

# Colby offers many places to get great medical service

In addition to Citizens Medical Center, Colby has a plethora of other health care and medical options.

**Tina Harris Physical Therapy** clinic at 270 N. Franklin has been in business over 30 years. They have one therapist and a therapy assistant. Office hours are 8 a.m. to 5 p.m., Monday through Friday, with outside hours by appointment.

Services include rehabilitation for total hip replacements, knee replacement, shoulder, rotator cuff, knee, ankle, hand therapy, balance training, general conditioning, sports injuries, spinal cord injuries and strokes, and massage. Other specialties are available.

Their goal is to return the patient to their highest level and better than they were before surgery or injury. Phone number is 462-8008.

**Northwest Physical Therapy** has been doing business for 5 years. They are located at 990 South Range Avenue, Suite 8. Office hours are 8 a.m. – 5 p.m. Monday through Friday, and by appointment. They have one therapist and two therapy assistants.

In addition to limb and strengthening therapy, they offer wound care, aquatic therapy and massage therapy. They specialize in custom foot orthotics. Their office can be reached by calling 460-7848.

**L and C Home Health** services have their offices at 160 E. Second St. They are a Medicare certified, non-profit agency that provides in-home skilled nursing and home health aide services.

Their mission is to provide communities in rural areas with quality home health aide services. Staff is made up of two registered nurses, two licensed practical nurses, three home health aides and three office staff.

The services are for people of all ages, who are chronically disabled or recovering from an illness, surgery or accident who are eligible to receive skilled care in their homes.

Founded in 2001, L and C home health serves Thomas, Logan, Rawlins, Gove, Decatur, Sherman and Sheridan counties and provides a 24-hour-a-day on-call nurse, seven days a week.

The director is Lisa M. Bice, RN. Phone number is 465-7444.

**Washburn Eye Clinic**, in business for 31 years, is located in Colby Plaza building at 505 North Franklin, Suite 5. Office hours are 9 a.m. to 5 p.m. Monday through Friday. Dr. Larry Washburn also has a clinic at 400 Main Street in Atwood, which he visits on Tuesdays. In addition to regular glasses, he fits contact lenses and has a wide array of sunglasses. The Colby office phone number is 462-3348 or (800) 254-3937. The Atwood office phone number is (785) 626-3102.

**Vision Source** occupies suite 100 at 1005 South Range in Colby. Office hours are 8 a.m. to 5 p.m., Monday through Friday. On staff at the Colby location are Dr. Jeff Morrison and Dr. Mark Wallmeier. They both put effort in to accommodate hard to fit contact wearers. Vision Source has two certified opticians on staff who edge regular glass lenses on site. Phone number is (785) 462-8231.

They have an office in Goodland, where patients can see Dr. Wallmeier on Tuesdays and Wednesdays. Phone number in Goodland is (785) 899-3654. The Burlington clinic is located at 498 Fifteenth Street, where eye patients see Dr. Terri Robinson Monday through Friday. Phone number is (719) 346-8415. Also go to [eyeclinic.com](http://eyeclinic.com)

**Franz Chiropractic** has two practitioners, Dr. Shane Franz and Dr. Luke Tubbs. They are at 135 W. Sixth St. in Colby.

Dr. Franz specializes in spinal adjustments for the entire family. He also offers pediatric chiropractic, extremity adjusting of the foot, knee, ankle, wrist, elbow, shoulder and TMJ; Kinesio taping and sports injuries taping; spinal decompression, class IV laser for pain and healing, fitness and peak performance, nutrition and weight loss consults.

