

Financial health better in Goodland

By Pat Schiefen

The Goodland Star-News

The Critical Access designation that Goodland Regional Medical Center obtained a little over a year ago has done much to improve the financial health of the hospital.

Critical access limits patient capacity to 25 regular hospital beds. Goodland Regional, built in 1972 for \$2.5 million, has served the area for nearly three and a half decades at 220 W. Second St., on Goodland's northwest side. The main entrance of the hospital is off Sherman Avenue, with the emergency entrance on Maple Drive.

Though the hospital is limited to 25 beds, Jay Jolly, administrator, said there is enough give and take to handle patient needs. Medicare patients' average stay has to be held to under four days, he said, but patients who need to stay can longer.

Services the hospital offers include laboratory, diagnostic imaging, physical and respiratory therapy, pharmacy, surgery, dietary, speech therapy and audiology and emergency care.

The Northwest Kansas Medical Foundation and its Caring Kind contributions have helped



Goodland Regional Medical Center

- Beds — 25 critical care.
- Revenue 2005 — \$15.3 million
- Profit 2005 — \$150,000
- County money — \$298,059 from property taxes.
- Doctors — Four physicians, four nurse practitioners.
- Phone — (785) 890-3625.

buy equipment for the hospital as well as providing scholarships. The foundation helped the

See GOODLAND, Page 35



LARISSA COONS, OCCUPATIONAL THERAPIST for Goodland Regional Medical Center, wheel chairs around with Loren Bahe. It gives Bahe a chance to get used to getting around in a wheel chair after he had a limb amputated after a double aneurysm in December.

Photo by Pat Schiefen/The Goodland Star-News

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Isabelle Hellerud works on a piece of new equipment for the physical therapy department of the Goodland Regional Medical Center. Exercise helps strengthen patients. Photo by Pat Schiefen/The Goodland Star-News

Wide variety of services available in Goodland

Most medical services are available in Goodland, including a hospital, clinics, pharmacies and care facilities.

Goodland Regional Medical Center, 220 W. Second, is an acute-care hospital with a specialty clinic featuring more than 30 visiting doctors in 20 specialties. The specialists come from Denver, Colorado Springs and Hays and cover areas including orthopedists, urologists, cardiologists and general surgery. Other areas that have visiting doctors are ophthalmologists, pulmonologists, allergist, dermatologist, endocrinologist, gastroenterologist, neurologist, podiatrist, rheumatologist, dietitian and ear, nose and throat.

Doctors that also come are in the areas of oncology, hematology, gynecology, obstetrics and psychiatry. A radiologist from Professional Radiology Services, based in Dodge City, reads X-rays.

The center has three family practitioners, Dr. David Younger, Dr. Travis Daise and Dr. Mo Shafei, who is also an internist. Jacque Jorgenson, a nurse practitioner, is also in the clinic. Fred Waters of McDonald offers substance

abuse care. Jack Lucas provides physical therapy out of the hospital.

To make an appointment with a visiting doctor, call (785) 890-6030.

Two other nurse practitioners, Sondra Krayca and Jana Eisenbart, have their own offices at Pioneer Health, 910 Main.

Dr. Kenneth D. Austin, 110 W. Sixth, has a private practice, and nurse practitioner Tom Hellerud is associated with him.

Medical Arts Pharmacy, 202 Willow Road, handles full prescription services and had a drive-up window for its clients. Owner Cesar Miller is the main pharmacist. The store is open from 9 a.m. to 6 p.m. Monday through Friday and from 9 a.m. to noon on Saturday.

Goodland Wal-Mart SuperCenter, 2160 Commerce Road, has a pharmacy with two pharmacists and is open Monday through Saturday.

There are two sources for basic dental care in Goodland. Goodland Dental Arts, 504 Main, has dentists Dr. Terry Imel and Dr. Megan

See SHERMAN, Page 35

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Goodland finances get better

GOODLAND, from Page 34

hospital to retain its position as one of the best eye-care centers in the area with the purchase of a phacoemulsifier and a new argon laser, said Dale Schields, director of resource development.

Supporting functions include laboratory, diagnostic imaging, physical and respiratory therapy, pharmacy, surgery, dietary, speech therapy and audiology and emergency care. Both inpatients and outpatients have access to these resources.

