



## **Congratulations to Jolene Benoit!**

She is the September Employee of the Month! Jolene was nominated by Lynn Finnesy.

Jolene has worked in Environmental Services at RCH since December 2015.

## **RCH 3<sup>RD</sup> ANNUAL COMPETENCY FAIR**

RCH Employees are required to attend the Annual Competency Fair scheduled for Monday, September 26 from 7am to 7pm. Please check in at the HIM Conference Room to see what modalities you are to complete and for a map of where each modality will be given.

There is a special sign-up sheet hanging at the nurse's station for the Trauma Competency class. Please be sure to sign up prior to the competency fair. The class will be offered every 2 hours starting at 7am and the last one will be at 5pm.

The MRI Safety Competency class will start every hour. If you miss the beginning of it, you'll have to wait until the next hour to do it.

Please see the attached list of competencies for each department. RNs, MICTs, LPNs and Outpatient/Surgery should plan on about 4 hours to complete the entire fair.



**Remember to get your Flu Vaccine at Clinic C!**

## Listing of Required Modalities by Department

### **RN, LPN, MICT, Surgery/Outpatient Competency**

- Trauma Scenario
  - BiPap/Ventilator
  - Intubation Set Up
  - Notification System
  - Chest Tube
  - Max Air
- Lifts/Back Safety
- CT IV starts
- Medication test/pharm waste test/Lexicomp
- MRI Safety
- SCD
- TED hose measuring
- Precipitous Delivery
- Setting up OB table
- Glucometer
- Malignant Hyperthermia
- Fakuda Denshi Monitors/telemetry
- HIPAA

### **CNA Competency**

- Lifts/Back Safety
- MRI Safety
- SCD
- TED hose measuring
- Setting up OB table
- Glucometer
- Malignant Hyperthermia
- Fakuda Denshi Monitors/telemetry
- HIPAA

### **Radiology Competency**

- Lifts/Back Safety
- MRI Safety
- Rad pharmaceutical waste test
- CT IV starts
- Trauma Scenario
- HIPAA

### **Lab Competency**

- HIPAA
- Lifts/Back Safety

### **Rehab Competency**

- HIPAA
- Lifts/Back Safety
- SCD
- Glucometer

### **Anesthesia Competency**

- MRI Safety
- HIPAA
- Lifts/Back Safety

### **Maintenance and Environmental Services**

- MRI Safety
- HIPAA
- Hands Only CPR
- Lifts/Back Safety

### **Non-Clinical Staff**

- Hands Only CPR
- Lifts/Back Safety
- HIPAA

## RCH FOOD DRIVE IS A SUCCESS!

On Wednesday, September 14, the RCH held a food drive for the Plainville Community. Starting at 7am, Senior Leadership served a delicious breakfast in the cafeteria with the cost to eat being either a monetary donation or a non-perishable food item.



**OVER 500 POUNDS OF GOODS WERE DELIVERED AND OVER \$72 CASH!**

**PICTURED IS ONE WALL OF THE MINISTERIAL ALLIANCE FOOD PANTRY. AS YOU CAN SEE, THERE ARE A LOT OF EMPTY SHELVES!**

The food bank is open for delivery or pick-up from 9am to 12pm every Thursday and is located in the garage beside the Sacred Heart Church.



Thank you to Casey Arnold for this great idea, to everyone who participated, and to Senior Leadership for coming in early and offering to prepare such a wonderful breakfast for everyone!

*"Thank you to all the Rooks County Health Center and Post Rock Medical Clinic Employees for your generous donations of food and cash to the Plainville Food Pantry. May each of you truly be blessed! "*

- Janet Swafford, Director of Plainville Food Pantry



## INFLUENZA (FLU) VACCINES

As an employee of RCH you are required to either have a flu vaccine or wear a mask whenever in the facility from October 1 – March 31. All vaccines given through RCH are preservative-free. If you receive your flu vaccine elsewhere, you will need to bring a copy of your records to Employee Health.

For those **65 years and older** we have a special High-Dose Trivalent (contains 3 strains) vaccine.

For those age **6 months through 64 years** we have a Quadrivalent (contains 4 strains) vaccine.

Due to recommendations from the CDC, we are not offering the FluMist. They found that it was not as effective as the typical flu vaccine.

**UPDATE: Flu vaccines will be available at Clinic C during the Skills Competency Fair on September 26. All employees are encouraged to come to Clinic C between 8am and 6pm for their flu vaccine. If you cannot make the September 26 date, please schedule a time with the outpatient department between September 27 and October 1 for your vaccination.**

Flu vaccines will be available to household family members of employees for **\$20**. You can have your family member register and pay at the front desk, then once the face sheet and vaccine sheet are printed, they can get their vaccine in the OP department. Please call OP at 688-4401 Ext. 242 before you come to decrease the likelihood you will need to wait.

Employee vaccines must be obtained by **Saturday, October 1st**. Any employee receiving a vaccine after this date must continue to wear a **mask for 14 days** after vaccination.



### September 1st RIDDLE Results:

**Question was:** It floats gently when it is born, lies still when it is alive, and runs when it is dead. What is it?

The answer is **snow**. Randy Nuss was the winner and she won a dozen Otis Spunkmeyer Cookies from the RCH Auxiliary Gift Shop. Congratulations Randy!



