

December 15, 2015

## Honored for Years of Service

### 5 years

Tara Staab  
 Joselyn Wilkens  
 Crystal Mahan  
 Janey Denton  
 Chad Persing  
 Justin Thummel  
 Megan Casey

### 10 years

Dawnite Colburn  
 Janet Languain

### 15 years

Lisa Karlin

### 20 years

Tonya Bethel  
 Sami Werner

### 25 years

Nikki Meistrell

Congratulations and thank you for your years of service!



## *RCH Employee of the Year*

Rooks County Health Center announced the 2015 Employee of the Year Award at its Annual Employee Christmas Party held on Saturday, December 5. This year Rooks County Health Center is proud to announce that its **Employee of the Year is Mike Sinclair.**

Mike, RCH Administrator and CEO, has worked at RCH since September 2009. Human Resource Director, Cindi Knipp, was happy to announce Mike as the winner saying, "Mike, they say that opportunity presents itself as a door to a new level of success. One can knock and knock and never get through. You've been the key, unlocking new opportunities and taking us to places we never thought possible. We are truly a better team because of you!"

Rooks County Health Center is also proud to announce that it was able to raise \$3,855 through drawings for themed baskets during the annual RCH Christmas Party. Thank you to everyone who donated their time and money to a basket.

The money, in addition to other donated funds from employees, is designated to help make a special Christmas for families and individuals across Rooks County. Special Thanks to the Christmas Party Committee for making it a memorable evening.

The balloon races were a big hit as well! Participants had to walk with the balloon between their knees and then pass it off to their partner without touching it. Many laughs were shared!  
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When DWD did not win the pumpkin decorating contest back in October, Ron Williams was determined to win the best Christmas basket contest. Well unfortunately for Ron, that is not really a competition but we wanted to thank and recognize his group for such a great basket. Ron was presented with a crown and a large medal for having “the best Christmas basket”.



## RCHF NEWS

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### ONLY 8 SHOPPING DAYS TIL CHRISTMAS!



**Do you shop on Amazon?** Support Rooks County Healthcare Foundation by going to **Smile.Amazon.com** and search for the Rooks County Healthcare Foundation in the charity field. Amazon's Foundation will give .5% of your purchase price back to RCHF (without any additional costs to you!). And Yes, you can use the same account on Amazon.com and **AmazonSmile**.



## Employee of the Month

**Mark Waggoner** was selected as Employee of the Month for December. He was nominated by April LeMarr. Mark has worked as a Lab Tech since November, 2006.

**Congratulations Mark!**



## Human Resource News

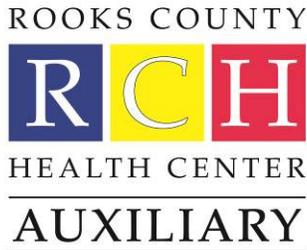
### JOB OPENINGS:

- Occupational Therapist
- Housekeeper
- Cook
- Scrub Tech
- Night Shift Nurse Supervisor
- RN
- Central Sterile Tech
- DWD Clinic Nurse
- Outpatient RN

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### CHANGES IN EMPLOYEES:

- **April Easterberg** joined us on December 4 as a HUC/Aide.
- **Elizabeth Hyde & Justin Lampe** became full-time employees on December 3.
- **Rebecca Bigge** joined us on 12/11/15 as a Scrub Tech.



## RCH Auxiliary NEWS



**For December and January,  
Otis Spunkmeyer cookies can be purchased  
frozen for \$4.50 per dozen**

If interested, please contact the Gift Shop at ext. 339

**Thank you** for everything you made, bought or brought this year! With your support, the Auxiliary was able to meet their goal of raising \$10,000 for the new MRI.

On Monday, December 14th the Auxiliary held an in-hospital bake sale in the front lobby of the hospital. The fundraiser raised about \$500 in just a few hours. Thank you all!!!

At the **Auxiliary's Annual Memorial Tree Lighting Service** on Tuesday, December 8 at 7pm, the RCH Auxiliary took special time to honor loved ones who are no longer on earth.

This year the memorial tree lighting remembered **over 400 family and friends** and raised over **\$2,000 for the RCH Auxiliary Scholarship program** that assists individuals from Rooks County who are furthering their education in a variety of medical field professions.



**We are still accepting items for the New Year's Baby! There is a basket at the nurse's station by labor and delivery and at the Admissions desk if you would like to make a donation. Thank you!**

## The Power of an Auxiliary

All too often when people think of an Auxiliary the image that comes up is one of a social club that dabbles occasionally in some feel good activities. Think again. This county has dynamic auxiliaries that make a real difference in the lives of others. Take for example the Rooks County Health Center Auxiliary (RCHA). Founded in 1983 to promote and advance the welfare of the hospital, this group works to educate the public about the importance of health care in Rooks County, and raises funds to help supply state of the art equipment for the hospital as well as to provide scholarships to Rooks County residents who are pursuing careers in health care.

