



**SNOW COMES EARLY!** This isn't the first time folks have gotten their first taste of winter snow in October. Luckily accumulations were small, but some drifts did fill the ditches. *Times staff photo by Linda Schneider*

## Cheyenne County has new health nurse

By Karen Krien

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The Cheyenne County Health Department has a new leader.



**Bandel**

Mila Bandel, registered nurse, filled the position after Susan Roelfs resigned. She will be working 24 hours a week in the health office located in the basement of the clinic in St. Francis as well as in the Bird City office one-half day a week. Days and hours include: St. Francis - Tuesdays through Thursdays, 8:30 to 4:30. When a second person is hired for the department, she will be at the Bird City Clinic on Wednesdays from 9 to noon.

Mrs. Bandel said, at the Thursday Cheyenne County Hospital Board meeting, that she likes working with all age groups in the county. "In county health, there is something different every day," she said.

"It is a positive position with so many programming educational opportunities that can be done to help people."

In the absence of a county health nurse, several of the programs, including the KAN Be Healthy program and childhood immunizations were moved upstairs to the clinic. She thinks this is an ideal work arrangement and is looking forward to working closely with the clinic staff and providers.

She plans to increase the activity and patients coming into the department. She said she is already writing a column, "Moments with Mila," for the local newspapers. This will give her the opportunity to introduce new programs, information on diseases, vaccinations and other educational programming available.

With winter and the flu season approaching, she has been busy giving flu shots. Two clinics were held in order to help people get their flu shots and she has been going to the schools, the courthouse and local businesses as well as giving the immunizations to individuals who come to the department.

On Nov. 12, the first diabetes workshop will be held. These meetings will be held on a monthly basis in the basement conference room at the St. Francis Clinic. The workshop will help people with nutrition, foot and hand care, insulin pumps and there will be diabetes handouts available. Susie Walz, diabetes educator will also be present.

Mrs. Bandel has been visiting the Cheylin schools catching up with students and staff on tetanus injections. She plans to be at the senior centers each month to take blood pressures and do blood sugar screenings.

She is working with the Kansas Department of Health and Environment on reporting spreadable diseases. A school newsletter has been developed for student educators as well as school enrichment programs. The letter deals with nutrition, personal hygiene and other health issues.

There are environmental hazards which Mrs. Bandel sees as needing attention. She has been working with the Head Start program on lead screening as well as working with providers on high levels of lead found in blood systems of clients.

Again, working with the clinic staff, they are developing the Early Works Detection program where breast and cervical cancer screenings for 40- to 64-year-old women are held for women who do not have health insurance or fall below a set income level. Women who qualify and have no insurance will be able to have these screenings at no charge.

Each month, Mrs. Bandel devotes 8 hours to the Emergency Preparedness Bioterrorism planning. In April, there will have a Point of Distribution meeting in St. Francis.

The department works on a tight budget. The county gives around \$10,000 and there are grants which are applied for yearly.

"My revenue consists of educational teaching and resources, rather than bringing in money," she said. "There is not much cash flow but, rather, preventing disease."

She said that, if there is a question, she has the resources to find the answers.

Recently, there have been mothers asking about Gardasil

which is a cervical cancer vaccine available to young girls. This is the subject of one of her Moments With Mila columns.

"I want people to come into the office. There are resources available to the public free or with a minimal charge. There are publications, testing screenings for lead, blood sugar, anemia, just to name a few. She makes home visits, and, in the near future, will be doing home visits with mothers and babies.

"Many people don't realize that, in the department, we have car seats and breast pumps available," she said.

"I love my job. I have a nice facility to work in and the clinic and hospital staff are great to work along side with."

In the future, there will be a number of programs available including: family planning, child birthing classes including nutrition contests; help with school screenings (scoliosis, hearing

and vision); more nutritional programs and working more with the women, infant, children local programs (WIC).

"All four providers working with the clinic and hospital are willing to help in any program matter and provide additional health support to my department, whether it be advice or lending a hand with a patient," she said. "They make being a nurse very enjoyable."

Mrs. Bandel and her husband, Matt, who is a farmer, have two daughters, Kyla and Karly. She came to Cheyenne County as a county Extension agent. Several years ago, she resigned and went to school where she earned a registered nurse degree. She has been working at the hospital and will continue to work there at least one day a month.

By Vera Kacirek

Friday-Hallowe'en Soup Supper, 5 p.m. to 7 p.m. The pinata will be broken at 6 p.m.

Saturday- 5:30 a.m. Hunters Breakfast St. Joseph's Catholic Youth Organization at the Church; serving as long as they have people eating.

Saturday-11 a.m. McDonald Lions Club Ham and Bean Dinner.

Sunday-5:30 a.m. Hunters Breakfast St. Joseph's Catholic Youth Organization at the Church and serving until after Sunday Mass.

