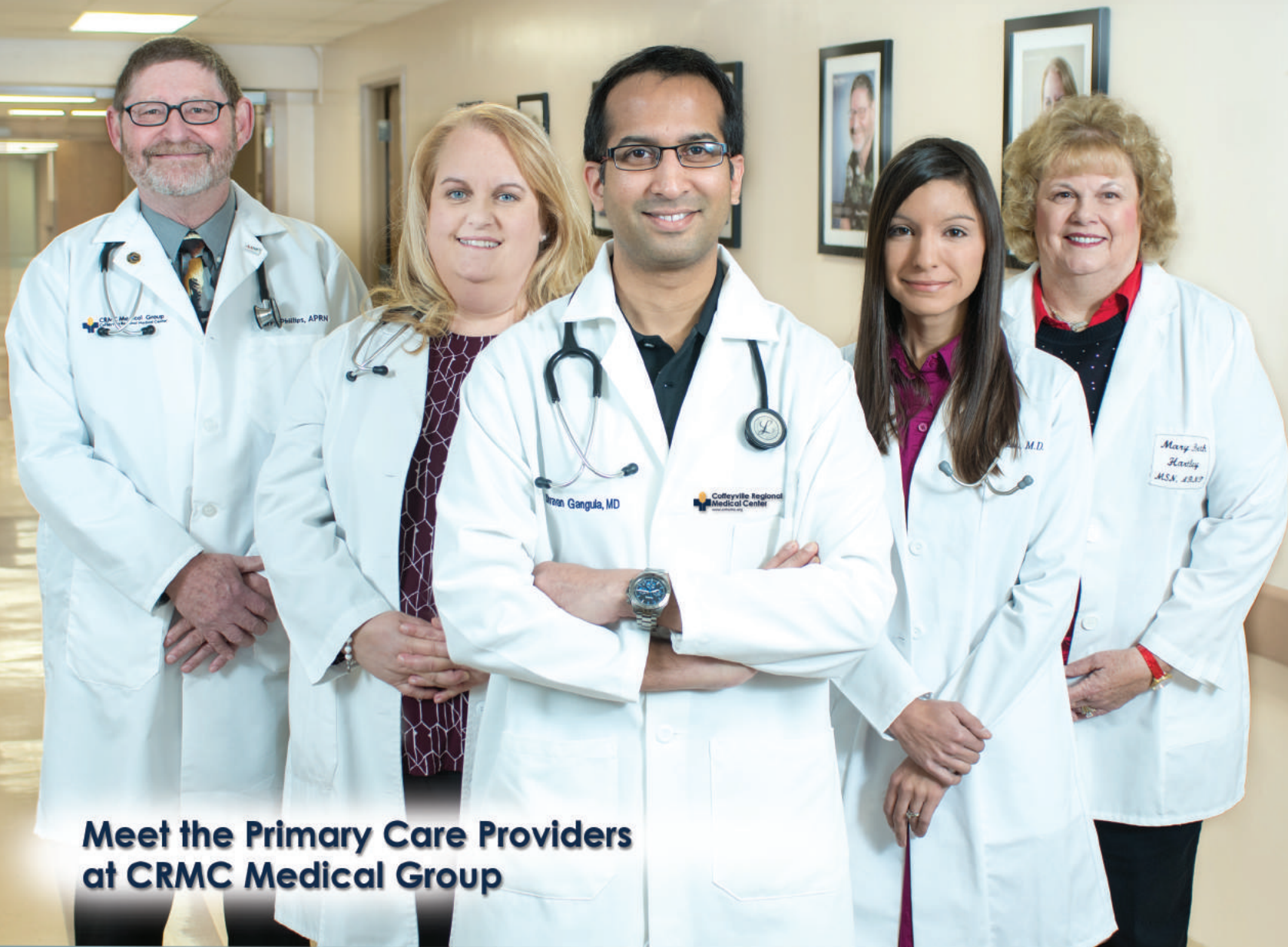


January - March 2018

Health Partners

A quarterly publication of Coffeyville Regional Medical Center



Meet the Primary Care Providers at CRMC Medical Group

Inside:

CRMC Medical Group Clinics
CRMC Medical Group Wellness Education
Wound Care at CRMC
Michelle McGuirk, MD, General Surgeon
Community Outreach & Events
Physicians Listing and More!

Compliments of:



**Coffeyville Regional
Medical Center**

www.crmcinc.org

CRMC Medical Group Extended Hours Walk-In Clinic

Heather Pollet, APRN, is offering extended clinic hours at our CRMC Medical Group Primary Care clinic located inside the North Entrance of CRMC.

**Extended Hours Are:
Monday-Thursday
4:00 pm - 8:00 pm**

Walk-ins are welcome!
Regular Clinic Hours are
Monday-Thursday 8:00 am - 8:00 pm,
Friday 8:00 am - 5:00 pm

To make an appointment, please call:
620-688-6566

Heather Pollet, APRN



CRMC Medical Group
Coffeyville Regional Medical Center
www.crmcinc.org

1400 W. 4th Street, Suite 100 - Coffeyville, KS 67337

From the **New Medical Chief of Staff**



I am extremely honored to be elected as the new Medical Chief of Staff. I have been a member of the CRMC Medical Staff since 1987, and it is my privilege to serve in this capacity. We would all like to give our thanks to Dr. Allen Gillis for his commitment to this organization and our community this past year as the Medical Chief of Staff.

In this issue, you will learn about exciting new services available through our CRMC Medical Group. Our goal is to help you make wellness an everyday part of your life. The Medical Group offers a new program that works in conjunction with wellness initiatives; The Chronic Care Program was developed to provide you with the support, tools, and resources to help you follow your providers recommendations and better manage your health. You'll meet Kelle Kiser, RN, our dedicated Chronic Care Nurse, who will help you by providing one-on-one assistance for participants in the program.

For people with non-healing wounds, the information on page 8 will be of special interest to you. Our Wound Care Center at CRMC offers comprehensive, evidence-based, therapies to heal chronic wounds. People that have a non-healing wound caused by diabetes, traumatic injury, or burns can seek treatment with our Wound Care Services. A physician referral is not necessary to make an appointment.

You will learn more about our general surgeon, Michelle McGuirk, MD, as she talks about her work here at CRMC. We are so very pleased to have her here and that she chose Coffeyville as her new home.

