

OUTLOOK

GREAT BEND
CHAMBER OF COMMERCE

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GREAT BEND CHAMBER OF COMMERCE

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marketing@greatbend.org

Featured Ambassador: Kris Sundahl

Ambassador Club members assist the Chamber with networking events, ribbon cuttings, groundbreakings, and membership recruitment and retention. This group of volunteers allows the Chamber to cultivate business relationships and network with the area's most successful people. If you would like to become an Ambassador and represent your company, contact a member of the Chamber staff.



Q Your Inspiration

A My family and friends! Especially, my two active sons, who I always try to direct toward becoming positive leaders in whatever they decide to tackle. In doing this, I have been allowed to coach other kids on my boys' sports teams over the years where I try to set the same positive examples. This community is blessed with many great leaders and it's our job as leaders to make sure we encourage our youth to develop a growth mindset rather than become excuse makers.

Q Wild Card

A I would be a terrible contractor. I would break everything!

Q Your Role as an Ambassador

A I have been a Chamber Ambassador since 2019. I have enjoyed being a part of it and giving back to the community, but most importantly I have enjoyed the friendships I have developed with other members of our group. As the incoming president of the Ambassador group I hope to continue to build upon what the previous presidents have done the past few years and help our group continue to be visible in the community!

Q What Brings You Here?

A I came back to Great Bend in 2018 to build my Edward Jones Business in my hometown. Having my parents in town and other family close is so important for me and my two boys. This community and the welcoming people in it is what keeps us here. It was a great town to grow up in for me and I know it will be for my boys as well.

Q Your Day to Day Jobs

A I have been a financial advisor with Edward Jones since 2016. At Edward Jones, we focus on serving the financial needs of individual investors of all ages and financial means. My primary goal is to help individual investors develop an investment strategy geared toward their unique, long term goals. Whether you need to save for a child's college education, reduce taxes, or plan for retirement, I can help.

Q Surprise us!

A I used to be shy. Throughout my life in many different types of endeavors, I have had to learn to get comfortable being uncomfortable. Being able to face this fear and overcome it has allowed me to be successful in many areas of my life.

Edward Jones
MAKING SENSE OF INVESTING

Breaking Ground on Innovation: Great Bend Celebrates the IGNITE Innovation Center

The Great Bend Economic Development team held a groundbreaking ceremony for the highly anticipated IGNITE Innovation Center, Thursday, December 12th. The event took place at the site of the future center, located at the frontage lot on Farmers Plaza at K-96 and 10th Street.

This milestone marks the beginning of a project years in the making, designed to foster innovation, entrepreneurship, workforce development, and community growth. The event will feature a ceremonial shovel dig and remarks from Ryan Fairchild, Vice Chair of Great Bend Economic Development. Dignitaries from the City, Barton County, partners, and board members have been invited to participate.

The Innovation Center, with an estimated budget of \$7 million, is already three-quarters funded through grants and donations. It will include:

- **Fab Lab:** A makerspace equipped with 3D printers, flight simulators, drones, plasma cutters, CNC machines, welders, and more.
- **Commercial Kitchen:** Supporting childcare providers, startup restaurant incubators, and cooking classes.
- **Leafy Green Farm Pod:** Engaging youth in agriculture and entrepreneurship.
- **Co-Working Space and Computer Lab:** For remote workers, students, and community members.
- **Childcare Rooms:** Providing care for



shift workers during nontraditional hours.

- **Meeting Rooms and Podcast Studio:** Equipped with high-tech resources for training and content creation.

“We are committed to creating opportunities and inspiring growth in Barton County,” said Sara Arnberger. “The Innovation Center is a testament to our dedication to the community’s future.”

Attendees had the opportunity to view architectural renderings of the completed center during the event. Watch the full ceremony here:

youtube.com/watch?v=ZUR2LQaCWIA

For those interested in contributing to the project through donations or materials, please contact Sara Arnberger at director@gbedinc.com. Join us as we take this exciting step toward the future of Great Bend and Barton County.



WELCOME NEW MEMBERS!



ReDirect Interiors
Jan Johnson
1008 Roosevelt
Great Bend, KS
(217) 821-1765
Retail

Membership questions?

Contact Julie Mazouch
for all your membership needs!

jmazouch@greatbend.org
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GBCF Giving Tuesday Campaign raises over \$500,000 for area non-profits

Golden Belt Community Foundation just completed its eleventh Giving Tuesday campaign, wrapping up and announcing the results during a Great Bend Chamber of Commerce Coffee.