**Dr. Tubbs** joined the clinic in 2001. Besides being another outlet for the services provided by Dr. Franz, he is a certified acupuncturist, certified sports practitioner and offers an acupunc-

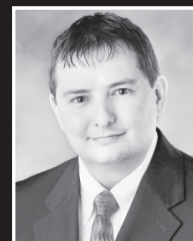
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**KIM WEIGEL, REGISTERED MAMMOGRAPHER, showed off Citizens Medical Center's upgraded mammography machine.**

Photo by Marj Brown/Colby Free Press

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KRISTIN BROOKS (LEFT) AND RACHEL BUDKE (right) are both Radiology Technologists who also specialize in mammography at Citizens Medical Center in Colby. Rebecca Hanson, a radiology technologist, also specializing in nuclear medicine, appeared in this photograph as a patient as the 16-slice computed tomography scanner (C T Scan) was demonstrated.

Photo by Marj Bropwn/Colby Free Press

# Colby medical services

## SERVICES, from Page 33

ture technique for allergy relief.

The clinic is open from 8 a.m. to 5 p.m. Monday through Friday and from 7 a.m. to 9 a.m. on Saturdays. The phone number is (785) 462-7236.

**Wiley Chiropractic** is open for business at (785) 462-7577.

**Thomas County Health Department** at 350 South Range is under the direction of Connie Walden, RN, who serves as Health Administrator. Staffing assistants are Kendra Evans, Kasiah Rothchild, Laurie Allen and Amy Knipp, RN, staff nurse.

They offer 20 different services and screenings, with immunizations and family planning being the most popular. They also provide new mothers with lactation support and have a well-child clinic.

They will be bringing a Dental Hygienist on board to do dental screenings and fluoride varnishing in late spring. Their phone number is (785) 462-4596.

**Colby Medical and Surgical Center** is located at 175 South Range. It

is a family practice clinic, offering a variety of services. Dr. Victor Hilyard works with three mid-level health providers, Physicians Assistants Brian Unruh and Amanda Reed, and Nurse Practitioner Deanna Sulzman. Hours are 9 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday. To make an appointment, call 462-3332.

**Doc's On Call** is the clinic formerly known as Slaven's Family Practice, located in new facilities at 1005 South Range, suite 200. Besides Dr. Slavens, there are two mid-level practitioners, Andy Rose, Physicians Assistant, and Lindsey Clark, Physicians Assistant.

The clinic provides lab services, including x-ray, IV therapy, heart monitoring, nerve conduction testing and minor procedures. They have an early morning walk-in clinic from 7 a.m. to 9 a.m. five days a week, with regular hours from 8 a.m. to 5 p.m. week days.

**Family Center for Health Care** is a full service clinic offering on-site lab services, convenient access to the hospital's full radiology suite, and

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### Orthopedic Surgeon Mekki Saba, M.D., F.R.C.S

Dr. Saba is an Orthopedic Surgeon working full time in Colby at Citizens Medical Center. Dr. Saba has extensive experience in total knee and hip replacements, and disc surgery. Dr. Saba is available for consults as well as emergencies. We are so fortunate to have Dr. Saba practicing the art and science of orthopedics in northwest Kansas.

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# Colby medical services

**SERVICES, from Page 34**

in-clinic IV therapies. There are three doctors, Dr. Brewster Kellogg, Dr. Darren Matchell, and Dr. LaDonna Regier. Other professional staff includes nurse practitioners Luetta Flanagan, Jenny Niblock, Tina Jallow, and Trish Carney. They are actively recruiting a new physician.

They offer a number of diagnostic services within the clinic including pulmonary function, non-stress testing for obstetric patients, colposcopy and leep procedures for abnormal pap smears, and an array of other diagnostic services.

The clinic offers aesthetic medicine including botox injections, collagen replacement and chemical peels.

The pediatric program offers a well-child clinic, including the Vaccines for Children program which pays for children who are on Medicaid, Healthwave, or are uninsured or underinsured.

The clinic has been awarded a grant from the Kansas Department of Health Environment for the last three years to implement and maintain a chronic disease management program focusing on diabetes and hypertension.

Their goal is to provide northwest Kansas residents with a true medical home where the whole family has access to preventative and acute care through expanded hours, where all primary care services and programs are offered under one roof.

