directed treatments; and therapy services.

**Skilled nursing**  
The home health service, at this time, has two registered nurses and plans to have more. When a person needs additional help, the are there for consultation and family support as well as giving nutritional instruction. They can change dressings, give injections and medical assessment.

They are skilled to give health assessments on blood pressures, heart and lungs, as well as other observations. They can draw blood samples, give intravenous therapy and pain management with pumps.

They can care and help teach patients with a colostomy. They will work with patients on feeding pumps and catheters.

With their knowledge, they can also give assistance with admissions and dismissals from hospitals.



**CHERYL LEE is the new administrator of the Good Samaritan Home Health Service.**

## Home health service is available

Those interested in getting home health services for themselves or for a loved one should contact the Good Samaritan Home Health Care, 785-332-3588 or (toll free) 1-866-365-3588.

The employees work closely with physicians, the hospital and the Northwest Kansas Area Agency on Aging with emphasis on keeping people in their home as long as possible.

### Therapy

The home health service offers physical therapy for patients.

Besides two registered nurses, there are three trained home health aides. Mrs. Lee said there are several nurses and aides waiting to start work when they expand to Thomas and Rawlins counties.

She credits Tammy Howard, office manager, and Judy Sager, nurse, for holding the home health service together during the transition of directors.

### History

Mrs. Lee and her husband Bill, who is the area supervisor for the Kansas Department of Transportation, have a 13-year-old son William. She was born in West Virginia, then raised in Marietta, Ohio.

Her brother had come to visit their aunt, Ruth Dangler, in

Wheeler, met and married Bill's sister. They moved back to Ohio and lived with Cheryl. During the holidays, they wanted to come back to Kansas for a visit and, of course, Cheryl, had to come with them.

"I met Bill and that was it!! I went back to Ohio, gave my two weeks resignation, packed up and came back to marry him!" she said.

That was 20 years ago. Last fall, their home in Wheeler caught fire. No one was hurt but they were forced to live elsewhere.

"This community has been absolutely wonderful," she said.

People generously came up with housing and other items. The Lees hope to be back home in the near future.

The fire was just one of the things that brought Mrs. Lee back to St. Francis to work and, she said she is glad to be here.

# Sign-up deadline set for Feb. 11

The deadline for signing up for the February Prairie Land Food Pak is Monday, Feb. 11.

The Prairie "Sneak Peek Pak" includes fully-cooked boneless skinless chicken breast, organic beef brisket in barbecue sauce, thin sliced cooked ham, split chicken breast, flounder fillets and lean turkey cutlets along with six to eight different fresh fruit and vegetable items. Besides the price, two hours of volunteer service is needed. Also available for those getting the Sneak Peek Pak are meat-only packages and fruit-and-veggie packages, each with one additional hour of service.

Volunteer work is anything that you do out of the kindness of your

heart, that you do not get paid for. It can be as simple as being on a prayer chain, being a room mother at school, sharing your bountiful garden, taking time to sit and have a cup of coffee with an elderly neighbor or spending time with someone going through a rough time. Anytime that you make someone's day a little brighter will qualify you for the Prairie Land Food Program.

February specials include "Pizza Party II," "Hog Heaven" and "Classy Combo."

Food pick up day is Saturday, Feb. 23, at the First Baptist Church.

For contact information you may call Lee Nichols at 332-3581 or 332-6336.



