



The Saint Francis Herald

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Hospital board receives \$10,000 memorial gift

By Karen Krien

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The board treasurer told the Cheyenne County Hospital Board on Thursday that a \$10,000 donation had been received.

Treasurer, Traci Neitzel, had a list of donations given to the board's memorial account, noting that Mildred "Micky" Lampe estate had left \$10,000. Mrs. Lampe, a resident of St. Francis, died July 23

The memorial money is used for special projects. In the past month, Mrs. Neitzel said there had been several donations of over \$4,000 and there were small donations, all adding up to \$11,200, not counting Mrs. Lampe's donation.

Hospital upgrades

Considerable time was spent discussing hospital upgrades. A new kitchen is needed. The board discussed several other needs including a patient-friendly entrance, increased outpatient/procedure rooms, imaging upgrades and labor, de-

livery and nursery.

In prior discussions with Kent Carmichael, architect, as a part of the strategic Facility Improvement Plan, it was learned that these improvements will not fit in the "footprint" of the present hospital building.

Mr. Lacy had drawn up three ways the board could finance a project and all were revenue bond options that are paid as hospital operating expenses. No concrete estimates of cost were available and Mr. Lacy was quick to point out that an extensive proforma would be necessary before any action could be recommended.

Jane Young, board member, asked at what point does the board make a commitment?

Mr. Lacy indicated that while a stable floor plan and proforma were necessary steps that would create expense, they would give the board enough information

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Hazardous waste pick up is Saturday

By Karen Krien

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Cheyenne County is having a household hazardous waste collection day from 1 to 3 p.m. on Saturday at the county landfill, 2 miles east of Wheeler.

People are asked to leave all materials in their original containers. If the container is leaking, pack it "as is" in another larger container and label it clearly.

Keep harmful products away from children and animals until it is disposed and do not carry open containers of liquids with strong odors or spill potential in a closed vehicle. Pack containers so they won't tip, break or spill during travel.

Waste oil should not contain gasoline, solvents, degreasers, paint or anti-freeze.

Items not taken at this collection include empty paint cans and dried paint. These can be disposed in the household dumpster. Other items not taken are appliances, tires, yard waste, explosives, medical waste or radioactive waste.

Materials accepted

Materials accepted at the hazardous waste collection include:

- Paints, solvents, cleaners, herbicides and pesticides, aerosol cans, batteries, used oil and antifreeze.
- Automobile lead acid batteries.



RECESS IS THE BEST part of the school day. Christina Stafford was several of the students playing on the cable ride equipment on the grade school playground.

Herald staff photos by Karen Krien

Health fair starts Monday

The Cheyenne County Hospital and Clinic are sponsoring a fall health fair starting Monday and running through Friday next week.

The lab-draw times and dates will be from 7 to 10 a.m. on Monday through Wednesday, in the basement of the clinic in St. Francis. No appointments are needed for the lab draws.

In Bird City, lab draws will be held from 7 to 10 a.m. on Tuesday at the Bird City Clinic.

"You do not need to make an appointment for blood lab draws," said Mila Bandel, county health nurse.

However, said, Mrs. Bandel, those having blood draws should fast — not eat or drink anything after midnight the night before.

"You can drink water and take your meds prior to the lab draws," she said, "In fact, you are encouraged to drink plenty of water prior to your lab draws."

Wednesday through Friday, breast and cervical cancer exams will be conducted for women and prostate for men in St. Francis. In Bird City at the clinic, these exams will be given from 11 a.m. to noon on Wednesday through Friday.

Appointments at the clinic must be made for these exams. Call 785-332-2682 or 734-2306 for an appointment.

The health fair lab draws and exams are conducted at a reduced price and payment is expected at that time. Check the hospital's ad on Page 2 of this issue for more prices.

Medical providers will be available to discuss lab and exam results. For more information, contact the clinic or health department, 332-2381.



Medical providers prepare for flu season

Drugs that treat the virus

The Cheyenne County Hospital providers have serious concerns about the seasonal and novel H1N1 flu.

Influenza, better known as the "flu," is an infection of the nose, throat and lungs caused by influenza viruses. Each year, these viruses cause illness, hospital stays and deaths in the United States.



