

## RCH Christmas Baskets Spread Holiday Cheer

\$2,900 was raised from selling chances to win baskets that were donated by hospital and clinic staff. Three of the baskets were displayed in the hospital lobby for the entire month of November allowing not only employees but also the public the opportunity to purchase tickets for a chance to win one or more of the three baskets. Of the total amount raised, \$2,000 of the proceeds came directly from RCH employees. Wow!

The winners were drawn and announced at the Annual RCH Employee Christmas party on December 10. The proceeds were then used to purchase gifts for over 20 children in Rooks County that would not have had much of a Christmas otherwise.

A big “thank you” to those that volunteered to do the shopping. This is always a little stressful and a big undertaking to find the items on the kids’ lists but Santa always seems to make sure that we get the task at hand completed quite splendidly and on time! Most of us don’t get the chance to see the kids’ faces when the gifts are delivered. It involves big smiles and usually some tears. What a blessing and very humbling experience it is.

Shown with the purchased toys are: Erin Newell, Stephanie Bjornstad, Sheila Eichman, Frank Rajewski, and Janet Languen. Kneeling is Kelsie Zeigler and Angela Hahn.

Thank you so much to everyone who purchased chances on the baskets and to everyone who purchased an item for their own basket. It is because of you that this is even possible. It’s a wonderful way to give back to the community!

You should be proud to be a part of such a wonderful team who is so willing to think of others. Job well done my friends.



## Rival Schools Unite To Support Cancer Council

Stockton and Plainville high school cheerleading squads came together on December 20 to show support for county residents diagnosed with cancer in a powerful display of cheer squad dance routine excellence and county unity.

Prompted by a desire to do something different for their annual fundraiser to benefit the Rooks County Cancer Council, the Stockton squad decided to reach out to inter-county rival Plainville and team up in order to increase the fundraising potential.

Stockton cheer sponsors Jessica Billinger and Donna Hamilton laid the groundwork for the unified routine. Billinger stated "We wanted to do something to include most of Rooks County. We contacted administrators of both schools and got the event approved. We contacted Cardinal Creations who came up with the design and made the t-shirts for the event. We also thought it would be neat to show unity for a great cause. That is when we came up with the idea of performing a routine together at halftime of the Tigers/Cardinals basketball game".

Mallory Buresh, head cheer coach for Plainville, choreographed the challenging routine. Billinger noted that finding times to practice was difficult due to conflicting schedules and with a group of girls that are active in many activities. The squads were able to practice together only five times before the performance.

The cheerleaders made the most of their short time working together to make the event such a success, while also enjoying the challenge. Madalyn Billinger, Stockton cheerleader, said "I thought it was cool to work with another school to raise money for a great cause. It was also fun to perform with another cheer squad".

Jasmine Creighton, Plainville cheer squad captain noted that overcoming the novelty of working out a routine with another squad was a little daunting at the start.

"At first we were all skeptical about performing together but as our practices went on we all started to come together and it even became fun! It was such a satisfying feeling when we all hit our stunts perfectly throughout the dance and it was even more satisfying when we all handed money to the cancer council! I hope that this will continue between the two squads because I would love for future members to always have this opportunity" said Creighton.

Buoyed by the success of the difficult routine (cheers went up throughout the gym at its conclusion) and by the amount of money raised, members of both squads expressed the hope that they could continue the event annually to help raise funds for the Rooks County Cancer Council.

The effort raised \$800 for Rooks County Cancer Council. The united squads presented the donation to Council volunteer Karen Hageman following their routine during half time of the December 20 Stockton/Plainville boys basketball game.

Rooks County Cancer Council, supported by the Rooks County Healthcare Foundation, uses funds received that are designated by donors to provide fuel vouchers to offset travel costs to treatments and appointments as well as nutritional supplements for qualifying Rooks County residents who have been diagnosed with cancer. For more information on the Rooks County Cancer Council, see Eric Sumearll.



## January Riddle:

Question: So gentle it soothes the skin, so forceful it cracks rocks, so light it serves as a mirror to the clouds. What could it be?

Think you know? The first person to call Johnna Lambert at ext. 429 or e-mail her at [jlambert@plainville.hpmn.com](mailto:jlambert@plainville.hpmn.com) will win a dozen Otis Spunkmeyer Cookies from the RCH Auxiliary Gift Shop.

## MRI/Nuclear Medicine Update

- The Toshiba Titan MRI system was delivered today! The installation process will take 4-5 weeks.
- Most of the floor coverings are installed.
- All interior doors are installed.
- The west exterior door is installed.
- The fire alarm system is installed.
- The nurse call system for the new addition will be installed the week of January 9, 2017.
- All walls have final coat of paint except for the north wall in the MRI room. This will wait until the north window is installed.
- The 65" ceiling monitor inside the MRI room is installed.
- The nuclear medicine system will be installed the week of January 23, 2017.





## Human Resource News

### JOB OPENINGS:

- Outpatient Nurse
- Wound Care RN
- HIS/Project Analyst
- Diabetes Education Coordinator
- Cook
- PRN Admissions Clerk

### OPEN POSITIONS:

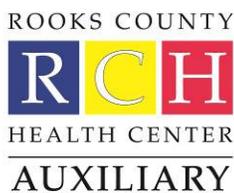
- **Ruth Fouts** will be a part-time Scrub Tech/LPN.
- **Linsey Knipp** will be a full-time pain management RN.
- **Amber Hageman** will move to full-time as an Admission Clerk.
- **Makayla Sanchez** will return to the Dietary Department during Christmas break.
- **Brianna Bobbett** will return to the Therapy Department during Christmas break.