Giving Tuesday started as a day for anyone, anywhere to give, and it has grown into the biggest giving movement in the world. Giving Tuesday harnesses the generosity of millions of people around the world to support the causes they believe in and the communities in which they live.

Celebrated on the Tuesday following U.S. Thanksgiving, Giving Tuesday inspires millions of people across the globe to show up and give back to causes and issues that matter to them.

This year over 1,000 gifts were made to support 115 local charitable organizations and endowment funds raising a total of \$533,217.00.

"This year marked GBCF's 11th year to be a Giving Tuesday partner," stated Mackenzie Mitchell, Development and Communications Coordinator, "and again this year we invited all charitable organizations in Barton, Pawnee, Rush, and Stafford counties to participate."

Mitchell further explained that there were a handful of new organizations participating, and that each organization chose whether to get any gifts received as a grant back to their organization – or to use the gifts to build their endowment fund at GBCF. Many organizations will be receiving the gifts as grants to be put to immediate use supporting a wide variety of missions and causes.

"Today GBCF will be awarding over \$500,000 in grants," Mitchell explained.

The 2024 Top Ten Giving Tuesday organizations and funds raised are:

- 1- Kansas oil and gas \$150,550
- 2- Prince of Peace \$53,130
- 3- Holy Family \$31,930
- 4- Stafford County Economic Development \$13,100
- 5- Prairie Godmother Endowment \$12,300
- 6- United Way of Central Kansas \$10,335
- 7- Community Food Bank of Barton County \$10,330
- 8- Meals on Wheels of Barton County \$7,650
- 9- GPS Kids Club \$7,410
- 10- Golden Belt Humane Society \$7,220

"Thank you for your support, participation, and spreading the word about Giving Tuesday", said Jason Murray. "Giving Tuesday couldn't happen without you".

The Most Generous City Award, which was calculated with gift totals by zip code per capita. Great Bend received the 2024 Most Generous City award, and the foundation will make a grant of \$1,000 to an organization or project in that community.

In 2025 Giving Tuesday will be celebrated on December 2nd.

For questions about Golden Belt Community Foundation or Giving Tuesday, please contact the foundation at gbcf@goldenbeltcf.org or (620) 792-3000.



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BCC Brings Cutting-Edge Technology into Classroom

Barton Community College is revolutionizing learning with cutting-edge tools, including the APEX Officer VR system for criminal justice students and an advanced ambulance simulator for EMS training. These technologies prepare students for real-world scenarios while enhancing critical thinking, decision-making, and technical skills in a safe environment.



The VR system offers customizable scenarios, allowing students to practice lifelike situations, build confidence, and refine skills without real-world risks. Criminal Justice Instructor Christian Rivas calls it a “game-changer,” helping students make informed, ethical decisions and enter the workforce with professionalism.

The ambulance simulator replicates real-world emergency conditions, featuring realistic movement and advanced capabilities. EMS Director Nick Larmer highlights its role in bridging the gap between classroom learning and fieldwork, ensuring students are ready to save lives.

These innovations were funded through grants, including the Kansas Innovative Technology Grant and Jobs for Innovative Industry Skills Training (JIIST) grant, with matching funds from the Barton Foundation. The Foundation’s collaboration with grants departments brought in \$626,300 during the 2023-2024 academic year, maximizing funding impact.

Barton celebrated these advancements with a Great Bend Chamber of Commerce coffee and ribbon-cutting event on Dec. 5 in the Technical Building, rooms T-107 and T-138.



Department of Labor Report

“Total nonfarm job estimates for Kansas rebounded in November following a temporary drop last month. The fluctuations were partially due to the impacts of strike activity in October. Over the last three months, Kansas has averaged 2,100 jobs

added per month.”
- Emilie Doerksen, Labor Economist
Have questions, a special data request, or a suggestion?
Email us at KDOL.Laborstats@ks.gov.
View full report at klic.dol.ks.gov.



Court Reinstates BOI Filing Requirement & then Blocks it Again

The ongoing legal battle surrounding Beneficial Ownership Information (BOI) reporting has created uncertainty for business owners. Here’s the latest:

Dec. 3, 2024: The Eastern Texas District Court placed an injunction on the Corporate Transparency Act (CTA), preventing FinCEN from enforcing BOI filing requirements.

