

## October is Breast Cancer Awareness Month



Mammograms can save lives by detecting cancer earlier than a physical exam or physical symptoms of breast cancer appear in most cases. Rooks County Health Center's three registered mammography technologists perform approximately 700 mammograms yearly. In the past year, they found six instances of breast cancer through mammography.

Of the six cases of breast cancer detected last year, four of the necessary biopsies were completed at RCH. "The reading radiology group we consult with travels to our facility weekly to perform various procedures," said Karen Harris, RCH Diagnostic Imaging Director. "Our three registered mammography technologists are well-versed in performing mammograms, dealing with implants and other specialty views required by the reading radiologists."

According to the American Cancer Society, early detection of breast cancer by mammography leads to a greater range of treatment options, including less-extensive surgery such as lumpectomy and the use of chemotherapy with fewer serious side effects, or even, in some cases, the option to forgo chemotherapy. It's important to not let misconceptions like not having a family history or being too young or excuses like a busy schedule or fear of the exam being uncomfortable keep a person from getting a yearly mammogram. These misconceptions and excuses could cost lives by preventing cancer from being detected at an early stage.

"Mammography helps catch cancer at an earlier stage. This enables physicians to offer women more choices in regards to their treatment, so early detection not only save lives, but it helps preserve quality of life as well. The take home message for women is clear: start getting annual mammograms at age 40," said Gail Lebovic, MD, breast surgeon and president of the American Society of Breast Disease.

RCH's registered mammography technologists take the time and care to make sure each patient is comfortable during the 20 minute screening. Please call (785) 688-4424 to schedule a mammography screening.

The best protection  
is early **detection**

## COLORADO SURGEON SELECTS RCH TO EXPAND PRACTICE PROVIDING TOTAL HIP, KNEE AND JOINT REPLACEMENTS



Total hip, knee and other joint replacements are now available at Rooks County Health Center (RCH) via Greg Sarin, DO of Storm Mountain Orthopaedics in Steamboat Springs Colo. Along with offering general orthopaedic services, Dr. Sarin specializes in all aspects of knee injuries as well as trauma, sports medicine and total joint replacement. He is a Board Certified Orthopaedic Surgeon with the American Osteopathic Board of Orthopaedic Surgery. Dr. Sarin also serves as a physician for the U.S. Ski Team.

“Dr. Sarin’s surgical services allow those in Rooks County and the surrounding area to have procedures completed close to home,” said Mike Sinclair, RCH CEO. “Patients can take great comfort and trust having their surgical and physical therapy teams in the same facility working closely on the best treatment and follow-up plan.”

RCH’s Orthopaedic Clinic provides weekly consultations and procedures by Dr. Sarin as well as Joel McReynolds, PA-C of New West Sports Medicine in Kearney, Neb. The addition of Dr. Sarin to the specialty clinic offerings at RCH comes just as RCH awaits installation of a permanent in-house MRI, which is Phase I of RCH’s expansion project. An in-house MRI will dramatically decrease the time between imaging and surgery and in return lead to more efficient scheduling.

“The need for MRI increases with the pre-operative templating required for replacements,” said Sinclair. “The plans for expansion are now crucial as demand for services throughout the hospital grows.

With the Phase II proposed expansion, Cardiac Rehabilitation and Physical Therapy Departments will be able to aid patients sooner after surgery with the new rehab facility and zero-entry hydrotherapy pool.

“Our focus is to bring in specialists along with state-of-the-art technology together with effective facilities to give our patients quality, personalized care in a progressive, nurturing and innovative environment,” said Sinclair. “We believe that health care depends on a combination of medical technology, caring and skilled medical professionals in an excellent medical environment.”

## RCH Fun Committee Having Fun While Helping Fellow Employees

Employees of RCH have joined together to raise funds to help fellow employees in times of need. Whether the employee needs funds for an emergency trip, a funeral or other crisis, employees are donating and raising funds to establish an Employee Assistance Fund.

This month, each of the departments were asked to participate in a pumpkin decorating contest. The pumpkins are currently being displayed in the front lobby. Vote by dropping money into the cups beside the pumpkin. Coins increase the votes and cash decreases the votes! The department that wins will get to have a pizza party! The proceeds from the contest will be given to the Employee Assistance Fund. Everyone is invited to vote for their favorite pumpkin and be a part of raising funds for our healthcare family. Plans are to keep the pumpkins up until October 30.

If you would like to donate to the fund by using employee payroll deduction, please see Cindi Knipp. If you have any questions about the Employee Assistance Program, please see any member of the Senior Leadership Team.



## Employee of the Month



Aimee Gardanier, RN, was selected as Employee of the Month for October. Aimee has worked at Rooks County Health Center since September 2012 as an RN.

