

Employee Healthbeat

From the desk of Sara Smith, LPN, infection prevention & employee health

Tips to stay active this winter

Whether indoors or outdoors, be as active as you can—and have fun!

The winter season can be a challenging time to stay active, with colder temperatures, slippery conditions and fewer daylight hours. But staying physically active is one of the best ways to improve your mental and physical health and keep yourself on track to reach your fitness goals. Physical activity can help you sleep better and reduce anxiety. Regular physical activity also helps you feel better, improve your balance, lower your risk of type 2 diabetes and many kinds of cancer, strengthen bones and muscles, lower blood pressure, maintain or lose weight, and keep your mind sharp as you get older. Emerging research also suggests physical activity may help boost your immune function.



Experts recommend adults get at least 150 minutes a week of moderate intensity physical activity. Many activities count, such as walking, running or wheelchair rolling. You can break that up into smaller chunks of time or spread your activity out during the week. Try 30 minutes a day, 5 days a week. It all counts. Get started today with the CDC's "6 tips" to stay active all winter long (below).

1. Take nature walks.

Weather permitting, schedule time during the day to enjoy nature. Take a stroll around a safe neighborhood or park.

2. Monitor the weather and plan ahead.

Weather forecasts give several days' notice to prepare your week. Be sure to monitor the weather, dress appropriately, and plan your winter activity accordingly.

3. Wear layers.

Wear several layers of comfortable clothing so that items can be removed easily as you become warmer. Layers will help you guard against overheating, sweating and eventually becoming colder.

4. Workout online.

Consider tuning into a TV, online, live Zoom or Instagram workout class. Find free or low-cost exercise videos online to help you do aerobics, dance, stretch and build strength.

Newsletter Winter 2023

Employee Healthbeat • 1

Tax Credit Program • 2

In the News • 3

Meet New Faces • 4

In the Spotlight • 4

Other Celebrations • 5-8

HR • 9-11

CEO Corner • 12

Recent Milestones • 12

Community Engagement • 13-14

5. Do some chores.

When bad weather keeps you from going outside, look for ways to be physically active indoors. Housework such as vacuuming, sweeping and cleaning all count towards your physical activity goals. And you'll knock out some items on your to-do list while gaining health benefits. Walking or running up and down stairs in your home can be a great workout, too.

6. Volunteer in active ways while maintaining social distance.

Help others while helping yourself. Look for volunteer opportunities that involve physical activity such as walking dogs for neighbors or shoveling snow. When volunteering, remember to follow social distancing recommendations to keep yourself and others safe. *Information is provided by the CDC: <https://bit.ly/3y2imHj>* ●●●

Norton Regional HEALTH FOUNDATION

CT Scanner Fundraising Project



"At Norton County Hospital, we strive to be as progressive as possible and keep up with new technologies. We know a new CT scanner is needed within the next 1 to 2 years, so we are planning now to make this major purchase. A new CT Scanner would have numerous patient benefits, including quicker, more precise results. This new equipment is needed to continue to keep the best care close to home for patients and help us save lives."

Mitch Bartels, Director of Radiology



Community Service Tax Credits

- The Norton Regional Health Foundation at Norton County Hospital has been awarded \$150,000 in state income tax credits through the Kansas Dept. of Commerce!
- These donations will support the new CT Scanner.
- Donations can be made in tax years 2022 and 2023, and they are being accepted now.
- Minimum \$250 donation is required.
- Rural area = 70% credit example
 - \$1,000 donation made to Norton Regional Health Foundation
 - \$700 received in state income tax credits
 - \$300 remaining is eligible for a federal income tax deduction

**Interested in
contributing
to this
project?
We'd love to
hear from
you!**

Contact Katie
Wagner, Foundation
Executive Director, to
make your pledge.

kallen@ntcohosp.com
785-874-2205

In the News

From the desk of Katie Allen Wagner, communications and foundation



Dr. Jeff McKinley to join Norton County Hospital

Norton County Hospital would like to inform the public that Jeff McKinley, DO, will join the medical staff and begin seeing patients at Norton Medical Clinic on March 6, 2023. McKinley graduated from Wichita State University in 1993 with a Bachelor of Science degree in biology. From there, he went on to the College of Osteopathic Medicine, Kansas City University, where he graduated in 1997. He completed his family medicine residency in Topeka.