Upgrades in diagnostic areas such as laboratory and radiology are helping the hospital meet its goal to maintain a high standard of care, Jolly says.

The hospital is supported by visiting doctors who expand the capabilities of the resident staff. Those fields include orthopedists, urologists, cardiologists and general surgery. Other areas that have visiting doctors are ophthalmologists, pulmonologists, allergist, dermatologist, endocrinologist, gastroenterologist, neurologist, podiatrist, rheumatologist, dietitian and ear, nose and throat.

Goodland's hospital began offering appointments with visiting specialists in the mid-1970s, and its program has become one of the largest in the Tri-State area. There are about 50 medical specialists in 20 fields coming to the hospital.

The hospital keeps a plane in Denver that hauls specialists to Goodland several times a week.

The hospital's outpatient clinic, opened in May 1996, has over 9,000 square feet of space for visiting physicians with 17 exam rooms and a reception and waiting area.

The clinic houses the hospital's community services, including treatment and counseling services in speech pathology, audiology, substance abuse and mental health. The medical staff includes three family physicians and one nurse practitioner.

In 1999, a new clinic adjoining the hospital



Mazie Sutton, member of the hospital auxiliary takes juice around to the patients.

Photo by Pat Schiefen/The Goodland Star-News

was finished for the doctors, with upgrades to the maternity ward, emergency entrance, pharmacy and nursing service area.

Goodland Regional has two ambulances at the medical center and an ambulance at Kanorado. Emergency medical technicians, some of whom work for the hospital, are on call 24 hours a day. Day-to-day operations are helped by volunteers.

Transportation to a larger hospital that needs to be faster than an ambulance is handled by Eagle Med with fixed wing planes and a helicopter. The service keeps a plane based at Renner Field in Goodland.

Wide variety of health services

SHERMAN, from Page 34

Pearce. Dr. James Baker has his office at 1009 Main. Dr. Thomas Melcher and Dr. Chris Lovell have an office, 1014 Main, offering oral surgery and orthodontics.

Two optometrists provide eye care, Dr. David F. Schnee, 601 E. U.S. 24, and Dr. Mark Wahlmeier, 110 West 10th.

There are three chiropractic clinics in Goodland: Clifton Porterfield has his office at 2233 Caldwell; A.L. Galden is at 1011 Center; and Sid Unruh has Unruh Family Chiropractic at 1015 Main. Toby Cooper, message therapist, works out of Unruh Family Chiropractic. Courtney Warden, also a certified massage therapist, has an office at 1002 Main.

The Sherman County Good Samaritan Center, 208 W. Second, has 40 skilled nursing beds and an Alzheimer's unit. Administrator Rick Reeser said the center has a waiting list.

Located on West Eighth Street, Wheatridge Retirement Community offers assisted living care with 46 rooms. They have six independent housing units in duplexes, with six more in the planning stages. When the new duplexes are built, the residents have the option of buying the unit.

Sherman County Health Department, 1622 Broadway, provides immunizations, blood pressure checks and Women, Infants and Children nutrition care for the county.

Home health care is available through Tender Love Home Care, 919 Main. Meals on

Wheels provides meals delivered to people at home, cooked by the hospital kitchen.

Lincare, 1013 Main, supplies home oxygen and medical equipment. Hearing aids and maintenance are available from Precision Hearing Service, 1002 Main.

Golden West Community Services, 108 Aspen Road, offers a ResCare program for the mentally and physically handicapped and also has group homes.

High Plains Mental Health, 722 Main, has three staff therapists and two case workers who handle patients in Sherman, Cheyenne and Wallace counties. High Plains handles a 20-county program from its headquarters in Hays.

Meier Clinic offers counseling services at the First United Methodist Church, 12th and Sherman. Appointments are made using a toll free number (888) 725-4642, based in California.

The Thomas County Alcohol and Drug Abuse Council, 775 E. College Dr. in Colby, provides substance abuse counseling three days a week at the Sherman County Courthouse. Rose Cody is in Goodland on Monday, Tuesday and Wednesday.

