

EMPLOYEE OF THE MONTH

Congratulations to Robin Bailey!



Robin Bailey has been selected as the Employee of the Month for February.

She was nominated by Johnna Lambert & Casey Arnold. Robin has worked at RCH since March 2014 as a van driver.

Impact Funding Grants support breastfeeding in Kansas Communities

Rooks County Health Center was recently awarded grant money from the United Methodist Health Ministry Fund for a two-phase project. RCH OB Nurse Manager, Nancy Sterling, RN, applied for the grant to upgrade the current equipment and decor of the lactation room and to purchase a laptop to use for telemedicine/televideo with the lactation consultant, Avry St. Peter, RN Doula/Lactation Consultant. The plan is to add a second Medela breast pump, new furniture, privacy screens and newborn photos from Andrea Rodger Photography. With the purchase of the laptop, St. Peter will be able to provide 24/7 lactation support to moms that have questions during those 2 am feedings. Sometimes it is difficult for a new mom to travel to RCH and this will provide an opportunity for the consultant to visit with the mom from her home.

Through donor contributions of \$19,650 and matching dollars from the United Methodist Health Ministry Fund, a total of \$42,850 in grants were awarded to support projects to increase initiation and duration of breastfeeding in communities across Kansas. 2015 was the second year of Impact Funding, where members contribute funds to join the team and have their donations matched by the Health Fund to increase impact. The input of the diverse team, including several knowledgeable breastfeeding advocates, was crucial to the funding decision process. The 2015 Impact Funding Team received 25 proposals for breastfeeding grants and RCH was selected as 1 of 15 projects to receive funding.



Human Resource News

JOB OPENINGS:

- Occupational Therapist

CHANGES IN EMPLOYEES:

- Lu Kerns will be a DWD clinic nurse starting on Feb. 29.

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RCH DEMONSTRATES DILIGENCE AGAINST HEART DISEASE WITH OPEN HOUSE

RCH recognizes that heart disease is the number one cause of death in the United States, more than all types of cancer combined. Unlike cancer, heart disease can often be prevented. To further awareness of these preventative measures, RCH Cardiac Rehabilitation is hosting an open house 5 p.m. to 7 p.m., Monday, February 22 on campus at 1210 N. Washington Street, Plainville.

“One in four deaths are attributed to heart disease, yet it can be prevented by making healthy choices and managing health conditions,” said Dinah VanSchuyver, RN, RCH’s Cardiac Rehab Director. “RCH’s heart health experts can guide you in making crucial life changes for a minimal monthly fee, so we are offering a special “buy 2 months get 1 month free” deal in honor of American Heart Month.”

According to VanSchuyver, the open house is an opportunity to tour the department and its resources that are available to the public for use without a doctor’s order. The Cardiac Rehab Program offers participants education on diet, exercise, stress and emergency management. The participants receive on-site monitoring as they exercise for a monthly fee of \$50. Now through the end of February, those participants who pay for two months in advance will receive a third month free.

“Managing health conditions is particularly crucial for those who have a genetic history of heart disease. RCH can offer screenings to help identify what a person’s risks are and then teach them to manage it successfully and be prepared in case of an emergency,” said VanSchuyver.

For more information about Phase 3, contact Dinah VanSchuyver at 688-4426 or dvanschuyver@plainville.hpmin.com.



Expert Help for **HEART HEALTH**

ONE FREE MONTH!

When you commit to three months in RCH's
Phase 3 Cardiac Rehabilitation and Exercise Program

- Learn risk factors
- Access discounted screenings
- Receive dietary advice
- Access exercise facility
- On-site monitoring for maximum benefits

Open to the public, no doctor's order or history of illness or heart disease required to participate in RCH's Phase 3 Cardiac Rehabilitation and Exercise Program.
Monthly fee is \$50 per month, third month free.
Offer expires February 29, 2016.

OPEN HOUSE RCH's Phase 3 Cardiac Rehabilitation and Exercise Program

5-7pm Monday, February 22

Rooks County Health Center

Cardiac Rehabilitation Department
1210 N Washington Street
Plainville, Kansas

For more information on
Phase 3 Cardiac Rehabilitation and Exercise Program,
contact Dinah VanSchuyver at 785-688-4426 or email dvanschuyver@plainville.hpmin.com.

www.RooksCountyHealthCenter.com

 **Lunch Menu** 

Wednesday, February 17

Taco casserole, Mexican rice, small salad, chocolate chip cookies

Thursday, February 18

Beef brisket on bun, BBQ beans, potato chips, Hawaiian Cake,

Friday, February 19

Homemade pizza, tossed salad, iced brownies

Saturday, February 20

Swiss steak, mashed potato, peas, two cookies & sherbet

Sunday, February 21

Chicken strips, baked potato, green beans, garden salad, cherry pie

Monday, February 22

Grilled chicken salad bar, strawberry poke cake

Tuesday, February 23

Ham noodle bake, cheesy broccoli, tossed salad, two cookies, dinner roll

Wednesday, February 24

Enchilada casserole, Mexican rice, tossed salad, chocolate ice cream

Thursday, February 25

Chicken strips, ,cheesy potato casserole, layered pea salad, lemon meringue pie

Friday, February 26

Fish with topping or cheesy pasta casserole, green beans, tossed salad, chocolate sheet cake

Saturday, February 27

Baked pork chop, mac n cheese, fruit cup, pudding

Sunday, February 28

Swiss steak, mashed potato, cheesy broccoli, pasta salad, chocolate pie

Monday, February 29

Turkey roast, mashed potato with gravy, green beans, marinated cucumbers, cherry square dessert

Congratulations to Joe & Lolly Brewster! They have 3 sons and recently welcomed a sweet baby girl to their family! Ruthie Ann Brewster was born Sunday, January 24, 2016, at 08:39 a.m. She weighed 7 lbs & was 19 inches long. CONGRATULATIONS!!!