JOB OPENINGS:

- Cook
- Housekeeper
- Wound Care RN

CHANGES IN EMPLOYEES:

**Lynn Finnesy** will be a PRN housekeeper.

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## Labor & Delivery Gets 100%

Congratulations to the Labor & Delivery Department for getting 100% on newborn sampling! The newborn screening is a blood test that nursing does on all newborns after they are 24 hours old. It tests for several different enzyme deficiencies. If enzyme deficiencies exist in the newborn, early intervention can help prevent serious problems like mental retardation or death.

The paper that is used to collect the 5 drops of blood on is a special filter paper. It requires special storage before use and when collecting the blood drops, the baby's foot cannot touch the filter paper or it can skew the test results. We've had 100% success with collecting the samples for the last year (meaning the samples have all been collected perfectly). If any of the samples are unacceptable, the parents would have to bring the baby back in to have the blood test repeated. If a baby has an abnormal test result, they will most likely come back in for another blood test, but that's due to medical reasons and not collection error.

Thank you for your dedication to perfection and for taking such good care of our youngest patients!

**Congratulations to the RCH Auxiliary!** They received another Gold Award of Excellence at the 2016 Hospital Auxiliaries of Kansas (HAK) Convention in Overland Park on September 9.

To earn this award, members needed to meet 21 requirements, such as participate in health related community service activities, give direct service to the hospital, and contribute to health career scholarships. The Award of Excellence is a non-competitive plan for encouraging individual auxiliaries to "Exceed their own best effort". HAK is an allied organization of the Kansas Hospital Association, whose convention was held concurrent with the HAK meeting.

Attending the convention this year were Karen Sinclair, Judy Sander, Diane McReynolds and Kandie Morain. This convention gave the members opportunities to network with other hospital auxiliaries across the state and to attend educational workshops on service, fund raising, and legislative issues relating to health care.

Way to go Auxiliary! You make us all very proud!

## Construction Update on MRI & Nuclear Medicine Addition

The stone work is going up on the exterior of the new addition.



The ductwork is also being installed.



The new roof is expected to be installed this Monday, September 19.

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**Judy Sander, with Stockton VFW Post #8873 ladies Auxiliary, presented bags of new stuffed animals to be given to children in the RCH Emergency Room, Doctors Without Delay and Post Rock Family Medicine. A stuffed animal is a welcome companion for most children especially in the event of an illness or injury. Thank you so much to Stockton VFW Post #8873 ladies Auxiliary for including us in this wonderful mission.**





## RCH Employee Spotlight

Name: **Heidi Scott**  
RCH Team: **Dietary Department**  
Start date at RCH: **September 2016**

Heidi Scott was our evening cook six years ago and has rejoined our dietary team.

She has been married to Thad for 13 years and has two sons, Kevvis (19) and Shaun (18).

In her free time, Heidi enjoys knitting, sewing, writing and bowling.

Heidi says that she is quiet UNTIL she gets to know you. Welcome Heidi!



## RCH Student Spotlight



Name: **Meredith Lewallen**  
RCH Team: **DWD**

Meredith Lewallen is DWD's first ever Nurse Practitioner student and is assisting Ron Williams through mid-November.

She is originally from Grinnell and currently attends Fort Hays State University and lives in Hays. She is looking forward to gaining clinical experience at RCH and continuing family practice in this area.

Meredith is married to Darris and has four children, Brooklyn (12), Makayla (7), Sydney (6) and Tayte (4). She enjoys spending time with her family. Welcome Meredith!



 **Lunch Menu** 

**Friday, Sept 16**

Sloppy Joes, onion rings, potato salad, iced brownie

**Saturday, Sept 17**

Meatloaf, baked potato, corn, cookies, ice cream

**Sunday, Sept 18**

Fried chicken, mashed potatoes, gravy, green beans, garden salad, cherry pie

**Monday, Sept 19**

Salisbury steak, mashed potatoes/gravy, carrots, garden salad, top your own cheesecake

**Tuesday, Sept 20**

Baked pork chop, cheesy potato bake, mixed vegetables, yum yum salad, M& M oat bars

**Wednesday, Sept 21**

Deb's hamburger soup, steak fries, ice cream bar

**Thursday, Sept 22**

Chicken strips, mac & cheese, peas, layered pudding dessert

**Friday, Sept 23**

Tacos, chips & cheese & salsa, Texas sheet cake

**Saturday, Sept 24**

Vegetable soup, deli sandwich, garden salad, pudding

**Sunday, Sept 25**

Swiss steak, mashed potatoes/gravy, broccoli, pasta salad, peach/chocolate pie

**Monday, Sept 26**

Chili, cinnamon roll, tossed salad, cherry square dessert

**Tuesday, Sept 27**

Chicken Alfredo, green beans, garlic toast, tossed salad, poke cake

**Wednesday, Sept 28**

Philly steak sandwich, tater tots, tossed salad, peanut butter sheet cake

**Thursday, Sept 29**

Chicken & noodles over mashed potatoes, breadstick, ice cream bar

**Friday, Sept 30**

Deb's taco salad, nacho cheese with chips, surprise dessert