



Hanging exhibit takes lots of work

Hurrying to set up a new exhibit March 1, Prairie Museum of Art and History staff and parents of artist Jennifer Higerd, former resident of Gem and Colby High School instructor, hung hundreds of ceramic pieces and 10 heavy wooden panels for "The Roots Run Deep." Above, museum staff Larry Dilts, Chris Griffin and Sue Taylor hung ceramic slipcast pieces to Higerd's "Settling" series. Larry and Kathy Higerd of Colby and Griffin (left, sitting) looked for the right-sized nails to hang exhibit pieces.

ANN MINER/Prairie Museum of Art and History

Essential preventive medical services often overlooked by older adults, doctors

Did you know –

- That fewer than 30 percent of adults 50-64 are up-to-date with core clinical preventive services?
- Also, fewer than half of adults age 65 years or older are up-to-date with core preventive services despite regular checkups, according to a study published in 2010, "Healthy People 2020," from the Department of Health and Human Services.

Clinical preventive services include screening tests, prevention counseling and basic immunizations. These are all important tools that providers use to maintain older patients' health and are an important component of the National Prevention Strategy, a comprehensive plan that aims to increase the health of Americans at every age and stage of their life.

Medicare covers many routine preventive services for older adults. However, there is still a gap for the number of older adults who receive these services. Low-income and ethnic and racial minorities, as well as people who live in rural or remote areas, are less likely to receive these services than the overall population, according to the Agency for Healthcare Research and Quality.

So after seeing all the data and information on the current state of preventive services, one



Kasiah Rothchild

• Healthy Happenings

begins to wonder why are they not receiving these routine services?

"A fundamental problem underlying the small proportion of adults 50 years of age and older obtaining core clinical preventive services," says Dr. Douglas Shenson, "is the structural mismatch between the medical care goal of taking care of sick patients and the public health goal of delivering clinical preventive services to everyone for whom they are recommended. We expect doctors to deliver clinical preventive services to the entire population, but medical providers only see people who come in their door.

"Furthermore, physicians focus first on the illness that brought the patient in. They have very busy practices – office reminder systems can help, but treating an established disease in a patient almost always takes priority over preventing a potential illness in the future."

Other reasons include the patients not being aware of what services are recommended for them or the fact that they are covered through their insurance. Barriers such as lack of transportation, language challenges, disability or fear may also cause the older adult to not seek care. Knowing that barriers exist is important to be an advocate for you and your family's health.

A great resource that caregivers and older adults have in our area is our local Area Agency on Aging. According to their website, "the Kansas Area Agencies on Aging Association works to improve services and supports for all older Kansans and their caregivers."

This site can be a great resource to identify what is available and where to call to get further assistance.

Also, when you are visiting with your physician ask if you are up to date on your preventive screenings and services. These services are essential to prevent and identify disease and increase the quality and length of you and your family.

Kasiah Rothchild is administrator of the Thomas County Health Department. A native of Thomas County, she is a graduate of Fort Hays State University.

Deaths

Nettie LaRae Griggs

Nettie LaRae (Stickel) Griggs, 87, Colby, died Monday, March 11, 2013, at Citizens Medical Center in Colby.

She was born March 25, 1925, on a farm near Mingo, to Harry Benjamin and Luzetta (Arnett) Stickel, and lived in Colby all her life.

A kind and patient woman, she accepted everyone with an open heart.

She was preceded in death by her husband Douglas Griggs and a daughter, Karren Donaldson.

Survivors include three children, John Griggs of rural McDonald, Barbara (Kerry) Turner

of Colby and Virginia (Gary) Curry of Levant; 12 grandchildren; 34 great-grandchildren; and seven great-great-grandchildren.

Services will be at 2 p.m. Friday, March 15, 2013, at the Baalman Mortuary in Colby, with burial in Beulah Cemetery.

Visitation will be from 2 to 8 p.m. Thursday at the mortuary.

The family suggests memorials to the Serenity Room at Citizens Medical Center, in care of the mortuary, Box 391, Colby, Kan., 67701.

Online condolences for the family may be left at www.baalman-mortuary.com.

Colby Rotary Club

Colby Rotary Club met March 5 with 33 members and guests Connie Davis, Keanna Keck, Dr. Xue-mei Yang, seven Colby Community College international students and Peggy Cabrinha, the assistant district governor.

Keck gave a report on her Rotary Youth Leadership Activity Camp experiences last summer. Each year, Colby Rotary sponsors high school sophomores or juniors for this camp.

Cabrinha presented a plaque in honor of Paul Harris Society members, and Jeff Horlacher was recognized as a Paul Harris Fellow for his contributions to Rotary International. Horlacher is the first member from the club to receive this honor.

Joyce Washburn had the program. Her guest was Connie Davis, the advisor for AFS international students at the college. Several students introduced themselves, discussing their course of study and what they liked about Colby and the United States.

The club met again Tuesday with 28 members and guests

Dustin Reed, Melissa Reed and Leroy Ziegler.

President Melany Wilks announced that the next board meeting will be next Wednesday and the district conference will be May 3 and 4 in Lyons. The deadline for Every Rotarian Every Year, a fund raising campaign, is March 31.

Dustin Reed was recognized as student of the month for March. Reed talked about his high school activities and his plans to attend Newman College in Wichita.

Sandy Wilks had the program. Using a Power Point presentation, he gave an overview of the trip he and Melany took in July 2012 to China. They visited Chengdu, Chonquing and Chun King. He said they found Chengdu, where they spent most of their time, to be a modern city and hub for transportation, finance and technology. The couple toured several local sites including the Giant Panda Research Center. This was their second trip to China.

Nick Wells won Roto-Lotto.

The club meets weekly in Room 106 of the Student Union.

Reminder issued for tax exemption

With the April 15 tax deadline approaching, Kansas Attorney General Derek Schmidt today reminded Kansans that relief received under the national mortgage settlement is exempt from federal income taxes. Schmidt joined with 42 other state attorneys general in urging Congress to extend this exemption late last year.

"As Kansans are preparing and filing their income taxes, it is important to remember that this tax exemption is available," Schmidt said. "Families who have received assistance through the mortgage

settlement are not being stuck with a tax bill for the relief they received."

According to the latest report from the National Mortgage Settlement Monitor, 1,445 Kansas homeowners received a total of \$52.9 million in mortgage assistance in 2012.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$6.88
Corn (bushel)	\$7.26
Milo (hundredweight)	\$12.34
Soybeans (bushel)	\$13.78

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

We want your local news: e-mail to colby.editor@nwkansas.com



Thank You

To the following businesses and individuals for purchasing tax credits to assist with deferred maintenance at the College. Your donations were instrumental in the completion of several important projects at CCC.

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