Each month of the quarter has a special focus on health. January is Cervical Cancer Awareness month. Read more on how to prevent this cancer on page 12. February is National Heart Month and we have developed a special "Social Media" challenge for all the women in our region (and friends anywhere) to Wear Red on National Wear Red Day, February 2nd. Read more about this challenge on page 13. March is Colon Cancer Awareness Month and we have provided great education and prevention tips on page 11.

There are many more great things to read about in this issue. We hope you take the time to learn more about your regional hospital. We have many great things happening here – including being the only hospital in the region to receive the "Gold Seal of Approval" from The Joint Commission, the oldest and most respected health-care accreditation body in the world.

And remember, we have an indoor walking track should you like to come join our Basement Bunch walking club to walk in a nice, warm environment during the winter months.

Stephen Miller, DO
Obstetrics & Gynecology
2018 Medical Chief of Staff

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Information in Health Partners is provided for informational purposes and not intended to replace the advice of your physician. If you have concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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On the cover:

CRMC Medical Group providers: (L-R) Barry Phillips, APRN, Heather Pollet, APRN, Shravan Gangula, MD, Bridget Gibson, MD and Mary Beth Hartley, APRN.



Pictured Left to Right:
 Becky McCune, Senior Director of Business Development and Practice management
 and Christina Smith, RN CRMC Medical Group Office manager

Welcome to CRMC Medical Group. Keeping you and your family healthy.

If someone asks, "How are you?" it is often followed with the common response, "I am well." But are you well? Wellness is the quality or state of being in good health — or being free from illness or disease. However, this definition seems to have evolved over the years with the shift towards wellness as a state of well-being, including a heavy focus on lifestyle.

CRMC Medical Group has discovered a need for wellness initiatives within the community and has created new programs that will help individuals take charge of their health in new and positive ways. "We are here to help the people in our communities stay healthy," said Becky McCune, Senior Director of Business Development and Practice Management at CRMC. "Our team is committed to providing comprehensive medical care, including a focus on overall wellness and education."

By offering wellness checks, CRMC Medical Group can help patients lead a healthier life. According to an article published in the Journal of the American Medical Association, the "wellness" approach resulted in a 17 percent decline in total medical visits and a 35 percent decline in medical visits for minor illnesses. The subjects of this particular study participated in a year-long self-care education program.

During the first wellness visit, patient and provider will create a prevention plan based on the individual. A wellness visit with your primary care provider will include the following:

- Health risk assessment
- Overview of family/medical history
- Review of all current care providers, medications, and equipment

- Create a screening schedule or checklist for the future
- Conversation regarding current medical conditions and risk factors
- Check of vital signs and weight
- Screen for cognitive impairment
- Review risk factors for depression
- Review level of function and level of safety

During your wellness visit, your provider will offer health advice and referrals for health education, preventive services, or programs aimed at reducing identified risk factors and promoting wellness. "We encourage all patients of the Medical Group to schedule a wellness visit with their provider," said Heather Pollet, APRN. Additionally, patients with Medicare are eligible for the annual wellness check with no copays or deductibles.

To better serve the community, CRMC Medical Group now also offers extended hours of operation—which provides increased accessibility to providers as well. The clinic opens at 8 a.m. throughout the week, and now accepts walk-in appointments with Heather Pollet, APRN, from 4 p.m. to 8 p.m. Monday through Thursday. Extended hours allow for check-ups and appointments that won't cause an adult to leave work early or a child to miss school. Additionally, providers are taking turns staying at the clinic until 6 p.m. throughout the week.

"Wellness is more than just coming to the doctor when you're sick—it's a lifestyle," said McCune. "We recognize the need to reach out in different ways. Our big focus is to get out and educate our community about what's new in healthcare and preventative services."

CRMC Medical Group offers a program that works in conjunction with wellness initiatives, the Chronic Care Program and the Community Health Program. Both programs were developed in the past year and focus on providing the tools to not only adhere to a provider's recommendations, but also the resources for a patient to better manage their health, including one-on-one assistance, individualized care plans, specialized training and education, assistance with social needs, and more.



Kelle Kiser, RN
Chronic Care Nurse

The Chronic Care Program, a recent addition to the CRMC Medical Group, is composed of primary care physicians, advanced registered nurse practitioners, a chronic care nurse, and other clinical staff. Kelle Kiser, RN serves as the Chronic Care Management Nurse for the Chronic Care Program. Kiser has received specialized training in Wichita from the Kansas Department of Health & Environment (KDHE), including Chronic Disease Self-Management Education (CDSME) and Diabetes

Self-Management.

While the Chronic Care Program is new to the medical group—developed in the last quarter of 2017—the program is already seeing success within the community. Patients who qualify for the program have Medicare, and two or more chronic conditions that will last a year or more, or could result in hospitalization due to a flare up of the condition. Kiser has already identified a number of

patients and reached out to invite them to join the program.

The Chronic Care Management program provides one-on-one education to the patients depending on their disease process or needs. Benefits of the program include access to person-centered care; a comprehensive care plan created with the patient to ensure goals are achievable and met; support between doctor visits; medication coordination; assistance tracking and coordinating care with other practitioners; personal attention every month with Kiser; and support 24/7.

Patients also receive an individualized notebook of information that is personal to them, including easy-to-use charts and logs to track their health goals. Kiser would be what some call the “go-to person” between the chronic care patient and the physician. “I meet with patients initially and educate them on their illness and medications,” said Kiser. “We have a thorough assessment and cover ways to improve and maintain their health. Each month following, I provide educational materials and information to the patient as well as working with them on whatever they need to adhere to their care plan—whether that includes the need for medical equipment or physician referral.”

Currently CRMC offers quarterly classes in diabetes education as well as low-impact exercise classes, heart failure classes, and CDSME. In 2018, she will lead a class on Diabetes Self-Management Education. All of these classes are offered at no cost to the attendee.

“CRMC and the Medical Group are excited to offer these personalized services to our patients,” said Kiser. “We have begun communicating with and attending



Pictured Left to Right: Cammy Smith, Stephanie Myers, Heather Bastian, Katie Twitchell, Judibeth Parker, Crystal Frederiksen, Trish Rinehart, Bonnie Foster, and Jessica Magana

meetings of organizations in an effort to receive community support of our work. We need the community to be aware of the needs we have identified for our patients. For instance, a lack of safe transportation seems to be a major issue that many face in our community. High cost of necessary medications are also a daily issue."