Twelve-step self-help programs available include Alcoholics Anonymous, Al Anon, Narcotics Anonymous and Emotions Anonymous, plus a family support group.

The Goodland Activities Center, 808 Main, offers a weight room, racket ball courts, basketball and volleyball courts, exercise room and gym and dance rooms.

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St. Anthony Hospitals



Here, we treat you as a person first.

St. Francis hospital adds employees

By Karen Krien

The Saint Francis Herald

The Cheyenne County Hospital in St. Francis keeps implementing new technology and updating the facility.

In the past five years, an addition was made to the clinic in St. Francis, an addition and complete renovation done at the hospital and the county health department office moved to a renovated area of the clinic basement.

This year, the physical therapy department has new equipment, and an "endless" pool is being installed. The staff has begun using electronic medical record equipment. There are two electronic record systems — one in the clinic and one at the hospital.

The Cheyenne County Hospital staff is one of the first in the area to be using this cutting-edge technology.

"Even though there are financial and performance benefits to the EMR," said Les Lacy, hospital administrator, "this change is about putting patient safety and quality care first."

He assures patients that security measures ensure that none of their information will be in any way accessible, from the Internet or at the clinic, to unauthorized persons.

Patients visiting the clinic and hospital will see providers carrying a tablet computer, he said. The staff has already entered patients' information (date of birth, name and other such data) along with insurance information. They will also enter vital signs and other primary assessment information. The provider will write progress and treatment notes on the computer.

A prescription can be faxed from the system to the pharmacist in a legible format.

If the patient has a specific disease or symptom, there will be information on a "patient education handout," which can be printed in both English and Spanish.

"Eventually, we hope to make our clinic paperless so we are more efficient," said Nadja Button, a physician assistant, who has been instrumental in setting up the system.

With the electronic medical record, charts will always be up-to-date, legible and accessible. Refills and referrals are better processed when all the information is easily accessed.

The system improves safety because of a fea-

Cheyenne County Hospital

Cheyenne County Hospital

- Beds — 16
- Budget 2006 — Revenue \$5,230,580
- Loss 2004 — \$454,000 including everything spent on the county health clinic, depreciation expenses and recruitment.
- Total Revenue — \$3,949,361 before contractual adjustments and audit.
- County money 2004 — \$529,178 paid to the Cheyenne County Hospital Board from property and sales taxes. This money helps with pay depreciation and build cash reserves.
- Doctors — one physician, two physician assistants and visiting specialists.
- Phone — (785) 332-2104

ture which automatically checks allergies and drug-to-drug interaction.

Mr. Lacy said that Dr. Mary Beth Miller, along with Ms. Button and Patrick Delano, both physician assistants, have been aggressive in using the new equipment.

Dr. Miller, who is recognized statewide because of her involvement in the Kansas Association of Family Physicians, will be joined by a second doctor, Rebecca Allard, next year.

The administrator said that one of the reasons Dr. Allard chose to come to Cheyenne County was the modern facility.

Computerized radiology

The hospital recently installed a computerized radiology system in place of a dark room.

Computerized radiology is much like a digital camera — it is filmless. The image is fed into the computer and is accessible through the in-house network to the work stations located in

See CHEYENNE, Page 38



Warren Harkness, X-ray technician, demonstrates how the computerized radiology system works at the Cheyenne County Hospital.

Photo by Karen Krien/Saint Francis Herald

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St. Francis hospital hires five employees

CHEYENNE, from Page 37

the emergency room, X-ray and at the clinic. When needed, a film X-ray can be printed or the X-ray can be burned to a compact disk. That way, when a patient is transferred to another hospital, the disk can go with them and be given to their doctors.

"This helps put us (hospital) on the front edge of patient care," Administrator Lacy said.

Computerized radiology brings tools that improve the quality, accessibility, and utility of diagnostic images for providers (doctors, physician assistants, and nurse practitioners).

"The hospital has a robust internal network with ports located throughout the medical campus," the administrator said.

With use of the CAT scanner consistently exceeding budgeted volume, they will soon be installing a picture archiving computer system, which will increase storage capacity and allow doctors to pull up information with more ease and flexibility. Mr. Lacy said that the advantages of having this system will include speedier, more flexible access to a wider array of information by clinicians with appropriate clearance.

