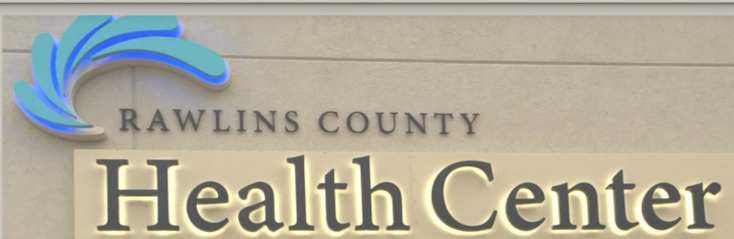


# JUNE Newsletter



## PROVIDER NEWS

Rawlins County  
Health Center  
**Vote YES!**   
**For Continued Support  
of 13 Mills!**

**Rawlins County Health Center's future is strong because of funding from taxpayers. We appreciate your past and future support!**

Please congratulate Allie Keller, our first PA student from Wichita State University PA program and now, beginning September 1, our new full-time provider. Her timing could not be better as we also wish Barb Herspring PA-C well as she transitions July 1<sup>st</sup>, at her request, from part-time to PRN (as needed) so she may not miss a minute with her precious children.

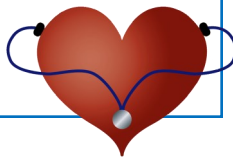
Congratulations also to our part-time provider, Brandon Bailey APRN as he has been accepted to Texas Wesleyan University CRNA program. We are proud of you, Brandon, for this and also for recently completing your Doctorate of Nursing.

We also wish the best to Yvette Fensler APRN as she returns to Nebraska to care for her family and join a family practice with less demanding time requirements. Your time with us was all too brief.



Dr. Fred Miller has retired from practice, due to health reasons. His last day in Atwood was June 21, 2016. We wish him all the best.

We would like to help you transfer your care to another cardiologist. Please call Rawlins Clinic at 785-626-3241 for assistance.



## POINTS TO PONDER... DEHYDRATION

**Dehydration** can vary from mild to more life threatening if left unchecked. There are three levels of dehydration: heat cramps, heat exhaustion, and heatstroke.

**Symptoms** range from muscle cramping in the calves, back, arms or abdomen (heat cramps) to faintness or dizziness, nausea and rapid heartbeat (heat exhaustion) to collapse, emotional instability and very high body temperature (heatstroke) and death. Dehydration can begin in as little as 1 hour.

**Prevention:** Seek shade if outside. Wear light colored and light weight clothing. Most importantly, drink plenty of water. Dehydration can happen inside as well in a warm room with no air conditioning or air movement. Check on the elderly frequently in hot weather.

\*If you suspect heat exhaustion or heat stroke, encourage the person to go to a medical facility as quickly as possible.



**American  
Red Cross**

## BLOOD DRIVE

Thursday, June 30 11:00 am to 4:00 pm  
Call Suzanna to schedule your appointment at 785-626-3211 ext. 220 or online at [www.redcrossblood.org](http://www.redcrossblood.org).

**RCHC EMERGENCY ROOM**

**IS ALWAYS OPEN!**

## RAWLINS CLINIC HOURS

Saturday, July 2 9 am—Noon

Monday, July 4th Closed

## RCHC OUTPATIENT SERVICES

### RCHC BUSINESS OFFICES

Monday, July 4th Closed



Rawlins County  
Health Center

**CONGRATULATIONS!**

Earla Connell will continue as a hospital CNA and will begin working in the position of Wound Care Outreach Educator. Earla's role will be educating potential patients and businesses on our Wound Care Program.

As of June 1<sup>st</sup>, Lanee Carpenter has accepted the position of Employee Health Nurse. She will also continue in her role as Infection Control Nurse. Thank you Lanee for accepting this position! We would also like to thank Kim Sramek for filling this role previously.

Jeff McCall has accepted the role of HIPAA/Privacy officer. Thank you for giving Jeff your full cooperation as he assumes this responsibility. We thank Destiny Schroeder for serving in this role previously.



**Cindy Curtin**

Full-time Clinic Admitting Representative

## SPECIALTY CLINIC

### CARDIOLOGISTS

Dr. Denney July 12, 26

### SURGEON

Dr. Kopriva July 6, 20

Dr. Frankum July 13

### ORTHOPEDICS

Dr. Sears Coming Soon

### UROLOGIST

Dr. Catanese Coming Soon

### MENTAL HEALTH

High Plains Mental Health July 14, 28

New Beginnings Counseling July 7, 14, 21, 28



**Setting the Standard for Patient  
Centered Quality HealthCare**

785-626- 3211 ~ [www.rchc.us](http://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