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The logo for Gambino's Pizza features the brand name in a stylized, bold font. 'Gambino's' is written in a script-like font with a thick outline, and 'Pizza' is in a blocky, sans-serif font, also with a thick outline. A registered trademark symbol (®) is located to the right of the word 'Pizza'.

# County has many options for health care of residents

## OPTIONS, from Page 15

until 5:30 or 6 p.m.

While the clinic still does a lot of tests, said Gawith, the lab doesn't do as many as it use to because of expense and declining population.

The clinic was incorporated in 1982, said Whitney, and became a professional corporation in 1990. In 1994, it was certified as an independent rural health clinic. It is open from 9 a.m. to noon and 1 to 5 p.m. Monday through Friday.

Dr. Sliter and Taylor alternate staffing the outreach clinic in Atwood on Tuesdays from 10 a.m. to noon, with walk-ins and appointments in the afternoon. Inman staffs the Jennings outreach clinic two Monday afternoons a month.

The providers, said Whitney, provide emergency room coverage and make rounds at the Decatur County Hospital. They also see residents at the two nursing homes, Cedar Living Center and Decatur County Good Samaritan.

The initial care residents receive in an emergency can play a major role in the overall outcome, Whitney said. Having doctors who know your

medical history can help a lot in these situations.

"The clinic provides personalized service and we treat our patients as individuals and not just as a number," said Whitney. "Meeting the health-care needs of the community is our No. 1 priority."

Across the entryway from the clinic at 902 W. Columbia St. is the Decatur County Health Department, open from 7:30 a.m. to 4:30 p.m. Monday through Friday, but closed for lunch from 11:30 a.m. to 12:30 p.m.

Administrator Marilyn Gamblin said the department offers services including family planning, immunizations, the state-federal Women, Infants and Children program, foot care, a health fair every other years and child-care licensing inspections.

The department has a blood pressure clinic the second Monday of every month at the Golden Age Center, gives shots for those on allergy maintenance and free mammograms for women over 50 who qualify.

The county-run health department, she said, plays an important role in care for the county. It assures that all people have access to the services they need. The department, she said,

ensures people have family planning and immunizations.

Money to run the department comes from county tax dollars, state and federal grants and fees, she said.

Those wanting chiropractic care have two choices: Unger Chiropractic at 504 N. Penn or Peterson Chiropractic at 103 W. Commercial.

The Unger Chiropractic Clinic has two chiropractors seeing patients Dr. Ryan Unger and Dr. Shannon Addleman. Both doctors hold various hours Monday through Saturday.

Dr. Unger specializes in applied kinesiology, which is a non-forceful technique to determine nerve interference by testing muscle strength.

Dr. Addleman specializes in the Thompson Technique and uses a special adjusting table that utilizes flexion and traction and enjoys working with sports injuries.

Both doctors are Brimhall Wellness Practitioners offering a holistic specialties including low-level cold laser, allergy elimination techniques and detoxification. The clinic also offers neurofeedback, which is a type of biofeedback that utilizes computerized equipment to read brain waves. It can help with a wide variety of symp-

oms including migraine headaches, fibromyalgia, sleep disorders and attention deficit disorders.

The clinic also offers a wide variety of nutritional supplements and several kinds of cervical pillows and cold therapy packs.

Staff at Unger Chiropractic Clinic includes Kelly Wasson and Shelby Hackney, who bring a lot of energy and enthusiasm about chiropractic and overall wellness to the office, said Dr. Unger. Other chiropractic assistants include Sarah Orr, Britta Noren, Denise Abbey and Darci Unger.

Peterson Chiropractic and Health Centers has been in Oberlin since 1984. Dr. R.A. Peterson is based out of Norton, where he's operated a center since 1972.

The office in Oberlin is open from 6 to 7:30 a.m. on Mondays and from 9 a.m. to noon on Wednesdays. People wanting to make an appointment can call the Oberlin office during hours or there is an answering machine or call the Norton office, he said.

Dr. Peterson said his goal has always been to return the patient to his or her optimum health.