Dec. 23, 2024: The fifth Circuit Court of Appeals stayed the Texas court’s injunction, briefly reinstating the BOI reporting requirement. FinCEN responded by extending the filing deadline for businesses formed before 2024 from Jan. 1, 2025, to Jan. 13, 2025.

Dec. 26, 2024: The court reversed course again, lifting its stay and blocking enforcement of the filing requirement until further notice.

What this Means for Business Owners

As of now, there is no enforceable requirement to file BOI reports. However, given the unpredictable legal environment, businesses should:

Stay Prepared: If you have not yet filed your report, continue gathering the necessary information to file your BOI report. Deadlines could be reinstated with little notice.

Consider Voluntary Filing: While not required, voluntary filing ensures compliance if the requirements are suddenly enforced.


Monitor Updates: This legal back-and-forth could continue. Stay informed about potential changes.

For the latest official updates, visit [FinCEN’s BOI page: fincen.gov/boi](http://fincen.gov/boi).



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CITIZENS OF THE YEAR

NEXTGEN LEADER OF THE YEAR

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RIBBON CUTTINGS



ReDirect Interiors, a destination for stylish and budget-friendly home decor, celebrated a milestone with a Ribbon Cutting hosted by the Great Bend Chamber of Commerce on Friday, December 6th. The event marked the business's new Chamber Membership and its relocation to 1008 Roosevelt St.

Owner Jan Johnson has seen remarkable growth since opening her store in downtown Great Bend, with continued success following the move to Roosevelt Street in November. Known for its thoughtfully curated selection, ReDirect Interiors attracts new and loyal customers with frequently updated inventory and creative displays.

The store has become a go-to spot for home decor enthusiasts and gift shoppers,

offering trendy accents, unique finds, and charming decor to suit every space. ReDirect Interiors also features budget-friendly gifts for any occasion, making it a must-visit in Great Bend.

If you missed the Ribbon Cutting or holiday Open House, visit the new location to explore the wide selection of home decor and gift options. Store hours are Tuesday-Friday 10:30am-5pm and Saturday 10:30am-3pm. For more information, call (217) 821-1765.



The Great Bend Chamber of Commerce hosted a Ribbon Cutting ceremony on Thursday, December 12th, to celebrate the rebranding of Move Your Mountain Coaching & Consulting, owned and led by Kimberly Becker. Move Your Mountain Coaching & Consulting is dedicated to helping leaders and teams achieve their goals through personalized coaching and development programs. Founded by Kimberly Becker, the

business focuses on unlocking potential and driving success for clients both locally and globally. With over 1,000 hours of coaching experience, Kimberly is a Professional Certified Coach with the International Coaching Federation and brings more than three decades of leadership expertise to her work. Move Your Mountain Coaching & Consulting specializes in executive and leadership development, offering a range of services including individual and group coaching, team coaching, training sessions, retreats, and speaking engagements. Kimberly's approach is designed to help clients overcome obstacles, shift perspectives, and ignite momentum for meaningful growth and impact. This rebrand reflects the evolution of Kimberly's vision and commitment to empowering individuals and organizations to reach new heights. The Chamber has previously partnered with Kimberly to deliver impactful training sessions for its members, focusing on empowering businesses and leaders to thrive. Plans are already underway to continue this collaboration in 2025, with exciting new opportunities for growth and development for Chamber members. For more information visit Move Your Mountain Coaching & Consulting at www.moveyourmountaincoachingandconsulting.com.



Bank of the Plains is proud to announce the addition of Brian Wilborn to expand the executive financial team. Brian Wilborn recently joined Bank of the Plains as EVP, Chief Financial Officer, and will be located at the Great Bend branch. Brian is a driven, successful, financial professional with thirty-two years of banking expertise in financial operations, team leadership, process and data efficiency, and community service.

Brian is a 2024 graduate of Executive Development Institute (EDI) at the Graduate School of Banking at Colorado. His educational background includes graduating from the Kansas Agriculture and Rural Leadership (KARL) Program, Graduate School of Banking at The University of Wisconsin and Fort Hays as a “Tiger” with a Bachelor of Business Administration degree. Brian has been active in numerous community activities and served on a variety of boards. Brian most recently serving as a board member of Eagle Mutual Insurance of Ellinwood, Central Kansas Economic Development, Inc., and a member of Great Bend Noon Lions Club. Prior he has served as a board member of Clara Barton Foundation and a board member of Barton County Health Department, among many others.

