



Connie Grieve (in back) worked with Josephina Seip one of the medical assistants at Pioneer Health who man the front office. GRieve said Seip and Stephanie Yarbrough the other medical assistant are great helpers in in the office.

Woman has a positive spirt

GRIEVE, from Page 7

The Nurse Practitioners are Janna Eisenbart and Sondra Krayca, Grieve said they can get people in and out and are seeing more young people.

The two nurse practitioners maintain a good working relationship and work great together to create a good working atmosphere.

Grieve said Eisenbart paid the cost of the new awnings on the building and received a \$1,500 grant from the Sherman County Economic Development Council to help with the awnings. Grieve said the awnings help shade the front office from the early morning sun.

She said both nurse practitioners work at the Goodland Regional Medical Center emergency room on evenings and weekends and Pioneer Health. Their consulting doctors are Dr. Kenneth D. Austin and Dr. Mary Beth Miller of St. Francis.

Before joining Pioneer Health, Grieve worked for H&R Block for six years, five years with High Plains Mental Health and two and one-half years in the insurance department of the Goodland hospital.

Grieve started at Pioneer Health in March 2005, about five months after the office opened.

"They needed help on the office side," she said. "I like to see the improvements in the office, and that we are going the extra mile. I am

proud of our good service."

She said the skin care side of the practice under Krayca is developing and there are more clients. Krayca is trained in medical aesthetics and uses the Image Skin Care products.

Outside of Pioneer Health Grieve is always volunteering for something, and her husband Kenny thinks she would be a volunteer 24 hours a day seven days a week.

She helps Kenny with the yard work at the First Christian Church, 711 Arcade, and helped with the snow removal over the winter.

She is very active in the Goodland Lions Club, and is the first vice-president. She was a charter member of the Topside Lions Club in 1991 before it was combined with the Goodland Lions Club in 2002.

She said the Goodland Lions Club has welcomed the Topside Lions Club ladies into their club.

She has been the organizer and Madd Hatter for the annual community Easter Egg Hunt for many years.

"I like to see the kids eyes light up," she said.

This year she said without some outside help it would not have happened. People from the Goodland Chamber of Commerce, Schyler Goodwin, Bankwest of Kansas, *The Goodland Star-News*, the Goodland Wal-Mart and S & T

See GRIEVE, Page 10

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The Madd Hatter

GRIEVE, from Page 9

Telephone stepped into to help make it happen. Grieve said it was tough to have to do the egg hunt inside at the Goodland Activity Center, but she said the parents and kids always seem to have a good time. She is thankful the activity center is able to help when the weather is bad or wet.

Grieve is working part time as a clerk at Wal-Mart. "I love that," she said. "I get to see everybody, take their money and get paid for it. I love it because I don't have to stress out about that."

"I like it when people say we have a clean Wal-Mart and ask me to pass that on to the management."

She said the Wal-Mart job is for cash for Christmas and she hopes to go to Kansas City for the holidays.

Grieve is always staying busy. She is a grandma with a grandson Joshua, 2, living in Firestone, Colo., a grandson Christian, 1, living in Longmont, Colo., and expects a granddaughter to be born at the end of August.

Kenny takes care of the Goodland High School and the church.

"He takes lots of pride in his work," she said, "and he keeps it looking nice."

Helpers in the Pioneer Health office are Josephina Seip and Stephanie Yarbrough who are medical assistants and Meghan Wilterding, who Grieve said is good help and a fill-in receptionist.

Pioneer Health is open Monday through Thursday 9 a.m. to 5 p.m. and Friday 9 a.m. to 3 p.m. Appointments can be made by calling (785) 890-7950.



Connie Grieve (center) talked to her husband Kenney (left) and fellow Lion Ed Carleton to get things organized at the Easter Egg Hunt held at the Goodland Activity Center in April. Photos by Tom Betz/The Goodland Star-News

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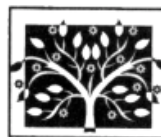
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It's more than the job: Women and work stress

By Jennifer Wright

Stress in the workplace has become an occupational health and safety risk worldwide, including the U.S. Debate centers around who is responsible for illness related to stress if the workplace is contributing. Research shows that a majority of work-related stress is borne out of attrition and the requirement for more in less time by employees. Our own culture of speed, convenience, and instant gratification also drives our stress reactions.

