

Moments with Mila

Start 2014 Tobacco Free

Many Kansans are making New Year's resolutions to quit using tobacco in 2014 and the Cheyenne County Healthy Communities Coalition is encouraging them to get free help and support from the Kansas Tobacco Quitline online at www.KSquit.org or by phone 1-800-QUIT-NOW (1-800-784-8669).

To help area residents become tobacco free, the Cheyenne County Hospital, Clinic and Health Departments have information regarding the Quitline available. You can call the Cheyenne County Health Department for more information and Quitline material at 785-332-2381. The Cheyenne County Clinic also screens patients for tobacco usage during medical visits. Please feel free to talk with your medical provider about the Quitline material available to become tobacco free.

When Kansans are ready to

quit tobacco, the Kansas Tobacco Quitline is ready to help online or by phone. The Quitline is a service provided at no cost to Kansas residents. Enrollment is available 24 hours a day, seven days a week (except major holidays) online or by phone. A "Quit Coach" works with participants during emails, live chats, or one-on-one phone calls to prepare for a quit date and create a plan to fight cravings and face other challenges. Studies have found that using a tobacco quitline can more than double a person's chances of successfully quitting tobacco.

The Kansas Department of Health and Environment's Tobacco Use Prevention Program manages the Kansas Tobacco Quitline and provides resources and technical assistance to community coalitions for development, enhancement and evaluation of state and local tobacco prevention initiatives.



THE CHEYLIN ELEMENTARY BAND performed a Christmas program in December.

Photo courtesy of Susan Jensen

Commissioners appoint new hospital board member

By Karen Krien

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Five people representing the hospital board met with the Cheyenne County Commissioners on Friday. They were presenting the financials for November.

Those present were Judy Rockwood, hospital administrator; Kari Gilliland, hospital board member; Heidi Tice, Shawna Blanka and Reid Raile, hospital staff. Mr. Patton said the proposed budget would show a positive \$140,691 when depreciation wasn't funded while only receiving 6 mills from the county. If depreciation was funded, a negative amount of \$39,308 is the result.

Mr. Raile explained it was hard to predict volume and expense.

Ernie Ketzner, commissioner, asked how much was in the hospital savings account. The answer was \$1.6 million.

Several times during the discussion with those representing the hospital and board, the commissioners said what they wanted was accountability and communication.

Brett Poling, commissioner, said he felt like he was still learning. Dale Patton, commissioner, said he would be at the hospital board meeting the following Monday in an effort to learn more.

Ambulance department

Janelle Bowers, ambulance director, had two requests. She asked if she could purchase a power cot for the older ambulance in St. Francis. There are power cots in the newer ambulances in St. Francis and Bird City. The older ambulance in Bird City can't accommodate a power cot. The cost is \$15,000. Mrs. Bowers said she will write for a grant which, if received, will help pay for the cot. If not, there is enough money in the ambulance budget to purchase it. The commissioners approved of the purchase.

She said, in the near future, there will be three new emergency medical technicians. Three new megahurts radios will be

needed for \$4,677.

Mr. Ketzner asked if some technicians with radios really needed them if they didn't respond to calls and weren't there some technicians who had quit. Couldn't those radios be rotated? he asked. People need to be accountable for the radios.

Mrs. Bowers said that several of the technicians are also firemen so they are not using emergency medical service radios. And, she said, there are no extra radios. Our technicians are volunteers, she said, while they may not always respond to the everyday calls, when there is a big emergency, we can always count on them.

Mr. Raile, who was with those representing the hospital, is also an emergency medical technician. He said if technicians don't respond, the state will pull our license. What do you do about the person who went on that one call that saved a person's life. It is hard to put a value on a life.

They talked briefly about how much longer it would be before counties would be required to hire paramedics. Mr. Raile was asked how much it would cost to hire a paramedic?

A paramedic, he said, probably gets around \$35,000 to \$40,000 a year. But, he added, it would take at least five paramedics to staff a 24-7 schedule. And, that doesn't include the other benefits.

In the end, the cost to purchase three radios was approved.

The commissioners also approved the ambulance write offs totaling \$2,845. She was also given permission to purchase some additional supplies which had dates that would be expiring soon.

She was given 10 minutes of executive session to discuss personnel. No decision was made.

Hospital board members

The term of Kari Gilliland as a hospital board member expires at the first of the year. Earlier, Mrs. Gilliland had told the commissioners that she did not plan to run but, had decided

to run again. Mrs. Gilliland had served two terms or eight years on the board.

The commissioners interviewed Mrs. Gilliland along with two other people, Roxie Neitzel and Jeff Paulsen, who were also interested in serving on the board.

At the end of the commissioners' meeting, they cast their vote by writing it on a piece of paper. Mr. Patton tallied the votes and announced that Mrs. Neitzel had the majority vote and would be the new representative on the hospital board.

In other business

In other business:

- An agreement was signed with the state which transfers the mile of K-217, which runs through Wheeler, to the county. The county will receive \$100,000. Mr. Flemming said it was just a matter of time before the state would mandate that the county maintain it and there would be no compensation.

- The commissioners signed a resolution allowing a new business to be established on U.S. 36.

- Elmer Kellner, representative on the Western Prairie Resource Conservation and Development Council, said Helen Dobbs, Cheyenne County Development director, had agreed to be an alternate when he was unable to attend. Mr. Patton said that Mr. Kellner is very faithful about attending the meetings.

- Mrs. Dobbs thanked the commissioners for their support during the year and presented them with a certificate of appreciation. She also updated them on tourism in the state which is also important to Cheyenne County.

- The commissioners and Mr. Flemming agreed to make equipment transfers at the end of the year.

Next meeting

The next meeting will be held at 8 a.m. on Friday, Dec. 31, in the commissioners' room in the courthouse.

Donations for pro-life baby shower

The Cheyenne County Knights of Columbus is sponsoring their annual pro-life baby shower during the month of January. All during the month, they will be collecting items (new or used) that are needed to raise an infant. All items that they collect will then be donated to the Mary Elizabeth Home for Unwed Mothers in Hays.

The home does an excellent job in helping unwed mothers by teaching them how to take care of an infant from birth through 1-2 years of age. Most of these mothers are young teenagers that have no

where else to go. Everything the home does is accomplished with the help of donations.

Some of the items that are needed are: diapers, bottles, clothing for infants, infant bathing supplies, blankets, and any other items needed to raise an infant. They can also use office supplies.

If you have any items that you would like to donate, they may be left at the Catholic Church in St. Francis or you may contact Mike Antholz at 785-332-5576. If you don't have any items to donate, you may also make a cash donation.



If you purchase any items to donate, we ask that you leave the price tag on the item for our report that we send to the state at the end of the month.



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Thank You!

Once again, the United Methodist Thrift Store would like to thank all the people who help us. The recent Kid's Shopping took a lot of volunteers! For those who donated things for them to buy, things we used to wrap/bag the presents, and those who did the work, we cannot fully express how much we appreciate it! Thanks, too, to the lady who inspired us to do this project, we plan work on it again next year! We also need and appreciate all the volunteers from all over the area who help us year-round (and we can always use more)! We couldn't survive without you!