

February is American Heart Month



Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, RCH is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable.

Heart attack symptoms

The five major symptoms of a heart attack are

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.
- If you think that you or someone you know is having a heart attack, call 9–1–1 immediately.

RCH Cardiac Rehab will have an open house on Tuesday, February 17 from 5:00 pm to 7:00 pm.

Staff will be available to show patients the different equipment that is available, discuss diet and exercise and answer any questions you might have. Sign up to win prizes!

EXPERT HELP FOR YOUR **HEART HEALTH**

Everyone knows the importance of diet and exercise, but did you know that RCH's heart health experts can guide you in making these crucial lifestyle changes for a minimal monthly fee? Even without history of heart disease, illness or a doctor's order you can participate. For **\$50 per month**, you'll receive education on diet, exercise, stress and emergency management. RCH's Cardiac Rehabilitation Staff personalizes an in-house exercise program for each individual and monitors participants if they so desire.

Heart Disease is the number one cause of death in the United States—more than all the types of cancer combined. Call 785.688.4426 today to reserve your place in RCH's Phase 3 Cardiac Rehabilitation program.

February Anniversaries

Jeff Green	1 Year	Lonnie Weiser	7 Years
Amy Dumler	1 Year	Heather Rinehart	7 Years
Alexis Oliver	1 Year	Morgan Fellhoelter	8 Years
Leona Bird	2 Years	Kathy Ramsay	9 Years
Tracy Rudman	3 Years	Michele Hinger	21 Years
Heather Mackey	3 Years		

Thank You!



July 1st RIDDLE:

I sleep by day and fly by night, with no feathers to aid my flight.

What am I? (First correct answer to "Fun brigade" commander, Aimee Gardanier ext . 242 or agardanier@plainville.hpmn.com wins a pair of movie tickets)

Last newsletter's riddle: What comes at the end of a rainbow?

Answer: a "w".

Congratulations to Melva Oller for being our last month's winner!

DOCTORS WITHOUT DELAY SETS RECORD

Doctors Without Delay (DWD), the six day a week walk-in clinic located inside RCH, set a new record of patients served in 2014 and plans to expand its growing diagnostic services, which allows patients immediate testing without leaving the facility.

“Urgent care by its very nature means time is of the essence, DWD was founded on this principle so having immediate access to medical care and all testing available in a state-of-the-art hospital by just walking across the lobby, saves our patients valuable time and often reduces expenses preventing an unnecessary trip to the ER, ambulance fees or additional travel,” stated Mike Sinclair CEO.

DWD’s record setting year included approximately 25% growth in new patients from all over northwest Kansas who benefitted from the clinic’s access to all new in-house ultrasound machines and CT scanner. With the new equipment, patients experienced immediate testing with little wait time. These improvements are being followed with a new in-house MRI system later this year.



AJ Thomas, RCH Director of Therapy, is shown representing RCH and DWD at a recent Wellness Fair that was held in the Hays Mall. The fair was sponsored by Celebration Community Church. Thanks AJ! Looks Great!



Human Resource News

JOB OPENINGS:

- CNA
- Part-time Cook
- Communications & Development Director

CHANGES IN EMPLOYEES:

- **Avry St. Peter** joined us on 1/26/15 as a PRN OB Nurse.
- **Kelsey Bjornstad** will join us on 2/10/15 as a Lab Tech.



Cancer Council Receives Funding

Rooks County Cancer Council (RCCC) recently received an award for \$1,250 from Walmart's Hunger Relief and Healthy Eating charitable giving focus to provide ongoing voucher support for cancer patients in Rooks County. This award joined with \$3,100 from a campaign in November 2014 will help the Cancer Council support residents of Rooks County undergoing treatment for cancer.

"The generosity from local supporters and Walmart will enable the Cancer Council to assist nearly nine Rooks County residents in 2015," said Kandie Morain, RCCC member. "In 2014, the Cancer Council provided assistance to 12 patients, so these funds make a significant impact."

RCCC allows Rooks County residents undergoing cancer treatment up to \$500 annually in fuel and nutritional supplement vouchers. These vouchers are redeemable at gas stations, grocery stores and pharmacies within Rooks County.

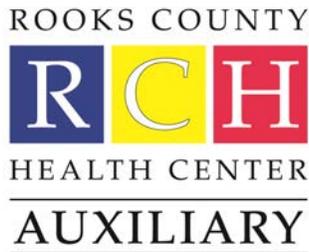
"Nutritional supplements include vital nutrients the body needs to aid in maintaining body weight and strength while fighting infection and the effects of cancer treatments. Between treatment and follow-up appointments, cancer patients are regularly traveling, which is why the Cancer Council chooses to provide assistance specifically with supplements and fuel," said Morain.