Gene Dikeman, CEO of Bank of the Plains shared, “Brian is a great strategic fit for our bank adding to our strong senior management team. As a well-known professional banker and community leader he will help our bank grow and support even more Kansas communities.”

Clara Barton Medical Center is pleased to announce the appointment of Megan McIntare, RN, BSN, as its new Director of Nursing. Originally from Fayetteville, Arkansas, McIntare brings a solid foundation in nursing and a passion for patient care to the role. McIntare began her nursing career by earning an Associate Degree in Nursing from North Arkansas College, followed by a Bachelor of Science in Nursing from the University of Arkansas at Fayetteville. She is currently pursuing a Master’s degree in Nursing Administration at Ohio University, focusing on building leadership and management skills. Her nursing experience includes working in intensive care units (ICUs), with an emphasis on cardiac, COVID-19, and burn care. Reflecting on her approach to nursing, McIntare shared, “We meet people in the worst scenarios of their lives. Being able to bring some encouragement and light during these times is a blessing.” In her new role, McIntare is enthusiastic about collaborating with CBMC’s nursing team to promote excellence and innovation while helping the hospital continue to grow. “Helping Clara Barton reach its full potential is something I’m truly excited about,” she said. Her focus aligns with the hospital’s mission to provide high-quality, patient-centered care to the community. McIntare and her family - her husband, Buddy, and their six-year-old daughter, Everly - are embracing their new chapter in Kansas, with excitement and purpose. Outside of work, she enjoys running 5K races, reading, going on cruises, and spending time with her family. “Megan is a great addition to our leadership team,” said Clara Barton Medical Center President/CEO Jay Tusten. “She brings great experience and knowledge to our organization, and we are confident that she will maintain and build upon the excellent nursing care for which Clara Barton Medical Center is known.”

Marketing Maven Consulting, a premier brand management and design firm based in Great Bend, Kansas, is excited to announce the newest addition to their creative team, Crystal Peterson, as Website Designer & Digital Media Specialist. Crystal joins the team with a diverse skill set, combining her professional training in graphic design with her self-taught expertise in website design.

“Crystal is the perfect fit for Marketing Maven, bringing not only technical skill but a passion for helping small businesses succeed,” says Rachel Mawhirter, Founder & CEO of Marketing Maven. “Her approach to design is thoughtful and intentional, and her ability to blend creativity with strategy will help our clients create websites that resonate with their audience. We’re thrilled to have her on board!”

Crystal has a lifelong passion for art and design, which fuels her creative process and shapes her work. She believes in going the extra mile and paying close attention to detail. She focuses on creating websites that are both visually striking and strategically effective, ensuring that each project aligns with the client’s goals and resonates with their target audience. Her dedication to continuous learning drives her innovative approach to every project she undertakes.

“I’ve always believed that design is more than just making things look good - it’s about creating a meaningful experience,” says Crystal. “I’m excited to be part of a team that values creativity, strategy, and authenticity. Marketing Maven is a company that not only pushes boundaries but also supports its clients in a way that truly helps them grow. I can’t wait to get started!”

When she’s not designing, Crystal enjoys spending quality time with her husband, Chris, and their two daughters, Lula and June. She’s an avid lover of music and enjoys attending concerts, playing cards, and challenging herself both personally and professionally. A lifelong learner, Crystal stays curious and continually seeks out new ways to push her skills forward.



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Gifting Forward Foundation Spreads Holiday Cheer with \$12,000 Donation Campaign

In the spirit of the season, the Gifting Forward Foundation has brought festive cheer by gifting \$1,000 each day to 12 local organizations, spreading holiday joy by delivering \$12,000 in support to those making a difference in the community.

The Gifting Forward Foundation, established in 2020 during the height of the pandemic, was created with the mission to empower individuals to support the causes that are most meaningful to them. Since its inception, the Foundation has grown to over half a million dollars in assets and over ten million dollars pledged—now entering a new chapter in its mission to “gift it forward.”

Over the last 12 business days, the Foundation revealed a new nonprofit recipient each day, celebrating the holiday spirit and spreading joy throughout the community. The selected organizations, each doing invaluable work in the region, include: USD 428 Education Foundation, CKCA School, Holy Family School, Barton County Community College Foundation, CASA, Kans for Kids, Core Communities, 1st Christian Church Refuge Building Fund, Dream Center, Family Crisis Center, Sunflower Diversified, and GB Alive.