No stranger to Norton, McKinley still resides in the community in which he grew up. He is a 1988 Norton Community High School graduate. He was employed as a physician at Norton County Hospital and Norton Medical Clinic from 2000 to 2017. From 2017 to 2023, he served as a physician for Decatur Health. McKinley has also served as the 17th District Coroner since 2006. He has experience on the medical staff at Valley Hope and through Docs Who Care.

“We are pleased and excited that Dr. Jeff McKinley will be returning,” said Brian Kirk, Norton County Hospital CEO. “He has already started providing some bridge services effective February 8, 2023 and plans to start seeing patients full time in our Norton Medical Clinic on Monday, March 6th. We are confident having Dr. McKinley back on our medical team will be a great service to our community, patients, employees and organization.”

McKinley’s wife, Emily, is a nurse practitioner. He has a son, Zach, and daughter, Hailey.

McKinley will join a medical team at Norton County Hospital and Norton Medical Clinic that also currently includes Josh Gaede, MD; Miranda McKellar, MD; Theresia Neill, MD; Dakota Dreher, MD; Kristin Vogel, PA-C; Jonna Inman, APRN; Gino Salerno, PA-C; Rebecca Kahrs, APRN and Jedidiah Kane, CRNA.

McKinley will be providing medical coverage in both the hospital and clinic. The hospital’s administration, staff and board members warmly welcome him back to practicing medicine in Norton. ●●●

Jonna Inman to continue as an advanced practice provider at Norton County Hospital

Norton County Hospital would like to inform the public that Jonna Inman, APRN, has decided to remain on staff at Norton County Hospital and Norton Medical Clinic.

The administration, staff and board members are appreciative for the opportunity for Inman to remain a part of the team. She will continue providing primary care for patients the clinic, periodic emergency coverage, and is also a certified provider for DOT physical exams for CDL drivers.

To make an appointment with Inman or any of the other medical providers at Norton Medical Clinic, call 785-877-3305. ●●●



Meet the Team!

Norton County Hospital is excited to announce our new employees. Please say hello, and welcome them to our team!

	<p><u>Haley Kelley</u> LPN – Nursing – Full Time Joined the NCH Team on December 5, 2022</p>		<p><u>Kayra Grigg</u> Clinic Registration – Full Time Joined the NCH Team on February 6, 2023</p>
	<p><u>Carly Anderson</u> BSN RN – Nursing – PRN Joined the NCH Team on December 20, 2022</p>		<p><u>Mattison Rhea</u> CNA – Nursing – PRN Joined the NCH Team on February 9, 2023</p>
	<p><u>Samantha Keenan</u> Business Office – Full Time Joined the NCH Team on December 27, 2022</p>		<p><u>Brenda Starr</u> LPN – Clinic – Full Time Joined the NCH Team on February 9, 2023</p>
	<p><u>Heather Cave</u> BSN RN – Interim Director of Nursing – Full Time Joined the NCH Team on January 30, 2023</p>		<p><u>Ruth Mizell</u> RN – PRN Thanks for taking time out of your retirement to help NCH.</p>

In the Spotlight

Bomgaars gives to the Norton Regional Health Foundation

Thanks so much to Bomgaars for using proceeds from Ladies Night in October 2022 to benefit the Norton Regional Health Foundation! This donation of \$617.78 will help our mammography program! All 107 participating Bomgaars locations raised \$113,035.71. *Photo at right includes Valerie Marble and Allison McChesney with NCH mammography accepting the donation at Norton Bomgaars.* ●●●



Other Celebrations

Employees of the Month

Mary Boyce, Dietary: Mary was the Employee of the Month for December 2022! Her nominations read:

“Mary is a hard worker and a great cook. She tries to please everyone with her desserts. She is always friendly to all of us that come into the kitchen. Plus, she has been here for almost 30 years. I think she really deserves some recognition.”