There are numerous benefits to this initiative, but the entire team at CRMC Medical Group has an important part of the chronic care puzzle.

CRMC Medical Group is passionate about providing high quality health care to keep families healthy. Through programs like the Chronic Care Disease Management Program, patients can receive the highest level of attention and care to meet their needs and resolve concerns.

"At the end of the day, that's why we are here," said McCune. "We are here to take care of people, and it's my job to make sure we have all the pieces in place to do that as efficiently and effectively as possible."



Cammy Smith
CRMC Medical Group Receptionist



Bridget Gibson, MD
Family Medicine

CRMC Medical Group WELLNESS EDUCATION

If you have had Medicare Part B for longer than 12 months, you may schedule a well-visit to develop or update a personalized prevention plan. This plan is designed to help prevent disease and disability based on our current health and risk factors.

You pay nothing for the yearly wellness exam. During your annual wellness visit, you and your doctor will create a prevention plan based on your needs. As a part of this visit, your doctor will:

- Give you a health-risk assessment
- Take your medical and family history
- Make a list of your current providers, durable medical equipment supplies and your medications
- Identify risk factors and current medical and mental health conditions, along with evaluated current/recommended treatment
- Check you height, weight, blood pressure and body mass index
- Screen for dementia
- Give referrals to programs aimed at reducing risk-factors and promoting wellness

**Schedule your
wellness check up
Today!**

620-688-6566

Shravan Gangula, MD



CRMC Medical Group Clinics

Located in *four* convenient locations



1400 W. 4th Street, North Entrance, Suite 100
Coffeyville, KS 67337
620-688-6566 • For an appointment

Providers:

Shravan Gangula, MD – Family Medicine
Sydney Nichols, MD – Pediatric Medicine
Bridget Gibson, MD – Family Medicine/Pediatrics
Mary Beth Hartley, APRN – Nurse Practitioner
Heather Pollet, APRN – Nurse Practitioner
Barry Phillips, APRN – Nurse Practitioner



3rd Floor at Coffeyville Regional Medical Center
Use BLUE Elevators by Medical Imaging/ER
620-252-1639 • For an appointment

Providers:

Bernard Howerter, MD – Urologist
Gery Hsu, MD – Neurosurgeon
Michelle McGuirk, MD – General Surgery
K. Sunil Menon, MD – Orthopedic Surgeon
Ron Dunkle, APRN – Nurse Practitioner
Michelle Perry, APRN – Nurse Practitioner



122 W. Myrtle, Independence, KS 67301
620-577-4062 • For an appointment

Providers:

Daniel Chappell, MD – Obstetrics & Gynecology
Dara Gibson, MD – Obstetrics & Gynecology
Stephen Miller, DO – Obstetrics & Gynecology
Sydney Nichols, MD – Pediatric Medicine
Nancy Barkley, APRN – Nurse Practitioner
Kathryn Cornell, APRN – Nurse Practitioner

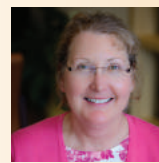


1717 W. 8th Street, Coffeyville, KS 67337
620-251-0777 • For an appointment

Providers:

Daniel Chappell, MD – Obstetrics & Gynecology
Dara Gibson, MD – Obstetrics & Gynecology
Stephen Miller, DO – Obstetrics & Gynecology

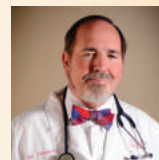
CRMC Medical Group PROVIDERS



Nancy Barkley, APRN
Women's Health



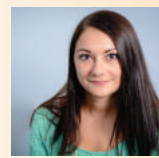
Gery Hsu, MD
Neurosurgery



Daniel Chappell, MD
Obstetrics & Gynecology



Michelle McGuirk, MD
General Surgery



Kathryn Cornell, APRN
Primary Care



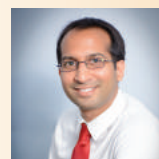
K. Sunil Menon, MD
Orthopedics



Ron Dunkle, APRN
Orthopedics



Stephen Miller, DO
Obstetrics & Gynecology



Shravan Gangula, MD
Family Medicine



Sydney Nichols, MD
Pediatrics



Bridget Gibson, MD
Family Medicine



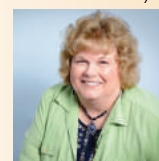
Michelle Perry, APRN
Neurosurgery



Dara Gibson, MD
Obstetrics & Gynecology



Barry Phillips, APRN
Primary Care



Mary Beth Hartley, APRN
Primary Care



Heather Pollet, APRN
Primary Care



Bernard Howerter, MD
Urology

DISCLAIMER:

The Medical Providers listed to the right are CRMC Medical Group. To see a complete listing of all providers with and affiliated with CRMC please see page 19.

WOUND CARE

at Coffeyville Regional Medical Center

Time heals all wounds, or does it? When you're suffering from a particularly stubborn wound, it's not always the time that will heal your wound, but rather the care you receive during that time.

CRMC's Wound Care Services offer evidence-based therapies to heal chronic wounds. They understand the importance of managing, monitoring, and treating these wounds. Chronic, resistant wounds are often painful and in many cases—when left untreated—may interfere with your daily life and activities. Wound Care Services treats a wide range of wounds, including traumatic wounds, a variety of ulcers, non-healing open wounds, burns, compromised skin grafts, necrotizing tissue infections, soft tissue radiation injuries, refractory osteomyelitis, and many others.

"Our goal is to heal your wound as quickly and efficiently as possible," said Janna Baker, Director of Wound Care Services. "Our team has been serving the community with Wound Care Services for a little more than three years—we have seen immense success for our patients."

It's recommended that a healthcare professional assess wounds that have not healed within four weeks. When an individual makes an appointment with Wound Care Services, their initial consultation includes an assessment of the wound, a review of their medical history and continuity of care, as well as a wound exam performed by one of the attending physicians. While the team at CRMC works closely with a patient's primary care physician to establish a treatment plan, a physician referral is not necessary to make an appointment.

"The treatment of wounds can be a tedious process, with your regimen often hindered by an underlying health concern or disease," said Dr. Shravan Gangula, M.D., a family practice and wound care specialist. "Through the use of the most advanced wound care techniques, our team is able to focus on the well-being and overall health of our patient to heal their wound and prevent recurrences."

