

January 2012	January 2012	April 2012	April 2012	Summer 2012
Lyons Medical Center acquired by Hospital District No. 1 of Rice County; Hospital assumed ownership of the practice of Dr. Roger Tobias	Outpatient Clinic opened at the hospital; podiatry services offered locally	Lyons Medical Center building acquired by Hospital District No. 1 of Rice County	MRI services added	HealthyRC Wellness Challenge helped 85 Rice County residents lose a total of 662.9 pounds over 12 weeks; 40 challengers completed the Fitness5K



WELCOME TO THE WORLD

Family Birth Center known for quality and personalized care

By SALLY EBRIGHT

Ashley Porter felt the signs of childbirth at her Ellinwood home early in the morning last June 18th. She planned to give birth to her third child at Hutchinson Hospital, so she and her husband, Tyler, got in the car and headed east. By Chase, Porter knew she was not going to make it all the way. She had never been to Rice County District Hospital, but she knew it existed; that was enough.

Porter, like many other women and families, had a positive birthing experience with the compassionate staff of doctors and nurses at the Family Birth Center. She was very impressed with the quality of care she received. "The doctor came right in," Porter remembered. "They were really up on what they were doing."

Birthing suites at the Family Birth Center were updated in 2009 with the hospital renovation. Labor, delivery and recovery all take place in a spacious, private space. Amenities include a whirlpool bathtub, shower, cable TV with a DVD player, a rocking chair and a waiting room for family members. A special maternity menu is provided to mothers during their stay.

Another beneficial service is Childbirth Education classes which help mothers-to-be and their families navigate changes taking place in their lives. Each session is composed of two classes, offered every month free of charge. Experienced nurses provide breastfeeding education and support. Other topics discussed in the class range from fetal development and anatomy, to all parts of the labor and birthing process, and include newborn evaluation and care, as well as birthing and postpartum issues with mother and father. Classes are re-

quired for first time mothers giving birth at RCDH and are open to the community. Women are encouraged to share the experience by bringing a support person.

The quality of care provided at the Family Birth Center was recently reported in a survey sponsored by the Centers for Disease Control and Prevention. Rice County District Hospital's quality practice score was 75, compared to a 62 percentile average in the United States. This survey recognizes the Family Birth Center as not only one of the best facilities in Kansas, but across the country. The survey considered labor and delivery care, feeding of breastfed infants, breastfeeding assistance, contact between mother and infant, facility discharge care, staff training, and structural and organizational aspects of care delivery.

Family practice physicians welcome infants into the world and continue to provide care as families grow. Physicians on staff for obstetrics and gynecology are Dr. Tom Plumeri at Lyons Medical Center, and Drs. Kristina Darnauer, Stacy Dashiell, and James Decker at Sterling Medical Center. Doctors and nurses guide mothers through the labor and delivery process and epidurals are available if desired.

Patients and families who choose to utilize local healthcare services continue to be pleased with the convenience and personalized care they receive. Every effort is made to help a family's birthing experience be everything they want it to be. "There was just something about the atmosphere," Porter remembers. She now recommends the Family Birth Center to others who are expecting a new child.

Please contact Lana Schartz-Brown at 620-257-5173 if you would like more information about the Family Birth Center at Rice County District Hospital.

WENDY ARRIOLA, RECEPTIONIST LYONS MEDICAL CENTER

Clinic receptionist offers service with a smile

By LOUANN COBB

Wendy Arriola, receptionist at Lyons Medical Center, spends time with God every morning before she heads off to work. "I pray and ask him what I can do for him today and then I listen," she said. "It is where I get my instruction for the day."

"Because I am the first person the patients see, I challenge myself every day to do my best."

Arriola said she loves the patients and her job. "Sometimes I can sense their pain. Anything I can do to brighten a patient's day or make them feel more comfortable I will try," she said. "When they come to my window, they can tell by the look on my face that I'm here to help them."