“We are beyond thrilled to support these organizations that are integral to making a positive difference in our community,” said Dena Hiss, Co-Founder of the Gifting Forward Foundation. “This campaign is just one small way we can say ‘thank you’ for their hard work and dedication. It is so heartwarming to witness the collective impact these organizations are making, and it fills us with joy to be able to gift forward during the holiday season.”

The daily winners were revealed on local radio and through the Gifting Forward Foundation’s Facebook page, bringing attention to the tireless work being done by each organization. From education and youth programs to crisis centers and community services, the campaign has spotlighted a diverse group of nonprofits that help strengthen and support the Great Bend area.

“We are incredibly grateful for the Gifting Forward Foundation’s generosity,” said Kylee Graves, Executive Director at Family Crisis Center. “This donation will allow us to expand our reach and continue providing vital services to those families and individuals who need them most.”

As the Foundation continues to grow and expand its mission, it remains dedicated to empowering individuals and organizations to give freely, without restrictions, to the causes that matter most, fostering a stronger, more supportive community. The “12 Days of Gifting” campaign serves as a perfect example of the Foundation’s ongoing dedication to making a lasting, positive impact.

Founded in 2020, the Gifting Forward Foundation empowers people to give to causes they care about. With a focus on unrestricted giving and impactful philanthropy, the Foundation has made a lasting mark on the Great Bend area and continues to grow its capacity to make a difference.

For more information about the Gifting Forward Foundation and its mission, visit www.gifting-forward.org or follow them on Facebook.



myLawn! Offering New Service

myLawn! is excited to share some fantastic news. They are launching a lawn mower and storage service for clients in the Great Bend area! To kick things off, they’re running a special offer to help you winterize your lawn mowers—plus, they can store your mowers for you all winter long! And if you have any broken-down equipment taking up space that you just need to get rid of, they can handle the disposal of that for you as well!

They are running service specials now through February 28th! If you take advantage of a Storage and Service Package, they will guarantee your mower will start up effortlessly next spring as long as it is in good working order upon initial pick-up! Don’t miss out on this great opportunity—let them bring your mowers out of the cold and get them ready for next spring!



Great Bend Campus recognized by Vizient as 2024 Birnbaum Quality Leadership top performer

The University of Kansas Health System Great Bend Campus announces it has been recognized as a top performer in the 2024 Bernard A. Birnbaum, MD, Quality Leadership Study by Vizient, Inc.

Great Bend Campus was recognized as No. 8 of 28 top performers in the community hospital cohort, which includes 364 community hospitals, for demonstrating excellence in delivering high-quality care. The Vizient Quality and Accountability Study has been conducted annually since 2005.

“We are proud to be recognized by Vizient for the high-quality care our team provides daily for our community,” said John Worden, Great Bend Campus administrator. “Our people do an outstanding job of maintaining their focus on quality and safety, and ensuring our patients receive the best possible care.”

The Vizient Quality and Accountability Study measures performance on the quality of patient care in six domains: safety, mortality, effectiveness, efficiency, patient centeredness and equity of care. The study factors in measures from the Vizient Clinical

Data Base and includes performance data from the HCAHPS survey and the CDC’s National Healthcare Safety Network.

The Vizient Quality and Accountability Study helps participating hospitals and health systems understand their performance against their peers and identifies structures and processes associated with high performance in quality and safety across a broad spectrum of patient care activity. The recognition period is for work spanning July 1, 2023, through June 30, 2024.

“Leading hospitals are leveraging data and analytics to provide superior clinical outcomes,” said David Levine, chief medical officer for Vizient. “This award honors The University of Kansas Health System Great Bend Campus for demonstrating leadership focused on results and a culture of collaboration and adaptability that is necessary to succeed. It is a pleasure to congratulate Great Bend Campus on their achievement and commitment to delivering exceptional patient care.”

United Way of Central Kansas Seeks Donations and Sponsors for Annual Box of Love Project

The United Way of Central Kansas (UWCK), in partnership with TruStage and UKHS-Great Bend Campus, is proud to announce the return of its annual Box of Love project, an initiative designed to deliver Valentine’s Day joy to 500 homebound seniors in Barton and Pawnee Counties.

