

May 2017

Newsletter



NATIONAL Water Safety MONTH

May is Water Safety Month. 800 children from the age of 0 to 18 drown annually, most between the months of May and August.

The Danger of Drowning

Misconception #1-I will hear my child if he/she gets into trouble in the water and starts to drown.

Reality-Drowning is silent. There may be very little splashing, waving or screaming.

Misconception #2-Nothing bad will happen if I take my full attention off my child for a couple of minutes.

Reality-Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.

Misconception #3-If there is a lifeguard on duty, I don't need to worry as much about actively supervising my child in and around water.

Reality-Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.

Misconception #4-If my child has had swim lessons; I don't have to worry about him or her drowning.

Reality-47% of children ages 10-17 who drowned in pools were able to swim.

Misconception #5-If there is a fence around the property, my child is safe from drowning.

Reality-Children drown in pools with fences and locked gates.

Misconception #6-My learning CPR is not going to make a difference if my child gets into trouble in the water.

Reality-Initiating CPR on a drowning victim before the arrival of Emergency Medical Services increases the rate of survival.

Water Safety Tips

1. Continual adult supervision of children without distraction is essential.
2. Teach children how to swim and water survival skills. Contact Atwood Swimming Pool at 626-3062 for lessons.
3. Consider pool entry alarms.
4. Know what to do in an emergency. Learn CPR and basic water rescue skills.

-Safe Kids Worldwide

Rawlins County Hospital Foundation

5TH ANNUAL TOURNAMENT EVENT



GOLF

8am-9am Registration
9am Shotgun Start
4 Person Scramble
bring a team or get put on a team
\$70 Entry Fee /per person if registering and paying by May 22nd, 2017 - \$75 after.
includes Green Fees, Lunch and Auction
Register at the Country Club or email sdozbaba@rchc.us

RAFFLE

YOUR CHOICE
of THREE TOP PRIZES!!!
Cobra Men's XL Golf Club Set OR
12-Gauge Browning Pump Shotgun OR
\$500
2nd Prize: \$100 & 3rd Prize: Gift Basket
Tickets are \$5 each or \$20 for 5
Need not be present to win
Buy tickets at our Rod Run Booth or at the Hospital

CARDS

Pinocle or Bridge

12:30 Registration
Please pre-register at 785-626-3211 ext.220 or email at sdozbaba@rchc.us
12:45-2:30 Tournament
High/Low Prizes
\$20/person includes food & auction

AUCTION

Live Auction will begin around 2:30pm
EAT-DRINK-BID-ENJOY!
Hors D'oeuvres Served
Cash Bar

It all comes back to you

SUNDAY, JUNE 4TH, 2017

www.rchc.us/golf-tournament/



WE ARE HERE FOR YOU!

Come visit with your Primary Care Provider at RCHC and learn how easy and functional our new telemedicine system can connect you with your Specialist without leaving Atwood.

Demonstration by Amber Withington & Kim Sramek

TRAUMA ALERT: MORE NURSES COMPLETE TNCC

TNCC is widely recognized as the premier course for hospitals and trauma centers worldwide, empowers nurses with the critical thinking skills, and hands-on training to provide expert trauma care. The following RCHC nurses received TNCC certification this month: Lori Bunjes, RN and Mary Clark, RN.

RCHC Specialty Clinic

Wound Care Center

Kyle Herspring, PA-C: June 6, 13, 20, & 27

Surgeon

Dr. Kopriva: June 21

Cardiologists

Dr. Denney: June 1 & 21

Dr. Markiewicz: June 5

Dr. Freund: June as scheduled

Urologist

Dr. Catanese:

Monday's as scheduled

Orthopedic

Dr. Sears: June 14

Mental Health

High Plains Mental Health: June 8 & 22

WELCOME NEW EMPLOYEES

Lina Mumm, RN Hospital
Stephanie McCarthy, CNA Hospital
Mary Anne Orten, CNA Hospital
Haleigh Studer, CNA Clinic

2017 Congratulations

Amber

Withington

Bachelor of Science
Nursing, Tabor
University

Kourtney

Lovelady

Bachelor of Science
Nursing, Fort Hays
State University

Nicole Connell

Associate of Science
Nursing, Colby
Community College

Heather Prideaux

Associate of General
Studies in General
Business, Fort Hays
State University

Scott Brown

Associate of Applied
Science Medical Lab
Technology, Barton
County Community
College

Jacque Chacon

Rawlins County High
School

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

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

Emergency Room: Open 24/7 365 days a year

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



Rawlins County Health Center is an equal opportunity provider and employer.