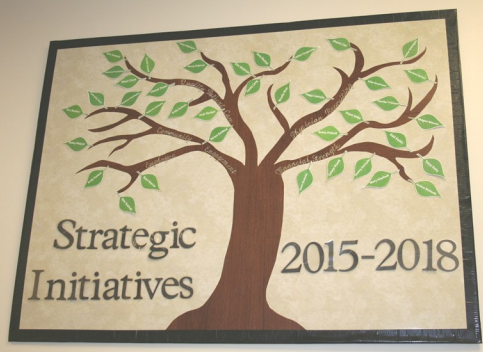


December Newsletter



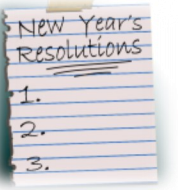
STRATEGIC INITIATIVES



Rawlins County Health Center's Strategic Initiatives is hanging in the hallway by the front office. Our plan is a 3-5 year initiative for the continued success, and viability of this hospital. If you would like to get your name on the tree and help us work towards the future with continued success please see one of the members of the leadership team and they can help you find a place that needs your help. The goal of Rawlins County Health Center is to have every employee's name on the tree.

NEW YEAR'S RESOLUTION

A common New Year's Resolution is to commit to exercise or to get into shape. Rawlins County Health Center would like to help if this is your New Year's Resolution.



Cardiac Rehab Phase II is available for patients who have had a recent cardiac event that requires supervised exercise. Your cardiologist will need to write an order for Phase II exercise. This service is billable to your insurance.

Cardiac Rehab Phase III is a wellness program available to anyone in the community, with a referral from a provider. For your convenience, time slots are available Monday, Wednesday, and Friday (\$35 per month) or Tuesday, Thursday (\$25 per month). Schedule now to take advantage of our many exercise machines.

Wellness Rawlins County provides aerobic exercise for any level of fitness. Join us in Herndon, McDonald or Atwood to start your New Year off right. Locations, dates, and times are listed every month in our newsletter! Only \$5 per class!

For questions regarding any of these services, please call Connie or Arianne at 785-626-3211 ext 280.



SPECIALTY CLINIC

CARDIOLOGISTS

Dr. Miller January 5, 19

Dr. Denney January 12, 26

Dr. Pandit January 20

MENTAL HEALTH

High Plains Mental Health January 14, 28

New Beginnings Counseling January 7, 14, 21, 28

SURGEON

Dr. Frankum January 13, 28

CONGRATULATIONS!

SANTA GOLF BALL DROP WINNER:

1ST PLACE: \$1,000 ELISABETH MCCONNELL

2ND PLACE: \$250 ELISABETH MCCONNELL

WELLNESS RAWLINS COUNTY

<u>McDonald (Senior Center)</u> January 6, 20	9:00 am
<u>Herndon (Sunflower Villa)</u> January 13, 27	9:00 am
<u>Atwood (Prairie Plaza)</u> January 12, 26	10:30 am

TREE DECORATING CONTEST

Employees of Rawlins County Health Center participated in a tree decorating contest! Thank you to all those that participated by voting for your favorite tree. The Winner is:



HOLIDAY SCHEDULE



Rawlins County Health Center's Emergency Room is available all day, every day throughout the year. Outpatient Services, Business Offices, and the Rawlins Clinic schedule is:

December 31 Open Regular Hours January 1, 2016 Closed All Day



Tree #3 Rawlins Clinic and Providers

EMPLOYEE WEEKLY STARS

- ◆ Thank you Kim Kramer for excellent patient care! Kim received a compliment about the kind care she gives her patients being seen in the outpatient department.
- ◆ Thank you Deb Orten-Jensen for excellent patient care! Deb received a compliment from a patient: "I didn't even feel a poke! I like her. She did a great job."
- ◆ A recent inpatient complimented our facility numerous times for the care and kindness they received during their stay. They were very impressed with the patient care.
- ◆ Thank you to Ryan Marvin, Chase McKittrick, Jack Maris and Tara Bowles for decorating the light parade float. A special Thank you to Roger Philpott for letting us borrow his sleigh bells. And Thank you to Don and Sharon Cox, Ryan, Tara (and kids), Esmeralda Flores, and the Prideaux kids for representing RCHC in the Atwood Chamber Light Parade. RCHC won 3rd place!

Setting the Standard for Patient Centered Quality HealthCare

785-626- 3211 ~ www.rchc.us ~ Like us on Facebook

Emergency Room Open 24/7 365 days/year.

Rawlins Clinic Open M-F 8:30 am—12 pm, 1pm—5pm and Saturday 9 am—12 pm