"The main advantage of having the combined electronic medical record system in the hospital and clinic, along with the computerized radiology, is it gives a clear edge in technology as we practice top-quality hands-on care with our patients," he said. "This is consistent with our mission of improving health through access to quality care."

Physical therapy

The hospital's physical therapy department has responded to community need with new equipment, Mr. Lacy said, including two new NuStep exercisers. The hospital had one and there were always people waiting to use it, he said, so a second was purchased and installed in the fall.

The "endless" therapy pool should be completed by May.

The 8- by 15-foot pool features an adjustable current that will allow the person to swim or exercise in place. The length and width of the pool can be adjusted to fit each individual space.

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Clinic, hospital remodeling, expanding

By Karen Krien

The Saint Francis Herald

The Cheyenne County Clinic at 221 W. First, is completely remodeled, and the hospital at 210 W. First is remodeling with an addition to the west. When it is complete, the emergency entrance and physical therapy departments will be vastly improved.

The hospital also has a clinic in Bird City, 221 W. Bressler, which is open five days each week.

Cheyenne County is classed as a Critical Access Hospital, meeting the primary hospital care needs of the community. The hospital is prepared for issues from medical emergencies to traumatic injuries to delivering a baby.

Medical staff

Mary Beth Miller, M.D, a family practice doctor, joined the hospital staff in 1999. Other providers are Patrick Delano, and Nadja But-

ton, physician assistant. Working part-time at the hospital are Jenny Niblock, a nurse practitioner; and Dr. David Reed, M.D., a family practice doctor.

Dr. Miller, Delano, and Button work out of the clinics in St. Francis and Bird City, seeing patients five days a week plus caring for hospital patients and sharing call after hours and on weekends.

The hospital recently signed Dr. Rebecca Allard to practice in Cheyenne County. She works at the hospital about one weekend a month now but plans to move to St. Francis in the summer of 2007.

Specialists

The hospital works with a surgeon, Dr. Charles Frankum, who comes to the hospital every other week to see patients and perform surgeries. He also works at other hospitals in the area.

See SERVICES, Page 39

- Provides a near gravity-free environment for exercise and rehabilitation.

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"The people working in the physical therapy department are much more important than the equipment," Mr. Lacy added.

Shara Johnson, the physical therapist, is assisted by Joan Klie and Sara Houtman.

"Focusing our resources on physical therapy improvements is important as we work to improve community wellness," Administrator Lacy said.

When the department is finished in June, besides the new pool and equipment, it will include new treatment rooms, an improved area for supervised exercise, and offices.

Clinics

The county has two health clinics: the main clinic at 210 W. First in St. Francis, and the clinic on Bressler Avenue in Bird City.

Both offer convenient places for the medical providers to see patients.

County health office

The hospital carries significant responsibilities in operating the county health department.

Cheyenne County is one of two hospitals in the state which operates a county health office.

Mr. Lacy said that operating the county health office fits the mission and helps maintain a broadened scope of health care by being active in preventive medicine and nursing care from a community perspective.

Susan Roelfs, a registered nurse, and Rita Keeker staff the office. Services include vaccinations, checkups, monitoring, education and

other core programs, including public health and disaster preparedness.

Outpatient services

Outpatient services have been an important part of medical practice for many years. This has driven some floor plan issues in the hospital as the board and staff worked to improve the efficiency, flow and convenience of the building.

See CHEYENNE, Page 39



From left: Tammy Fredrickson, Abby Hissong and Fonda Farr

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St. Francis hospital hires five employees

CHEYENNE, from Page 38

Visiting specialists benefit from the remodeling project. Outpatient services currently include cardiology, ophthalmology, surgery, oncology and podiatry. The hospital is looking for doctors in urology, orthopedics and other specialties.

Outpatient surgery is performed at the hospital, based on the patient's needs. After surgery, most patients can be taken home to recover. Follow-up appointments and care are available.

Other services provided include physical therapy, lab, X-ray and outpatient nursing treatments.

Mr. Lacy reports that the emergency room is one of the most expensive services to offer because of a wide range of capabilities required.

