

Logan County hospital in holding pattern

By Jan Katz Ackerman

Colby Free Press

Logan County Hospital is in what's being called a holding pattern with hopes of growth soon.

"In the future we would like to add services and grow," said Administrator Kyle Hahn. "We are presently in a Kansas Rural Health Works project that will hopefully give us ideas on services we might add."

2005 Ends in the Black

Ending with a profit of \$44,540, 2005 was a good year, Hahn said and the hospital has improved in many areas over the past year.

"Thanks to the Logan County Health Foundation," he said, "we've added a new telemetry machine for heart patients and a new recumbent bike for cardiac rehabilitation."

While new signs to the outside are noticeable to the public, improvements such as new oxygen outlets in patient rooms are not.

"Laboratory received a new blood-cell counter and analyzer, a new coagulation analyzer and a new cardiac enzyme analyzer," Hahn said. "Respiratory therapy received a new blood gas analyzers and physical therapy received a new hivamat machine for muscle tissue care."

The surgical department bought new scopes for gastrointestinal and colon testing.



- Beds — 25
- 2005 profit — \$44,540
- 2005 total revenue — \$4.6 million
- Number of doctors — New Frontiers Health Services employs one doctor, one nurse practitioner and one physician's assistant.
- County money — \$200,000
- Phone — (785) 672-3211

"In all, the hospital spent \$245,600 in capital improvements," the administrator said.

Hahn, who oversees the hospital's 90 employees, said the long-term picture of the facility is "rosy."

"Thanks to the Critical Access Program, our financial situation has never been better at Logan County Hospital," he said. "We are start-

ing to look at the future and see what needs our community has for health care."

Hahn's duties as administrator include not only the hospital, but the oversight of the community's nursing home, Logan County Manor.

"The Manor has been a great asset to our community and has continued to improve," he said.

In addition, the hospital rents space in its west wing to News Frontiers Health Services, the county's medical clinic.

"We have a very amiable relationship with New Frontiers and are very dependent on one another," he said. "We are trying to work together to afford the best health care possible for our communities."

One piece of the medical community pie is the specialty clinics provided by visiting doctors. These include orthopedic surgeon, Dr. Michael Baughman of Sandhill Orthopedic and Sports medicine of Garden City; ophthalmologist Dr. William C. Fry of Fry Eye Associates of Garden City; cardiologist, Dr. Christine Fisher of the DeBakey Heart Institute of Hays; and podiatrist, Dr. Steven Larson of Larson's Podiatry of Hays.

With regards to hopes for a better future for residents of Logan County, hospital board members Dr. Richard Loftus, Randy Sangster,

Frank Munk, Jim Robben, Johnny Daniels, Warren Park and Fred Jones have taken steps to see if they can provide more senior housing near the hospital. An apartment complex is being considered for lots already owned by the hospital.

"The board has been in contact with Wes Bainter of Hoxie in the planning of assisted living apartments on the block west of the hospital," Hahn said. "We visited the apartments in Hoxie that Wes had built and were very impressed with his construction. We would like to begin building this year."

New Doctor Coming to Town

In April, Logan County will welcome a new doctor to its medical community.

Doris Reed, manager of New Frontiers Health Services, along with her staff and that of the hospital, will welcome Dr. Ratchnee France to Oakley.

France, and her husband, Dr. John France, along with their two daughters, Roslyn, 14, and Dayln, 11, come to Kansas from Roswell, N.M. The couple will live in Oakley, but John France will work in Hoxie at Sheridan County Health Complex.

Ratchnee France will work in Oakley four days a week and in Colby one day each week.

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Oakley creates great smiles

By Jan Katz Ackerman

Colby Free Press

Northwest Kansans do not need a Hollywood reality show to have a beautiful smile. Dr. Terri Albers of Oakley can provide one.

Having trained under Dr. William Dorfman of the television show *Extreme Makeover*, Albers can create a new smile in her dental office.

"You have people who never smiled and now they are smiling all the time," Albers said.

Albers said the process, sing Dorfman's technique of applying veneers to teeth, is the most exciting and rewarding part of her 21-year-old dental practice.

She said the development of laser technol-

ogy and new diagnostic materials has allowed her to bring state-of-art dentistry to the area.