The project’s mission is simple yet powerful: to brighten the lives of seniors who may feel isolated during this special time of year. Boxes of Love will be delivered to seniors who receive Meals on Wheels or ElderCare Home Services, as well as to elderly residents at local senior centers and nursing homes. Individuals also have the opportunity to purchase a Box of Love for a neighbor, family member, or friend.

Seeking Sponsorships and Donations

To make this year’s project a success, UWCK is inviting local businesses to partner with them through sponsorships or donations. Businesses can contribute in several impactful ways:

Financial Sponsorships: Help cover the costs of assembling and delivering 500

boxes.

In-Kind Donations: Provide items to be included in the boxes, such as personal care products, snacks, or small gifts.

“This is a unique opportunity for businesses to showcase their commitment to community well-being while making a meaningful difference in the lives of our local seniors,” said Charell Owings, Executive Director of United Way of Central Kansas.

Sponsorships and donated items are requested by January 14th, to allow for timely preparation of the packages.

Every Box of Love includes:

Homemade Valentine’s Day cards, crafted by daycare centers, schools, and youth organizations, adding a heartfelt, personal touch.

A thoughtfully curated mix of fun and practical items designed to bring joy and comfort.

If you would like to sponsor, donate, or get involved, please reach out to Charell Owings at unitedwaycentralks@hotmail.com or call 620-792-2403.

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IGNITE Rural Business 2025, Competition Now Open for Entries

Aspiring entrepreneurs and small business owners, it's time to turn your innovative ideas into reality! The IGNITE 2025 Business Competition is officially open for entries, offering participants a chance to compete for their share of a \$95,000 prize pool.

The competition, hosted by Great Bend Economic Development (GBED), is Barton County's Shark Tank-style event, designed to empower and celebrate entrepreneurship in the local community. IGNITE invites individuals and teams to pitch their business ideas, connect with mentors, and gain access to resources that can launch or grow their businesses.

Key Details:

- Prize Pool: \$95,000 total
- 1st Place: \$50,000
- 2nd Place: \$30,000
- 3rd Place: \$10,000
- An additional \$5,000 People's Choice Award will be voted on during the finals.
- Entry Deadline: July 1, 2025
- Finals Event: October 9, 2025, at the historic Crest Theater in downtown Great Bend

"IGNITE is more than a competition," said Lee Ann June, Communications Director of GBED. "It's an opportunity to shine a spotlight on the startups in Barton County, while providing critical support to entrepreneurs who are building the

businesses of tomorrow."

Participants will compete in multiple rounds, starting with a business pitch submission. Semi-finalists will move on to further refine their ideas with the help of mentors and business experts, culminating in the live finals where they'll present to a panel of judges and a live audience at the Crest Theater.

In addition to the prize money, participants gain invaluable mentorship, exposure, and a chance to join Barton County's growing network of successful entrepreneurs.

How to Enter:

To enter IGNITE 2025, submit your business idea or concept at igniteks.com before July 1, 2025. Entries are open to individuals and teams focused on creating economic impact in Barton County. A detailed list of submission requirements is available on the VentureDash platform, accessible through the competition dashboard on igniteks.com.

This is a fantastic opportunity for new businesses to gain exposure, receive expert guidance, and compete for funding that could kickstart or expand your entrepreneurial journey.

Don't wait—enter today! Great Bend Economic Development (GBED) is here to help you refine your business plan and video pitch, increasing your chances of advancing to the next round.

Therapist Promotes Balance in New Year's Resolutions Through DBT

Jessica Blehm, a therapist at The Center for Counseling & Consultation in Great Bend, emphasizes the importance of balance when setting New Year's resolutions. She recommends Dialectical Behavior Therapy (DBT) as a valuable tool to support positive change. DBT focuses on finding a middle ground between emotional and rational thinking and incorporates four core skills: mindfulness, distress tolerance, emotional regulation, and interpersonal interaction. These skills are suitable for individuals of all ages and can help build a framework for managing life's challenges.

Mindfulness encourages awareness of thoughts and feelings, helping individuals stay motivated by focusing on the meaningful outcomes of their actions rather than the tasks themselves. Distress tolerance, another key skill, teaches people to navigate difficult moments without impulsive reactions, whether it's resisting the urge to stay in bed, managing anger, or avoiding harmful behaviors. These tools enable individuals to step back, evaluate priorities, and handle stress more effectively.