"It is also one very central to our mission here," he said.

Physicians

Besides Dr. Miller, who joined the staff in 1999, providers are Patrick Delano and Nadja Button, physical assistants. Dr. Rebecca Allard will join the staff in 2007.

Dr. Charles Frankum, a surgeon, has been using the improved operating room and laparoscopic equipment to provide consultation

and surgical care.

Anesthetist

Kim Zwegardt is a certified registered nurse anesthetist.

"Many people don't recognize the value of an anesthetist," Mr. Lacy said. "We are blessed to have her based in St. Francis."

Great Plains Health Alliance

Great Plains Health Alliance out of Phillipsburg has leased the hospital since its inception. The not-for-profit management group leases and provides service to hospitals in Kansas and Nebraska. Its board includes people from small communities across Kansas.

Tom Keller, St. Francis, has been on the board for many years. It is one of the largest not-for-profit management systems in the nation, designed to work with small rural communities and health-care providers.

Future

Mr. Lacy says he sees challenges in the future, with higher health care costs and more uninsured and underinsured people, and new technologies that may or may not fit for Cheyenne County. But, he said, the Cheyenne County Hospital, the clinics, and the health department are continuing to look to the future to be prepared to serve the people.

Clinic, hospital remodeling

SERVICES, from Page 38

Other specialists who visit the hospital include:

Dr. James Warren, cardiologist.
Dr. Michael Perry, internal medicine.
Dr. Martin Rubinowitz, oncology.
Dr. Byron Barksdale, Dr. Lyle Barksdale, Dr. Delane Wycoff and Dr. Dorothy Wycoff, Dr. James Reeves, podiatrist.
Dr. Daniel L. Fuerst, Dr. Robert Hyde, Dr. Jeffrey Lee, Dr. Richard Jerde, and Dr. Rodney Johnson, radiologists.

The hospital administrator is looking for another urologist.

Dentists

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

Dr. Tim Poling is at 200 W. Washington downtown.

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

Chiropractors

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

Dr. Ryan Unger took over the Fair Chiropractic business at 120 N. Scott, St. Francis.

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

Pharmacies

Krien Pharmacy, owned by Kody and Penny Krien, is at 105 W. Washington. Mr.

Krien carries a full line of pharmaceutical needs, cards and gift items along with the recent addition of handicap equipment.

Massage therapists

Cheyenne County has two massage therapists.

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

Bruce Roelfs has opened an office at 315 S. Scott Street.

Nursing home

Good Samaritan Village, on U.S. 36 at the south edge of town, is equipped and staffed to handle 51 patients. A sun room filled with plants was added two years ago and the grounds have been renovated. Residents have outings in and out of town, shopping trips, fishing and picnics, just to name a few of the activities.

The village also has 14 independent living apartments.

Home Health Care

The Good Samaritan Home Health Care service serves clients in Cheyenne, Sherman and Rawlins counties. The staff offers physical, occupational and speech therapy along with skilled nursing and home health aides.

Vickie Reuber, a registered nurse, is the director.

The home health care service contracts with the Northwest Kansas Area Agency on Aging to provide homemaker and personal care assistance.

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Kit Carson hospital meeting needs

By Karen Krien

The Saint Francis Herald

The Kit Carson County Memorial Hospital in Burlington has been meeting the health care needs of the people of eastern Colorado and western Kansas for over 50 years.

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

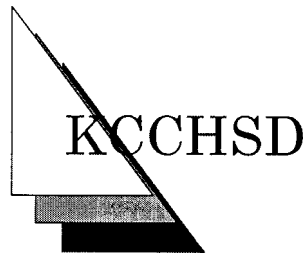
The hospital offers same-day surgery and physical, occupational and cardiac rehabilitation therapy at the Parke Wellness Center.

The same-day surgery program provides access to common surgical procedures close to home.

Rural patients can have their outpatient or same-day surgery done nearby as opposed to making a long trip to a city hospital.

Kit Carson County has a medical staff of six: Dr. Wayne Hoppe, Dr. Zach Pimentel and Dr. James Perez; Grace Anne Siekman and Judy Mago, physician assistants; and Susan Dorman, a nurse practitioner.

