

# May 2018



## Newsletter



### Walk With Jason

June 15 @ 8am

#### Basketball Court - Atwood Lake

Bring your friends and family members for a Walk With Jason Kearns, PA-C provider at Rawlins County Health Center.

Jason will share quick educational tips relevant to people of any age before a walk around the lake.

This is an excellent opportunity for physical fitness and to take advantage of our beautiful lake and walking path!

### Direct Access Lab

Did you know you can access the Lab at Rawlins County Health Center without a provider order? Most lab tests are available to anyone, at set prices not billed to insurance. Pay at the time of service by cash, check or card.

Your provider will not receive your results. Please share them with your provider's office to ensure up-to-date records.

To take advantage of Direct Access Lab, visit with Tracy Doty or Diana Solko at Admissions in the front lobby.

### RCHC Specialty Clinic

#### Cardiologists

Dr. Denney: June 7 & 20

Dr. Markiewicz: June 11

Dr. Freund: Call to schedule

#### Surgeon

Dr. Kopriva: June 6 & 20

#### Orthopedist

Dr. Sears: June 6

#### Urologist

Dr. Catanese: Call to schedule

#### Hearing Specialist

Precision Hearing • Ken Drag: June 28

#### Mental Health

High Plains Mental Health: June 14 & 28

#### Wound Care Center

Kyle Herspring, PA-C: June 5, 12, 19, 26

#### Diabetic Counseling

Diane Sis: June 6, 13, 20, 27

#### Speech Therapy

Kim Lankas  
Call to schedule

#### Pelvic Floor Rehabilitation

Call to schedule

#### Nephrologist

Michael Babigumira, MD  
Call to schedule

Rafael Baracaldo Villalba, MD  
Call to schedule

### RCHC Welcomes New Employees



Jan Cole - Night RN

Tim Millner - MLT Lab

#### Points to Ponder...

### Recreational Vehicle Safety

The Society of Trauma Nurses and American Trauma Society's National Trauma Awareness Month focuses on Personal Recreational Vehicle Safety this year. Discover the safest ways to ride these vehicles in the tips below to ensure your summer is accident-free! Remember, never operate any of these vehicles while under the influence of drugs or alcohol.

#### Jet Skis

- Wear properly fitted lifejackets and know your swimming abilities
- Engine cutoff lanyard should be attached to your wrist or lifejacket
- Remain a safe distance from other boats and people

#### Dirt Bikes

- Wear a helmet, long pants and shirt, closed-toe shoes, gloves and goggles to protect yourself
- Ride a bike that is the right size for you
- To remain in control, avoid riding on trails and terrains that are above your ability

#### ATVs (Rangers, four-wheelers, three-wheelers, etc.)

- Always follow the minimum age recommendations warning label
- Wear protective gear like a helmet, goggles, long pants and closed-toe shoes
- Avoid riding on trails and terrains that are above your ability. Never ride on public roads like highways.

Source: <http://livehealthy.chron.com/safe-dirt-bike-3897.html>

<http://www.safekidsoregon.org/wp-content/uploads/2009/04/ATV-infographic-Printable-PDF.pdf>

<https://www.sea-doo.com/owners/safety/safety-tips.html>

### New EKG

An Electrocardiogram (EKG) is a fast, simple test used to evaluate the heart. The EKG machine has frequent use, is required under the Trauma Level IV standards and is vital in providing quality healthcare to patients.

A grant from the Dane G. Hansen Foundation Community Funds will contribute funds to upgrade the EKG machine. The Rawlins County Hospital Foundation will provide the other half of the payment, made possible through proceeds from their 6<sup>th</sup> Annual Tournament Event on Sunday, June 3<sup>rd</sup>.

Rawlins County Health Center and Rawlins County Hospital Foundation are grateful for the generosity of the Dane G. Hansen Foundation and the supporters of the RCH Foundation.

Thank you!

### Thank You!

Thank you, Karen Bolt, for the beautiful Chapel decorations.

We appreciate the seasonal updates!



An Affiliate of



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Rawlins Clinic: Open M-F 8am-5pm & Saturday 9am-Noon

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.