Emotional regulation involves consciously changing thoughts and behaviors to influence emotions positively. For instance, altering routines or perspectives can lead to different emotional responses. Interpersonal skills focus on setting boundaries, improving communication, and listening effectively, which can enhance relationships and personal growth. The word "dialectical" reflects DBT's acknowledgment of the coexistence of opposites, such as loving someone while feeling anger toward them.

Blehm advises approaching resolutions with self-compassion and realistic goals, avoiding the overwhelm that comes from trying to change too much at once. The Center for Counseling & Consultation offers comprehensive mental health services, including individual and group therapy, family counseling, and crisis support, with a 24/7 hotline available at 800-875-2544 for those in need.



\$25 TICKETS OR 5 FOR \$100
ONLY 3,000 TICKETS AVAILABLE

Drawing to be held April 3, 2025
Sunflower Diversified Services Pancake Feed @ 6-43pm

WIN THIS CAR!
***NEW* Trax Activ**

Sunflower
DIVERSIFIED SERVICES, INC.



Tickets available at:
 Westside Market
www.sunflowerdiv.com
 scan QR code

THANK YOU!
 Sunflower Diversified Services Foundation, Inc. & Friends of Sunflower

Proceeds support persons served at Sunflower Diversified Services
 Official rules available upon request or at www.sunflowerdiv.com.



SCHEDULE
 Every Thursday
 Doors Open at 9am
 Program at 9:30am

January 9th
MOVE YOUR MOUNTAIN COACHING & CONSULTING
1125 Williams - Chamber Board Room

Kimberly is a Professional Certified Coach and Leadership Practitioner with over 1,000 hours of coaching experience, helping individuals and teams unlock their potential and amplify their impact. Based in Great Bend, her coaching, leadership events, and retreats serve clients locally and globally.

January 16th
FUEL BARTON COUNTY
1125 Williams - Chamber Board Room

FUEL Barton County is a dynamic organization designed to engage and connect young professionals in Barton County, Kansas. Through networking, professional development, and community involvement, FUEL empowers members to build meaningful relationships and drive local progress.

January 23rd
AZRIA HEALTH WOODHAVEN
1560 K-96 Hwy

Azria Health Woodhaven is a skilled nursing facility in Great Bend, Kansas, that provides long-term care and rehabilitation services to residents. They offer a variety of programs and services to meet the individual needs of each resident, including physical, occupational, and speech therapy. Azria Health Woodhaven is committed to providing compassionate and high-quality care to its residents.

January 30th
GREAT BEND ECONOMIC DEVELOPMENT
3111 10th St

Great Bend Economic Development is dedicated to fostering growth and creating opportunities by supporting local businesses, attracting new industries, and enhancing the community's economic vitality. Through strategic initiatives and collaborations, they work to ensure a thriving future for Great Bend.

February 6th
CENTRAL KANSAS CHRISTIAN ACADEMY
215 McKinley St - Cafeteria

Concerned about the impact secularism will have on your child's faith and future? When your family invests in a Christ-Centered education at CKCA, you'll be providing your child with every opportunity to grow spiritually, academically and socially in a safe and nurturing environment. Our educators reinforce biblical values and challenge students to filter every subject through the lens of a biblical worldview that's rooted in the infallible Word of God. CKCA a Christ



Committed to Caring for the Great Bend Community

Providing the Great Bend community greater access to the resources of the only academic health system in Kansas. Together, we are committed to ensuring the continued well-being of this community, close to home.

kansashealthsystem.com/greatbend



Coffee provided by:
McDonald's
 3307 10th Street • Great Bend, KS 67530

CHECK OUT THE LATEST NEWS FROM THE GREAT BEND CHAMBER BUSINESS COMMUNITY!

OUTLOOK

GREAT BEND
CHAMBER OF COMMERCE

A MONTHLY PUBLICATION OF THE
GREAT BEND CHAMBER OF COMMERCE

business journal

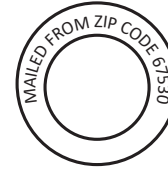
1921



2021

Great Bend Chamber of Commerce
1125 Williams Street
Great Bend, KS 67530

- RETURN SERVICE REQUESTED -



PRESRT STD
U.S. POSTAGE
PAID
PERMIT NO. 4

Supporting the Family Crisis Center



Ladies Night Out
Bunco Fundraiser

Friday, March 28th, 2025

Mens Night Out
Cornhole Fundraiser

Saturday, March 29th, 2025

Get details and sign up at:

<https://handbid.app.link/RedShoes2025>



Leadership lunch series



USD 428 is excited to host the first FUEL Leadership Lunch Series for 2025. Held in conjunction with School Board Appreciation Month, this luncheon will highlight the dedicated leadership of our locally elected, volunteer school board members and provide insight into how these individuals shape education in our community.



