

Geiken: Learn about health care services at fair

Written by Elizabeth Barrett

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Annual event at Wellness Center.

Free food and information and services.

That's part of the reason to attend Gothenburg Memorial Hospital's annual health fair Saturday, April 24.

The annual event will be from 9 a.m.-1 p.m. at the Wellness Center with brunch served from 9 a.m.-noon.

Another motivator is offered by fair coordinator Lisa Geiken.

"It's a good opportunity to learn about health-related services in and around Gothenburg," Geiken said.

Information will be presented by two speakers in the Wellness Center conference room.

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Dr. Roger Simpson of North Platte, a new consulting physician for GMH who specializes in ear, nose and throat, will talk at 9 a.m.

Gothenburg resident and nutritionist Mary Lou Block will present “Healthy Eating Ideas to Use With Kids” at 10 a.m.

A new vendor this year will be Pamida. Representatives will remind people of the company’s “go green” activities at their store also on Saturday.

Other vendors expected include: the West Central Nebraska Area Agency on Aging, Caring Hands at Home, Frontier Home Medical, Gothenburg Senior Center, the Nebraska Commission for the Deaf and Seniors Health Insurance Information Program representatives.

The Lions Club will park its mobile unit next to the Wellness Center to provide free screenings.

Members will conduct the following tests: Glaucoma, blood sugar, blood pressure, visual acuity and hearing.

In addition, Good Samaritan’s Air Care helicopter and its crew is scheduled from 10 a.m.-noon—barring bad weather or an emergency call, Geiken said.

Anyone who participated in GMH’s blood screenings earlier in April can pick up their results at the fair.

Blood draws include two new tests—one for levels of Vitamin D and the other that measures C-reactive protein used in assessing risk of heart attack or stroke—in addition to a test that measures 12 different properties in the blood.

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