"We treat the person that has the problem," he said, "not the problem

that has the person."

There are six major things that cause health problems, said Dr. Peterson, and they work with all six.

The two nursing homes are Cedar Living Center, which is attached to the hospital, and the Decatur County Good Samaritan Center on Main Street.

Cedar Living has 37 beds. Hospital Administrator Lynn Doeden said since last year, it has decreased its room count by one, allowing space for a new bathing suite.

Doeden said people often come to Cedar Living to get better, to get stronger to go home. She said the staff encourages them to get better. It's OK for a resident to just have a week-long stay, she said.

In 2009, she added, there were 28 admissions and 23 dismissals, with at least half of those returning to their homes.

The staff at the center hold fun activities for the residents, including holiday celebrations. Doeden said in 2009, the center on average stayed 97 percent full.

The Good Samaritan Center had 47

See OPTIONS, Page 36

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## May and June Physician Schedule

### HAYS ORTHOPEDICS

May 25 and June 22

Alex F. DeCarvalho, M.D.

### KEARNEY CARDIOLOGY

May 13 and June 10

Ahmed Kutty, M.D.

May 4 and June 1

Daniel, McGowan, M.D.

May 18 and June 15

Tom Pagano, M.D.

### EARS, NOSE AND THROAT

May 12 and June 9

James Black, D.O.

### ONCOLOGY

May 27 and June 24

George K. Bascom, M.D.

### OPHTHAMOLOGY

May 24 and 25

June 28 and 29

John D. Pokorny, M.D.

For Appointment 1-800-658-4644

### HAYS UROLOGY

May 17

Darrell Werth, M.D.

Wallace Curry, M.D.

Kevin McDonald, M.D.

For June Appointment,

Call NCH 877-3351

### HAYS CARDIOLOGY

May 11 and June 8

Christine Fisher, M.D.

### KEARNEY ORTHOPEDICS

May 5 and June 2

Chris Wilkinson, M.D.

June 4 and June 25

Stefan Lorincz, DPM

For Appointment 1-800-458-4504

### NEUROSURGERY

May 21 and June 18

E. Adeleke Badejo, M.D.

### PODIATRY

May 18 and June 22

James E. Reeves, DPM

May 14 and June 11

Gregory Burns, DPM

### KEARNEY UROLOGY

LaRoy Williams, M.D.

For Appointment Call NCH 877-3351

NOTE: ALL VISITING SPECIALIST CLINICS, UNLESS EMERGENCY, NEED TO BE SCHEDULED PRIOR TO DAY OF VISIT

# Thomas County had wide range of services

Thomas County has a wide variety of ancillary health care services.

**Tina Harris Physical Therapy** clinic, 270 N. Franklin, has been in business over 30 years. Along with therapist Tina Harris, they have two therapy assistants, Samantha Sabatka and Preston Mackley. Hours are 8 a.m. to 5 p.m. Monday through Friday.

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

Harris said their goal is to return the patient to their highest level, or better than they were before the surgery or injury. Call 462-8008.

**Northwest Kansas Physical Therapy**, 990 S. Range Ave., Suite 8, has been in business for six years. Therapist Dawn Stephens works with two therapy assistants. Hours are 8 a.m. to 5 p.m., Monday through Friday.

They offer outpatient services for wound care, pre and post operative care, muscle pain, orthotics, pool therapy, sports-specific therapy and massage. Call 460-7848.

**Washburn Eye Clinic**, in the Col-

by Plaza building at 505 N. Franklin, Suite B, has been in business 32 years. Hours are 9 a.m. to 5 p.m. Monday through Friday. Dr. Larry Washburn also has a clinic in Atwood at 414 Main St., which he visits on Tuesdays. He provides family eye care and keeps in stock a large selection of regular frames, contact lenses and sunglasses. The Colby number is 462-3348 or (800) 254-3937. The number for the Atwood office is (785) 626-3102.