GREAT BEND
PUBLIC SCHOOLS • USD 428



The luncheon will also feature engaging discussions on important topics such as school funding, student and staff leadership development, Little Panthers Preschool expansion, career and college readiness, and more. It's a great opportunity to connect with community leaders and network with other FUEL members.



FUEL
FOCUS • UNITE • ENGAGE • LEAD
BARTON COUNTY



Tuesday, January 28th, 12-1pm
USD428 District Education Center
1809 24th St



Registration is free but required at
greatbend.org
Limited to first 40 registrants

WE'RE HERE FOR YOU



TY BUCHANAN, AGENT



MELISSA DOLL, GREAT BEND
AGENCY BRANCH MANAGER

1201 KANSAS AVE.
GREAT BEND, KS
620-792-1269

AMERICAN FAMILY
INSURANCE

BUCHANAN & ASSOCIATES

SPONSOR A SENIOR



3 WAYS TO HELP BARTON COUNTY MEALS ON WHEELS PARTICIPANTS

■ \$154 Sponsors a Senior's delivered meals for one month
(based off of 22 serving days)

■ \$35 Sponsors a week of delivered meals (5 meals)

■ Make a one time donation to assist with Food cost to any
of our programs (any amount helps)

Make checks payable to:

Eldercare inc

PO BOX 1364

Great Bend, KS 67530

(620) 792.5942 --questions

If you wish to make it to a specific location please write in
memo portion of the check

ELEVATE GBK BEYOND TODAY

103RD ANNUAL CHAMBER AWARDS



March 1, 2025

CORINTHIANS HILL EVENT CENTER

An evening dedicated to enjoying the company of fellow business owners, entrepreneurs, and employees across Barton County.

EXPERIENCE

Celebrating Business! Great Bend Chamber of Commerce's Annual Awards bring recognition to the many businesses and individuals who have shown an outstanding commitment to the area this year. The Great Bend Chamber of Commerce will bring attendees together for a Social Hour followed by a seated dinner and concluding with the awards program: NextGen Leader of the Year, Citizen of the Year, Business of the Year, Legacy Award.

AUDIENCE

Between 300-350 individuals will be in attendance, representing a distinguished cross-section of the areas most accomplished and influential business professionals. Hundreds more will have the opportunity to view promotions of the event before and after.

VENUE

The annual celebration will take place at the stunning Corinthians Hill Event Center north of Great Bend.

ALL SPONSORSHIPS INCLUDE:

- Sponsored Cocktail Hour Beer & Wine
- Inclusion on Chamber's Website Event Page
- Inclusion in Event Press Kit
- Visibility with 3000+ followers across all chamber social media, publications and weekly email update



COCKTAIL HOUR SPONSOR \$6000 (1 AVAILABLE)

- Grazing Table by Proper Boards
- 1 VIP Table for 8
 - 2 Bottles of Rosewood Wine
- Sponsor Logo and Mention in the following:
 - 4 weeks of Home Page Banner recognition
 - Printed program
 - Signage used during event

PRESENTING VISIONARY SPONSOR \$3500 (3 AVAILABLE)

As a visionary business and employer, we invite you to stand alongside the Great Bend Chamber of Commerce.

- 2 VIP Tables for 8
 - First in line for dinner
 - 2 Bottles of Rosewood Wine
- Opportunity to present 1 of 3 awards
- Opportunity to provide 60-second video
- Priority placement on signage
- Sponsor Logo and Mention in the following:
 - 4 weeks of Home Page Banner recognition
 - Printed program
 - Signage used during event
 - On-screen during the event
- Attendee roster and contact information

CORPORATE TABLE SPONSOR \$1000

- 1 Table for 8
- Social Hour Beer & Wine
- 2 Bottles of Rosewood Wine
- Logo in printed program
- Logo placed on table reserved signage

EVENT EXPERIENCE SPONSOR

- Signage with logo along with hospitality items in restrooms (tissues, breath mints, hair spray, Tylenol, etc.) \$250
- Silverware logo sponsor \$500
- Audio/Video sponsor \$500 (4 available)
- Photobooth \$250