She is a partner in general practice with Dr. Richard Loftus. The duo's clinic at 418 Hudson in Oakley is open Monday through Thursday from 8 a.m. to noon and 1 p.m. to 5 p.m. Albers can be contacted at (785) 672-4286. Loftus' phone is (785) 672-3101.

Another health care provider in Oakley is chiropractor Dr. Steven Golden. Golden and his father, the late B.L. Golden, opened their clinic on East U.S. 40 on Jan. 2, 1978. Five weeks later, the senior partner died of a mas-

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Former Television dentist provides great smiles

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sive stroke, leaving Dr. Golden practicing medicine solo.

He is now in his 28th year as a chiropractor. Golden's office is open each Monday, Wednesday and Friday from 9 a.m. to noon and from 1:30

p.m. to 6 p.m. Thursday and Saturday from 9 a.m. to noon. Call (785) 672-4934.

Dr. Joshua Gooden is the community's eye doctor. Gooden owns clinics in Oakley, Hoxie and Scott City, spreading his time among them.

The Oakley clinic is located at 210 Center and office hours are Monday, Tuesday, Thursday and Friday from 7 a.m. to 3 p.m. and Wednesday from 10 a.m. to 5 p.m. The phone number is (785) 672-4271.

Logan County residents also can turn to the county's health depart-

ment. Georgetta Schoenfeld, county health nurse, manages the department.

"Logan County Health Department in a nutshell provides services for disease and injury prevention, health monitoring, health promotion through education materials, health care access, emergency preparedness and response, monitoring disease outbreaks, and partners with other health care providers to do a health and safety fair," Schoenfeld said.

The department is located in the west wing of Logan County Hospital. Office hours are 9 a.m. to 5 p.m. Monday through Thursday. Besides Schoenfeld, the department has two registered nurses, a billing clerk, two part-time homemakers and one part-time receptionist. The department averages 5,000 visits per year.

"The No. 1 reason we do what we do is to meet the needs of our county," Schoenfeld said.

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Podiatry surgeries will be performed at Citizens Medical Center in Colby.

Both doctors have been in the Army since the mid-1990s, and Dr. Ratchnee France will bring to the area her skills in obstetrics, as well as in podiatry. She is certified in trauma, neonatal, pediatric and cardiac life support, as well as podiatric surgery, including laser surgery. The doctor obtained her premedical education at Khon Kaen University in Thailand, her medical degree at Temple University, Philadelphia, and at SABA University School of Medicine, Netherlands-Antilles.

Logan County Health Foundation

Working alongside Logan County Hospital is the Logan County Healthcare Foundation. Established in 1993, the foundation's mission is to enhance local health care services.

In 2005, the foundation purchased a building in downtown Oakley which will be home to a new pharmacy. In January, University of Kansas School of Pharmacy student Kezia Schwietermann agreed to work under a 10-year contract after which she'll own the store. Schwietermann will graduate in May and is expected to open the pharmacy shortly thereafter.

The foundation also awards schol-

arships to medical and professional students who agree to work in Logan County, sponsors health education and awareness programs like the Wellness Fair, provides technology and equipment upgrades at the hospital and assists in recruitment of medical professionals.

The foundation raises money entirely through private means, including tax credits, fund-raising activities, donations and planned giving. Planned giving can be set up through an estate or trust, made as a memorial or in any way of the giver's choice. The foundation's office is at 216 Center Ave., Oakley.

Health Tips

Earache : Ways To Stop Pain. Use the hair dryer. Hold approximately 16 to 18 inches from the ear, on low. The warm air helps with the inflammation that can cause the pain. Also try some warm baby oil, place a few drops of tepid (or body temp) baby oil, by warming it under the faucet, in to the ear canal. You can use a thermometer to test the temp. Also

sit upright to help the eustachian tubes to drain properly, and swallowing will help ease the pain.

Stuffy Nose : Quick solution for a stuffy nose when your out of drops : turn on the shower and adjust all the way hot, then close the door and wait a few minutes for the steam. Or try a little Vicks under the nose.

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Rawlins has service at hospital, clinics

By Kimberly Davis

The Oberlin Herald

The Rawlins County Health Center offers medical services throughout the county at the hospital and three clinics.