**Vision Source**, 1005 South Range, suite 100, is open 8 a.m. to 5 p.m., Monday, Tuesday, Thursday, Friday, and 9 a.m. to 5 p.m. Wednesday. On staff at the Colby location are Dr. Jeff Morrison and Dr. Mark Walhmeier. Their services include cutting and edging lenses in-house, vision and eye health exams, checks for cataract, glaucoma, and other eye diseases, same-day eye-glass service, and pre- and postoperative Lasik surgery co-management. Phone number is 462-8231.

The doctors have an office in Goodland, where patients can see Dr. Walhmeier on Wednesday and Dr. Danielle McAtee on Monday and Friday. Call (785) 899-3654. A Burlington clinic

is at 498 15th St., where patients see Dr. McAtee on Tuesday and Thursday. Phone number is (719) 346-8415.

Each office has a large inventory of frames and sunglasses. For more information, go to [eyeclinic.com](http://eyeclinic.com).

**Franz Chiropractic**, 135 W. Sixth St., has two practitioners, Dr. Shane Franz and Dr. Luke Tubbs. Office hours are 7 a.m. to noon, Monday, Tuesday, Wednesday, and Friday, and 7 a.m. to 1 p.m., Thursday. Saturday hours are by appointment only.

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

Dr. Tubbs is a certified acupuncturist and sports practitioner and offers acupuncture techniques for allergy relief, in addition to the services provided by Dr. Franz. Call 462-7236.

**Wiley Chiropractic**, 990 S. Range Ave., offers chiropractic care, acupuncture and nutrition services. Dr.

Larry Wiley has been in business for over 30 years, the last 11 1/2 years in Colby. Office hours are 8 a.m. to noon and 2-5 p.m., Monday, Wednesday, and Thursday, and 8 a.m. to noon Tuesday and Friday. Phone number is 462-7577.

**L and C Home Health**, 160 E. Second St., was founded in 2001. The Medicare certified, nonprofit agency provides in-home skilled nursing and home health services to people of all ages, who are disabled or recovering from an illness, surgery or accident.

It serves Thomas, Logan, Rawlins, Gove, Decatur, Sherman and Sheridan counties. Their staff comprises two registered nurses, two licensed practical nurses, three home health aides and three office staff. They have a nurse on duty 24 hours a day, seven days a week. The director is Lisa M. Bice, a registered nurse. Phone number is 465-7444.

**Thomas County Health Department** at 350 S. Range is directed by Administrator Kasiah Rothchild. The staff includes Kendra Glassman, Laurie Allen, Sena Bailey and two registered nurses, Amy Knipp and Kathy Ryan.

The agency offers 20 services and screenings, with immunizations and family planning being the most popular. It provides lab services and the "Breast-Feeding Boutique" with name-brand breast-feeding supplies.

A certified lactation counselor helps mothers with feeding problems. The staff schedules appointments from 8:30 a.m. to 4:30 p.m., Monday through Friday.

**Family Center for Health Care** is a full-service clinic at Citizens Medical Center offering on-site lab services, convenient access to the hospital's full radiology suite, and in-clinic IV therapy. Staff includes Dr. Brewster Kellogg, Dr. Darren Matchell and Dr. LaDonna Regier; nurse practitioners Luetta Flanagan, Jenny Niblock, Tina Jallow and Trish Carney, and physician assistant Andy Rose. Dr. Steven Bear will join the clinic in August.

The clinic offers a number of diagnostic services, including pulmonary function, nonstress testing for obstetric patients, colposcopy and loop electrosurgical excision procedures.

See COLBY, Page 39

## 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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# Decatur County has lots of options for health care

**OPTIONS, from Page 34**

beds, but Administrator Janice Shobe said it's not full right now, with nine private and two-person beds available.

She said they were full right up until Christmas and then over the past three or four months, the numbers have fallen.

Shobe said the center has changed quite a bit, going to two neighborhoods where the residents live, making it a more home-like environment. The residents in each neighborhood eat there for the most part, she said. Staff members are normally assigned to the same neighborhood, so the residents are familiar with their care givers.

