

HEALTH *in the* HEARTLAND

Hi Neighbor! Newspapers

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THE 10TH STREET EYECARE CENTER WELCOMES DR. SARAH STUEDER, NEW OPTOMETRIST

The 10th Street Eyecare Center is pleased to welcome Dr. Sarah Stueder as a new optometrist at their busy practice, located at 2601 10th Street in Great Bend. As a native of the Claffin community, Dr. Stueder is pleased to launch her optometry practice near her hometown.

"I grew up on a farm west of Claffin, and much

of my extended family still lives in the area. It was a natural decision to move back to the area," Dr. Stueder says. "I have always admired this practice and their dedication to helping their patients with the best possible care and compassion, and I look forward to joining their positive culture."

Sarah graduated from Claffin High School in



DR. SARAH STUEDER

2009 before graduating Magna Cum Laude from Kansas State University in 2013 with a Bachelor of Science in Life Sciences. Afterward, she attended Northeastern State University Oklahoma College of Optometry in Tahlequah, Oklahoma. In addition to being active with numerous professional associations, she stayed busy with numer-

ous volunteer programs before graduating Summa Cum Laude in May 2017 with a Doctorate of Optometry. During her externship in Tulsa, Oklahoma she gained lots of experience in ocular disease and refractive surgery. This helped Dr. Stueder earn a certificate from NSUOCO in ocular lasers and minor surgical procedures, and she passed her Kansas Boards in June of this year. Dr. Stueder plans

to bring some special new areas to the practice, including specialty contact lenses and Ortho K fits. She will be joining Dr. Russell McCaulley, Dr. Chad Premer, and Dr. Nicole Miller as the fourth provider for total eye health at the Great Bend clinic.

Outside of work, Sarah enjoys spending time with friends and

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CLARA BARTON HOSPITAL NURSING STAFF RECEIVES RECOGNITION BY NATIONAL PUBLICATION ~ PAGE 3



THE FAMILY BIRTH CENTER AT RICE COUNTY DISTRICT HOSPITAL WE TAKE SNUGGLES SERIOUSLY

A new mother snuggling her newborn baby against her chest may seem like the perfect photo op, but in fact those close moments are critical to bonding and have statistical impact. Evidence shows that newborns transition from womb to world with greater respiratory, temperature and glucose stability when placed skin-to-skin with their mother within moments of birth.

The Family Birth Center at Rice County District Hospital understands the importance of skin-to-skin contact. We view this time as special and crucial for families as they begin to form a parental bond and for the baby to acclimate with the outside world. As long as there is no medical reason for intervention for the mom or infant, snuggle time is honored, protected and encouraged as a part of the childbirth process.

Also known as kangaroo care, the benefits of skin-to-skin contact are not reserved only for the infant. Mothers who experience skin-to-skin contact after birth show increased maternal behavior and confidence in caring for their babies. It is also evidenced that this bonding promotes exclusive breastfeeding for a longer period of time, and increased milk production. Additionally mothers who spend more time skin-to-skin with their infant have reduced incidence of postpartum depression.

Fathers can also find kangaroo care a great bonding experience. "From their time in the womb, babies recognize their fathers' voice," says



"My doctors and the nurses were by my side from beginning to end. It was a fast and intense five hours of labor but was so worth it to hold my baby in my arms and lay her tiny body on my chest." - Tiffany

kangaroo care researcher Gene Cranston Anderson, Ph.D., R.N., professor emeritus of nursing at Case Western Reserve University in Cleveland. "Babies find skin-to-skin

contact with dad calming, and it helps them bond." (www.fitpregnancy.com)

As a High 5 for Mom & Baby hospital, Rice County District Hospital promotes and supports ex-

clusive breast-feeding. The providers and medical staff at The Family Birth Center follow the High 5 for Mom and Baby model for each mom who chooses to breastfeed. Support begins during pregnancy with classes offered at RCDH to educate

and empower new moms with their breast-feeding experience.

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NEW ADMINISTRATOR AT PVCH IMPRESSED BY EMPLOYEES, COMMUNITY SUPPORT

Eric Lybarger started his new job as the administrator at Pawnee Valley Community Hospital (PVCH) in September. In the past several months he has been working on keeping the hospital moving in a positive direction, creating and maintaining important relationships, and focusing on making sure PVCH is a great place for employees to work, providers to practice medicine, and patients to receive care.

During his nine months at PVCH, Lybarger has been impressed with the quality of the hospital staff more than anything else.

"The people who work here are the reason PVCH is successful," Lybarger said. "One of the first things I noticed when I started my job was the

dedication of the staff. Even when I was interviewing for the job, I could sense the pride everyone has in the facility, especially the staff that worked in the old hospital and went through the closure scare and the fight to keep the hospital open."

Having worked in a larger for-profit hospital in Oklahoma for 10 years, it was Lybarger's experience in the "have-to-make-money" healthcare world that helped establish his beliefs in what really makes a hospital successful. It is not all about the number of patients you see and how much



ERIC LYBARGER

money you're making. "It has to be about people," he said. "You have to genuinely care about people - patients and employees alike - to be a

successful. Although the hospital has to generate enough revenue to keep the doors open, it's purpose is far from making money. Providing great care and working together as a cohesive team working toward a common goal is what you have to strive for as an organization."

Lybarger said this goes for every member of the organization no matter where they are on the organizational chart.

"We all have to work toward the goal of providing a great patient experience," he said. "How you treat people during their most vulnerable time is very important. Patients may not remember the clinical details of their visit to the hospital, but they will certainly remem-

ber if you treated them with courtesy and respect."

Another thing Lybarger has been impressed by is the community support for the hospital. The fact that the community fought to keep the hospital and then built a brand new facility is a great healthcare success story. Many times hospitals close without a fight and the community is left with an empty building, but not in Larned.

The community stood up for the hospital, which is motivation for PVCH to support the community, provide great care and to continuously look for ways to improve and offer additional services when appropriate so people don't have to leave Pawnee County for care.

See **PVCH Ad** on page 6

DO YOU HAVE GYMTIMIDATION?

The definition of gymtimidation is when someone is intimidated to go to the gym (or use gym equipment) because the muscle heads are constantly using the weight machines/free weights. This is NEVER a problem at INSPIRE FITNESS.

I am Carla Jecha trainer/owner of Inspire Fitness. If you are afraid to go to a big name gym because you feel intimidated, then come and check out Inspire Fitness at 1904 12th Street in Great Bend. At Inspire, no one is ever made to feel less than. I do not care if you are big or small, white or colored. What I do care about is making everyone feel accomplished. Personal training is just what it sounds like. Each person has different goals, and the workouts are designed with those goals in mind. Stop in today, or call 620-923-6195 to set up an appointment.

see **INSPIRED FITNESS AD** on page 4

IS THERE A CHILD IN YOUR LIFE THAT YOU CARE ABOUT?

Regardless of your role that that child's life, you have the privilege of playing an important part in his/her early development. Research shows the first three years of life build the foundation for a child's growth and development, and Sunflower Early Education Center (EEC) offers resources and support to help provide the best start for children and families. Sunflower's EEC is

part of the tiny-k network in Kansas that provides early intervention services for infants and toddlers from birth to three years old. Its service area includes Barton, Pawnee, Rice, Rush and Stafford counties. Through this program, eligible children receive

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