“Mary is a great coworker and such a great asset to the kitchen. She is an amazing cook who always brings smiles with her amazing desserts. She is definitely an asset to NCH.” *Pictured below, left*

Theresia Neill, MD, Family Physician: Dr. Neill was the January 2023 Employee of the Month. Her nomination read:

“Dr. Neill is always enthusiastic and helpful. She is always more than happy to answer our questions and never hesitates to come up and check on patients. We all appreciate her hard work here!” *Pictured below, center*

Jeff Hager, Engineering: Jeff was the February 2023 Employee of the Month. His nomination read:

“Jeff is always willing to go above and beyond for any staff member that asks of his assistance. He is always friendly and makes our working environment great! Cannot praise him enough for all his hard work!” *Pictured below, right*

Congratulations to these amazing employees!



Getting in the holiday spirit!
Our staff participated in the Norton Chamber's ugly sweater contest on Dec. 16th.



Have you listened to the NCH podcast?

Learn more about what's happening at Norton County Hospital by listening to our Health in the Heartland podcast! Our own staff are providing a voice for local health care updates and current health issues.

Health in the Heartland takes a look at health and health care, particularly relating to rural medicine. The podcast aims to inform, educate and empower healthy living - after all, health is wealth! Check out recent episodes about the new pain management clinic and the Cerner conversion: <https://www.ntcohosp.com/podcast.html>

Thanks to all staff who have served as a guest on the podcast. Download episodes from any podcast service.



Other Celebrations

National Women Physicians Day


National Women Physicians Day was Feb. 3rd.

The event celebrates and honors women doctors across the country, as it is Elizabeth Blackwell's birthday. She was the first woman in the U.S. to earn a medical degree and was a lifelong advocate for female doctors.

Norton has quite the history of women doctors caring for the community. In the late 1800s, the first doctor on record to arrive in Norton was a woman named Dr. Phoebe Amelia Oliver Briggs!

At NCH, we celebrate all women physicians who have cared for Norton area patients throughout history, and we especially want to recognize and get to know the two women physicians working with us currently: Dr. Theresia Neill and Dr. Miranda McKellar!


Photo included at right.




**NORTON
COUNTY HOSPITAL**

HAPPY WOMEN PHYSICIANS DAY!

FEBRUARY 3



Theresia Neill, MD
Family Physician/Obstetrics
Hobbies: spending time with family and her animals, doing outdoor projects, cooking and baking, cycling and traveling.



Miranda McKellar, MD
Family Physician/Obstetrics
Hobbies: spending time with family and her animals, being outdoors, hiking, fishing, hunting, cooking and photography.

Wear Red! February was Heart Month, and Feb. 3rd was National Wear Red Day!

Make heart healthy habits a priority! Talk with your provider about ways to manage stress, manage blood pressure, eat a heart-healthy diet, move more and keep the beat—learn hands-only CPR!



Other Celebrations

Cerner celebrations

Klare Bliss, CIO, planned celebrations throughout our Cerner implementation process, each time we hit a milestone.

Brenda Dole and Katie Wagner organized treats, funded by the Norton Regional Health Foundation, each day during “go-live” week. Great job, everyone!

Photos included at right.



OB department wins award for newborn screening excellence

Norton County Hospital has been recognized for its work with newborns! It received “Best of the Best” recognition in all point-of-care newborn screening performance categories and for dedication to higher newborn screening standards in 2021. Our staff just received the award, sponsored by the Kansas Dept. of Health and Environment, Kansas Newborn Screening Program, Kansas Hospital Association and Kansas Midwives Alliance.

Staff photographed include labor and delivery RNs, L-R, Amy Harting, Megan Juenemann, Chaylee Frack and Bethanie Ellis. Accompanying them in the photo are Dr. Josh Gaede and Dr. Theresia Neill.

We also want to recognize Dr. Miranda McKellar and all other nurses who have contributed to this award. Congratulations!

Photo included below and at right.