The center offers the Butterfly Lounge, where once a week stations are set up for the dementia patients to interact. The Garden of Hope, said Shobe, also offers low-level stimulation for dementia patients. Three people benefit from it now.

The center also offers a wide range of regular activities, said Shobe, including First Hand Friends, daily devotions, bingo, time to reminisce about the past, a men's coffee, manicure, baking, cards and more.

With the weather getting nicer, she said, there will be more outings. Fifteen women get together on Thursday evenings as a prayer team.

Both Cedar Living Center and the Good Samaritan Center will be affected by a 10 percent reduction in state Medicaid reimbursements. A proposed "bed tax: to make up the difference would be collected, sent to the state and sent back," Shobe said.

Supposedly, said Shobe, the nursing homes are suppose to come out winners on that, maybe a couple thousand dollars.

The county, said Shobe, owns the building and the Evangelical Good Samaritan Society, a Lutheran agency, leases it. Good Samaritan has 240 facilities in the nation, mainly throughout the northwest. The main office in Sioux Falls, S.D.,

helps with procedural and policy matters.

Good Samaritan has operated the home since 1957, said Shobe, and several staff members who have been there for at least 20 years.

At 106 S. Rodehaver is Fredrickson Dental, with Dr. Gary Fredrickson, offering general dental care for families, including fillings, crowns, partials, dentures and cosmetic whitening. An orthodontist from Nebraska works with patients at the office. Robyn Rouse, a dental hygienist, works two days a week, as does Dr. Fredrickson.

He said he encourages parents to start bringing kids in for their first check ups at age 3 and then once a year after that.

The main reason that adults lose teeth, he said, is periodontal disease, an infection under the gums. Adults need to come in once a year, even if they don't have cavities, to have their teeth cleaned to help prevent this.

The office staff processes all insurance, the doctor said, and he is a provider for Delta Dental and Blue Cross/Blue Shield.

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

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

At 142 S. Penn Avenue is Ward Drug Store, the only pharmacy in Decatur County, open from 8:30 a.m. to 5:30 p.m. Monday through Friday and from 8:30 a.m. to 3 p.m. on Saturday.

The store offers both over-the-counter and prescription drugs.

At 104 S. Penn Avenue is Kelly's Home Medical offering medical supplies, including walkers, canes, power chairs, continuous positive airway pressure machines and other items.

# Health department fills need

**LOGAN, from Page 21**

sees patients and carries out all the administrative duties.

Becky Dorman, also a registered nurse, does home and office visits and serves as a liaison between patients, doctors and pharmacies.

Renee Halblieb serves as billing clerk and does all the financial reports. Medicare, Medicaid and private insurance are accepted.

Walk-in patients are accepted if a nurse is available. Services include blood pressure screening, toe nail and finger nail care, urinalysis, ear checks, blood tests and ear washes, along with others.

Home visits offer blood-pressure checks, medication box and syringe filling, bathing, and other services.

The county health office does water-well testing and monitors septic tanks and other sewage matters.

Each year, the department holds a mass flu clinic to practice procedures for an emergency. They offer cash discounts for flu vaccine.

Early childhood health checks and family planning are done in conjunction with the clinic.

The department is a member of the West Central Public Health Initiative Mission along with Gove, Ness, Sheridan, Sherman and Trego counties, working to protect against communicable diseases outbreaks or a bioterrorism incident.

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# Daughter donates kidney to Dad

By Karen Krien

The Saint Francis Herald  
karen.k@nwkansas.com

In April 2005, only five years ago, Kenny Bracelin of rural St. Francis was having a problem with the creatinine in his body — the level just kept going up.

That was the beginning of a journey, said his wife Gloria. And five years later, Kenny is doing well, thanks to a kidney donated by his daughter Sherri.

When Dr. Mary Beth Miller sent him to Denver in 2005 to have his kidneys checked, the doctors found cancer in the left kidney.

A month later, on May 16, he underwent surgery to remove the cancer along with some of the kidney and a couple pieces of his ribs. The surgery was followed up with checkups. The doctor suggested Bracelin should get on the national kidney donor list, adding that he would probably need to be on dialysis soon.

