Decatur people have care choices

By Kimberly Davis

The Oberlin Herald With a dentist, chiropractor, optometrist, clinic and health department in Oberlin, Decatur County residents have options for health care at home.

The offices give a variety of services and hours to cater to their patients.

The Oberlin Clinic, just west of the Decatur County Hospital, has three doctors and a nurse practitioner.

The clinic is open from 9 a.m. to 5 p.m. Monday through Friday and 9 a.m. to 11:30 a.m. on Saturday. From Memorial Day weekend through Labor Day weekend, though, the clinic will be closed on Saturday.

The clinic offers health care for the entire family by appointment.

Some of the services include minor surgeries, laceration repairs, lesion removals, vasectomies, laser and microderm skin treatments, x-rays, lab tests, bone density, electrocardiograms, prenatal and obstetric care, family health care, wellness physicals, joint injections, fracture care, pap smears and Botox injections.

The clinic's number is (785) 475-2221.

To the west of the clinic is the Decatur County Health Department, which is open from 7:30 to 11:30 a.m. and 12:30 to 4:30 p.m. Monday through Friday.

The department offers services including immunizations for adults and kids, family planning, the federal Women, Infants and Children program, child care licensing and regulation, maternal and infant health, public health care and blood pressure clinics

The department holds a countywide health fair each spring. They are also a member of the Local Environmental Protection Group, which tests wells and inspects septic tank installations and provides other services including teaching contractors how to install septic systems, monitoring septic system installment, septic system permits and mold testing.

Mostly run by county tax dollars and grant money from the state, the department also takes donations and collects fees.

On North Penn Avenue is Fair Chiropractic with Dr. Douglas Fair and Dr. Ryan Unger.

Dr. Fair has office hours from 7:30 a.m. to 5 p.m. on Monday, from 7:30 a.m. to noon on Tuesday, from 7:30

a.m. to 5 p.m. on Wednesday, from 7:30 to 11 a.m. and 1:30 to 5 p.m. on Thursday and 7:30 a.m. to 12:30 p.m. on Friday.

Dr. Unger has office hours from 7:30 a.m. to 6 p.m. on Tuesdays, from 7:30 a.m. to noon and 1:30 to 6 p.m. on Thursdays and two Saturdays a month as posted.

Dr. Fair has a master's degree in nutrition and is trained in nutritional testing. He was trained by a doctor from China on acupuncture.

They also offer color therapy, allergy sensitivity testing, other kinds of therapies, applied kinesiology and many more services. The doctors use an electronic device to treat with acupuncture instead of a needle, which they say is less intrusive.

The doctors work with patients of all ages, including babies. Pamphlets on the procedures are available at the office. Their number is 475-2219.

Down the street is Lifetime Eyecare Specialists, which is open from 8:30 to 5:30 p.m. Monday, Wednesday and Thursday. A doctor is in the office on Wednesdays.

The clinic offers vision and eye health testing, refractive surgery consultation and referral, treatment and management of eye diseases, pediatric care, low vision care, glasses and contacts. Their number is 475-1200.

Fredrickson Dental office is open from 8:30 a.m. to 5:30 p.m. Monday through Thursday.

Dr. Gary Fredrickson offers general dental care for everyone, children through the elderly. He does basic fillings, extractions, cleanings, Zoom teeth whitening and porcelain veneer. They are able to scan teeth with a laser light to detect decay at an earlier stage.

The dentist can put sealants on kids' and adults' teeth to help prevent cavities before they start. The phone number is 475-3813.

Oberlin has two pharmacies on Main Street, Addleman Drug Store and Ward Drug Store. Both offer prescription services of both name brand and generic drugs six days a week.

Addleman Drug Store is open from 8:30 a.m. to 6 p.m. Monday through Friday and 8:30 a.m. to 3 p.m. on Saturday. The store's number is 475-2661.

Ward Drug Store is open from 8:30 a.m. to 5:30 p.m. Monday through Friday and 8:30 a.m. to 3 p.m. on Saturday. The number is 475-2285.



Foot Odor: Be careful what you eat. When you eat spicy or pungent food, the essence of these odors can be ex-

ans do is to sprinkle the fragrant herb sage into their shoes to control odor. Another thing is to change socks frecreted through the sweat glands on quently, three or four times a day. You your feet. A neat trick that Europe- can use an antiperspirant. You can

buy foot deodorants, or even use your underarm deodorant. But, deodorants do not stop perspiration. Don't use an antiperspirant if you have athlete's foot, it will sting.