Since its inception, RCHA has provided funds to help purchase such items as CPR kits to parents of newborn infants and bili-light blankets for the nursery. More recently, RCHA embarked on a fundraising mission to raise \$10,000 towards the new on-site MRI center that will be built at the Rooks County Health Center (RCH).

The Auxiliary reaches its fundraising goals by holding the incredibly popular pie sale during the summer Paradise Creek festivities and various bake sales. Working in conjunction with Mr. K's and Webster's grocery stores, money is raised through the discount food card program. For healthcare scholarships they sponsor the annual Memorial Tree Lighting Ceremony held every December.

The money raised for the MRI wing will help fund one of the very few on site MRI's in a rural critical access hospital in Kansas. While other rural hospitals continue to rely on mobile MRI units, RCH will provide 7 day-a-week, 24 hour-a-day MRI services that will increase patient safety, give providers immediate access to the information that they need, and make scheduling for imaging more efficient and cost effective.

The Auxiliary began fundraising for the MRI unit in 2014 with the goal of raising \$10,000 by the year 2019. They reached that goal on December 4 of 2015.

Dozens of area citizens who have chosen healthcare as their profession have benefited from the Auxiliary's scholarship program. Rooks County has benefited from the fact that many of those scholarship recipients have chosen to remain in the county, working at RCH. Many others have gone on to other parts of the country to share their skills, dedication and passion with other communities.

Aubrey Becker, RN-BSN, is one of the many amazing Rooks County natives who is making a difference in people's lives. The daughter of Richard and Brenda Frederking of Plainville, Aubrey received scholarships from the Auxiliary for three years, graduating from the University of Missouri, Kansas City school of nursing in 2012.

Now a nurse in the neonatal intensive care unit (NICU) at University of Colorado Hospital in Aurora, Colorado, Becker gives a lot of credit to the Auxiliary for helping her achieve her goals. At a monthly meeting of the Auxiliary earlier this year, Aubrey gave a moving, and at times humorous, account of the work that she does taking care of premature infants with complications in the days and sometimes months after their birth. Many of these babies would not survive without the help that professionals like Aubrey can provide. In many instances these babies must be literally taught how to breathe and eat on their own.

Of the assistance that the Auxiliary funded scholarships provided, Aubrey said “Every scholarship means the world. The Auxiliary told me ‘whatever you need it for, do it, just go for it’. To know that some of my expenses were taken care of was such a blessing”.

In summing up her experience with the Auxiliary and the support she received from her family and community Aubrey mentioned the opportunities she had working at RCH in the summers before she got her degree. “The doctors were great explaining things to me when exciting things were happening. I feel like a got a jump on everyone at nursing school. I’m thankful for growing up where the community surrounds you and supports you. I’m where I’m at and helping people due to the upbringing I had”.

Nurses who heal and save lives. State of the art equipment to offer the best possible health care to the citizens of Rooks County. All aided by a group of dedicated members of this county, the Rooks County Healthcare Auxiliary, who give their time and talent and energy for the common good. One pie, one cake, one memorial tree lighting at a time, auxiliaries make a difference.

We are so thankful for our Auxiliary! What a wonderful group of people to work with!



**It is time to renew your membership or join for the first time!  
Annual Dues are just \$5**

**Ask questions, get involved and pay your dues at the gift shop!**

 Lunch Menu 

**Thursday, Dec 17**

Bistro chicken on a croissant, broccoli – cheese soup, Hawaiian cake

**Friday, Dec 18**

Homemade pizza, tossed salad, iced brownie

**Saturday, Dec 19**

Swiss steak, mashed potato, peas, two cookies,

**Sunday, Dec 20**

Chicken strips, green beans, small salad, cherry pie

**Monday, Dec 21**

Cheese ravioli with meat sauce, broccoli, tossed salad, strawberry cake

**Tuesday, Dec 22**

Club sandwiches, chili cabbage soup, rice krispie treat

**Wednesday, Dec 23**

Enchilada casserole, Mexican rice, refried beans with cheese, chocolate ice cream

**Thursday, Dec 24 – Christmas Eve**

Chicken strips, potato casserole, layered pea salad, sherbet cup

**Friday, Dec 25 – Christmas! Free lunch to staff that is working**

Roast turkey, mashed potato/gravy, green beans, small salad, crème pie

**Saturday, Dec 26**

Ham Sandwich, potato chips, fruit cup, pudding

**Sunday, Dec 27**

Smothered steak, mashed potato/gravy, pasta salad, crème pie

**Monday, Dec 28**

Chicken noodles, mashed potato, rosy applesauce, German chocolate cake, roll

**Tuesday, Dec 29**

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

**Wednesday, Dec 30**

Rotel chicken casserole, Mexican rice, small salad, Mexican sheetcake

**Thursday, Dec 31**

Baked potato bar, fruit pizza