Other Celebrations

Holiday party offers recognition for service

NCH honored staff who reached service milestones at the annual holiday party. Congrats to all! Here are the honorees:

- 5 years: Melody DeWitt, Bethanie Ellis (pictured), Marla Kuhn, Valerie Marble, Sarah Mohr, Heather Saville and Alisha Simmons
- 10 years: Jessie Dougherty, Tracey Hartzog, Julia Thompson (pictured) and Sierra Wahlmeier (pictured)
- 15 years: Kim Green, Deanna Hawks, Sara Smith and Kristin Vogel (pictured)
- 20 years: Mitch Bartels and Pam Miller
- 25 years: Lynne Lewis
- 30 years: Mary Boyce
- 35 years: Ty Bruton

Photos are included below and at right.



First baby of 2023

At 3:45 p.m. on Saturday, January 1, 2023, Ignatius Eugene Hamel was delivered as the first Norton County baby at the Norton County Hospital. He is the son of Nathaniel and Katie Hamel.

Delivered by Dr. Theresia Neill, Ignatius weighed 7 lbs. 8 oz. and was 20.25 inches long. Several Norton County businesses provided gifts for the new baby and his family. Thanks to these businesses and the Norton Telegram for the great article. Congratulations to the family!

Photo included at left.



CRNA Week

CRNA Week is celebrated at the end of January. A Certified Registered Nurse Anesthetist (CRNA) is an advanced practice nurse who is certified to administer anesthesia in the U.S.

We want to recognize the CRNA at Norton County Hospital, Jedidiah Kane! Jedi joined the NCH team in 2022 through a partnership with Midwest Anesthesia Alliance. Thank you, Jedi, for your work at NCH and the care you provide to Norton area patients.

Photo included at left.

Human Resources

From the desk of Shannan Hempler, human resources

New employee benefit: KPERS and KPERS 457 are better together

KPERS 457 is the state's deferred compensation plan. It's an additional savings option designed to help employees supplement their KPERS pension for a more sound retirement.

Why add KPERS 457?

Many financial experts suggest replacing at least 80 percent of one's income for retirement. KPERS and Social Security probably won't be enough, especially for KPERS 3 members. KPERS 457 provides an easy way for employees to save.

Here's how it works:

- Roth or pretax option
- Contributions automatically deducted from employee's pay
- Employees can contribute as little as \$12 per pay period
- Financial counselors are salaried

How much will it cost employees?

Sometimes it can be hard to see costs associated with retirement plans. There are usually administrative and investment costs. KPERS 457 makes them clear, fair and as low as possible.

0.196% Service provider and fiduciary oversight

Vary by Investment expenses charged directly by investment
Investment managers; vary by employee investment selection

The annual service/oversight rate is divided by 12 and deducted monthly based on a participant's account balance. That means for every \$1,000 invested, the administrative cost is \$1.96 a year. ●●●

Teaching children to be better problem solvers

If you are a parent of a young child, here's a "formula" for teaching problem solving: 1) Encourage the child to explain the situation needing a fix, solution or answer. 2) Ask questions that prompt critical thinking and solutions. 3) Help the child break the problem up into smaller parts. Tackle one piece at a time. 4) Let the child brainstorm for answers. 5) Guide the child to the solution. 6) Praise the effort. 7) Talk about mistakes as learning tools and being okay. 8) Have a post-event discussion, and reflect on the steps to solving a problem.

For more opportunities to learn the problem-solving process, create problems. Example: "I don't know what to make for dinner, but this is what we have in the refrigerator."

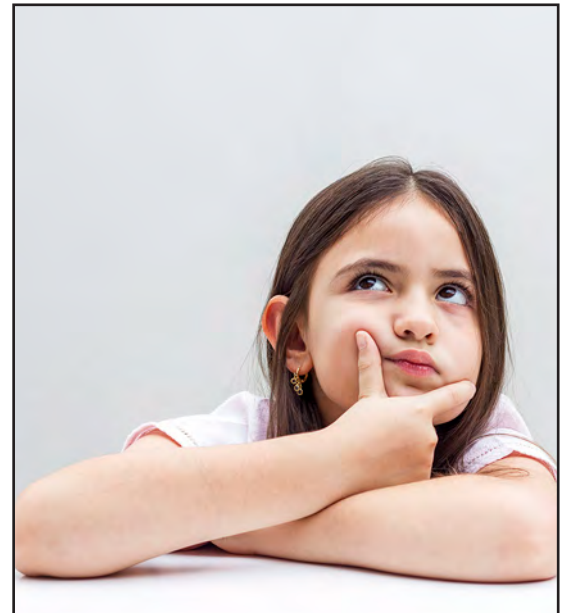
Information is provided by EMPAC Employee Newsletter—February 2023 issue. ●●●