Is women's workplace stress different than that of men's?

Since stress, by definition, is the body's response physiologically and psychologically to a "dangerous situation", it stands to reason that what is perceived as dangerous in the workplace is very individual. Research shows that women's stress in the workplace is related more to lack of balance and demands of home and work combined, and men's workplace stress related more to the job.

Research also shows that women in relationships do greater than 60% of household maintenance and childcare. Divorced and single women, living alone, more than likely have 80-100% of childcare responsibilities as well as the household chores. Consequently, women are likely to have obstacles finding time for their own stress reducing self-care. Women are more likely to arrive to work, stressed before their workplace demands begin.

Perceived locus of control is one area proven to be a predictor of stress. Therefore a woman working in an environment with little flexibility or choice would be a greater risk of distress than a climate of no-voice. Would it stand to reason that women therefore, that women with their own businesses would be less stressed than those working for someone else? Interestingly, women's stress issues do not vary significantly. Women are multi-taskers by nature and enfold tasks within tasks. Work, family and home are not separate and the issues around balance prevail regardless of working for yourself or someone else. Women who own their own business have the same childcare and home issues as their sisters who are working for someone else. However, women, working in their own business are likely to be pursuing a passion and adopt a



mindset that allows a positive attitude.

So, what some ways that woman can reduce work place stress?

1. Recognize that stress is a killer and not to be taken lightly.

Stress related illnesses are the leading cause of death and disability in women today. Recognition is the first step in any change process.

2. Take real breaks from work.

If your business requires that you be on the job at "normal" lunch times or other break times, make sure that you find time at other times in the day. Studies show that small breaks actually increase our efficiency, so you really can "afford" it. Walking outside can work wonders. Have a pair of walking shoes on site.

3. What, in your work environment, are you "tolerating" and allowing for on-going stress?

Cluttered space, equipment that needs repaired, lack of organization, tasks that need to be delegated, noise level, ergonomically unhealthy workplaces, and any number of other tolerations are worth the effort to resolve.

4. Communicating cleanly and assertively is a great way to reduce stress by addressing boundaries, expectations and needs in the workplace.

Women, many times, communicate on an emotional level. Unfortunately, with this sort of communication, the real message is lost in the feeling versus the doing.

5. Caffeine, by its very nature, causes a physi-

ological stress response.

How much coffee or high caffeine soft drinks do you consume at work? Take steps to reduce or cut out caffeine all together. Increase your water intake.

6. Eat a good breakfast.

Studies show that eating breakfast is one of the healthiest habits we can adopt. Our bodies and brain has been without carbohydrate fuel for 12 hours or more. Time to fill up. Smoothies are great ways to get a great boost on the go. Yogurt, fruit, juice and a blender and you can start your day with protein, good carbohydrate, calcium and vitamins. Add some linseeds/flaxseeds and you

have fiber and phytoestrogens too. All are significant for women's good health!

7. Ideas you might like to try at the work place for stress reduction.

Calming oils of floral scents (rose, vanilla, lavender and nutmeg), a tennis ball to roll back and forth under the ball of your foot, and massage an acupressure calm point in the area of the hand between the index finger and thumb.

8. Self-care outside the workplace is of paramount importance for women.

Adequate sleep provides our bodies with chemical balancing and healing at a cellular

level. Find out what needs to "give" to get you to bed for 7-8 hrs of sleep. Eating a diet of real food (limit or eliminate additives and chemicals) that fuels our bodies gives us a reserve to run on during stressful time. Exercise, though hard to timetable in our packed schedules is a great stress reducer.

9. Learn ways to relax that are meaningful for you.

This might seem like an obvious, overused, token suggestion. Most women do not really know how to relax. We have been so programmed to look after everything and everyone else. This feeling of responsibility carries over into our work as well. Learning what is relaxing to you is worth the effort. Turn off the T.V. Call a friend. Listen to some relaxing music. Commit to picking up an interest from the past, even if you do it in small steps. Time taken for pleasure will pay off in the long run in work efficiency.

10. Do not stress about reducing stress and make it "another stress".

Pay attention to you body's response to situations. What is your self talk? Make an effort to take deep breaths and change on-going negative talk to positive.

Jennifer Wright is an author, public speaker, teacher, and international lifestyle redesign and well-being coach for women. Visit www.wrightdirection.net.

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