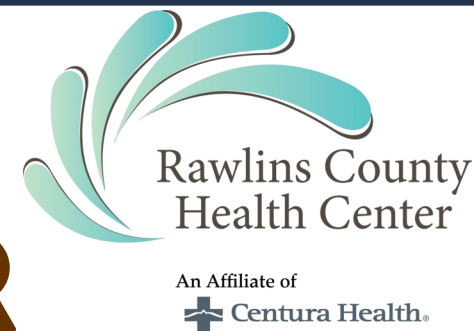


# November NEWSLETTER



## RCHC Specialty Clinic

### Cardiologists

**Dr. Denney:** Nov 7; Dec 5

**Dr. Markiewicz:** Nov 11; Dec 9

### Orthopedists

**Dr. Sears:** Nov 13; Dec 11

**Dr. Curry:** Nov 22; Dec 20

### Surgeon

**Dr. Kopriva:** Nov 6, 20; Dec 4, 18

### Urologist

**Dr. Catanese:** Call to schedule

### Hearing Specialist

**Precision Hearing • Ken Drag:** Nov 21; Dec 19(?)

### Mental Health

**High Plains Mental Health:** Nov 21; Dec 5, 19

### Wound Care Center

**Jason Kearns, PA-C:** Every Tuesday

### Diabetic Counseling

**Diane Sis:** Nov 6, 13, 20, 27; Dec 4, 11, 18

### Speech Therapy

**Kim Lankas :** Call to schedule

### Pelvic Floor Rehabilitation

Call to schedule

### Nephrologists

**Dr. Michael Babigumira**  
Call to schedule

**Dr. Rafael Baracaldo**  
Call to schedule

## FLU SHOT TIME!

**Rawlins Clinic—Atwood has flu shots available!**

**Everyone 6 months of age and older should get a flu vaccine every season. Rawlins County has already had multiple cases of flu this year.**

**No appointment is necessary to get your flu shot.**

**Visit Rawlins Clinic during regular clinic hours, including 9 am to Noon on Saturdays.**

## Giving Tuesday!

Rawlins County Hospital Foundation invites you to celebrate the season of giving by participating in the annual Fill the Santa Hat drive on Giving Tuesday, December 3rd! Hospital Administration and RCH Foundation board members will surround the downtown Tree on 4th and Main Street in the morning hours of 7:30 am to 9 am and again from 11 am to 1 pm.

## No-Shave November or Movember?

Did you know that No-Shave November was started to evoke conversation and raise cancer awareness? Movember was started to raise awareness about men's health causes, specifically prostate cancer and more recently testicular cancer along with mental health and suicide prevention. Both movements are important, as is the conversation regarding improving men's health. The first step is for men of all ages to get an annual physical. A simple PSA lab test is a good indicator of prostate cancer, and you can do it during your annual physical. Call Nicole at 626-3241 and get you, your spouse, significant other, or father scheduled for an annual physical.

## Sustainable Rural Healthcare

Rawlins County Health Center's Town Hall Meeting regarding Sustainable Rural Healthcare will be:  
November 7th at 10 am  
in the RCHC Education Room.  
Be sure to join Dr. Ron Robinson to discuss this important topic.

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

Find us on  

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

To make an appointment call (785) 626-3241

Emergency Room: Open 24/7, 365 days a year

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