In May 2008, he was referred to a nephrologist, or kidney specialist, Dr. Dennis Ross of Wichita. He told Bracelin that he needed to be on dialysis and suggested a new type of treatment, NXStage One Hemodialysis.

This is a home dialysis system that is easier on the patient than in-clinic dialysis three times a week. The best option was to have a living kidney donor or a person who can give a kidney, however.

It was necessary to have a committed caregiver to proceed with the dialysis, and that person was Gloria.

At that point, she said, it was, “OK — let’s do what we need to so that Kenny can continue to work. We can manage that!”

And, for the next 17 months, she repeated the scripture verse Jeremiah 29:11: “For I know the thoughts that I think toward you, saith the Lord, thoughts of peace and not of evil, to give you an expected end.”

After surgery to make a fistula in Kenny’s arm, they were ready for training. Starting Aug. 13, for three weeks they took training at the Fresenius Home Center in Wichita.

Gloria said she learned how to run the machines and how to stick the needles. One went to an artery and the other to a vein. She then learned how to hook Kenny up to the machine, get it going, monitor blood pressure, blood-flow rate, ultrafiltration rate, dialysate rate and then, she said, “I prayed there were no alarms that

would go off.”

The NXStage system uses dialysis to help clean the blood as it runs through a filter on the machine.

Mrs. Bracelin explained that the line from the artery pulls the blood from the arm and runs it through the machine’s cartridge. It goes back into the arm through the vein.

The procedure usually took about three and a half hours, she said, six days a week with one day off.

Doing the dialysis was tedious, and Gloria said, at first she was nervous. She kept a medical log which she was able to refer to. She said Kenny kept her calm when alarms would go off. Toward the end, before the transplant, there were times when he was in bad shape and it was getting more and more obvious that the transplant was needed.

Once a month, Gloria drew three vials of blood which were sent to a lab in California. The results were sent to the Wichita clinic and then reported to the Bracelins.

During the time he was on dialysis, Kenny was able to continue farming and his cattle-buying business with the help of his wife, who packed up



Following the transplant, daughter, Sherri Stang, left, and Kenny Bracelin took a walk down the hospital hallway.

Photo by Darin Stang

See KIDNEY, Page 39

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Goodland Star-News**

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# Daughter donates a kidney to save her father's life

**KIDNEY, from Page 37**

the equipment in their motor home or car and traveled with him. During harvest, they got up at 4:30 a.m. and did the dialysis so he could be out in the field by 8.

When the dialysis was underway, Gloria said, she would watch television, read, do small projects, all the time watching the monitors. Anything to keep awake, she said.

In August 2008, after many tests, Kenny was OK'd for the National Kidney Transplant list. It was important that he be healthy as well as mentally fit.

In May 2009, he met with a team of transplant doctors. Living transplants (taken from a person still living) are the best, he said. Four family members and three friends had offered one of

their kidneys.

All the potential donors were tested. Gloria was one of them, and her's could have been a healthy transplant, but she was needed more as a caregiver. The transplant team then looked at the top three people.

Unknown to her parents, Sherri qualified as the best donor. Most of the testing was done before they found out.

This was a big step for Sherri, who is married to Darin Stang and has two children.

"I knew if I could," Sherri said, "I was gonna do it for my dad."

She said she had told her husband that she had put the matter in God's hands.

The Stangs live in McCook, Neb. She said a friend had donated a kidney to her brother. She talked a lot to her and also did a lot of research,

and also talked to her husband.

Sherri said she was nervous, because other than being in the hospital twice to give birth, she had never been a patient and had never had surgery. She had what is called the "da Vinci" surgery, where three small incisions made for the arms of a robot and a small camera. The doctor guided the robot until it was ready to take the kidney, then he did the surgery.

There were two transplant teams — one for Kenny and one for Sherri. They met, discussed the operation and approved of what was going to happen.

