

US Olympic Committee Selects RCH Physical Therapist To Volunteer

In October, RCH's Director of Rehabilitative Services, AJ Thomas, PT, DPT, MS, will work with Olympic and Paralympic athletes as a volunteer physical therapist for the United States Olympic Committee (USOC) at the Olympic Training Center in Colorado Springs, Colo. Thomas recently accepted a nomination from the USOC to serve a five year volunteer term.

Thomas is among a pool of physical therapists from across the country that will be asked to support the Olympiads and medical staff for two week periods at Olympic Training Centers in Colorado Springs, Colo., Lake Placid, N.Y., or Chula Vista, Calif. As a volunteer, he'll work with the USOC's full time medical staff to provide collaborative, integrated and multidisciplinary health care services to athletes.



"I may volunteer up to twice a year or just every other year—it will depend if I can dedicate the time away from home and our hospital," said Thomas. "I hope that my experiences with the Olympiads will allow for more diverse interventions and better care of our local athletes, even weekend warriors."

In addition to the USOC nomination, Thomas is now a Board Certified Sports Specialist—one of only 10 in Kansas. This new certification allows Thomas to continue to work with local athletes as well as assist Aleesha Wilson, RCH Athletic Trainer, with game coverage. Thomas also is serving a two year term for the American Physical Therapy Association House of Delegates, which guides policies regarding the practice of physical therapy in the country.

Thomas hopes to make sure that rural and Critical Access Hospitals like RCH have a voice at the national level and to see RCH become a hub for sports and orthopedic care for any age patient. RCH hosts orthopedic surgeons to meet patient needs through outpatient clinics, and Thomas works with a well-rounded staff in the rehab department.

"We have an expertly trained staff that can give the time and compassion needed to rehabilitate patients. I truly believe it is our team at RCH and everyone involved in their care from admissions staff to medical staff that makes a patient's health experience better," said Thomas.



RCH Auxiliary is selling \$50 and \$100 Mr. K's gift cards in the gift shop (5% of the profits go to the Auxiliary as they support our hospital expansion project).



A Unique Partnership

The families of Elsie Richmond and Dorothy Reed have known each other for over 70 years, and the two women continue that special closeness today living next door to each other at Main Street Terrace in Plainville. As young adults, their lives took separate paths with Elsie teaching for 42 years at Natoma, Codell and Plainville schools and Dorothy working at the Beechcraft Plant in Salina for 35 years.

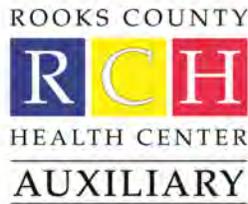
After retirement, they traveled together throughout the United States participating in Elder Hostels and taking other trips together. In 2013, their lives became closely entwined when Dorothy needed back surgery. The surgery was to be done in Salina, but she would need a lengthy time of convalescence and therapy afterwards. Her relatives were now scattered around the country and even in several other countries. Elsie, now widowed, lived in Plainville and was retired, even from substitute teaching. Elsie was ready to move from her house, and Dorothy needed a caregiver until she could get around on her own again. They decided living at Main Street Terrace, independent living apartments administered by the Rooks County Health Center (RCH), was a great solution. All exterior maintenance is provided, and other services, such as bi-weekly housekeeping, are available if desired.

Elsie's vision had deteriorated to the point that she could not drive, and Dorothy could not drive for a while. They used transportation provided by Rooks County Transportation Services and the physical therapy services at RCH to help get Dorothy back on her feet. Their lives settled into a pleasant routine. Then, they experienced a major scare last January when Dorothy suffered an atrial fibrillation episode. The ladies remember that night well. Dorothy did not have an established primary care physician in the area yet, and Dr. Mike Oller became her doctor. The women appreciated him taking over Dorothy's care and relate how he let them use his personal cell phone that night to call Dorothy's niece, who is a nurse in Florida, to receive reassurance and help them make the decision to opt for transportation to a larger medical center in Hays or Salina or stay in Plainville. They stayed in Plainville.