Achieve goals with the EAP's help

Achieving goals naturally includes circumventing roadblocks and hurdles, but many are personal, like maintaining motivation, overcoming self-doubt, remaining unshaken by failures, staying on track, planning, time management, avoiding procrastination and overpowering distractions. Your EAP (Employee Assistance Program) is the perfect starting point for issues like these that hold you back. Give up the struggle and make contact. Worthwhile achievements rarely come easily, but with assessment, counseling, short-term problem-solving or referral to the right resource you can claim the success you're dreaming about.

Learn more about EMPAC on p. 11 and this link: empac-eap.com/employee

Information is provided by EMPAC Employee Newsletter—February 2023 issue. ●●●



Human Resources

From the desk of Shannan Hempler, human resources

NCH Blood Drive: Thursday, April 13, 2023

10 reasons why you should donate blood

When was the last time you donated blood? If it's been awhile or you've never given blood before, now is the perfect time to do so.

Every two seconds, someone in the U.S. needs blood, according to the American Red Cross. Blood donations are used for accident victims, as well as cancer, organ transplant and surgery patients. People with chronic illnesses need blood, too. Blood donations help people of all ages and can very literally save a life. Need some motivation to give blood? Here are 10 good reasons.

- 1. You help others.** Giving blood is one of the most selfless things you can do. Your donated blood can potentially help save up to three lives, according to the American Red Cross.
- 2. You're among a select minority.** Less than 38 percent of the population is eligible to give blood or platelets, so if you're one of them, consider yourself among the chosen few.
- 3. You get a free health check-up.** Before you give blood, a nurse will check your blood pressure, pulse, temperature and hemoglobin levels. Your blood may also be checked for HIV, hepatitis and other diseases.
- 4. It burns calories.** You can't replace your regular sweat session with a blood donation, but you can burn about 650 calories while donating one pint of blood.
- 5. Your body will make new blood.** Think of it like a tune-up for your body. When you donate blood, you generate new blood. It takes about 24 hours to replace the plasma and 4-6 weeks to replace the red blood cells from your donation.
- 6. It may improve your heart health.** Donating blood temporarily lowers the iron in your blood. Elevated levels of iron may increase the risk of heart disease in men. One study showed that men who donated blood at least once a year had an 88 percent lower risk of heart attacks than men who were not donors.
- 7. It promotes well-being.** Yours, that is! Giving blood can make you feel good about yourself, reduce stress and improve your emotional health.
- 8. It only takes an hour.** The process of donating blood is simple and quick. You'll likely be there for about an hour, although the actual blood donation only takes about 10 minutes.
- 9. It doesn't really hurt.** You may feel a slight prick when the needle is inserted into your arm but the process is relatively painless. And when you consider the benefits it provides, the minor discomfort is well worth it.
- 10. You may need a blood donation one day.** It's estimated that about 25 percent of people will need blood at least once in their lives. Although there's no direct correlation between giving blood and receiving it, you may be as grateful one day as someone else currently is for the donation.

To learn how you can donate blood visit, redcross.org/give-blood. Information is provided by PIH Health. ●●●

Manage stress right now: Start sooner, procrastinate less

Procrastination is about putting off the pain of starting a project. A visual image of the work often adds to this avoidance. To intervene, focus away from the vision of the work, and onto the vision of completion or success. Then, visualize smaller steps to make it easier to start. For even more motivation, divide small steps into even smaller steps. The Nike slogan "Just Do It!" is well hyped, but it may not stir you to act. Modifying this slogan to "Just Start Small" or "Just Do a Few Minutes" may easily kick-start you to act sooner, and if you do, continuing on to finish the job is more likely. Try it, and discover if it is a game changer for you. Information is provided by EMPAC Employee Newsletter—January 2023 issue. ●●●