Treatments provided by Wound Care Services include debridement, negative pressure, and hyperbaric oxygen therapy. Our physicians and specialists have received training in advanced wound care therapies and treatments, including training in



Left to Right: Laura Beery, RN, Dr. Shravan Gangula, Dr. Daniel Chappell, Dr. Stephen Miller and Janna Baker, RN, Director of Wound Care

undersea and hyperbaric medicine from the Undersea and Hyperbaric Medical Society in San Antonio, Texas.

Wound Care Services treatment plans often include the use of a hyperbaric oxygen chamber, which allows the oxygen to bind to the plasma due to the pressure and circulates directly to the wound—promoting tissue regeneration, thereby healing the wound.

CRMC's Wound Care Services team schedule patients Monday through Friday between the times of 8 a.m. to 5 p.m. to receive hyperbaric oxygen therapy and additional treatments.

Coffeyville resident Andali Foster had a non-healing diabetic ulcer on the right foot that she had been fighting for three years. She attributes the success of her healed wound to CRMC and recommends Wound Care Services to anyone in need.

"The Wound Care team saved my foot," said Foster. "The staff is second to none—I had thought of giving up hope and even considered amputation. But, the team rallied around me, with genuine care and concern. I still have my foot today – all thanks to the caring, considerate team at CRMC."

There is a need for wound care in the area and CRMC is proud to have such an outstanding and optimistic team in place.



REHABILITATION DEPARTMENT

Getting you back to what you enjoy - Life and Laughter

Imagine a man in his early sixties, he's constantly busy running a business and chasing after his grandkids. He's healthy, active, and loves life — and there isn't much that slows him down. Until he suffers an injury that results in the need for surgery. But what comes after surgery and how can he return to his once active lifestyle?

"Therapy is a common word these days," said Kathryn Fisher, Director of Rehab Services at CRMC. "People realize that what we're doing works and can improve their lifestyle." And that is just what therapy provides, a rehabilitation service to help people return to their daily life following an injury, surgery, disease, or treatment.

Therapists build a specific plan for each patient that addresses the underlying problem through specialized techniques, treatments, and exercises. For instance, a physical therapist would develop a plan for a post-surgery patient that would assist in regaining muscle strength and endurance; increasing flexibility and mobility; managing pain and discomfort; and bolstering stamina.

CRMC offers a comprehensive range of rehabilitation services including physical therapy, speech therapy, occupational therapy, lymphedema therapy, and aquatic therapy. To understand exactly how these rehabilitation services can best impact a patient, it's necessary to further define the types of rehab services available.

There are a number of reasons an individual would require physical therapy, ranging from sports or orthopedic-related injuries and joint replacement to muscle weakness and back pain, to name a few. Physical therapy treatment focuses on restoring an individual's activity, strength, and mobility as well as managing pain.

Occupational therapy focuses on helping individuals achieve independence in all areas of their lives. For instance, if an individual experiences a stroke, they may require occupational therapy for dressing, grooming, and hygiene.

Lymphedema therapy provides treatment for the abnormal buildup of fluid that causes swelling, most often in the arms or legs.

CRMC also offers aquatic therapy at an indoor facility for those who require treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefit.

"One of the biggest misconceptions out there is that therapy—physical or occupational—is only for those in 'pain,'" said Fisher. "That's not necessarily the case with rehab services, we help patients with pre-surgery strength and range of motion (what we call prehab); difficulty

walking; frequent falls; dizziness; decreased strength; Parkinson's Disease; and so much more."

While Fisher states that more than 90% of their patients are referred by physicians, individuals do not need a physician referral to receive therapy in the state of Kansas. The team also receives a great number of orthopedic referrals from the surrounding area, including those patients who receive surgery at facilities outside of CRMC.

When a patient is referred by a physician, the therapists at CRMC work side-by-side the doctor to ensure the therapy and treatment plan are progressing well. They then stay in constant contact with the physician regarding the patient's ongoing health. "We have immense respect for our doctors, and they trust us," said Fisher.

With 17 therapists on staff, ranging from physical (PT) and occupational therapists (OT) to speech language therapists, CRMC's Rehabilitation Services work with a number of individuals for a variety of reasons. "We often work with geriatric patients in assisted living or nursing home facilities," said Fisher. "And patients see our rehab team post-op while in the hospital by our OT team and then PT team to get them up and walking before they even leave the hospital. We then offer home health services until they regain their strength; then we may continue that care as an outpatient when the patient is strong enough."

In the past five years, Rehab Services has seen its fair share of changes and growth and will continue to progress at CRMC as therapists plan for advancing their education. "We have more certifications now, than ever before; we want our clinicians to continue training and receive new certifications in a range of services," said Fisher. "When we further our education, we are better able to serve our community and patients by offering additional services."





Pictured Left to Right:
Alexis Hannah, Medical Assistant
Michelle McGuirk, MD and
Kimberly Brown, Medical Assistant

MICHELLE McGUIRK, MD

GENERAL SURGEON

Dr. Michelle McGuirk is a General and Trauma surgeon trained in multiple areas of surgery, including thyroid surgery, gallbladder, breast, colon and small bowel, and skin procedures. She originally trained via University of Colorado Medical School and completed surgical residency at University of Kansas - Wichita. One of her passions is laparoscopy, a type of surgery that involves smaller incisions and the use of a camera; this benefits patients with less scarring and shorter healing times. Endoscopy, such as upper GI procedures as well as colonoscopy, is something Dr. McGuirk also specializes in and is available for routine screening procedures.

"One of my steadfast commitments to my patients is to spend extra time in both the office and the hospital, talking to patients and ensuring their needs are met both before and after procedures. I enjoy getting to know my patients and their families to build a relationship." Dr. McGuirk wants patients to be certain all their questions have been answered, and enjoys empowering patients with knowledge about their diagnosis.

This comes to one of her other passions: education. "I enjoy taking a few extra minutes to describe to patients what I'm looking for, or what their pathology is. For example, many patients come to me and say, 'I don't know really what a colon polyp is.' This is an opportunity to educate patients and ensure they understand the need for any procedure I may recommend."

MARCH IS COLON CANCER AWARENESS MONTH

It used to be that colorectal cancer was an unmentionable. You know, the type of cancer that people only whispered about, for fear someone may hear them say it aloud. I guess you could call it the "black sheep" within the cancer family.