Dorothy was in the hospital for 37 days. During that time, Elsie visited her daily, getting transportation from Rooks County Transportation Services and eating lunch at the hospital. In the afternoon, she often received a ride home from someone she knew – sometimes a former student or other friend in the community. In fact, several of her former students now work at RCH. Both ladies say how kind and efficient all their caregivers were during Dorothy's hospitalization. They were treated like family and felt like people really cared.

Now, Dorothy drives them to get groceries and to the hospital for her cardiac rehabilitation appointments. Besides lauding the transportation drivers, the care Dorothy received and the therapists who are working with her, they also praised the food in the hospital cafeteria. They routinely make reservations for their Sunday noon meal there because Meals on Wheels are delivered only Monday through Friday. These ladies have worked out a unique partnership which utilizes their complementary strengths and the supports available right here in Rooks County.

Written by Tammy Steeples



RCH Auxiliary NEWS

Are you planning a trip or vacation this summer? The Auxiliary Gift Shop has some new items to keep the kids busy. There are books, games and much more. Stop by and check it out! The Gift Shop just got a new order of the blue 60th Anniversary t-shirts, more of the black *Let Our Family Take Care of Your Family* shirts and the Lands' End RCH Polo Shirts.

SCHOLARSHIPS ANNOUNCED

The RCH Auxiliary has awarded 5 Memorial Scholarships for the 2015-16 school year. We are pleased that all of these women have chosen nursing, physical therapy or radiology as their career of choice.



Fielzah Creighton, Stockton, is in her final year at FHSU in the Radiology Tech program and will graduate in May 2016. Fielzah has been awarded \$400.

Kristen (Meitler) Jones, Plainville, is attending North Central Kansas Technical College in Hays and is working on her RN. Kristen has been awarded \$400.

Taylor Hixon, Plainville, has been attending FHSU and will graduate in May 2016 with a BA in Nursing. Taylor has been awarded \$400.

Amanda Rudman, Plainville, is attending North Central Kansas Technical College in Hays and is working on her LPN with her goal of being an RN. Amanda has been awarded \$300.

Janassa Swaney, Stockton, is in her first year of the Physical Therapy Assistant program at Coby Community College. Janassa has been awarded \$300.

For over 25 years, the RCH Auxiliary has been selling Memorial Lights in remembrance of a loved one to fund scholarships. This year the sale will take place in the fall with the Memorial Lighting ceremony being planned for Thursday, December 3.

To learn more about our scholarships or to get an application for next year's scholarships contact an RCH Auxiliary Scholarship Committee Member: Shirley Comeau, Diane Maddy or Kathy Ramsay or you can stop by the RCH Auxiliary Gift Shop to pick up an application.

Congratulations from the RCH Auxiliary to two of our own, Brooklyn Foster and Lori (Lyle) Custer, that recently completed their RN and were the first recipients of our RCH Auxiliary Memorial Employee Scholarship.



Human Resource News

JOB OPENINGS:

- Cook
- Occupational Therapist
- CRNA
- Circulating Nurse/Scrub Tech
- HUC
- Scheduling Clerk

CHANGES IN EMPLOYEES:

- **Kristen Wyatt** became a CNA on July 8.
- **Michelle Wilkens** joined us as a cook on July 14.
- **Charlotte Gibbs** joined us as an RN on July 14.

WINNERS FROM THE QUARTERLY STAFF MEETING:

Janet Languein	Steve Law
Deb Boucher	Cathy King
Brooke Foster	Lisa Rozean
Johnna Lambert	Tara Staab
Kim Brown	Chad Persing
Elizabeth Hyde	Morgan Fellhoelter

August Anniversaries

Aleesha Wilson	1 Year	Erin Stahl	6 Years
Lu Kerns	1 Year	Jan Jones	8 Years
Lacey Dreiling	1 Year	Dawnite Colburn	10 Years
Lynn Finnesy	1 Year	Scott Carpenter	11 Years
Danelle Wise	3 Years	June Karlin	11 Years
AJ Thomas	3 Years	Bob Rudman	18 Years
Laura Burton	4 Years	Cindy Ross	19 Years
Chad Persing	5 Years	Bill Stahl	21 Years
Janey Denton	5 Years		



August 1st RIDDLE:

They are captured by mud and snow, left behind but never taken and rarely seen in isolation. What are they? (First correct answer to "Fun brigade" commander, Aimee Gardanier ext. 453 or ext. 242 or agardanier@plainville.hpmin.com wins a pair of movie tickets)

Thank You!