Seasonal affective disorder

Feeling gloomy in winter is a common complaint, but some people are affected far more than others. Although not a distinct illness, seasonal affective disorder (SAD) is a type of depression with feelings of sadness, hopelessness, anxiety and sluggishness that you can't shake. When any type of depression interferes with social and occupational functioning, take a few minutes to get an assessment. Start with your employee assistance program to get the right source of help. Information is provided by EMPAC Employee Newsletter—January 2023 issue. ●●●





A guide to *empac* services. Norton County Hospital

When you or a household member need trusted, professional help, **empac** is just a phone call away. For more than 40 years, **empac** has been helping employees thrive in their personal and professional lives by providing caring and compassionate support.



Free, confidential, *empac* services include:

12 phone, video, or in-person sessions per household per year for personal and professional needs such as:

- Stress, depression, anxiety
- Family and parenting concerns
- Marital and relationship challenges
- Workplace conflicts
- Alcohol or drug dependency
- Grief and loss

WorkLife Services

- Financial consultation and resources for debt management and consolidation, identity theft, budgeting, and credit report information.
- Legal consultation with an attorney for issues relating to family law, estate planning, traffic citations, landlord conflicts, and many others. Discounted legal fees.
- Dependent care resources and referrals.
- Elder care resources and referrals.
- Self-help resources on a variety of topics via a member only website.
- Monthly newsletters for employees and supervisors.

Get started. Make your free appointment.

316.265.9922 | 800.234.0630 | empac-eap.com

316.265.9922
www.empac-eap.com
300 W. Douglas, Suite 930
Wichita, KS 67202

CEO Corner

From the desk of Brian Kirk, Chief Executive Officer



We are pleased to welcome our newest medical provider, Dr. Jeff McKinley, back to Norton County Hospital and Medical Clinic. Originally from Norton, he brings a great work ethic, background and experience that will return great value to our organization. Dr. McKinley will be providing supervision for our advanced practice providers in the clinic and Emergency Department. He is currently accepting appointments and looking forward to a starting date of Monday, March 6. He will be joining our fantastic medical staff that includes the general surgeon capabilities of Dr. Doak Doolittle along with: Dr. Joshua Gaede; Dr. Miranda McKellar; Dr. Theresia Neill; Dr. Dakota Dreher; Jonna Inman, APRN; Kristen Vogel, PA-C; Gino Salerno, PA-C; Rebecca Kahrs, APRN; and Jedidiah Kane, CRNA. We have a great group of providers who are committed to our mission and vision. We are blessed with a great medical staff. We encourage our community to please support our local hospital and clinic by obtaining your health care needs and services, right here in town.

This past week, Norton County Hospital went live on what we consider to be the best electronic medical record (EMR) available for a hospital. This new system will help us to deliver care, stay in compliance with rules and regulations, and work as efficiently and effectively as possible. This represents a half-million-dollar annual investment to help meet the evolving health care needs of our region and provide an exceptional staff and patient experience to empower health and wellness at any stage of life. Kudos and thank you to our entire team who has been working diligently on this EMR conversion!

NCH is making great progress towards our ongoing financial viability with significant improvements in our operating results as compared to our prior fiscal year. Many thanks to everyone who is making this happen. Let's continue to contribute and collaborate to make Norton County Hospital the best we possibly can! ●●●

Employee Milestones

December

Pam Miller	20 years
Christen Skrdlant	3 years plus 8 prior years
Carol Richmeier	9 years
Jeanette Haskett	4 years plus 4 prior years
Kaitlyn Baird	2 years
Tanya Guthrie	1 year
Lacey Richardson	1 year

January

Kellen Jacobs	9 years
Marla Kuhn	6 years plus 6 prior years
Valerie Marble	6 years
Fayth Davenport	1 year

February

Jordan Brown	14 years
Jessie Dougherty	11 years
Natalie Esslinger	7 years
Melody DeWitt	6 years
Kay Fahlbusch	2 years
Matt Rushton	2 years