The hospital has expanded its orthopedic surgical program and brought three new orthopedic specialist into the specialty clinic rotation in 2006 from Porter Adventist Hospital in Denver.



Kit Carson County Memorial Hospital

- Beds — 25
- Budget 2005 — \$8.6 million
- Total revenue — \$12 million
- Loss from operations 2005 — \$14,673
- County Money — \$311,562 from three mills
- Doctors — Three physicians, two physician assistants.
- Phone — (719) 346-5311

"Patients can now see orthopedic specialists for knee, shoulder, hip, elbow, arm and wrist and hand procedures," said Diane Mettling, public relations director for the hospital.

The orthopedic specialists are performing tendon release, knee and shoulder arthroscopy, rotator cuff repair, meniscus repair, carpal tun-

nel release, trigger-finger release, sebaceous cyst and hand ganglion excision, and excision of squamous cell lesions.

Mrs. Mettling says orthopedic surgery patients also enjoy the convenience of being able to rehabilitate after surgery in the hospital's state-of-the-art facility, the Parke Wellness Center, on the medical campus.

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

The hospital is developing other surgical specialties for introduction in the near future.

Directly south of the hospital is the new wellness center and a family practice clinic. The center is the only licensed physical therapy rehabilitation center in eastern Colorado, offering in physical, occupational, aquatic and speech therapy, cardiac and pulmonary rehabilitation and sports injury rehabilitation.

The services available include physical, occupational and speech therapy, and heart and lung rehabilitation.

Physical therapy helps to improve a patient's ability to function or prevent pain and/or disability following an injury or disease, including heart attack or stroke victims, spinal cord

injuries, burns, cerebral palsy and other conditions.

Occupational therapy helps individuals learn about their condition and find the resources and skills to lead a normal life again.

This may include victims of stroke, heart attack, Alzheimer disease, arthritis and other illnesses.

Often following an injury, disease or developmental delays, patients can gain from speech therapy. This can be for improving communication or swallowing disorders which can occur from developmental delays, stroke, head and brain injuries and vocal or articulation disorders.

The center provides cardiac rehabilitation following heart attacks, bypass surgery and stable angina.

Treatment includes monitored exercise to reduce the physical and psychological effects of cardiovascular disease.

Pulmonary rehabilitation helps to improve the functional capabilities and daily activities of patients who are affected by lung disease, including cardiac obstructive pulmonary disease, chronic bronchitis, emphysema, asthma and bronchiectasis.

Kidney dialysis center opening in Burlington

By Karen Krien

The Saint Francis Herald

A kidney dialysis center has been established in Burlington, with the opening planned for sometime in April or the first of May.

The Tri-State Kidney Dialysis Center is located at 870 13th Street in Burlington.

Helen Newbury, Goodland, began working on the dialysis project two years ago. She said that there have been delays in the construction, and the opening has been a long time coming.

However, within the next month, those needing dialysis will be able to travel to Burlington instead of Denver, Hays or other places much farther away.

"Patients travel long distances three times a week for treatments lasting five hours," Mrs. Newbury said.

With this demanding schedule, she said, it is hard to count on the weather and roads being good.

Mrs. Newbury said they might want an ice-cold glass of water on a summer day, but kidney dialysis patients are restricted in the amount of liquid they can drink.

"What goes in won't come out, at least not until the patient's next dialysis treatment," she said. "Too much liquid will be retained, increase

the blood pressure and make the patient miserable.

"Diagnosis of kidney failure can mean the family must move near a center, and if the pa-

tient is away from home when diagnosed, they must remain where they are until a position becomes available."

The Tri-State Kidney Dialysis Center will be run by DaVita, a dialysis provider based in El Segundo, Calif.

Mrs. Newbury began working on the project when she became aware of the problems dialysis patients experience after providing transportation for some of the patients.

"The dialysis center will assist the treatment provider by purchasing equipment for eight dialysis stations," she said. "These stations will allow 48 patients, in three shifts, to be treated locally."

The equipment will include seven reclining chairs with arms and one chair for oversized patients. Nine dialysis machines will be purchased, the ninth for a backup.

For information, contact Mrs. Newbury at (719) 346-8150.



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