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**Rawlins County Health Center**  
785-626-3211  
**Wed., Feb. 13**  
Cheyenne County Hospital - P.M.  
210 W. 1st • 332-2104  
**Thurs., Feb. 14**  
Atwood (a.m.) • 626-3211  
Colby (p.m.)  
CSMC, 175 S. Range  
462-332  
CMC, 100 E. College Dr.  
462-7511  
**Fri., Feb. 15**  
Atwood - All Day

**Non-surgical treatment of hemorrhoids.**  
**John D. Ferris, MD**  
will be at:  
291 15th Street  
Burlington, CO  
**Thursday, Feb. 14**  
&  
**Saturday, Feb. 16**  
For information or appointment, call  
1-800-593-0009

**In Loving Memory of Dale D. Raile**  
01-27-43 01-25-04  
A Psalm of David  
The Lord is my Shepherd,  
I shall not want.  
He makes me lie down in green pastures;  
He leads me beside quiet waters.  
He restores my soul;  
He guides me in the paths of righteousness  
For His name's sake  
Psalm 23:1-3  
Sadly missed by Ramona,  
Darla, John and Sondra

**Texas Red's BBQ**  
will be at St. Francis Super's  
Tuesday, Jan. 22  
thru  
Saturday, Jan. 26  
Beef brisket, chicken halves, turkey breast, ribs & sausage

**American Profile**  
Celebrating Hometown Life  
See American Profile magazine in this week's issue of  
**The Saint Francis Herald**  
(available in local area only)  
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**Casey at 785-332-3162**

## Behind the Scenes

Cheyenne County Historical Society officers for 2008 were installed by Glenn Isernhagen at the Jan. 20 quarterly meeting. In accepting the office of president, Lea Keller encouraged members to pitch in, take on responsibility and use their talents and interests to aide the entire organization. Parts of Ms. Keller's "Pep Talk" are included in the following paragraphs.

"Today we are sitting in a wonderful building that is a result of individuals who saw a need for the preservation of the history of Cheyenne County.

It all started in a room in the courthouse and this building and the church and this organization of 100 plus members is the result of thousands of hours of volunteer time and labor and thousands of donated dollars. This county and thousands of other people will forever be indebted to those people who brought us to this point in time.

Now in the 21st century we have the responsibility not only to maintain these facilities, and the artifacts and historical documents already gathered and cataloged, but also we must add to what is in place.

This job and responsibility can no longer be efficiently accomplished by just a handful of people. It will take many more enthusiastic volunteers to donate time and money.

It costs money to maintain physical structures so we must operate as a business with budgets and accountings of monies received and spent. There are various ways to acquire the necessary funds to

maintain the status quo. But, our mission as the Historical Society needs to go beyond the status quo and add to what is in place.

The board is elected, and a director hired, to oversee the day-to-day operations of our business. But it is the membership that does the bulk of the work. That happens in committees, which work on their own, to accomplish the tasks for which they have assumed responsibility.

We must keep in mind that to perpetuate the museum and this organization we must reach out to the community and entice others to join the cause. We need to work on getting younger people interested in the preservation of the county's history.

In short we need to make the Historical Society an organization that is appealing to the younger generation, and utilize individuals in their area of interest in order to maintain and grow. It will be a task for many. We will always be grateful for the few who got us to this point but they have established an entity that requires a network of people to continue."

## Weather

Date	High	Low	Prec.
Jan. 15	53	19	
Jan. 16	20	02	
Jan. 17	30	02	
Jan. 18	30	05	
Jan. 19	35	05	
Jan. 20	19	09	T
Jan. 11	15	-3	

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**Help Wanted**

The Regional Prevention Center of Northwest Kansas is accepting applications for a full-time Office Manager/Community Prevention Consultant. Basic requirements are a bachelor's degree, excellent communication and organizational skills and computer proficiency.

The successful applicant must be technologically competent, have knowledge of bookkeeping and accounting and have the ability to organize and document financial and program reports. Applicant must also desire to work as a community organizer with substance abuse coalitions in Northwest Kansas.

The successful candidate must be able to facilitate collaborative process with coalition members and between community organizations. Experience working with youth and media a plus.

First two months of employment will be training with the current office manager/community prevention consultant, competitive salary and generous benefits. Send resume no later than Feb. 15, 2008 to:  
Regional Prevention Center  
505 N. Franklin, Suite E  
Colby, Ks. 67701  
Fax: 785-460-8175  
Email: nwksrpc@st-tel.net  
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