Engage the Community

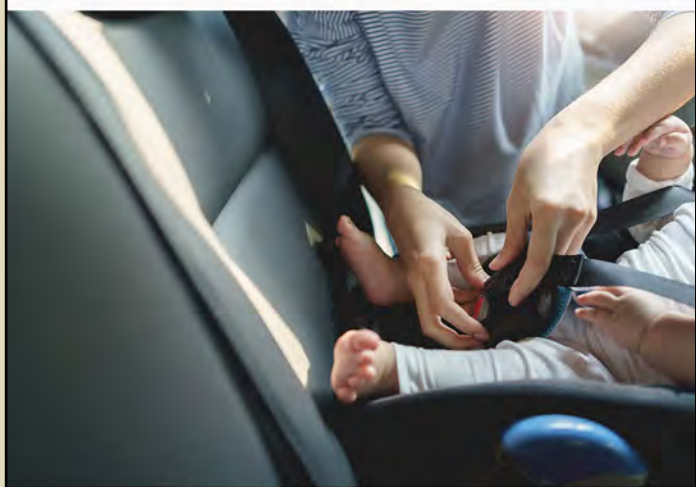
Childbirth classes now offered at NCH

Are you an expecting mother or couple interested in learning more about the birth experience? We are still accepting sign ups for our childbirth classes! Be sure to contact OB Supervisor Bethanie Ellis to sign up! Her contact information is 785-877-3351 or bellis@ntcohosp.com. You don't have to be a patient of Norton County Hospital or Medical Clinic to participate.

Not only do the classes provide free education, but an awesome addition is the opportunity to win prizes, sponsored by the Norton Regional Health Foundation! We are excited to partner with community members on their journey to parenthood! *Photos included at right.* ●●●

Great job, Certified Child Passenger Safety Technicians!

We want to ensure you and your family are safe on the road! We offer free car seat installations and checks. Simply call the hospital, and ask to speak to one of our Certified Child Passenger Safety Technicians to make an appointment - 785-877-3351. Thanks to Klare Bliss, Dan Dole and Kelsee Hildebrand for all their work with car seat checks and installations! *Photo included below.*



NCH NORTON
COUNTY HOSPITAL

In 2022,

48

car seats were checked and/or
installed at Norton County Hospital.

Thanks to our team of Certified Child Passenger Safety Technicians:
Kelsee Hildebrand, Dan Dole and Klare Bliss!



UNDERSTANDING BIRTH
**CLASSES OFFERED TO
EMPOWER YOUR BIRTH
EXPERIENCE**

**NORTON
COUNTY HOSPITAL**




**Topic #1: Pregnancy in the
third trimester**

**Topics #2-6: Labor, Birth Stories,
Comfort Techniques, Medical
Procedures & Cesarean Births**

**Topic #7: Newborns**

**Topics #8-9: Postpartum &
Other Resources**

These classes are being offered at no cost to our patients! They are led by hospital staff, who create a support team for you on your journey to parenthood. Interested in learning more and signing up? Contact Bethanie Ellis, OB Supervisor, at 785-877-3351 or bellis@ntcohosp.com.






CHILDBIRTH CLASSES AT NCH!

Open to all expecting mothers! Join us at Norton County Hospital for free education and the opportunity to win some great prizes! Contact Bethanie Ellis, OB Supervisor, to sign up, at 785-877-3351 or bellis@ntcohosp.com.

Prizes, provided by the Norton Regional Health Foundation, include: Medela Breast Pump & Accessories; Box of Diapers & Wipes; Graco High Chair and Pregnancy Pillow!





DARI CLINIC: 3D Movement Analysis to Assess Lower Extremity Joint Vulnerability



When: Monday, March 20, 2023

Where: Stull Gym, NCHS

Why: To screen for vulnerabilities that may result in increased injury risk, specifically ACL injuries, and work together to reduce this risk following the analysis.

Who: Open to the first **100** athletes. Preference will be given to multisport and female athletes if interest exceeds 100 athletes.

Duration: Approximately 10 min test with discussion of results after completion.

Cost: \$20 on test day. If unable to afford cost, contact me to discuss options. Please register with me or your Athletic Director by **March 1st**. Will accept late registration.

Contact: Spencer Shirk, DPT
Phone: 785-202-1754
Email: spencershirkpt@gmail.com