They provide an early morning walk-in clinic from 7 a.m. – 9 a.m. each week day. Other clinic hours are 7 a.m. – 6 p.m. Monday and Wednesday, 7 a.m. – 7 p.m. Tuesday and Thursday, 7 a.m. – 4 p.m. Friday, and 8:30 a.m. – noon Saturday. To make an appointment, call (785) 462-6184.

**Pharmacies** in Colby include **Dillons**, 1605 South Range; **Palace Drug Store**, 460 N. Franklin, and **Wal-Mart** at 115 West Willow.

**The Thomas County Emergency Medical Service** office is at 1275 S. Franklin Avenue. The office number is 460-4585, but in an emergency call 911. The service has two ambulances based out of Colby with one each in Rexford and Brewster.

**Drug and Alcohol Abuse Council** is located at 345 N. Lake. Their phone number is (785) 462-6111.

**Hi Plains Mental Center** in Colby offers mental health evaluations and counseling. They can be reached at 462-6774. Their office is at 750 South Range Avenue.

**Prairie Senior Living Complex** at 1625 South Franklin is the newest long-term care facility, with 14 beds dedicated to residential care, 68 beds total. There is an Alzheimer's wing. There are two charge nurses on duty and two activity directors to keep residents mobile.

**Colby Care Center** is a long term care facility with 60 beds. They are Medicare certified and provide skilled rehabilitation services.



**SECOND YEAR NURSING STUDENTS** from Colby Community College, left to right, **Rebecka Moore, Oberlin, Tara Wieland, Oakley, and Beth Miller**, Colby listened to nursing director **Sally Jones** while she explained how to use the non-stress testing machine for new moms. Photo by Vera Sloan/Colby Free Press

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At the new nurse's station in Decatur County Hospital Becky Tate, nurse, worked on paperwork.  
Photo by Kimberly Davis/The Oberlin Herald

# Oberlin hospital a step ahead

**KIMBERLY DAVIS**  
k.davis@nwkansas.com  
The Oberlin Herald

Staff and leaders at the Decatur County Hospital plan to stay one step ahead on technology changes.

Lynn Doeden, chief executive officer, said the hospital will be receiving new radiology equipment soon, which is part of staying on top of new technology. The new equipment should be in this month and be ready to use at the beginning of May.

With the new x-ray machine, said Doeden, it will all be digitized so the x-rays can be sent to other hospitals or off to be read over the computer. Currently the x-rays have to be made and then mailed or carried by the patient.

In some cases the new equipment could be a real plus for the patient, she said, because the x-ray maybe able to be sent over the computer to another doctor and the patient might not have to travel to see him or her.

The board of trustees is paying for the item which cost \$166,000 with renovation to the x-ray room.

Doeden said here won't be a lot of

training needed for the new machine, other than something in house.

The hospital staff is continuing to scan records so they can eliminate the paper files, she said. The hospital has been scanning records for the past two years.

It's possible, said Doeden, there might be some money in the president's stimulus plan. If the hospital can stay ahead technology wise, maybe some of that money can come her, but who knows.

Really, she said, ever since the hospital switched from being run by Banner Health Systems to being done locally, the board, staff and herself have tried to stay ahead on technology.

All of the charting is now done on the computer as well as the other technological changes.

Decatur County owns the building, she said, and Decatur Health Systems leases it from the county for \$5 a year. The contract is renewable, she said, and it's paid for five years in advance. The hospital is paid up until 2013 now.

The hospital did receive \$216,000 from the county in 2008, raised through a property tax levy. That money, said Doeden, isn't used to operate the hospital, it's used on repairs and maintenance of the building.

The five member board, she said, which is appointed by the county commissioners acts as the liaison between the commissioners and the hospital. One commissioner also serves as a representative.

The board meets the third Monday of the month in the conference room at the hospital.

The hospital operated on a \$6,311,044 budget in 2008. The board projected that the hospital would make \$105,571 in that budget, but only made \$68,210. Doeden said she thought the hospital made less money than projected because there were less surgeries since the facility was done one doctor for the year.