RCCC is a volunteer organization under the guidance of the Rooks County Healthcare Foundation. RCCC provides support materials and information on cancer prevention and early detection to individuals, schools, groups and organizations. Call Kandie at (785) 688-4428 to request educational materials or to schedule a visit from an RCCC volunteer. Volunteers and services are available to all residents throughout Rooks County.

On Tuesday, Feb. 17 at 2:00 we will be celebrating 25 Years Of Service for Nikki Meistrell!

Cake and punch will be served in the cafeteria. If you have any stories you would like to share about Nikki, please contact Pam Harmon or Cindi Knipp. If you would like to sign her card or make a donation, please see Cindi. Hope to see you on the 17th!

RCH Auxiliary NEWS



The RCH Auxiliary officers for 2015 were reinstalled at the annual meeting on January 29. Left to Right: Karen Sinclair, President; Diane McReynolds, Vice-President; Nadine Bair, Treasurer; and Sharon Rolo, Secretary. Thank you ladies, we are so glad to have you leading us for another year!

RCH Auxiliary supports the BLOOD MOBILE

The past blood mobiles have been very successful! We want to thank everyone who participated to donate much needed blood. The **next scheduled blood drive is Thursday, February 12** from 11:30am-5:30pm in the K of C Hall, in Plainville. Our goal for this drive is 50 donors. Save a life, donate blood.



JUST A REMINDER that it is time for **RCH Auxiliary's Annual Membership Drive!** To renew a membership or to join, a membership fee of **\$5 per year or \$100 lifetime membership** is requested.

Please pay your dues as soon as possible. Dues can be submitted to Kandie Morain, Nadine Bair at the gift shop, or mailed to RCH Auxiliary, Attn: Kandie Morain, PO Box 389, Plainville, KS 67663. This year, we hope to make you more aware of the Auxiliaries' activities and needs. ***We would also like to add more email addresses for mass distribution so if you are interested in receiving distributions (newsletters, invitations, etc), please provide your email address with your dues payment.***

 **Lunch Menu** 

Thursday, Feb 5

Chicken cordon bleu, baked potato, small salad, Hawaiian cake

Friday, Feb 6

Hamburger/bun, oven fries, fruit in Jell-O, iced brownie

Saturday, Feb 7

Tuna salad sandwich, tomato soup, potato chips, ice cream cup

Sunday, Feb 8

Fried chicken, mashed potato w/gravy, green beans, garden salad, cherry pie, dinner roll

Monday, Feb 9

Chili soup, vegetable tray with dip, cinnamon roll, crackers, pocket of lemon cake

Tuesday, Feb 10

Hot chicken salad, sweet corn, yum-yum salad, rice krispie treat, dinner roll

Wednesday, Feb 11

Beef tips over noodles, green beans, small salad, strawberry ice cream cup

Thursday, Feb 12

Chicken strips, tater tots, layered pea lettuce salad, cherry poke cake

Friday, Feb 13

Taco salad bar, chocolate cake

Saturday, Feb 14

Ham sandwich, vegetable soup, fresh strawberries, pudding cup

Mark Your Calendars

Friday, April 17 – Volunteer Appreciation Luncheon

Saturday, April 25 - RCH Health Fair will be held at the Stockton High School. If you are interested in being on this committee, please let Kandie Morain know.

Mandatory Quarterly Staff Meetings for the Rest of the Year – are scheduled for: **April 30, July 30 and October 29.**

FEBRUARY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 	2 Turn in Time Sheets	3	4	5 Aimee Gardarnier Jolene Whitehair	 Pay Day	7 Kandie Morain
8	9 Brenda Axelson	10 1:00 Outpatient Services Mtg Gwen Lewis	11 Safety/Infection Prevention Mtg at 8:30. Disaster Safety Mtg at 1:00.	12	13 Lacey Dreiling	14  Eric Goetz
15	16 Foundation Board Mtg @ 12 pm Turn in Time Sheets Annette Paulson	17 Stephanie Fisher	18 8:00 Medical Staff Mtg	19 New Employee Orientation 8 am to 5 pm	20 Pay Day	21 Kathy Ramsay
22	23	24 6:00 RCH Board Mtg Heather Balthazor	25	26 10:00 RCH Auxiliary Mtg 2:00 RCH Dept. Head Mtg Lisa Handley Dr. Mike Oller	27	28