Decatur people have options at home

DECATUR, from Page 16

about getting a Curves, the administrator said, but the franchise was too expensive. Instead they just started a fitness center in two rooms on the Cedar Living Center side of the facility.

There are cardio machines and weights for people to use. In order to have the third phase of cardiac rehabilitation, said Mrs. Doeden, the hospital needed to offer the equipment. Anyone can join and work out for \$20 a month.

The hospital has three doctors and a nurse practitioner on staff, although they don't work only at the hospital. The doctors have their own corporation and are under contract to work at the hospital, Mrs. Doeden said. They also work at the Oberlin Clinic.

The hospital also has visiting doctors who offer services on a regular schedule. Specialty clinics include urology, oncology, cardiology, surgery and ophthalmology.

Decatur Health Systems also offers a longterm care facility known as Cedar Living Center, because if faces Cedar Street, with 36 beds. Mrs. Doeden said it is full now.

They also offer Cottonwood Home Care, where a nurse travels and does visits in homes throughout the county.

In 2004, Decatur Health Systems took over management of Wheat Ridge Terrace, an independent living facility with 12 apartments. For the first time since it was built in 2000, all of the apartments are full.

The hospital employs 111 people and had a gross budget of \$7,070,266 in 2005.



DECATUR COUNTY HOSPITAL offers many services to those who live in and out of the county.

Photo by Kimberly Davis/The Oberlin Herald

The hospital board gets \$190,990 from the county through a 6-mill property tax levy. The money isn't used to operate the facility, Mrs. Doeden said, but is used to buy equipment.

Health Tip

TICKS: How to remove them: Trying to pull a tick off or brush it off is near impossible and dangerous because you might leave the head in and cause an infection. So here's what you do, light a match and blow it out, then quickly place the match next to the back of the tick, when you see the feet start to wiggle gently (with a pair of tweezers) grab the head or close to it as possible and try to pull it out. The heat may irritate it enough to get it out. Remem-

ber don't kill it with to much heat. The trick is to try and irritate it. Another way to irritate it is to place a drop or two of gasoline or alcohol near the ticks head. This may take a few minutes to work then remove as stated earlier (be careful these fluids are flammable, don't try using the match after you apply these fluids) After removing the tick wash the area with soap and water and apply an antiseptic to the area.



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Specialists provide patients broad base

By Pat Schiefen

The Goodland Star-News Having medical specialists come to your county hospital saves the patient from traveling to a metropolitan area and provides a broader base of medical care at home.

Doctors see patients at clinics run by the hospitals either by flying or driving in. Specialists come from Hays, Kearney, Neb., Denver, Colorado Springs, Salina, Wichita and Garden City.

Specialists coming to Goodland Regional Medical Center include an allergist, cardiology, audiologist, dermatologist, general surgery, ear, nose and throat specialist, oncology and hematology, podiatrist, psychiatrist, obstetrics and gynecology, ophthalmologist, orthopedist, pulmonologist, rheumatologist, dietitian, speech therapy and urology.

"It's very valuable for people who can't travel," said Joy Jolly, chief executive officer for Goodland Regional Medical Center. "It's the only way we would have some of those services in the community."

There is at least one visiting specialist in the clinic almost every day, said Amy Gillming, admissions supervisor. Most patients get a referral from their doctor. The specialty clinic opens at 7 a.m. Mountain Time.

This year, the hospital has a general surgeon once a week, either Dr. Jeffrey Cross or Dr. David Beck from Denver. They do colonoscopy, gastrocopy, hernia repairs, gall bladder, catherization and some biopsies.

The hospital has exam rooms set aside for the specialists and their patients, and the doctors have access to x-rays, computed axial tomography, and magnetic resonance imaging. There were 7,400 appointments last year.

Specialists have been coming to Goodland since the 1980s, Jolly said.

Cititzens Medical Center in Colby has specialists coming in for allergies, heart, counseling, diabetes, gastroenterology, gynecology, hematology and oncology, neurology, ophthalmology, orthopedics, ear, nose and throat, plastic surgery, podiatry, pulmonology, urology, vascular surgery and general surgery.

"We have 35 different specialists," said Barb Schmidt, supervisor of the specialty clinic. "Our specialists come from Denver, Hays, Salina,

High altitude heart care doctor

The view from 5,000 feet is breathtaking: golden prairie grass, fleet-footed herds of antelope, expansive and abundant farms

Even after 25 years, it's a view that never gets old for Dr. Barry Smith. In his Piper Malibu plane, the suburbs of Denver melt away and dissolve into the beauty of the Great Plains of western Kansas.