Rooks County Health Care Foundation awarded Kansas Tax Credits for Hospital Expansion Project.

The Kansas Department of Commerce announced that 23 nonprofit organizations will share \$4.13 million in tax credits under the Kansas Community Service Tax Credit Program (CSP). Since 1994, CSP has helped nonprofit organizations undertake major capital fund-raising drives for various projects.

“The organizations receiving Community Service Tax Credits make important contributions to the quality of life in their communities,” Kansas Commerce Secretary Pat George said. “This year’s recipients once again offer a wide array of services and programs supporting many key aspects of economic and community development in Kansas.”

Projects eligible for tax credit awards include community service, crime prevention and health care. Tax credit awards are distributed through a competitive application process. Based on the scope and cost of our proposed project, **the Rooks County Healthcare Foundation received \$150,000.** The tax credits will support the construction of our new Rehabilitation Center and Therapy Services addition to the existing hospital. The new facility will provide curbside accessibility to patients in need of outpatient therapy services including cardiac rehabilitation, aquatic therapy and physical, occupational, speech and respiratory treatments. The facility will include a zero entry hydrotherapy pool, which will be the first of its kind between Manhattan and Denver.

Applicant organizations in rural areas like us, with a population less than 15,000, are eligible for a 70 percent credit. If you are interested in these tax credits, please see Eric Sumearll.



NEW IMPATIENT ROOM REHABILITATION ADDITION

MRI

 **Lunch Menu** 

Monday, August 3

Bistro chicken on a croissant, potato soup, cherry square dessert

Tuesday, August 4

Spaghetti, green beans, tossed salad, apple pie, garlic breadstick

Wednesday, August 5

Rotel chicken casserole, Mexican rice, small garden salad, sherbet cup

Thursday, August 6

Meat Loaf, baked potato, Italian Vegetable salad, fruit pizza

Friday, August 7

Grilled chicken on bun, tater tots, two cookies, ice cream bar

Saturday, August 8

Pasta casserole, green beans, peach cup, lemon bar

Sunday, August 9

Roast beef, mashed potato/gravy, garden peas, tossed salad, crème pie, dinner roll

Monday, August 10

Beef brisket on bun, potato salad or chips, baked beans, peanut butter sheetcake

Tuesday, August 11

Beef legend steak, mashed potato/gravy, sweet corn, bacon-salad, layered pudding dessert

Wednesday, August 12

Burrata Ravioli with meat sauce, broccoli, tossed salad, salted caramel ice cream

Thursday, August 13

Smothered chicken, baked potato, garden salad, Hawaiian cake

Friday, August 14

Homemade pizza, tossed salad, iced brownie

Saturday, August 15

Baked pork chop, macaroni and cheese, corn, fruit cup, pudding cup

August

Sun Mon Tue Wed Thu Fri Sat

						1
2	3 Turn Time Sheets In Dr. Dan Sanchez Emily Decker	4 Lisa Rozean	5	6	7 PAY DAY	8
9 Joe Brewster Darla Sneath	10 Erin Stahl	11 Ashley Graf	12 Johnna Lambert	13	14	15 Pat Meyers
16	17 Turn Time Sheets In Foundation Mtg @ 12 Samantha Augustine	18	19 8:30 – 1:00 Medical Staff & Grant Meetings Laura Burton Joselyn Wilkens	20 Orientation @ 8 am Tonya Bethel	21 PAY DAY	22 Camille Elivera
23	24	25 RCH 2016 County Budget Hearing & Board Mtg @ 6 pm	26 Michele Hinger Megan Casey	27 Auxiliary Mtg @ 10 am Dept Head Mtg @ 2 pm Dr. Lynn Fisher	28	29 Justin Thummel
30	31 Turn Time Sheets In					

Rooks Co. Fair Week →