In December 2007, Dr. Richard May resigned his position. Dr. May was not only able to deliver babies,

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# Oberlin hospital stays one step ahead of tech changes

OBERLIN, from Page 37

but he was able to do cesarean sections. Since he left there wasn't a doctor available to do c-sections, unless it was scheduled when Dr. Doak Doolittle was here.

In 2007 there were 17 births, said Doeden and in 2008 the hospital had eight.

The number of surgeries from 2007 to 2008 also dropped by 100.

The hospital now can't do births unless it's scheduled when a surgeon is available, said Doeden, because if a c-section is needed they have to be able to get their patient to a hospital with a surgeon within 30 minutes. That's not possible.

Until another physician comes on board, one that can do the surgeries, she said, the hospital will be in the same boat.

The hospital, said Doeden, doesn't employ the doctors. They have credentialing privileges at the hospital so they can take care of patients.

At the beginning of the year Dr. Obed Saint-Louis was hired at Oberlin Medical Arts, the clinic, and he had

privileges at the hospital. He wasn't able to do c-sections either.

Dr. Saint-Louis recently resigned, which means the hospital is back to two doctors and one nurse practitioner.

Doeden said the medical staff plans to have a meeting this month and obstetrics is on the agenda.

The hospital has increased the amount of lab work it's doing. She said the hospital is doing more lab work for the clinic and for the speciality clinic.

In 2007 the hospital had 772 patients seen in the speciality clinic.

In December 2007 the work was completed on the addition to the west side of the hospital, which now houses the speciality clinics. In 2008

the number of patients served in those clinics jumped to 1,065.


The clinic hosts doctors specializing in hear and cancer treatment, surgery and urology, podiatry and urinary tract problems.

In the past year, she said, the number of employees has gone up to 120, which is nine more than last year at this time. That includes nurses, janitors, dietary aides and others.

There's been lots of emphasis on health care reform with the new president, said Doeden. There are lots of things that could change quickly. The president is trying to figure out the right insurance for everyone. She added that she's not sure that those changes will be good or bad here, but foresees that it could be good for urban areas and effect rural areas

differently.

She added that she's not sure if Governor Kathleen Sebelius possibly moving into the health and human services role at the national level will be a plus or a minus. Gov. Sebelius knows rural, but she won't just be representing Kansas, but all. At least, said Doeden, it might give Kansas a direct line to that office.



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## Decatur has wide range of services

Decatur County offers a wide range of health care available for the young and old.


The county has two retirement homes, an independent living facility, a clinic, health department, chiropractic care, dentist, optometry and a home medical supply business.

Each business offers opportunities for health care for those who live here and those who travel to see their health care provider.

At 902 W. Columbia is the Decatur County Health Department. The department is open from 7:30 a.m. to 4:30 p.m. Monday thru Friday, closing each day for lunch from 11:30 a.m. to 12:30 p.m.

The department, said Marilyn Gambelin, health administrator, offers lots of services including family planning, immunizations, the Women, Infant and Children program, foot care, a bi-annual health fair and child care licensing inspections for day-care centers.


The county run health department, she said, plays an important role in health care for the county. It assures that all people have the access to the services they need. The department, she said, ensures people have family planning and immunizations. Gambelin said they monitor the health and wellness of people here, including



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monitoring water and doing infectious disease investigation. She said they are also responsible for reporting on rabies and doing disaster preparedness.

The department has a program that offers free mammograms to women over 50 if they qualify. They are also able to do allergy shots for people who are on a maintenance program for allergies.

Part of the money to run the department, said Gamblin, comes from county tax dollars, part from both state and federal grants, but most comes from fees for services.

The department, she said, does a lot of behind-the-scenes work that no one sees. Anyone can use the department's services, she added; it isn't just for low income people.