"I love doing outreach work in Goodland because it's a great change of pace for me and I love the people I come in contact with," said Dr. Smith.

The cardiologist has been flying to Kansas and Colorado to see patients for more than two decades. As heart section chief at Porter Adventist Hospital in Denver, Dr. Smith visits the Goodland Regional Medical Center twice a month, seeing patients with heart-related problems, from congestive heart failure to coronary artery disease.

Dr. Smith decided to become a cardiologist in the seventh grade after seeing a movie about the circulatory system called "Hemo, The Magnificent."

"I saw an actual heart beating, and I was awestruck," he said. "It was a defining moment that charted my career path."

He began outreach work after learning of the need in rural towns. Dr. Smith said he didn't want people to have to travel hundreds of miles to see a specialist, so he decided to go to them.

His favorite part of the job? Sitting down and talking with his patients.

"I expect to spend 60 minutes talking with a new patient, whether they're in Denver or Goodland," he said. "I like my patients to get comfortable so we can really discuss the issues and give them the time they need to formulate questions and talk in-depth about their condition and their concerns."

What he tries to stress to them, he says, is the importance of quality of life and making good nutrition and lifestyle choices that bring them heart health over the course of their lives.

"I try to caution my patients about being too obsessed with any one aspect of their cardiac health," he said. "I want them to eat a heart-smart diet, but if they're at a family reunion or celebrating a special occasion, don't fuss about it. Have dessert!"

Wichita and Garden City."

The clinic has its own area in the hospital, and someone is in the clinic except for a couple of days a week, she said. Some doctors come weekly, some one time a month and some every other month. They have two general surgeons and two rheumatologists.

Dr. Charles Frankum, a general surgeon, comes once a week, and Dr. Russ Stadalman, a surgeon from Hays, comes every other week. They do laproscopic gall bladders, hernia repairs, colonoscopy, gastroscopy, catherizations and tubule ligations.

Schmidt said most of their surgery requires just a 24-hour stay, and they see 400 to 500 patients a month. Their patients come from all over, including northwest Kansas, Nebraska and Colorado.

Some specialists require referrals and some don't," she said.

The Cheyenne County Hospital in St. Francis has specialists that come to their clinic once a month except for cardiology, which is three times a month. Dr. Charles Frankum is the surgeon, Dr. Jim Reeves the podiatrist, Dr. Martin Rubinowitz the oncologist, Dr. James Warren

the cardiologist and Dr. Matthew Uyemura the ophthalmologist.

"The services are great and we're working toward being the shining star of Cheyenne County," said Amelia Henderson, outpatient coordinator. "We're here to serve our patients." They do mammograms, ultrasounds and

dexascan for bones. Kim Zweygardt, certified registered nurse anesthetist, does epideral steroid blocks for pain management, said Henderson.

To see a specialist in the hospital, Henderson

See SPECIALIST, Page 20

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Costs closing private nursing homes

By Patty Decker

Colby Free Press In the mid-1980s, many privately owned nursing homes across the nation were forced out of business by increasing costs brought on by state and federal regulations to protect residents.

The irony was that in rural areas like northwest Kansas, many "mom and pop" facilities were already providing friendly and compassionate care the law ordered compliance, said

Kansas Rep. Jim Morrison, a Colby Republican.

'Nonprofit nursing homes were operating under slightly different rules at that time," he said, "making them better able to survive some of the regulatory changes."

Yet as the small private nursing homes struggled to comply and remain profitable, the larger corporation chains became even larger through attrition.

"Most small nursing homes simply

ties that closed were in towns like Sharon Springs and other smaller rural locations."

Most nursing homes, he said, did of the larger chains.

'The problem was," he said, "that unless the larger chains were interested or the county was willing to pass tax increases to assist the county homes the facilities simply closed." The increased regulations created

closed," Morrison said. "The facili- more "out migration" of people from rural towns and, he said, in some ways, resulted in more than the loss of a nursing home.

"I believe that we lost more than the not survive unless they became part facilities," he said. "I think we lost economically as well."

Why the push in the 1980s?

The regulatory environment of the 1980s came about because of understaffing at nursing homes, the legislator said.

"As the residents became older and

sicker, they responded to the reduced care with bed sores, illness and infections which went largely untreated," he said.