For a handful of reasons, it's never received the awareness that breast cancer has; and it doesn't have a "sexy" slogan like 'save the tatas' or 'I stare because I care.' But, colorectal cancer, or colon cancer as it's more commonly called, deserves its fair share of attention as it is the second leading cause of cancer-related death in the U.S. behind lung cancer.

In the recent few years, the veil has been lifted from colon cancer as communities and organizations band together to raise awareness. In 2000, President Clinton dedicated the month of March as National Colorectal Cancer Awareness Month. Since that time, it has grown into a large community of thousands of patients, survivors, caregivers and advocates across the country who band together to spread colon cancer awareness by wearing blue, holding educational forums, events and fundraisers — including the Undy Run/Walk held in large cities across

the country throughout February and March.

"It's too common not to talk about," said Dr. Michelle McGuirk, M.D., General Surgeon at CRMC. "Colon cancer doesn't discriminate. It affects both men and women of all ethnic and racial backgrounds."

According to the American Cancer Society, an estimated 135,430 people will be diagnosed with colorectal cancer in 2017 and about 50,260 people will die from the disease. Colon cancer is the third most commonly diagnosed cancer in both men and women. One in 22 men and one in 24 women will be diagnosed with colorectal cancer in their lifetime.

While it is most often found in individuals 50 years or older, the incidence in those younger than 50 is on the rise. According to the Colorectal Cancer Alliance, percent of new colorectal cancer patients are 10 percent of new colorectal cancer patients are under the age of 50.

While there doesn't seem to be a direct cause to associate with the rise in colon cancer patients under 50, it can be said that awareness and screenings aren't readily directed at the younger audience — making it very easy for someone of a younger age to miss the warning signs.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.

CRMC will be offering **FREE** Fecal Immunochemical Test (FIT) kits to members of the community age 50 or older during the month of March.

Contact **Vicky Portwood**
Director of Cancer and Outpatient Services

vportwood@crmcinc.org or 620-252-1606

Women & Wellness

HEALTH TIPS & INFORMATION



Prevent Cervical Cancer

with the Right Test at the Right Time



Screening tests can find abnormal cells so they can be treated before they turn into cancer.

① The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.

② The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.



HPV is the main cause of cervical cancer.



- ① HPV is a very common virus, passed from one person to another during sex.
- ② Most people get it, but it usually goes away on its own.
- ③ If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year!

Have your 1st Pap test when you're

21

If your test results are normal, you can wait 3 years for your next Pap test.



HPV tests aren't recommended for screening women under 30.

When you turn **30** you have a choice:

If your test results are normal, get a Pap test every 3 years.

OR

Get both a Pap test and an HPV test every 5 years.

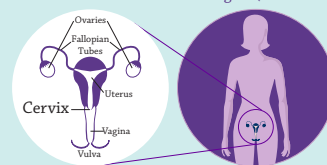


You can stop getting screened if:

- ① You're older than 65 and have had normal Pap test results for many years.
- ② Your cervix was removed during surgery for a non-cancerous condition like fibroids.



The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).



No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.



More information about cervical cancer: www.cdc.gov/cancer/cervical/

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control



The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is virtually always preventable with vaccination and appropriate screening (Pap and HPV tests). A Pap test can find cell changes to the cervix caused by HPV. HPV test find the virus and help healthcare providers know which women are at highest risk for cervical cancer.



Black Bean Hominy Chili

This hearty vegetarian chili is made with hominy, a staple in Mexican cuisine. Hominy is dried corn that is used in Mexico to make tortillas. In the U.S., it is often used to make grits. You can find canned hominy in your local supermarket.

Ingredients

1 Tbsp olive oil
1 large onion chopped
3 celery stalks chopped
1 red bell pepper chopped
2 garlic cloves minced
2 Tbsp chili powder
1 tsp ground cumin
1/2 tsp cayenne pepper
1 tsp dried oregano
1 can (15 oz) black beans rinsed and drained
1 can (16 oz) crushed tomatoes
3 cups low-sodium vegetable broth
1 cup water
1 can (14.5 oz) hominy rinsed and drained
1 Tbsp cornmeal (optional)
1/8 tsp salt
Black pepper to taste
1/4 cup nonfat plain Greek yogurt
2 Tbsp chopped fresh cilantro leaves
1 scallion chopped, for garnish
Lime wedges

Preparation

In a large saucepan, heat the oil over medium-high heat. Add the onion, celery, bell pepper and garlic and sauté until onion softens, about 10 minutes. Mix in chili powder, cumin, cayenne and oregano and stir for 2 minutes. Add the beans, tomatoes, broth, water and hominy. Bring chili to a boil, stirring occasionally. Reduce heat to medium low and simmer until flavors blend and chili thickens, stirring occasionally, about 15 minutes. Add cornmeal if desired thickness is not achieved and cook 10 minutes more. Season with salt and black pepper to taste. Serve garnished with Greek yogurt, cilantro, scallion and lime wedges, if desired.

SOCIAL MEDIA CHALLENGE

Let's Unite on National Wear Red Day Friday, February 2nd

Did you know that heart disease is the #1 cause of death in women? CRMC has partnered with The Heart Truth and KGGF Radio to encourage women to take action and lower their chance of developing heart disease. We are asking you to make a commitment to find out your risk for heart disease and take steps toward a heart healthy lifestyle!

How do you do that? To learn more about Tips for Heart Health, Making Changes for a More Healthy Life, or Find out Your Personal Risk for Heart Disease, please visit www.crmcinc.org/TheHeartTruth. Take the Red Dress Social Media Challenge!



A program of the National Institutes of Health



On Friday, February 2nd, take the Red Dress Social Media Challenge with us. Here's how it works:

- Wear RED on Friday, February 2nd
- Take a selfie
- Take groups photos at your place of work
- Take a photo with a friend
- Take a photo with a heart attack survivor
- Challenge your friends, co-workers, organizations, civic groups to take the challenge
- POST PICTURES on Facebook and Twitter with the #WearRedCRMC
- Listen to KGGF and watch the CRMC Facebook page for a listing of all the participants.

What Are the Risk Factors for Heart Disease?

Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Important risk factors for heart disease that you can do something about are:

- High blood pressure
- High blood cholesterol
- Diabetes and Pre-Diabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Having a family history of early heart disease
- Having a history of preeclampsia during pregnancy
- Unhealthy diet
- Age (55 or older for women)

Some risk factors, such as age and family history of early heart disease, can't be changed. For women, age becomes a risk factor at 55. After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Women who have gone through early menopause, either naturally or

because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not yet gone through menopause.

Another reason for the increasing risk is that middle age is a time when women tend to develop risk factors for heart disease. Family history of early heart disease is another risk factor that can't be changed. If your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself. Preeclampsia is another heart disease risk factor that you can't control. However, if you've had the condition, you should take extra care to try and control other heart disease risk factors.

Each risk factor greatly increases a woman's chance of developing heart disease. But having more than one risk factor is especially serious, because risk factors tend to "gang up" and worsen each other's effects. So, the message is clear: Every woman needs to take her heart disease risk seriously—and take action now to reduce that risk.

DO YOU HAVE A MEDICAL PROVIDER? If the answer is no, call our Women & Wellness Care Navigation Services at 620-252-2299. We will talk with you about your healthcare needs, help you find a provider – we'll even make the appointment for you.

CRMC NEWS

Coffeyville Regional Medical Center now offering the Spine Care Clinic as part of the Neurosurgery Program

We've Got Your Back!

A healthy spine is an often overlooked and an essential part of a healthy lifestyle. People who suffer from back pain, particularly if it is long-term, are generally less healthy than those who do not.

CRMC is expanding the services of our Neurosurgery Department to include a new Spinal Care Clinic. The clinic offers non-surgical management of spinal issues including:

- Epidural steroid injections
- Physical therapy
- Non-Narcotic Medications as appropriate

Pain is one of the major reasons that patients seek medical care nationwide, and our goal is to assist primary care providers in the region in caring for this specific pain. When is it time to visit the Spine Care Clinic?

- Persistent or recurring back or neck pain
- Unrelenting back or neck pain not relieved by rest
- Disturbed sleep due to back or neck pain
- Back or neck pain following a traumatic incident, accident or injury
- Radiating pain, tingling sensation, heaviness in upper and lower limbs
- Imbalance and unsteady gait while walking

Provider: Michelle Perry, APRN, Department of Neurosurgery

For more information, or to make an appointment, please call 620-252-1639

“Under the Neurosurgery Services offered with Dr. Hsu, the Spine Care Clinic intends to give patients more access to medical care and pain relief options related to the spine and neck.”

- Michelle Perry, APRN, Neurosurgery



Coffeyville Regional Medical Center welcomes Natalie Edgar, DO, Dermatologist



CRMC is pleased to welcome Natalie Edgar, DO, Dermatologist, to the medical staff.

Dr. Edgar will be seeing patients every-other Wednesday at CRMC's specialty clinic on the 3rd floor of the hospital. She comes to us from Bartlesville where she is part of Regional Dermatology. "I see so many great patients that come from all over Kansas, I wanted to make it more convenient for them," said Dr. Edgar.

Dr. Edgar received her Doctor of Osteopathic Medicine from Oklahoma State University Center for Health Sciences, Tulsa, OK and is a member of the American Osteopathic College of Dermatology, American Academy of Dermatology, American Society for Dermatologic Surgery and American Osteopathic Association.

To make an appointment to see Dr. Edgar, please call 800-423-1599.

Coffeyville Regional Medical Center welcomes EMS 3, a New Ambulance to its crew



Christmas came early to the Coffeyville Regional Medical Center EMS Department with a special gift from the CRMC Foundation, a 2017 Braun Express Type 1 Ambulance. The new EMS 3 is painted the CRMC EMS signature blue color and comes well equipped with numerous safety features for the patient and the medic.

"We would like to thank the CRMC Foundation Board and the community for the continued support of our EMS Department. This unit is easy to work out of and is the first ambulance we've ever had with 4 wheel drive" said Jim Wilson, EMS Supervisor.

All of the CRMC EMS units are classified as Mobile Intensive Care Units and equipped with full Advance Life Support equipment. CRMC EMS is a hospital-based ambulance service with a coverage area of approximately 390 square miles, including Southeast Kansas and Northeast Oklahoma. CRMC EMS has 11 full-time Paramedics and 2 EMT's, with 4 Paramedics and 7 EMT's on reserve staff. In 2016, CRMC EMS responded to 2600 emergency calls.

Coffeyville Regional Medical Center welcomes Julie Moses, CRNA, Certified Registered Nurse Anesthetist



CRMC welcomes Julie Moses, CRNA, to Coffeyville Regional Medical Center. Julie is joining our Surgical Services team and provides anesthesia care to our surgical patients. Julie received her MICT/Paramedic certification from Coffeyville Community College, her RN degree from Rose State College in Midwest City, Oklahoma, and her CRNA degree from Newman University in Wichita.

Julie was born and raised in the Montgomery County area - graduating from Caney High School. During her career, she has worked at CRMC as a paramedic and nurse. She also was an EMT instructor at CCC. "It's only fitting that I come back to CRMC to join the surgical team.

Coffeyville is my home and I'm proud to give back to my community." Julie is married and has a 12 year old daughter, and two boys, ages 16 and 18.

COMMUNITY OUTREACH

FAMILY LIFE EDUCATION

CHILDBIRTH PREPARATION

The aim of this class is the preparation of the mother and father (or other support person) emotionally, physically, and intellectually for active participation in the birth process. The course includes: relaxation exercises, what to expect during labor and delivery, practice with breathing and pushing techniques, and care after the birth. Infant care including breastfeeding and infant CPR is also included.

DATES:

Weekend Classes (2018):

January 13th & 14th

April 7th & 8th

May 5th & 6th

June 23rd & 24th

October 6th & 7th

November 17th & 18th

Tuesdays:

February 6th - March 13th

August 7th - September 11th

TIMES:

Weekend Classes -

Saturday - 9:00am-4:00pm

Sunday - 1:00pm-5:00pm

Weekday Classes -

Tuesday - 6:30pm-8:30pm

REGISTRATION: 620-252-1589

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

LACTATION CONSULTANTS

The Geeta Sandhu Women's Health Unit has two Lactation Consultants on staff and are willing to help any mother with questions or concerns about breast feeding. The Lactation Consultants are registered nurses and you can reach them in the unit.