Dr. Miller

There are many different flu viruses and sometimes a new virus emerges. Novel H1N1 flu is a new and very different virus that is spreading worldwide. This new virus was called "swine flu" at first because, in the past, it had pieces of viruses found in pigs. However, the novel H1N1 virus has not been detected in U.S. pigs.

Influenza is unpredictable, but scientists believe that the new virus may cause a lot more people to get sick in the upcoming flu season.

Flu can be very serious, especially for younger children and people of any age who have one or more chronic medical conditions, said Dr. Mary Beth Miller, physician at the Cheyenne County Hospital.

These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders.

Symptoms of the seasonal and novel H1N1 flu, Dr. Miller said, include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea.

People infected with either type of the flu shed virus may be able to infect others from one day before getting sick to five to seven days after symptoms occur. This can be longer in some people, Dr. Miller



DR. MARY BETH MILLER listens to Gerri McCurry's heart during a check up Wednesday afternoon. Dr. Miller urges all residents to be aware of the N1H1 flu virus.

said, especially children, people with weakened immune systems and those infected with the new flu virus.

Both the seasonal and new flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People may also get sick by touching something with flu viruses on it and then touching their mouth or nose.

"Community members should get a seasonal flu vaccine for

yourself and your children to help protect against seasonal flu virus," said Dr. Rebecca Allard, physician at the hospital. "You should take everyday steps to prevent the spread of all flu viruses."

There will be a vaccine to protect the public against novel H1N1

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Dr. Allard

With flu season almost here, physicians and physician assistants at the Cheyenne County Hospital are prepared to help their patients with specific drugs.

There are anti-viral drugs that can treat both seasonal flu and the new H1N1 flu, said Tyler Raile, physician assistant.

"These drugs can make people feel better and get better sooner," he said. "But, they need to be prescribed by your medical provider and work best when started during the first two days of illness."

However, the Centers for Disease Control and Prevention is limiting the use of these anti-virals during this flu season, he said. Reports have already surfaced of anti-viral resistant flu strains and the overuse of these anti-virals could increase the incidence of this.

Anti-virals will only be prescribed to pregnant women, those with severe flu symptoms, hospitalized patients and those at high risk for complications from the flu virus.

In the past, Cheyenne County



Kristle Raile



Tyler Raile

Clinic providers have offered prophylactic treatment to family members of those testing positive for the flu virus.

"Due to the restrictions on these drugs, we cannot offer that this year," he said. The only people who will be offered prophylactic treatment are those at high risk for complications and who have come in contact with a person confirmed with the virus."

Children with flu-like symptoms

If an otherwise healthy individual, ages 5 or older, gets flu-like symptoms, Kristle Raile, physician assistant said, consult your medical provider if needed and make sure the ill person gets plenty of rest and drinks enough fluids. Symptoms include a fever and cough and/or sore throat.

Use over-the-counter medications as needed to help alleviate symptoms.

While it is important to consult a medical provider, she said, a visit to the clinic is not always necessary or recommended. In fact, one

of the key factors in slowing the spread of the disease is the isolation of the sick person.

"All people with flu-like symptoms should stay home from daycare, school, work and other public

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Prevent spreading flu viruses

There are everyday steps to preventing the spread of all flu viruses. They include:

- Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after it is used.
- Wash hands often with soap and water, especially after coughing or sneezing. If soap and water are not available, alcohol-based hand cleaners are also effective.
- Avoid touching eyes, nose and mouth. Germs spread this way.
- Throw tissues and other disposable items used by sick people in the house in the trash.
- Avoid having close contact (about 6 feet) with sick people, including anyone in the house who is sick.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters, door knobs and toys clean by wiping them down with a household disinfectant (follow the directions on the label).
- Teach children to take these actions, too.

Vaccination clinics set

The Cheyenne County Clinic and Health Department will be sponsoring seasonal flu vaccine clinics in both St. Francis and Bird City this fall.

The clinic will be held at the St. Francis clinic on Saturday, Sept. 19, and at the Bird City Clinic on Saturday, Sept. 26. Both clinics will be held from 8 to 11 a.m.

More details will be released regarding the availability of the H1N1 vaccine as soon as they are available. Those having questions regarding seasonal or H1N1 flu viruses or the vaccines for either one, contact the county health department at 332-2531, the St. Francis Clinic, 332-2682, or the Bird City Clinic, 734-2306.