Administrator Bob Garrison said besides the hospital, the center operates clinics in Atwood, McDonald and Herndon.

They also have specialty clinics with visiting specialists and the Prairie Plaza Retirement Community.

The hospital started 62 years ago with an idea. The structure was dedicated in 1950. Over the years, that idea has developed into a system of services.

The Sisters of St. Joseph of Concordia ran the hospital until 1971, when Rawlins County Hospital Inc. was formed and took control.

In 1974, the county hospital went through its first remodeling, and added a physical therapy



Rawlins County Health Center

- Beds — 24 in hospital.
- Budget 2005 — \$3.5 million, total revenue \$3.2 million.
- Profit 2005 — "small" net profit.
- County money 2005 — \$450,000.
- Doctors — Two physicians, one physician assistant and one visiting nurse practitioner.
- Phone — (785) 626-3211.

department.

In 1989, the facility was renamed the Rawlins County Health Center. The nine board members are elected by people in the county for four-year terms.

The hospital has two doctors, a physician assistant and visiting nurse practitioner. Mr. Garrison said she directs the women's clinic, on scheduled Saturday mornings.

The hospital offers cardiac rehabilitation, diabetic education and counseling laboratory, pharmacy, nuclear stress testing, acute care, swing beds, physical therapy, radiology, ultrasound, nuclear medicine, computed tomography and magnetic resonance imaging, mammography and electrocardiograms, to name a few services.

In the last year, said Mr. Garrison, they have completely remodeled the rural health clinic.

It seems, he said, that everything is running

pretty constant with inpatients, outpatients and swing bed patients over the last few years.

The hospital is licensed for 24 beds, he said, and had a budget in 2005 for \$3.5 million. They get help from the county, with \$450,000 coming from tax dollars.

Mr. Garrison said the facility did see a very small net income in 2005, but he didn't say how much.

Besides the clinics and services, Rawlins County Health Center also has specialty clinics with visiting specialists, including cardiology, hematology/oncology, lung and sleep disorder, outpatient surgery and podiatry.

The hospital has a 24-hour emergency room. Some of the illnesses they deal with there include sore throats, flu, colds, asthma, respiratory distress, chest pain, car accidents, burns, lacerations and fractures, he said.

People don't have to travel to find health care

Rawlins County residents are able to get chiropractic and optometry care and prescriptions filled without having to travel.

Besides the Rawlins County Health Center, those seeking health care have other options available in Atwood, the county seat.

Warta Chiropractic and Acupuncture Clinic offers chiropractic and acupuncture services with Dr. Mark J. Warta at the helm. Dr. Warta is a third-generation chiropractor in Atwood.

His office is at 418 Main Street. The clinic is open from 8 a.m. to noon and 1 to 5 p.m. on Monday, Tuesday and Wednesday. The office is open from 8 a.m. to noon on Thursday and Friday.

To make an appointment, call (785) 626-3274.

Also on Main Street is the optometry office. Dr. Larry Washburn from Colby has office hours from 9:30 a.m. to 4 p.m. on Tuesdays.

He offers a full optometry service where people can get eye exams, glasses and contacts. To make an appointment call (785) 626-3102 or (785) 462-3348.

On State Street is Currier Drug, which is open from 8:30 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturdays for the pharmacy. The store is open from 9 a.m. to 4 p.m. on Saturday so people can get cards and gifts.

Jim Hampton, pharmacist, said he and his wife have opened Bison Prescription Compounding, a business within a business.

He said they compound prescriptions that aren't premanufactured. They are the only business like this in the region. The closest one is Quinter, he said, so they do quite a bit of business with people from surrounding counties.

The county offers county health and home

health care services.

The health department is open from 8 a.m. to 4 p.m. Monday through Thursday and 8 a.m. to noon on Fridays.

To make an appointment, call (785) 626-3968.

Health Tip

Dandruff: To improve the effectiveness of medicated shampoos, after you lather up, put a shower cap on over your wet hair. Leave it in for 1 hour, then rinse as usual. But, before doing this, check and read the directions, to

make sure it will not be harmful. Also, massage it in. When shampooing, gently massage your scalp with your fingertips to help loosen scales and flakes. But don't scratch, because that can lead to sores.

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