Monday-McDonald Senior Citizens potluck dinner and meeting.

Tuesday-Election Day. Be sure to vote.

Wednesday-McDonald Area Development meeting at McDonald Legion at noon.

Wednesday, Nov. 12- McDonald Garden Club 1:30 p.m. at the

Senior Center.

Thursday, Nov. 27-Thanksgiving Day-Give thanks!

Jon and Rachel Mallett and baby Addie, and Taylor Wilson and friend Chase, all of Manhattan were weekend guests of R.J. and Susie Sabatka and visitors of Kasey and Jennifer Sabatka and family. They were also Sunday visitors of Laddie and Vera Kacirek.

On Thursday, Eleanor Swihart accompanied Bruce and Shirley Swihart to McCook.

On Saturday, Eleanor Swihart was a guest of Betty Lewis and Joan Tongish for dinner in Colby to celebrate her birthday.

Lakin and Claire Denny of Colby were weekend guests of their grandparents, Greg and Cheryl Wilkinson.

Kenny Wilkinson was Friday visitor of Barney Kacirek.

## South of McDonald

By Sandy Binning

Dennis Kramer came home Tuesday from Mexico for a visit.

Leon and Nancy Brunton of Ozawkie were Sunday and Monday overnight guests of Joe, Charlene, and Dennis Kramer.

Sunday evening and supper guests of Joe, Charlene and Dennis Kramer were Leon and Nancy Brunton of Ozawkie, Travis and Colleen Gattshall and Lenea of Lenora, and Ryan and Diane Shay and children of St. Francis.

Bethel Goltl joined the Red Hat Ladies group for lunch Tuesday at

Two Lees in McDonald.

Bethel Goltl called on Paul and Edna Roesener Tuesday afternoon. Arlie and Nadine Roesener of Springfield, Mo., were at the Roeseners also.

Tuesday evening, Elaine Johnson, Arlie and Nadine Roesener and Bethel Goltl enjoyed supper at Big Eds in Bird City.

Brief callers Friday on Bethel Goltl were Bethel's nurses training friend, Marlene Switzer and husband Loyd of Ottawa and Loyd's brother Floyd and wife. They were on their way to Denver.

## Meeting to be held to discuss the use of forage

Livestock owners are urged to attend a meeting on production and utilization of cool season forages including wheat, triticale, oats and barley.

The meeting will start at 12:30 p.m. on Tuesday at the St. Francis Equity meeting room. Because lunch will be served, people are asked to call the Extension office, 785-332-3171, with their reservations by Friday.

Speakers will be from Kansas State University and include Jim Shroyer, wheat specialist; and Brian Olson, area agronomist, who will be talking about forage selection and production. Jandy Johnson, livestock specialist, will talk about livestock utilization.

Co-sponsors of the informational meeting are the St. Francis Equity and Kansas State University Research and Extension.

## Good Job Lady Cougars!

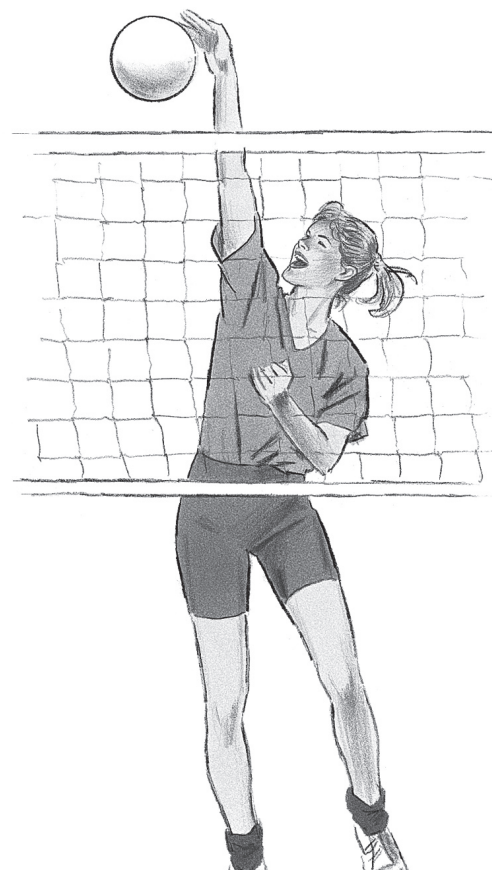


2009 VOLLEYBALL TEAM — Back row: Coaches Deb Pochop, Kendal Cahoj, Teryn Carmichael, Whitney Churchwell, Naomi Reeh, Forrest Burr, Ana Ponce, Samantha Robertson; Front row: Nikki Johnson, Sydney Busse, manager Debi Banister, Tia Sager, Mandi Walden.

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