

RCH WELCOMES 51 NEWBORNS IN 2016



In 2008, the year of the opening of the new hospital along U.S. Highway 183, Rooks County Health Center (RCH) welcomed 15 total newborns for the year. Realizing that young families are vital to the success of the county, RCH opened for business with two state-of-the-art labor and delivery suites. Last year RCH ushered in 51 newborns. Of the 51 born, 31 were born to parents living outside of Rooks County who opted to travel to RCH for delivery.

Of the newborns, 27 were boys and 24 were girls. The bulk of the deliveries were normal with 24 moms choosing natural delivery and five being repeat cesarean sections. No primary cesarean sections were needed and RCH routinely remains below the national average for cesarean sections. The busiest months for deliveries were August, October and December with seven, eight and seven born each month respectively. On four occasions RCH provided services for multiple deliveries in the same day. Throughout labor and delivery, RCH allows parents to record the precious moments with the birth photographer of their choice.

“Every year we add to our services for young families,” stated RCH CEO Mike Sinclair. “We continually analyze what we can be doing for young mothers and their families to make the birthing experience as safe and pleasant as possible.”

RCH provides personal tours and free childbirth education classes each month for expecting parents. Mothers who deliver at RCH receive courtesy Doula services with no out-of-pocket expense (limited to four newborns a month). RCH’s Doula meets with the mother and her partner prior to the birth to create a birth plan and stays with the mother throughout labor and delivery at RCH. Studies indicate with a Doula present at birth, women experience 25% shorter labors, 51% fewer C-sections and results in healthier babies that breastfeed longer.

A physician is present onsite throughout labor and delivery for individualized care from natural childbirth to cesarean delivery. RCH’s award winning labor and delivery suites include foldout beds for family, Jacuzzi baths and uninterrupted privacy afforded by remaining in one room before, during and after delivery, providing immeasurable comfort for mother and child.

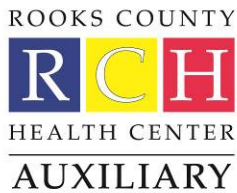
Mothers, who deliver at RCH, and up to four additional care providers receive an Adacel vaccination free of charge, to help prevent Pertussis (whooping cough). Families also receive a free CPR baby and instructional video. For newborns who need extended care due to jaundice, RCH offers access to a BiliSoft Phototherapy System for use at home.

(Continued on next page)

New mothers often take advantage of RCH's lactation consulting services offered 24/7 via telemedicine/televideo, which is particularly handy for those 2 a.m. feedings. The consultation services are available to mothers who deliver at RCH or are referred to RCH for lactation consultation. There is also a lactation room that is available to the general public for any mom who needs it. If someone is visiting and they need to pump or breastfeed their baby, they can use the room in privacy.

For those who can't wait to see their newborn, RCH also offers Peek-a-View 4D Imaging that captures live, multi-dimensional images of the baby's facial features, movement and gender determination safely in utero through advanced 4D ultrasound technology.

More detailed information on the numerous labor and delivery options available at RCH can be found online at RooksCountyHealthCenter.com.



There are now \$10 cash and carry RCH t-shirts in the gift shop!
New colors to choose from!

There are also new Cardiac Rehab long sleeve shirts available for \$15.

They are still offering the Mr. K's and Webster's Gift Cards. Remember 5% of these proceeds go towards Phase 2 of the Hospital Expansion.

Mark your calendar!

**The next Blood Drive will be held on Thursday, Feb 16
from 11am to 5pm at the Plainville K of C Hall.**

RCH will celebrate high patient satisfaction survey scores in the ER for the month of November on Wednesday, Feb 8, at 2 pm.
Look for more details coming soon!



Human Resource News

JOB OPENINGS:

- Ruth Fouts moved to a full-time Scrub Tech/LPN.
 - Alexandria Henderson will be a PRN Admission Clerk.
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OPEN POSITIONS

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

Elizabeth Hyde will be on maternity leave in the near future. She is asking for your generosity in donating PTO hours. If you'd like to help her, please see Cindi for the form. Thanks!

