

January First Friday Screening Date Changed Due To New Year's Day

Traditionally, people waited for an annual health fair to receive discounted lab work and screenings, but Rooks County Health Center's First Friday Screenings allow people to be even more proactive in their health and choose the time that fits their needs and schedule best. Discounted tests are offered the first Friday of every month, unless a holiday falls on the date, with RCH's First Friday Screenings.



The First Friday Screenings of 2016 will move to January 8 since the first Friday of the month falls on New Year's Day. In February, the screenings will resume being held the first Friday of every month.

"First Fridays Screenings allow people to see what's going on with their health to potentially avoid costly health issues in the future. People aren't limited to attending an annual health fair or scheduling requests through their physician," stated Sami Werner, RCH Laboratory Manager.

Tests take as little as 15 minutes and are offered at a greater discount on the first Friday of the month. Tests include screenings for cardiac/heart health, diabetic health and colon health. Fasting for 12-14 hours is required for cardiac/heart health and eight hours for diabetic health screenings.

The cardiac/heart health screening can help determine whether one has a slight, moderate or high chance of having a cardiovascular event such as a heart attack or stroke. If someone has a history or family history of high lipids or just wants to know risk estimates, this is a good screening for that purpose. The colon health screening is recommended annually at the age of 50 for both men and women. The diabetic health screening is a combination of tests for a good overall view of one's diabetic health. It is recommended every 3 to 12 months as suggested by your doctor.

If the first Friday of each month does not work for you, Affordable Wellness Tests are offered Monday through Friday. Visit with an RCH lab technologist to consider which test(s) best serve your needs.

Werner reminds all participants that screenings aren't intended to replace doctor visits or diagnose medical conditions. If someone is having symptoms of an illness, they should visit their physician first.



Human Resource News

JOB OPENINGS:

- Outpatient RN
- Nursing Night Shift Supervisor
- Registered Nurse
- Occupational Therapist

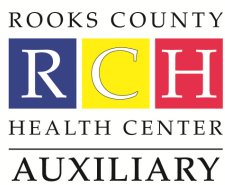
CHANGES IN EMPLOYEES:

- **Jolene Benoit** joined our team as a housekeeper on December 28.
- **Stacy Ratliff** joined us on December 21 as a cook.
- **Robert Shubert** will join us on January 4 as a Paramedic.

RCH Employee Anniversaries

Avry St. Peter	1 year
Andee Mitchell	1 year
Daniel LaBarge	2 years
Adam Comeau	2 years
Amanda McCall	2 years
Susan Romo	3 years
Pam Harmon	5 years
Annette Paulson	5 years
Heather Balthazor	7 years
Steve Law	8 years
Dinah VanSchuyver	13 years
Nikki Meistrell	26 years

Congratulations! Thank you for your year(s) of service!



JUST A REMINDER that it is time for the **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 Blair at the gift shop, or mailed to RCH Auxiliary, Attn: Kandie Morain, PO Box 389, Plainville, KS 67663. We hope to make this another great year! Please provide your email address and your birthday with your dues payment.

Just a reminder that the Auxiliary Gift Shop is now set up to allow employees to purchase items from the gift shop and have the amount automatically deducted from their paycheck.

QUARTERLY REGULATORY MEETINGS

Wednesday, January 13th

All Meetings will be held in the HIM Conference Room

8:00 Quarterly Quality:

**This Quarter:
Dietary, Surgery, Central Sterile,
Wound Care, PACU, Outpatient Services, Radiology, Nursing,
Laboratory, Pharmacy, Admissions**

9:15 Quarterly Infection Prevention

9:45 Quarterly Utilization Review

10:00 Quarterly Privacy Oversight

10:20 Quarterly Corporate Compliance

10:30 Quarterly Risk Management

After the Quality Meeting, all meetings will run consecutively and meeting times will be approximate. The start of all meetings will be announced overhead so those people can arrive at the appropriate time.

 Lunch Menu 

Friday, January 1 – Happy New Year!

Grilled chicken on bun, French fries, mandarin oranges, ice cream

Saturday, January 2

Pasta casserole, green beans, lemon bar

Sunday, January 3

Beef & noodles, mashed potato, small salad, pie

Monday, January 4

BBQ brisket on bun, potato chips, coleslaw, poke cake

Tuesday, January 5

Beef legend fillet, mashed potato/gravy, sweet corn, small salad, chocolate pudding

Wednesday, January 6

Chili soup, cinnamon roll, veggies – dip, rosy applesauce cup,

Thursday, January 7

Smothered chicken, baked potato, tossed salad, Hawaiian cake

Friday, January 8

Tuna salad sandwich, cream of tomato soup, fruited jello, iced brownie

Saturday, January 9

Swiss steak, mashed potato, peas, two cookies

Sunday, January 10

Chicken strips, green beans, small salad, cherry pie

Monday, January 11

Salisbury steak, mashed potato/gravy, cheesy broccoli, small salad, pocket of lemon cake

Tuesday, January 12

BBQ chicken fillet, baked potato, marinated cucumber, two cookies

Wednesday, January 13

Sloppy joes on bun, tater tots, broccoli salad, strawberry mini pie

Tuesday, January 14

Chicken strips, potato casserole, layered pea salad, frosted cake

Wednesday, January 15

Two soft tacos, cheesy refried beans, chocolate sheetcake

JANUARY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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3	4 Turn Time Sheets In	5	6 Karen Harris	7 1:00 Policy Review Comm.	8  PAY DAY Stephanie Bjornstad	9 Lisa VonFeldt
10	11 Kelsey Wyatt	12	13 8 – 12 Qtrly Regulatory Mtg 1:00 – Safety Mtg; 2:00 – Disaster Mtg; 3:15 – Safety Rounds	14 New Hire Orientation Pat Ferland	15 Skylar Rudman Rebecca Bigge	16
17 Patty Czahor	18 Turn Time Sheets In 12:00 Foundation Board Mtg	19	20 Medical Staff & Grand Mtgs	21	22 PAY DAY	23
24 / 31	25 Nikki Meistrell	26 6:00 RCH Board Mtg Laurie Augustine	27	28 8 am and 2 pm Qtrly Staff Mtgs 10 am RCH Auxiliary Mtg Scott Carpenter	29	30