On Jan. 29, at Porter Adventist Hospital in Denver, the transplant began. Sherri's surgery started two hours ahead of Kenny's. Throughout the surgeries, there were regular calls to the Bracelins, Stangs and the Bracelin's other daughter, Crystal Faulkender and her family who were all in the waiting room.

They knew when the surgeon had removed the kidney from Sherri and that it was going into the other operating room, where they had Kenny open and ready to start the transplant. Immediately after the kidney was installed, Gloria said, they were told it was in and making urine.

The surgeries together took about six hours. Sherri was out of the hospital within four days and stayed a week in Denver, but Kenny was kept longer to make sure everything was working right. Originally, his stay was supposed to be 30 days but, in less than three weeks, he was headed back to St. Francis.

The month of February, Sherri took off work where she is a receptionist at McCook National Bank, then went back half days and was soon back to work full time. Her recovery had gone well with the exception of a problem with pain medications.

Three weeks after the surgery, both were able to attend Sherri's son's basketball game.

The doctor said the new kidney had added about 10 years to Kenny's life.

Today, Kenny, at 64, says he feels great, he has lost weight, his color is good and the future looks a lot brighter.

He will continue to have regular blood work but it can be done at the Cheyenne County Hospital. The kidney is expected to last 20 to 25 years, but he needs to take care of himself. For the rest of his life, he will take antirejection drugs and prednisone, a steroid used to help the body avoid rejecting a transplant. He also needs to control his diabetes and take regular blood-pressure checks at home.

Both the Bracelins urge people to consider donating an organ to someone who needs it — and to be sure and mark the donor box on their driver's license.

Many people live with only one kidney. In fact, some people are born with only one, said Mrs. Bracelin.

The couple added that they are willing to talk to anyone wanting to know more about dialysis or transplants.

## Thomas County ancillary

**COLBY, from Page 35**

(LEOP) for abnormal pap smears, and an array of other diagnostic services.

The clinic offers aesthetic procedures including botox injections, collagen replacement and chemical peels. It also performs vasectomies.

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

An early-morning walk-in clinic runs from 7-9 a.m. Monday to Friday. Regular hours are 7 a.m. to 6 p.m. Monday and Wednesday, 7 a.m. to 7 p.m. Tuesday and Thursday, 7 a.m. to 4 p.m. Friday and 8:30 a.m. to noon Saturday. Call 462-6184 to make an appointment.

**Colby Medical and Surgical Center** at 175 S. Range, is a family practice clinic. Dr. Victor Hilyard works with three midlevel 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 and 9 a.m. to noon Wednesday. Call 462-3332.

**Pharmacies** in Colby include Dillons, 1605 S. Range, 462-1310; Palace Drug Store, 460 N. Franklin, 460-7507; and Wal-Mart, 115 W. Willow, 462-8651.

**The Thomas County Emergency Medical**

**Service** works out of 1275 S. Franklin Ave. on the hospital campus. The office number is 460-4585, but to get an ambulance in an emergency, call 911. The service has two ambulances based out of Colby and one each in Rexford and Brewster.

**Thomas County Alcohol and Drug Abuse Council**, 345 N. Lake, has office hours of 8 a.m. to noon and 1 to 5 p.m., Monday to Thursday, and 8 a.m. to noon Friday. The agency offers drug and alcohol evaluation, group and individual counseling, relapse prevention, urinalysis and referrals. The phone number is 462-6111.

**Hi Plains Mental Health Center** at 750 S. Range, offers mental health evaluations and counseling. Call 462-6774.

**Colby Care Center**, at 105 E. College Dr., is an independent long-term care facility with 60 beds. The home is Medicare certified and provides skilled rehabilitation services. The phone number is 462-6721.

**Prairie Senior Living Complex**, a long-term-care facility affiliated with Citizens Medical Center at 1625 S. Franklin, has 68 beds total, with 14 dedicated to residential care. The center has an Alzheimer's wing. Two charge nurses are on duty from 6 a.m. to 10 p.m., with one charge nurse from 10 p.m. to 6 a.m. and the center has an activity director. Phone number is 462-8295.

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