As families began to complain to state and federal officials, the reaction was to demand increased staffing and training.

"Federal and state investigators found horrifying examples of abuse and neglect," Morrison said.

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Specialists provide patients broad base

SPECIALIST, from Page 19

said, most patients should get a referral from their regular doctor.

The Logan County Hospital in Oakley offers ophthalmology, orthopedics, podiatry, cardiology and general surgery, said Traci Nieman, a hospital employee.

Dr. Michael Baughman and Dr. Mark William, orthopedic surgeons, come from Garden City. The podiatrist is Dr. Steven Larsen from Hays. The ophthalmologist, Dr. William Clifford from Garden City, does cataract surgery. Three general surgeons, Dr. Ross Stadalman, Dr. Charles Schultz and Dr. Michael Lasley, all of Hays, are on rotation and are there at least once a week.

The rest of the specialists visit once a month. The general surgeons do colonoscopies and other minor surgeries.

Cheryl Banister, coordinator for the outpatient clinic at the Rawlins County Hospital in Atwood, said they have specialists in four areas. Dr. Jeffrey Curtis from Hays, a cardiologist, comes once every three months and Dr. Frederick Miller, a cardiologist from Denver, comes once a month. Dr. Martin Rubinowitz is an oncologist from Denver and Dr. Charles Frankum from Denver is a general said.

surgeon. Dr. Jim Reeves from Lawrence is the podiatrist. The others come once a month.

"Some of the doctors drive and others fly in, as Atwood has a good airport," Banister said.

She said to see the specialists, people can call the hospital or have their family doctor refer them.

In Hoxie, the Sheridan County Health Complex has specialists come in podiatry, cardiology and gynecology and obstetrics. The doctors usually visit once a month and they have access to X-rays, computed axial tomography scans, magnetic resonance imaging and sonograms. They practice in a special section of the hospital, said Janice Brown, outpatient procedures co-ordinator.

Kit Carson County Memorial Hospital in Burlington has specialists coming in urology, oncology, gastroenterology, ear, nose and throat, pulmonology, orthopedics, general surgery, podiatry, diet and gynecology and obstetrics.

Ann Rush, specialty clinic coordinator, said the specialists have a full schedule. Most come once a month but some more often. She said a surgeon visits the hospital six times a month for surgery.

"We do same-day surgery," she

Health Tip

Stained Teeth: Polish with baking been fluorinated, if not, make sure soda. Mix baking soda with enough hydrogen peroxide to make a toothpaste. Then brush the stains away. After every meal, rinse the food from your teeth. If you can't get to a restroom, pick up your water glass, take a swig, then rinse and swallow at the table. Another thing to check and see if your water has

to talk to your doctor about getting fluoride tablets. Another trick is, you can buy moldable teeth protectors, like the boxers use. They are pretty cheap, about 2 or 3 dollars. Then before you smoke or drink your coffee, pop one in, then take it out when you are done. Pretty good trick for a few dollars!

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Rising costs close some private nursing homes

HOMES, from Page 20

Morrison said he believes it was the larger for-profit facilities that were driving the problem, not the smaller, more personal family-run homes.

"The regulations, as is often the case," he said, "drove out the better caregivers and institutionalized elder care.'

The new regulations were not overly strict, he said, but some homes could not comply — not because they were giving poor care — but because they couldn't afford to meet the new rules

"Small facilities simply didn't have hardened floors, concrete walls, fireproof roofs and more," he said.

While this did not affect patient care directly, he added, the owners could not afford the physical upgrades.

As private ownership was replaced with corporate ownership, he said, another change was on the horizon home healthcare.

With more people finding nursing homes too expensive, many chose to stay at home.

"It was argued," Morrison said, "that keeping people in their own homes was more compassionate and

less expensive to the state. That argument, true or not, led to nursing facilities closing, and those that survived were getting older, sicker and more frail residents in need of highly specialized nursing care."

At the same time, the government was forcing hospitals to cut back on capacity and get people out of expensive acute-care beds sooner.

For every action, he said, there is an equal and opposite reaction, and in this case, the reaction would be the birth of "swing beds" in hospitals.

The swing bed would allow the elderly to remain in hospital care with reduced cost until they were "well enough" to go back to nursing homes.

How it is today

Nursing facilities today require more skilled services, Rep. Morrison said. No longer do we have people retiring to the nursing home, but rather, they are being admitted for extended and often end-of-life care.