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## RCH Employee Anniversaries

Avry St. Peter	2 years
Andee Mitchell	2 years
Daniel LaBarge	3 years
Adam Comeau	3 years
Pam Harmon	6 years
Annette Paulson	6 years
Heather Balthazor	8 years
Steve Law	9 years

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



**JUST A REMINDER** that it is time for **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.



## **THE BAD NEWS**

Studies concerning the negative effects of extended periods of sitting have found:

- A nearly 50 percent increased risk of death from any cause
- About a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack

These factors effect individuals who were sedentary for periods of 4 hours or more compared to those sitting for 2 hours or less during a day.

What is sedentary? Obviously sitting at home on the couch watching tv... but how long do you sit at your computer during the day at work? Unfortunately typing does not count as activity! Time yourself today. Set your timer on your phone and see how long you sit between bouts of physical activity. I bet the numbers will surprise you! Are your only breaks short walks to the restroom, vending machine, or lunch? Not only is this practice bad for your waistline, but also your heart.

Unfortunately these studies have also found that hitting the gym does not make up for an otherwise sedentary lifestyle. Research participants who exercised at a moderate to vigorous rate for a minimum of 150 minutes per week but were otherwise mostly sedentary suffer the same long term poor health outcomes as those who do not exercise at all.

In short you cannot make up for sitting all day behind a computer screen by taking a walk after work. Effort must be made to have multiple low intensity exercise breaks throughout the day.

According to one study exchanging 2 hours of being sedentary for 2 hours of light intensity activity is the metabolic equivalent of taking a 30 minute walk.

## **THE GOOD NEWS?**

Our first line effort to set you on a path for a healthier you this new year is our lunchtime walkfit workout. Come to cardiac rehab and ask about the importance of increased activity and the benefits it provides to an all around healthier lifestyle.

Sessions will be focused at increasing your metabolic workload without making you sweat so much that you will need to shower.

As the program grows the intent is to increase options that will not take you away from your work for too long a period but will help you to make a habit of getting up and being active throughout your day!

For the naysayers who claim they do not have time... exercise during the work day has been proven to increase creativity, clarity of thought and productivity! :)

Competitions and prizes will be offered for participation in facility programs as well as for those who can demonstrate participation outside of work.

Prepare yourselves for a new you in the new year and let us help to start you on the path!

## **QUARTERLY REGULATORY MEETINGS** **Friday, January 27<sup>th</sup>**

*All Meetings will be held in the HIM Conference Room*

**8:00      Quarterly Quality:**

This Quarter:

Dietary, Surgery, Sterile Processing, Wound Care,  
PACU, Outpatient Services, Radiology, Nursing,  
Rehab Departments: PT/OT/ST, Laboratory,  
Pharmacy, Admissions, Cardiac Rehab

**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 

**Wednesday, January 4**

Patty melt, tots, tossed salad, cake

**Thursday, January 5**

Sweet & sour chicken, fried rice, egg roll, ice cream, cookie

**Friday, January 6**

Spaghetti, cheesy garlic bread, green beans, tossed salad, Texas sheetcake

**Saturday, January 7**

Hamburger soup, deli sandwich, pudding, brownie

**Sunday, January 8**

Meatloaf, baked potato, candied carrots, pasta salad, pie

**Monday, January 9**

Chicken strips, mac & cheese, pea salad deluxe, cherry square dessert

**Tuesday, January 10**

Beef stroganoff, garlic breadstick, tossed salad, raspberry dream cake

**Wednesday, January 11**

Grilled chicken club, steak fries, tossed salad, Toll House Cookie bar

**Thursday, January 12**

Chili, cinnamon roll, ice cream bar

**Friday, January 13**

Chicken Cordon Bleu, baked potatoes, chef's choice, vegetable, tossed salad, strawberry shortcake

**Saturday, January 14**

Spaghetti casserole, cauliflower and broccoli, tossed salad, sherbet

**Sunday, January 15**

Roast beef dinner, mashed potatoes/gravy, vegetable, tossed salad, pie

The first Quarterly Staff Meeting of the year will be held in the RCH Cafeteria at 8am and 2pm on January 26.



# JANUARY

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

<b>1</b>	<b>2</b> Turn Time Sheets In	<b>3</b>	<b>4</b> 1 pm Disaster Safety/IC Rounds	<b>5</b> 1:15 pm Policy Comm. Mtg	<b>6</b>  PAY DAY Karen Harris	<b>7</b>
<b>8</b> Stephanie Bjornstad	<b>9</b> Lisa VonFeldt	<b>10</b>	<b>11</b> Kelsey Wyatt	<b>12</b> 8am – 4:30pm New Employee Orientation	<b>13</b>	<b>14</b> Pat Ferland
<b>15</b> Skylar Rudman Rebecca Bigge	<b>16</b> Turn Time Sheets In 12 pm Foundation Mtg Angela Hahn	<b>17</b> Patricia Czahor	<b>18</b> 8:30 – 1pm Med Staff & Grand Rounds	<b>19</b>	<b>20</b> PAY DAY	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> 6pm RCH Board Mtg  Julia Rogers Amanda Rubottom	<b>25</b>	<b>26</b> 10 am Auxiliary Mtg 8am & 2pm Qrtly Staff Mtgs  Laurie Augustine	<b>27</b> 8am – 1pm Qtrly Reg. Mtgs  Bill Harmon	<b>28</b> Scott Carpenter
<b>29</b>	<b>30</b> Turn Time Sheets In	<b>31</b>				