She said she has learned a lot about responsibility since she started her job almost four years ago. She looks up to the doctors and nurses. They always try to do the right thing. It motivates her to do the same.

"A person has to be a good listener to do a good job," Arriola said. "Everything works together if everyone does their job right. If we succeed together, the patient is going to be happy about their service. If there is something I do not understand, my co-workers help me."

Arriola grew up in Guatemala and moved to Lyons with her husband when she was 31 years old. Her English was poor but she didn't let it hold her back.

She took college classes in her country but the American accent in the United States was different from what she learned there. Adapting her culture to the American culture was difficult at first but it's working better every day.

"It doesn't matter where I came from," Arriola said. "What matters is what I do with my life each day. I am in control of my actions and I choose to reach out to others by being pleasant at my job."

"When patients come to my window they can trust I am there to help them," Arriola said. "Being attentive to them is helpful."

"It is helpful to me to give thanks to God every day and to share with others through my words and my actions. Offering a smile or making them smile

helps break the tension and takes away their concerns and worry."

She said during the recent transition between the clinic and the hospital, she kept her faith that everything would all work out. Others worried whether or not they would have a job. Sometimes changes like this are for the best for everyone involved. Keeping the faith is healthier.

Arriola said she looks forward to going to work every day. In her free time, she is a certified Zumba instructor at Iron Works and loves to cook Guatemalan-type food and spend time with her family.



CHRISTMAS SHOPPING HEADQUARTERS
the S.H.E. Shoppe
 124 E. Ave South · Lyons, Kansas 67554
 sheshoppe@sheshoppe.com
 "Thanks for offering a helping hand!"

Rice County District Hospital
SAUER
AUTO BODY REPAIR
 914 E. Highway 56
 Lyons 257-3255
 (620)894-0391
 "Thanks to all of you!"

Scissor Shack
 111 E. Commercial St.
 Lyons 620-257-3551
 "You're looking good!"

"Congratulations on All Your Accomplishments"
WADDELL & REED
 Financial Advisors™
 MARY ANN ALTVATER 811 East 30th Avenue, Suite E
 Financial Advisor Hutchinson, KS 67502
 KELLI ALTVATER 620-669-8291 x110 Fax 620-669-5330
 Financial Advisor Toll Free 888-387-5248
 (Personal Office)
 208 W. Commercial
 Lyons, KS 67554
 620-257-2292 Fax 620-257-5956
 maaltvater38192@wradvisors.com
 www.waddell.com

Thanks for Continuing to Provide Excellent Healthcare For Our Community
Walton Plumbing & Heating, Inc.
 One call can fix it all!
 Electrical / Mechanical Contractor
 Heating, Air Conditioning, Plumbing, Electrical, Geo-Thermal Heat Pumps, Septic Systems, Lagoons, Dirt Work
 116 E. Main · Sterling, KS 67579
 Phone: 620-278-3462 Fax: 620-278-3463
 More Than 25 Years Experience
 Scott Walton - Owner/Operator

Thanks to a great team from
Sterling Maytag
 112 Broadway Ave.
 Sterling 620-921-5577
 620-278-3412

We Appreciate Your Prompt and Professional Care
YUMMY YUMMY
Asian Cuisine & Grill
 105 West 1st Street,
 Lyons, KS 67554
 620-257-2888
 OPEN 7 DAYS A WEEK
 11:00 A.M. TO 9:00 P.M.
 SAT. 3:00 P.M. TO 9:00 P.M.

Corwin's Corner
Automotive Repair
 102 S. Broadway
 Sterling, KS 67579
 620-278-2432
Sterling Medical Center "Thanks for all you do!"

HOMEMART STORE
Clothing, Gifts, Cards, Toys, Decor, Electronics, Furniture, Antiques
 120 W. Commercial
 Lyons, Kansas
 620-509-7878
 "We look forward to your future progress"