"Most nursing home residents today cannot function at their own homes or with care given from their family," he said. "They need aroundthe-clock observation and attention.' Morrison said he thinks northwest

See HOMES, Page 24



A RESIDENT OF INFINIA OF COLBY, John Schertz (right), visited with Patches. The dog, also an Infinia resident, provides companionship to her fellow residents. Photo by Tisha Cox/Colby Free Press

Logan County Manor finds way to continue expansion

By Jan Katz Ackerman

Colby Free Press "Where there's a will there's a way" is a key slogan used at Logan room," Director of Nursing Carol County Manor as employees conduct and watch an ongoing expansion pro-

Originally constructed in the mid-1960s, Logan County Manor nursing home has utilized a mere 45 square feet for a nurses' station. By removing a brick wall which separated the station and the front entrance atrium, maintenance staff workers are in the

process of expanding the nurses' station by 30 square feet.

"The gives us a little more work Boyd said. "We had all our charts and the call light system in there, and only one or two people could use the space."

Once finished, a new desk will provide space for up to three nurses to work on charts at one time. By leaving large windows, which face the east entrance and west dining room, nurses will have a panoramic view of daily activity of residents and guests dated quiet room.

coming to visit.

"We will be able to work more efficiently," Boyd said.

LaRene Wentz, maintenance specialist, and his assistant Michael Fagan, are doing all the work for the project. The nurses' station is not the first project Wentz and Fagan have undertaken as part of the expansion process. Last fall they converted a large resident room with a large bath area to a smaller room and smaller bath area to make way for a state man-

"We've probably done about nally owned by Beverly Enterprises \$10,000 worth of work ourselves," Fagan said.

The quiet room is located on the south wing of the building, and it allows a resident and his or her family a place to visit which is away from a semi-private room setting.

"We've been working on the building the last couple years," Wentz said. "We do our own plumbing and electrical work, but now heating and air conditioning.'

The 37 resident facility was origi-

out of Fort Smith, Ark. After a shortlived sale to Healthprime, the facility closed. A year later Logan County bought the building and it is now managed by Logan County Hospital. Kyle Hahn is administrator of both facilities

"We are always full, and we are looking at adding on," Hahn said. "We've hired an architect and looking at adding five rooms on the south

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poudre valley

color ad in the back poudre valley

color ad #2

in back

Homes closed by costs

HOMES, from Page 21

Kansas homes are doing a "great job of providing care," though it is expensive and stressing the facilities in rural Kansas.

"We need to have laws that protect residents but allow providers of care to make a profit," he said.

Families are connected to one another and because of that, Morrison believes the government should "back off" and allow the competitive system to operate.

"Too many government regulations are covering the 'sharpness' of can openers, and number of people per resident rather than focusing on patient care items and emotional health of the residents," he said about federal intervention.

"We have too many regulations regulating the 'administration' of facilities without doing anything that helps residents."

Morrison believes that extra regulation is taken care of by volunteers in non-profit but must be paid staff in for-profit, thus lowering the ability to make profit. The end result, he said is that patient care is often neglected in those cases or there's marginal profitability.

However, Morrison said that it's going to be the nursing home facility that provides the better care that will be the financial survivor.

"It just might not be the nonprofit home either," he said. "I believe that more of the nonprofit homes abuse their patients more than the for-profit ones."

The state might have their eyes more on the for-profit facilities, and Morrison believes officials may believe wrongly that making money off the elderly is a "bad" thing.

"Government bias is that not making money equates to better care," he said.

Logan Manor expanding

EXPANSION, from Page 21

of the building."

Hahn said Glen Strait of Colby has been hired by the board of trustees to not only look at the feasibility of adding space for 10 beds in Logan County Manor, but the possible construction of an apartment complex just west of the hospital. "We are talking with Wes Bainter of Hoxie to see about building apartments like the ones he built in Hoxie," Hahn said. Bainter owns and built a 12-unit apartment complex at the east end of Hoxie known as Sheridan Estates. A similar complex is being talked about to stand on lots owned by Logan County Hospital which are across the street from it.



A REGISTERED NURSE at Infinia of Colby, Oneta Walker, (standing) checked up on resident John Zeller. Infinia used to be known as Lantern Park Manor. Photo by Tisha Cox/Colby Free Press

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> NORTON COUNTY HOSPITAL

NOTE: ALL VISITING SPECIALIST CLINICS, UNLESS EMERGENCY, NEED TO BE SCHEDULED PRIOR TO DAY OF VISIT