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Decatur County offers many avenues for care

Residents of Decatur County are benefitting from advances in health care delivery.

The hospital has installed a digital mammogram machine and a new computed tomography (CT) scanner. Satellite clinics in Norcatur and Jennings have brought health care to these outlying communities and the county bus makes getting to doctor's appointments and the pharmacy in Oberlin no harder than a phone call.

Decatur County boasts a wide range of health care options, including two chiropractors, two nursing homes, a dentist, a full-service pharmacy, two massage therapists and the county health department.

Health Department

The Decatur County Health Department, open from 7:30 a.m. to 4:30 p.m. Monday through Friday, is the place to go for vaccines and immunization.

Administrator Marilyn Gamblin said services include family planning, emergency preparedness, the state-federal Women, Infants and Children program, foot care, a health fair every other year and child-care licensing inspections.

On the second Monday of every month at the Golden Age Center, the department holds a blood-pressure clinic. The department, said Gamblin, does shots for those on allergy maintenance and free mammograms for women over 50 who qualify.

The department, she said, plays an important role in care for the county, making sure that all people have access to the services they need. The department, she said, ensures people have family planning and immunizations.

It is run with county tax dollars, state and federal grants and fees.

Chiropractors

The county has two chiropractic service, Unger Chiropractic Clinic and Peterson Chiropractic and Acupuncture Clinic.

At 103 W. Commercial is Peterson Chiropractic. Dr. Peterson said he's had an office in Oberlin since 1984. He's based out of Norton, where he's practiced since 1972.

Peterson is in the Oberlin office from 9 a.m. to noon on Wednesdays. To make an appointment, call the office during those hours, leave a message on the answering machine or call his office in Norton.

Peterson said his goal has always been to return the patient to his or her optimum health.

"We treat the person who has the problem," he said, "not the problem the person has."

The Unger clinic has two chiropractors seeing patients, Dr. Ryan Unger and Dr. Shannon Addleman. Both have various hours Monday through Saturday at the clinic, 504 N. Penn Ave.

Unger specializes in applied kinesiology, which is a nonforceful technique to determine nerve interference by testing muscle strength.

Addleman specializes in the Thompson Technique and uses a special adjusting table that utilizes flexion and traction. She says she

enjoys working with sports injuries.

Both of the doctors are Brimhall Wellness Practitioners. The clinic offers a low-level cold laser, allergy elimination techniques and detoxification. They offer neurofeedback, which is a type of biofeedback utilizing computerized equipment to read brain waves. It can help with symptoms including migraine headaches, fibromyalgia, sleep disorders and attention deficit disorders.

The support staff includes Kelly Wasson, Shelby Hackney, Sarah Orr, Denise Abbey and Darci Unger.

Massage Therapists

A new member of the staff at Unger Chiropractic Clinic is Britta Noren, a graduate of Omaha School of Massage and Healthcare in Nebraska. Miss Noren offers Swedish massage combined with integrated reflexology, Reiki and myofascial/neuromuscular release.

Another part of the health-care community is Trish Henningsen of Henningsen Therapeutic Massage, 407 E. Ash. Henningsen specializes in neck, back and shoulder massage. She includes reflexology with each massage. Her hours are 1 to 9 p.m. Wednesday, Thursday and Friday. She also has an office in Atwood.

Nursing Homes

The two nursing homes in the county are Cedar Living Center, which is attached to the hospital, and the Decatur County Good Samaritan Center on Main Street. Both are owned by the county and run by nonprofit groups.

Cedar Living Center has 36 beds.

Often people come to the center to get better, to get stronger and to go home, said Hospital Administrator Lynn Doeden. In 2011, there were 26 admissions and 28 dismissals.

The staff holds activities for the residents, including singalongs, religious services, crafts, birthday parties and holiday celebrations. Last year, said Doeden, the center averaged 28 residents.

The center has a new bathing suite for the residents, she said, made possible through fund raisers and donations. The family of a husband and wife who lived at the center donated the money for the new c-tub, which is like a whirlpool.

The home will be observing National Nursing Home Week on May 13 to 19.

The Good Samaritan Center, at 108 E. Ash, has 45 beds.