REGISTRATION: Not Required

LOCATION: Women's Health Unit at CRMC

FEE: Free

NURSES: 620-252-1510

MATERNAL & INFANT (M&I) CLINIC

CRMC Medical Group provides and facilitates access to comprehensive prenatal care and follow-up for mother and infant for up to one year post delivery.

We hold M&I clinic at our Independence location every Wednesday from 9:00am – 4:00pm. We provide financial assistance and a nutritionist to expecting mothers during their visits. Patients will see Nancy Barkley, APRN for the majority of their appointments, and will be provided a Medical Group OB/GYN physician. Patients will receive post-op care from CRMC Medical Group.

APPOINTMENT REQUIRED:

620-577-4062

DATES: Every Wednesday

TIME: 9:00am-4:00pm

LOCATION:

CRMC Medical Group

122 W. Myrtle

Independence, KS 67301

FEE: Free for women who qualify

WEE CARE BABY SUPPORT

CRMC helps new mothers in the adjustment period of parenting with all its new responsibilities. We understand many questions and fears may arise in the first weeks and months when a new little one joins the family. Mothers are encouraged to come with baby to the Geeta Sandhu Women's Health Services unit to receive support and encouragement.

REGISTRATION: 620-252-1589

LOCATION: Women's Health Unit at CRMC

FEE: Free



In addition to free classes offered on the Women's Health Unit, tours of our lovely facility can be done at your convenience.

For more information about our Women's Health Unit contact, Director, Jennifer Wintjen at 620-252-1589.

SUPPORT GROUPS

BARIATRIC SUPPORT GROUP

Open to those who have undergone weight-loss surgery or who are considering the procedure. Friends and Family are Welcome.

TIME: 1st Thursday of the month, 7:00pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

MORE INFO: 918-331-8940

CANCER SUPPORT GROUP

This group provides educational and spiritual support for families living with cancer.

TIME: 3rd Thursday of every Month, 6:00pm

LOCATION: 4th Floor lobby at CRMC

FEE: Free

MORE INFO: 620-252-1606

LOOK GOOD – FEEL BETTER

A free program for female cancer patients actively undergoing cancer treatment. Women learn to cope with appearance-related side effects of chemotherapy and radiation.

REGISTRATION: 620-252-1606

DATES: February 20, 2018, 1:00pm

LOCATION: CRMC Basement Boardroom

FEE: Free

EDUCATION CLASSES

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

If you are living with an ongoing health condition or are a caregiver of someone who does, such as arthritis, asthma, diabetes, high blood pressure, or depression, this is for you. Chronic Self-Management Education (CDSME) workshop are interactive learning opportunities that teach techniques to manage common symptoms.

REGISTRATION: 620-515-4568

For more information on this class, please contact the number above

LOCATION: CRMC Clinic Classroom in the North Entrance Clinic

FEE: Free

DIABETES ACADEMY

CRMC Medical Group has partnered with the pharmaceutical company, Novo Nordisk to provide Diabetic Education within the Clinic and the Community. The Diabetes Academy is given by a Novo Nordisk Educator to help you learn about managing your diabetes.

DATE: February 23, 2018

TIME: 10:00am

LOCATION:

Senior Citizen Center
610 Walnut
Coffeyville, KS

FEE: Free

INFORMATION: Kelle Kiser, RN
620-515-4568

SAFESITTER COURSE

SafeSitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR and choking rescue!

- Safety Skills
- Child Care Skills
- First Aid & Rescue Skills
- Life & Business Skills

REGISTRATION:

Required, 620-252-2201

DATE: March 31, 2018

TIME: 9:30am-4:30pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: \$35 (includes manual and kids safesitter kit)

** Please Bring Sack Lunch as this course will be going into the lunch hour.**

Limited space available, please register your child.

More classes are available on our website
www.crmcinc.org/classes

SMOKING CESSATION

Thinking of quitting smoking or chew but not sure where to turn? Have you quit before and started again? We understand that kicking tobacco is a difficult decision. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

REGISTRATION: 620-252-1606

DATE: Jan. 24- March 28th

April 25-June 27th

TIME: Eight - 60 minute Sessions on Wednesdays

FEE: Free

FITNESS CLASSES

LOW IMPACT CARDIO CLASS

You can burn serious calories without all that jumping around. We don't have anything against bouncing, but sometimes you want to give your joints a rest, and with this low-impact workout you can do just that.

DATE: Every Tuesday and Thursday

TIME: 10:00am-11:00am

LOCATION: Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

FEE: Free

EDUCATOR:

Kathryn Fisher - Rehab Director
kathrynf@crmcinc.org

YOGA CLASSES

Do you want to be more relaxed, strengthen your spine, improve your circulation? Come join one of the Yoga classes offered at CRMC.

DATE:

Mon/Wed/Fridays - 9:00am-10:00am

Tues/Thurs - 5:00pm-6:00pm

LOCATION: Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

FEE: \$7 a Class or \$35 a Month

INSTRUCTOR:

Certified Yoga Instructor, Nancy Burrows
620-252-5789

WALKING CLUB - CRMC Basement Bunch

This is an all year walking program that you can sign up, win prizes and be fit. Sign up today down by our Rehabilitation Department on the Walking Track.

REGISTRATION: Sign up at the Walking Track at designated table

TIME: 5:00am-9:00pm, 7 days a week

LOCATION: On the Walking Track

FEE: Free



DID YOU KNOW...
that you can find
Healthy Recipes
for the
Whole Family?

CRMC is dedicated to helping you achieve and maintain a healthy life.

**WHEN YOU'RE HEALTHY-
WE'RE HAPPY!**

Visit our Website:
www.crmcinc.org/wellness-education

The recipes that you will find on our website change monthly and geared towards the season. Make sure you check out our winter recipes that will warm you up and fill your tummies.

Nobody delivers like CRMC.

For information on our Womens Center,
please call 620-252-1589.

Oh
Baby!

