

# December 2016 Newsletter



Make sure you take advantage of the yearly wellness physicals most insurances provide!

Have you made your Year-End Giving contributions to your favorite charity?

**Rawlins County Hospital Foundation is a 501(c)3 under ACE.**

You can donate online at [www.rchc.us/foundation](http://www.rchc.us/foundation) or drop off at RCHC.

In observance of the New Year: Rawlins Clinic, Outpatient Services, and Business Offices will be **Closed on Monday, January 2, 2017.**



## SEPSIS BOOT CAMP

**Heart and Stroke Collaborative**  
As part of the Heart and Stroke Collaborative that Rawlins County Health Center is participating in through the University of KU School of Medicine, Dr. Robert Moser provided further education to staff from RCHC, Atwood Good Samaritan, and Rawlins County EMS.



## Holiday Happiness at RCHC



## New Board Orientation

The 2017-2020 newly elected board members Mike Braxmeyer, Roger Philpott, Cedric Green and Gordon Crowdis, attended Board Training on December 20<sup>th</sup>, 2016. These Board Members will be sworn in on Monday, January 23, 2017.

# Points To Ponder

## FROSTBITE

**It can happen to anyone!** Beware of temperatures below 32°F. **Skin freezes at 28°F.** Mild frostbite is the freezing of the skin surface. Severe frostbite is the freezing of skin and flesh, and may include bone. Areas to protect: hands, fingers, feet, toes, ears, chin, nose and groin area.

**Symptoms:** Initial redness in light skin or grayish in dark skin. Tingling or stinging sensation. Area turns numb, yellowish, waxy or gray color. Feels cold, stiff, wooden. Blisters may develop.

**Treatment:** Remove from cold and prevent further heat loss. Remove constricting clothing or jewelry immediately. Rewarm affected area evenly with body heat until pain returns. **When skin thaws, it hurts!** Do not rewarm a frostbite injury if it could refreeze during evacuation or if the victim must walk for medical treatment. **Do NOT massage affected parts or rub with snow.** If frostbite is suspected, get to medical treatment.

**Prevention:** Avoid extended periods of time in temperatures below 32°F. Wear multiple light layers of clothing. Cover exposed skin. Keep socks and clothing dry. Protect yourself from wind. Drink hot fluids and eat often. Keep active/moving. Use the "Buddy System" when outside in cold temperatures. Warm with body heat. Keep skin away from super cooled metals or fuel. Seek medical aid for all suspected cases.

## WELCOME NEW EMPLOYEES

Lori Bunjes, RN  
Michelle Kermoade, RN  
Mindy Kissner, Health Coach

## SPECIALTY CLINIC



### WOUND CARE CENTER

Kyle Herspring, PA-C:  
January 3, 10, 17, 24 & 31

### SURGEON

Dr. Kopriva: January 4 & 18

### CARDIOLOGISTS

Dr. Denney: January 5  
Dr. Markiewicz: January 9  
Dr. Freund: January 9

### UROLOGIST

Dr. Catanese:  
January 2, 9, 16, 23 & 30

### ORTHOPEDICS

Dr. Sears Available in March

### MENTAL HEALTH

High Plains Mental Health: January 12 & 26  
New Beginnings Counseling: January 5, 12, 19 & 26



Rawlins County  
Health Center

785-626-3211 ♦ [www.rchc.us](http://www.rchc.us) ♦ Like us on Facebook

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

Emergency Room: Open 24/7 365 days a year

Setting the Standard for Patient Centered  
Quality HealthCare

This institution is an equal opportunity provider and employer.