To the east of the health department is Oberlin Medical Arts, referred to by most as the clinic. The clinic is owned by Dr. Elizabeth Sliter and Dr. Stelian Andreca. Jonna Inman, nurse practitioner, has worked at the clinic since July, 1997.

The clinic is open from 8:30 a.m. to 5 p.m. Monday through Friday.

Services offered include minor excisions, laceration repair, micro-dermabrasion, botox and cosmetic laser procedures.

The clinic has a full lab and x-ray department available to the patients.

Administrator Barb Whitney said they accept a full range of health insurance including both Medicare and Medicaid.

At 106 S. Rodehaver is Fredrickson Dental, offering full family dental care, with Dr. Gary Fredrickson at the helm.

The office offers general dental care for families, including fillings, crowns, partials, dentures and cosmetic whitening of teeth using the Zoom system. They have one orthodontist that works with patients at the office. Robyn Rouse, a dental hygienist, works two days a week.

The office staff processes all insurance, but are a provider for Delta Dental and Blue Cross/Blue Shield.

At 105 S. Penn Avenue is Lifetime Eyecare, where Dr. Dirk Gray and Dr. Robert Stamm see patients on Wednesdays. The clinic is open from 8:30 a.m. to 5:30 p.m. Monday, Wednesday and Thursday.

The Oberlin offices is a branch of Lifetime Eyecare Specialist of McCook. The office in McCook is open from 8 a.m. to 6 p.m. Monday, 9 a.m. to 6 p.m. Tuesday, 8 a.m. to 6 p.m. Wednesday, 8 a.m. to 8 p.m. Thursday, 8 a.m. to 4 p.m. Friday and 9 a.m. to noon on Saturday.

The office offers visual screenings, co-management for macular degeneration, cataract care, follow ups for other eye surgeries, adjusting glasses, dispensing glasses, contacts and other

eye-care needs.

Up the street at 504 N. Penn Avenue is Fair Chiropractic and Wellness Clinic where Dr. Douglas Fair, Dr. Ryan Unger and Dr. Shannon Addleman offer holistic health care.

Dr. Fair, owner, has been at the practice since 1964, said Sandy Fair, his wife and the clinic's business manager. She said her husband's main goal in life is not only to help people get well but to educate them in preventative care.

Dr. Unger joined the team in 2000 and Dr. Addleman in 2007.

Dr. Fair has a master's degree in Nutrition from Bridgeport University and received a certification in acupuncture under studies with Dr. Tao, a Chinese acupuncturist. Dr. Fair says he prefers to use electronic acupuncture as opposed to invasive needles. Applied Kinesiology, which is a non-forceful technique to determine nerve interference by testing muscle strength, is another one of many specialties of Dr. Fair.

The clinic offers Neurofeedback, said Mrs. Fair, which is hard to find in rural areas. Neurofeedback is a type of biofeedback utilizing computerized equipment to read brain waves. Dr. Fair and his wife and Dr. Unger received training in California for this specialized equipment and Kelly Wasson, daily office manager, is the technician who assists the patients in their sessions.

Wasson said the results have been amazing, especially in cases of Attention Deficit Disorders, insomnia and migraines. She said teachers from Hays have been astounded at the change in a student who has been traveling to Oberlin for sessions. Parents have said that their kids' teachers want to know what's made the change in their kids, she said, since the children are able to concentrate and control their anger.

Dr. Fair is available to see patients from all day Monday and Tuesday through Thursday until noon. He is encouraging patients to see Dr. Unger and Dr. Addleman, although Dr. Fair doesn't have any plans to retire.

Dr. Unger is a graduate of Palmer College of Chiropractic and is available to see patients from 7:30 a.m. to 6 p.m. Tuesdays and Thursdays and one Saturday a month. He and his wife Darci have a chiropractic clinic in St. Francis.