The center offers two "neighborhoods," Angel Lane and Country Reflections, where resident live. These neighborhoods have made it more of a home-like environment, the staff says. The Garden of Hope, a day room, offers low-level stimulation for dementia residents, said Administrator Janice Shobe.

Clubs are offered weekly for the residents, depending on interests. Other activities offered include First Hand Friends, daily devotions, Bible Study, bingo, time to reminisce, a men's coffee group, manicures, cards and mission projects. One of their projects is to



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Cheyenne County has services for every need

By Karen Krien

The Saint Francis Herald
karen.k@nwkansas.com

The Cheyenne County Clinic at 221 W. First, and the Cheyenne County Hospital at 210 W. First, are across the street from each other in St. Francis. The county health office is in the basement of the clinic.

The county has a clinic at 221 W. Bressler in Bird City used by doctors and the county health nurse.

The hospital has a federal designation as a Critical Access Hospital, meeting the primary hospital care needs of the community. It is prepared to handle medical emergencies, accidental injuries or delivering a baby.

Medical staff

Dr. Mary Beth Miller joined the hospital staff in 1999, and Dr. Rebecca Allard began in August 2007. Other providers include two physician assistants, Kristle Raile and Tyler Raile.

Kim Zwegardt, a certified registered nurse anesthetist, lives in St. Francis and works at the hospital as well as other area hospitals.

The doctors and "midlevels" work out of the clinics in St. Francis and Bird City, seeing patients in St. Francis six days a week, and in Bird City five. They care for patients in the hospital and share on-call duty for the emergency room after hours and on weekends.

Surgeons and specialists

A surgeon, Dr. Charles Frankum, comes to the hospital every other week to see patients and do surgeries. He specializes in colon and rectal surgery, advanced laparoscopic and general surgery. He works in other area hospitals as well.

Other specialists who come to the hospital include:

Dr. Jeff Curtis, cardiologist (heart specialist).

Dr. Mekki El-Saba, orthopedist (bone).

Dr. Martin Rubinowitz, oncology (cancer).

Dr. James Reeves, podiatrist (foot problems).

Dr. Matthew Uyemura, ophthalmology (eye).

Dr. Sean Denney, cardiologist (heart specialist).

Consulting pathologists Dr. Byron Barksdale, Dr. Lyle Barksdale, Dr. Delane Wycoff and Dr. Dorothy Wycoff review samples from the hospital.

Radiologists from the Plains Radiology Services, Kearney, Neb., evaluate images, including X-rays.

Administrator Les Lacy says he is looking for another urologist.

Dentists

Cheyenne County has two dentists, both in St. Francis.

Dr. Tim Poling works at 200 W. Washington in downtown St. Francis.

Dr. Melvin Dunn's office is at 300 N. College St., just north of the high school.

Chiropractors

Dr. Patrick Stuart is at 115 S. Quincy, St. Francis.



A new chemistry analyzer in the Cheyenne County Hospital lab replaces two older pieces of equipment with one instrument and allows for more testing to be done at the hospital. Ivy Tancenco (front) and Brook Lohr ran one of the tests. — Photo by Karen Krien/The Saint Francis Herald

Dr. Ryan Unger took over the Fair Chiropractic business from Dr. Doug Fair. The office is at 120 N. Scott, St. Francis.

Dr. Brett Poling opened his business in the building which once belonged to his grandpa, Joe Winston, at 709 S. Benton.

Pharmacy

Krien Pharmacy, owned by Kody and Penny Krien, is at 105 W. Washington. Dr. Krien carries a full line of pharmaceutical needs, cards and gifts, and has now put in a floral shop.

Massage therapists

Bruce Roelfs has an office at 315 S. Scott St. in St. Francis.

Raedell Winston sees patients at Poling Chiropractic, 709 S. Benton.

Nursing home

Good Samaritan Village on U.S. 36 offers skilled-care nursing and apartments for independent living.

The home reopened in March 2011 after the Oct. 19, 2010, fire destroyed most of the middle section. The home had downsized



Deanna Sulzmann, ARNP; Amanda Reid, PA; Dr. Victor H. Hildyard, M.D.; Carl Wooffer, P.A.

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