She currently serves as the Outpatient Coordinator. Aimee was nominated by Pam Harmon

***Congratulations Aimee!***

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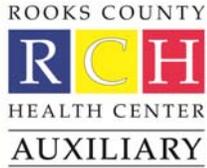
## New Year's Baby Request for Support

The RCH Auxiliary is planning a “New Years Baby Shower” for the first baby born at RCH in 2016. We’re asking all staff, medical staff, auxiliary members, businesses and individuals who care about RCH and this remarkable service we provide to help. There will be a basket set up at the labor and delivery nurse’s station and in the auxiliary gift shop. We’re requesting you bring a generic gift of any size (examples: diapers sizes 1, 2 or 3, handmade items like quilts, afghans, infant toys, blankets, towels, gift cards, baby personal items, first aid kit, bottles, etc.).



Please consider helping make this a very memorable and helpful event for the New Year’s baby and their family. A letter will accompany the gifts and your name will be recognized as a contributor. If you have the talent of making a personal item or you know someone who would consider donating such an item that would be fantastic!!!

Any questions, please contact any member of the “2016 New Year’s Baby” Auxiliary Committee: Kathy Ramsay, Lori Frederking, Janet Languein, Cindi Knipp or Michele Hinger. Thanks so much for your help!



## RCH Auxiliary NEWS

The Auxiliary is planning some really great fundraisers for our hospital expansion project! Mark your calendar for these special dates. More information will be coming soon!

### Upcoming Events:

Saturday Nov 14, Annual Bake Sale at Mr. K's

November 24 & 25, RCH Auxiliary Fall Festival at RCH Education Center!

December 8, Memorial Tree Lighting at RCH

December 14, Hospital Bake Sale at RCH

December 15, next blood drive at Plainville K of C

**RCH Auxiliary is still selling \$50 and \$100 Mr. K's and Webster's gift cards in the gift shop (5% of the profits goes to the Auxiliary)**



## Mark your calendars

**Quarterly Staff Meetings will be held on Thursday, October 29 at 8 am and 2 pm.**



# Human Resource News

**JOB OPENINGS:**

- Cook
- RN
- Housekeeper
- Occupational Therapist
- Circulating/PACU RN
- Admissions Clerk

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**CHANGES IN EMPLOYEES:**

- Jana Becker became a full-time clinic nurse for DWD on September 22.
- Whitney Hickert’s last day was October 13.
- Dave Koel became a temporary part-time Maintenance Engineer on October 5 and will become full-time on November 2.
- Dena Normandin became a PRN CNA on October 12.
- Candic Hines became a full-time housekeeper on October 14.
- Jesse Trent’s last day will be October 28.
- Angela Hahn’s last day will be November 5.
- Lou Kerns last day is November 5.

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**EAGLE MED – Nate Brown will be here on October 29.  
 He will be in the cafeteria all day to give you the  
 opportunity to sign up for the Eagle Med coverage.**

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## Lunch Menu



**Friday, October 16**

Hamburger on bun, potato chips, veggie tray with dip, iced brownie

**Saturday, October 17**

Swiss steak, mashed potato, peas, pineapple tidbits, two cookies

**Sunday, October 18**

Chicken strips, mashed potato/gravy, green beans, garden salad, cherry pie, dinner roll

**Monday, October 19**

Chef salad, bar, strawberry swirl cake

**Tuesday, October 20**

Ham & cheesy noodle bake, broccoli, yum yum salad, lemon pineapple cake

**Wednesday, October 21**

Sloppy joe on bun, macaroni & cheese, veggie tray with dip, cinnamon brown sugar ice cream

**Thursday, October 22**

Chicken strips, cheesy potato casserole, green beans, layered pea salad, peach crisp

**Friday, October 23**

Two soft chicken tacos, nacho cheese and chips, chocolate sheet cake

**Saturday, October 24**

Baked chicken, macaroni & cheese, peas, red grapes, pudding cup

**Sunday, October 25**

Swiss steak, mashed potato, cheesy broccoli, pasta salad, choice pie, dinner roll

**Monday, October 26**

Turkey roast, mashed potato/gravy, garden peas, tomato salad, cherry square dessert

**Tuesday, October 27**

Pasta casserole, green beans, tossed salad, chocolate cake, garlic breadstick

**Wednesday, October 28**

Chili soup, relish – veggie tray – dip, cheese slices, cinnamon roll

**Thursday, October 29**

Rotel chicken casserole, Mexican rice, tossed salad, fruit pizza

**Friday, October 30**

Hamburger or black bean burger on bun, potato wedges, fresh cucumbers & fresh carrots dip, ice cream

**Saturday, October 31 – Happy Halloween!**

Spaghetti casserole, green beans, fresh veggies, sherbet