

November 2016 Newsletter



ALL YOU NEED TO KNOW FOR YEAR-END

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 or drop off at Rawlins County Health Center.

The Rawlins Clinic will be closed on Saturday, December 24th.

Rawlins Clinic, Outpatient Services, and Business Offices will be closed on Monday, December 26th for the Christmas Holiday.

Rawlins Clinic, Outpatient Services, and Business Offices will be closed on Monday, January 2nd for the New Year Day Holiday.

CARDIAC WELLNESS PROGRAM

Rawlins County Health Center has officially changed the name of Cardiac Rehab Phase III to Cardiac Wellness Program. For a small monthly payment, the Cardiac Wellness Program offers scheduled exercise times on state of the art exercise equipment! Call Connie McCain at 785-626-3211 ext. 280 to schedule your time.



HOLIDAY SPECIAL

Rawlins County Health Center Employee Cookbooks are on **sale for \$12** until December 23rd. Please purchase them through the Rawlins County Health Center Front Admissions Desk. They make a perfect stocking stuffer!

POINTS TO PONDER

Winter has been gentle to us so far this year, but are you prepared if that should change? Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures. This segment will cover what you should have on hand as a "Storm Safety Supply Kit."

1. Water—at least a 3-day supply; one gallon per person per day.
2. Food—at least a 3-day supply of non-perishable, easy-to-prepare food.
3. Flashlight—new batteries
4. Battery-powered or hand-crank radio
5. Extra batteries
6. First aid kit
7. Medications—7-day supply, medical items such as hearing aids with extra batteries, glasses, contact lenses, syringes, etc.
8. Multi-purpose tool; screwdriver, hammer, shovel
9. Sanitation and personal hygiene items (wet wipes, plastic bags for disposal)
10. Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
11. Cell phone with chargers
12. Family and emergency contact information
13. Extra cash
14. Baby supplies (bottles, formula, baby food, diapers)
15. Pet supplies (collar, leash, ID, food, carrier, bowl)
16. Tools/supplies for securing your home
17. Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
18. Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members.
19. Ample alternate heating methods such as fireplaces or wood or coal-burning stoves. (must be vented to the outside)

<http://www.redcross.org/>

EDUCATING OUR YOUTH

The Rawlins County High School Advanced Biology class came to learn about Homeostasis in healthcare, the process of keeping the body chemistries balanced.

The 7th Grade Career class enjoyed the cool “old” x-rays that the radiology department had on hand as well as what all CT scan images provide. They also learned about careers in the laboratory and nursing.



PENNY WAR

SUPPORT YOUR FAVORITE RCHC STAFF MEMBER'S TEAM IN THE FRONT LOBBY FROM 11/29/16 - 12/2/16.

Bring your change and bills and help our local kids get moving!

ALL PROCEEDS WILL GO TO THE ELEMENTARY SCHOOL FOR NEW PLAYGROUND EQUIPMENT!

RULES

1. From 10am Tuesday through Noon on Friday Team Jars will be open in the Front Lobby.
2. All Pennies and Bills will count as POSITIVE points for each team. (one dollar = 100 points)
3. All silver coins will count as NEGATIVE points for each team.
4. Whichever team has the most positive points at Noon on Friday will win a DQ Ice Cream Cake Party!

WELCOME NEW EMPLOYEES

Allison Ritchey, Clinic Full-Time Admitting Representative
Shanda Cassaw, Hospital Full-Time Night RN

SPECIALTY CLINIC

WOUND CARE CENTER <u>Kyle Herspring, PA-C</u> December 6, 13, 20, 27	
CARDIOLOGISTS <u>Dr. Denney</u> December 1 <u>Dr. Markiewicz</u> December 5 <u>Dr. Freund</u> December 12	SURGEON <u>Dr. Kopriva</u> December 7, 22
ORTHOPEDICS <u>Dr. Sears</u> December 14	UROLOGIST <u>Dr. Catanese</u> By Appointment
MENTAL HEALTH <u>High Plains Mental Health</u> December 8, 22 <u>New Beginnings Counseling</u> December 1, 8, 15, 22, 29	



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