#BornAtCRMC



Women's Health Services

Coffeyville Regional Medical Center

www.crmcinc.org



Physician Directory by Specialty

CARDIOLOGY

Mathew Good, DO

Office Number: 800-733-0999 or 918-592-0999
Clinic Days: Every Thursday at CRMC
Clinic Location:
CRMC Outpatient Services/Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337

Anderson Mehrle, MD

Office Number: Call Bartlesville Office – 918-332-3600
Clinic Days: Every Monday at CRMC
Clinic Location:
CRMC Outpatient Services/Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337

Stanley Zimmerman, MD

Office Number: 800-733-0999 or 918-592-0999
Clinic Days: Every Thursday at CRMC
Clinic Location:
CRMC Outpatient Services/Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337

DENTISTRY

John Patryzkont, DDS

Office Location: 106 N. Cline Road
Coffeyville, KS 67337
Office: 620-251-0370

DERMATOLOGY

Natalie Edgar, DO

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

EAR, NOSE & THROAT (ENT)

Charles Holland Jr., MD

Office Location:
205 SE Howard Ave, Bartlesville, OK 74006
Office: 918-333-0474

FAMILY/GENERAL MEDICINE

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Shravan Gangula, MD

Office Location: CRMC Medical Group
1400 W. 4th Street, North Entrance,
Coffeyville, KS 67337
Office: 620-688-6566

Bridget Gibson, MD

Office Location: CRMC Medical Group
1400 W. 4th Street, North Entrance,
Coffeyville, KS 67337
Office: 620-688-6566

Allen Gillis, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Geeta Sandhu, MD

Office Location: Coffeyville Doctor's Clinic
801 W. 8th Street, Coffeyville, KS 67337
Office: 620-251-7500

NEPHROLOGY

Paul Maraj, MD

Office Number: Wichita Office – 316-263-5891
Clinic Days: Every Second Thursday of the month
Clinic Location: CRMC Outpatient Services/
Tatman Cancer Center
1400 W 4th Street, Coffeyville, KS 67337

NEUROSURGERY

Gery Hsu, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street Coffeyville, KS 67337
Office: 620-252-1639

OBSTETRICS & GYNECOLOGY

Daniel Chappell, MD

Two Office Locations:
CRMC Medical Group
1717 W. 8th, Coffeyville, KS 67337
Office Number: 620-688-6566

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Mondays 9:00am-4:00pm

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Dara Gibson, MD

Two Office Locations:
CRMC Medical Group
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Thursdays: 9:00am-4:00pm

Stephen Miller, DO

Two Office Locations:
CRMC Medical Group
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Fridays 9:00am-12:00pm

ONCOLOGY

Akinola Ogundipe, MD

Oncology/Hematology
Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Outpatient Services/Oncology/
Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1501

Nathan Uy, MD

Radiation Oncology
Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Jerry Marquette Radiation Oncology Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1563

OPHTHALMOLOGY

Garrick Reitele, MD

Office Location: Coffeyville Regional Medical Center
3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-251-3235

ORTHOPEDICS

K. Sunil Menon, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

PEDIATRICS

Sydney Nichols, MD

Two Office Locations:
CRMC Medical Group
1400 W. 4th Street, North Entrance, Coffeyville, KS 67337
Office Number: 620-688-6566

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Mon. & Wed. 9:00am – 5:00pm

PODIATRY

Jeffrey Hogge, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

Barry Wesselowski, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

SURGERY (GENERAL)

Michelle McGuirk, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

Paul Sandhu, MD

Office Location: Coffeyville Doctor's Clinic
801 W. 8th Street, Coffeyville, KS 67337
Office: 620-251-7500

UROLOGY

Bernard Howarter, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

WOUND CARE

Daniel Chappell, MD

Shravan Gangula, MD
Stephen Miller, DO
Office Location: CRMC Medical Group
1400 W. 4th Street, Coffeyville, KS 67337
3rd Floor - Specialty Clinic, Blue Elevators
For Appointments: 620-252-1173

HOSPITAL BASED PHYSICIANS & PROVIDERS:

ANESTHESIOLOGY:

Baba Abudu, MD
Christopher Hogan, CRNA
Susan Jenkins, CRNA
Julie Moses, CRNA
Cole Shawver, CRNA

RADIOLOGY:

David Gutschenritter, MD
Dan Gillespie, MD

PATHOLOGY:

Chitra Kohli, MD

HOSPITALIST :

Anne Hogsett, MD
Alix Oreck, MD
Joshua Wyckstandt, MD

EMERGENCY MEDICINE:

James Christensen, DO
Russell Anderson, DO
Jerry Castleberry, DO
Jeffrey Dixon, MD
Jesse Hatfield, MD
Melissa Haught, DO
William Gray, MD
Craig Kennedy, MD
Derek Knotts, MD
Jonathan Robins, DO
John Schilling, MD
Garrett Taylor, MD
Emily Williams, MD
Eric Woolley, MD

ADVANCED PRACTICE REGISTERED NURSE (APRN)

CRMC Medical Group - 620-577-4062
122 W. Myrtle, Independence, KS
Nancy Barkley, APRN **Kathryn Cornell, APRN**

CRMC Medical Group - 620-252-1639
3rd Floor-Specialty Clinic 1400 W. 4th Street, Coffeyville, KS
Ron Dunkle, APRN **Michelle Perry, APRN**

CRMC Medical Group - 620-688-6566
North Entrance - 1400 W. 4th Street, Coffeyville, KS
Mary Beth Hartley, APRN **Heather Pollet, APRN**
Barry Phillips, APRN

Hospital Main Number: 620-251-1200
Website: www.crmcinc.org



Don't let **joint pain**
keep you from doing
the things you enjoy.

At Coffeyville Regional Medical Center, we want to keep you moving and enjoying life.
We offer a comprehensive range of orthopedic services including:

- Arthroscopic surgery (hip & shoulder)
- Total joint replacement
- Hand surgery
- Foot and ankle surgery
- Ganglion cyst and benign tumor surgery
- Trauma surgeries (including pelvic & acetabular fractures)
- Arthroplasty (hip, knee & shoulder)
- Revision hip and knee arthroplasties
- Carpal tunnel evaluation



K. Sunil Menon, MD
Orthopedic Surgeon

Joint Camp

Offers a special group environment for those undergoing joint replacement surgery. The Joint Camp's dedicated team of K. Sunil Menon, MD, Orthopedic Surgeon, anesthesiologists, physical therapists and nurses work together to provide exceptional care in a healing environment. Joint Camp provides important patient education to ensure the best outcome and a quicker recovery time - to get you back doing the things you enjoy.

For information or to make an appointment, call:
620-252-1639 or 800-540-2762

1400 West Fourth Street - Coffeyville, KS 67337