February Anniversaries

Sheila Koch	1 Year
Tammy Billinger	1 Year
Kelsey Brin	2 Years
Amanda Claridge	2 Years
Tonya Jacobs	2 Years
Leona Bird	4 Years
Tracy Rudman	5 Years
Lonnie Weiser	9 Years
Heather Rinehart	9 Years
Morgan Fellhoelter	10 Years
Michele Hinger	23 Years

Thank You!



ONE MONTH FREE!

Buy One Month Get One Month FREE

when you commit to 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 individual or \$75 per couple. Offer Expires February 28, 2017.

February Riddle:



Question: If Teresa's daughter is my daughter's mother, what am I to Teresa?

- a. Grandmother
- b. Mother
- c. Daughter
- d. Granddaughter
- e. I am Teresa

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

 Lunch Menu 

Wednesday, Feb 1

Hot beef sandwich, mashed potatoes/gravy, tossed salad, Oreo Cookie Cake

Thursday, Feb 2

Honey Pepper Chicken, mac & cheese, tossed salad, fruit pizza

Friday, Feb 3

Stacked burger, fries, tossed salad, mandarin oranges & cookies

Saturday, Feb 4

Fried chicken, mashed potatoes/gravy, green beans, tossed salad, sherbet

Sunday, Feb 5

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

Monday, Feb 6

Cabbage chili, grilled cheese, tossed salad, ice cream bar

Tuesday, Feb 7

Chicken strips, mac & cheese, tossed salad, layered pudding dessert

Wednesday, Feb 8

Deb's Taco Salad, fruit pizza

Thursday, Feb 9

Chicken Cordon Bleu, baked potato, vegetable, tossed salad, coconut or banana pie

Friday, Feb 10

Pizza, tossed salad, brownie

Saturday, Feb 11

Hamburger soup, garlic bread, tossed salad, cookies

Sunday, Feb 12

BBQ Meatballs, cheesy mashed potatoes, vegetable, tossed salad, pie

Monday, Feb 13

Salisbury steak, mashed potatoes/gravy, brussel sprouts, tossed salad, strawberry shortcake

Tuesday, Feb 14 – HAPPY VALENTINE'S DAY!

Pork chop potato bake, mixed vegetables, tossed salad, Rice Krispie treat

Wednesday, Feb 15

Cheeseburger, French fries, baked beans, veggies and dip, sherbet

FEBRUARY

Sun Mon Tue Wed Thu Fri Sat

			1 1 pm - Disaster Safety/Inf. Ctrl Rounds	2 1:15 pm Policy Comm. Mtg <i>Groundhog Day</i>	3  PAY DAY	4
5 Aimee Gardanier Jolene Whitehair	6	7 Kandie Morain	8 2 pm RCH Celebration for high ER Scores!	9 Brenda Axelson	10 10 am PFAC Mtg Gwen Lewis	11
12 Anthony Daddario	13 <i>Turn Time Sheets In</i> Lacey Dreiling	14 <i>Happy Valentine's Day!</i> Heidi Scott	15 8:30 to 1:00 Med Staff Mtg 9am – 3pm BLS Training	16 11am to 5 pm Blood Drive at K of C Hall Annette Paulson	17 PAY DAY	18
19	20 12 pm Foundation Board Mtg <i>Presidents' Day</i>	21	22	23 10 am RCH Auxiliary Mtg	24 Candic Hines Heather Balthazor Karl Elivera	25
26 Lisa Handley Dr. Mike Oller	27 <i>Turn Time Sheets In</i>	28 12:30 Lean Mtg 2 pm EHR Mtg 6 pm RCH Board Mtg	March 1 1pm - Disaster Safety/Inf. Ctrl Rounds Happy Leap Day Birthday to Krista Muir who celebrates her birthday on February 29.	March 2 1:15 pm Policy Comm. Mtg 2 pm RCH Dept. Head Mtg	March 3 PAY DAY	March 4