Dr. Unger, said Mrs. Fair, has become a certified Brimhall Wellness Practitioner offering holistic specialties in addition to chiropractic, including low-level laser, allergy elimination techniques and energy balancing detoxification. He attended training in California with Dr. Fair on Neurofeedback for various symptoms, including migraines, sleep disorders, hyperactivity and fibromyalgia.

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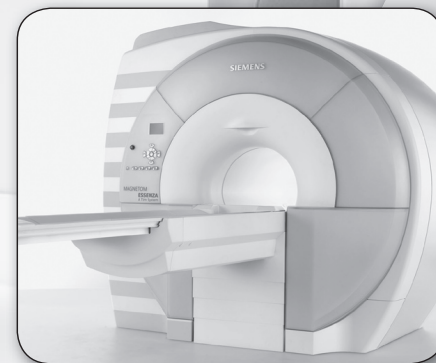
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**OBERLIN, from Page 39**

Dr. Addleman graduated from the National College of Chiropractic and worked with chiropractors in Colorado and Chicago before returning home to Oberlin. She is available to see patients from 10 a.m. to 6 p.m. Monday, 10 a.m. to 6 p.m. Wednesday, 1:15 to 6 p.m. Thursday, 8 a.m. to 4 p.m. Friday and two Saturdays a month.

Dr. Addleman offers the Thompson Technique with a special type of adjusting table that utilizes flexion and traction and enjoys working with sports injuries. Appointments can be made everyday except Tuesday for Dr. Addleman. She also sees patients one Saturday a month.

Behind all good doctors is fantastic staff, said Mrs. Fair. Wasson, she said, first joined the wellness team in 2002. She is the epitome of professionalism and energy, said Mrs. Fair, who is semi-retired. Wasson has a vast knowledge of the techniques and nutrition having gone to numerous seminars with Dr. Fair and hours of individual study. Her skills go far beyond handling appointments and insurance, said Mrs. Fair, she can manage and train both staff and doctors.

Sarah Orr is another long time employee who has worked part-time for 9

years and is proficient as a Chiropractic Assistant. Other assistants include Marilyn Diederich, Britta Noren and Denise Abbey.

At 108 E. Ash is the Good Samaritan Center the 47 bed long-term care home offers a place for residents to live, get care and join in activities. The center employs around 70 people.

The building is owned by the county and leased to the Good Samaritan Society.

The residents, said Jancie Shobe, receive 24-hour care from licensed nurses, all their meals and housekeeping.

There are different levels of activities including traditional ones like bingo, devotional church services, crafts and cards.

There are other activities designed for alzheimer patients including small group ones and those that are designed to be one on one.

The center offers the Garden of Hope, a day room for alzheimers patients. She said they also offer the Lounge program which includes activities designed for alzheimers patients. Part of that goal is to get residents to socialize with each other.

At 810 W. Columbia is Cedar Living Center, a 38 bed long-term care home run by the county hospital that offers a home to 30 residents, said Lynn

Doeden, hospital chief executive officer. At the center residents have the opportunity to get care and take part in a variety of activities.

The center, said Doeden, is a place people can go if they need to recover from an illness, surgery or just get stronger.

The residents receive 24 hour care with licensed nurses, all their meal, housekeeping and beautician care.

At this time there isn't a waiting list, although there has been one in the past.

The hospital also operates Wheat Ridge Terrace at 715 W. Ash which is a 12 apartment independent living center. All of the units are full, said Doeden. She added that there is someone at the apartments during the day and lunch is provided.

The apartments are full. There is someone at the place during the day and lunch is provided.

Back on Main Street Kelly Moore runs Kelly's Home Medical Supplies which offers oxygen, breathing machines and supplies, walkers, mobility aids, scooters, power wheel chairs and lift chairs. Anyone interested in getting items from Moore can contact her at (785) 470-1695 or 475-3722.

She accepts Medicare and Medicaid.



**At Fair Chiropractic Clinic Dr. Shannon Addleman gave Dr. Ryan Unger a treatment.**

Photo by Kimberly Davis/The Oberlin Herald

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