

## The 2017 Kansas Family Physician of the Year Nominee Finalists Announced

The Kansas Academy of Family Physicians (KAFFP) announces nine nominee finalists for 2017 Kansas Family Physician of the Year.

The nominees are:

- ✚ Amy Cunningham, DO from Neodesha, Kansas.
- ✚ Elaine Ferguson, DO from Salina, Kansas
- ✚ **Lynn Fisher, MD, FAAFP from Plainville, Kansas**
- ✚ Robert Freelove, MD, FAAFP from Salina, Kansas
- ✚ Charles Green, MD, FAAPFP from Andover, Kansas
- ✚ Brian Holmes, MD from Abilene, Kansas
- ✚ Drew Miller, MD, from Lakin, Kansas
- ✚ Jerry Niernberger, DO, FAAFP from Wichita, Kansas
- ✚ George Wright, MD, FAAFP from Topeka, Kansas



*“So what does family medicine mean to me?”*

*Healer. Leader. Mentor. Educator. Advocate. It is the job that I am lucky enough to eat and breathe every day that I go to work. It is the calling I answered 20 years ago as I started my journey. It is what will shape me into a better physician and better person for hopefully the next 20 years. Family Medicine not only changes our patient's stories, but it ultimately changes us as providers as well.”*

*- Dr. Lynn Fisher*

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Dr. Fisher of Lifeline Family Medicine PA is a member of Post Rock Family Medicine and one of the founding physicians of Doctors Without Delay, the daily walk-in clinic at Rooks County Health Center. Recently Dr. Fisher was also appointed by the American Academy of Family Physicians (AAFP) to serve on the Commission on Health of the Public & Science.

Candidates for Physician of the Year are KAFP members who practice in Kansas and are nominated by patients, colleagues and members of the community. According to the KAFP this is one of the highest honor that a family physician can achieve. Nominees are evaluated on compassionate, comprehensive care, community involvement, credibility as a role model and accomplishments among colleagues.

The winner will be announced in April and then honored formally on June 9 at the KAFP Annual Meeting in Wichita. The winner will represent Kansas for the national AAFP Physician of the Year award.

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Congratulations to  
Michelle Wilkens

## **She is the February Employee of the Month**

She was nominated by: Deb Boucher, Stacy Ratliff, Cara Scacchi and Cindi Knipp.

Michelle has worked in the dietary department since July 2015.



***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.**

## Try this simple recipe with the heart shape cookie cutter available at the RCH Gift Shop!

### INGREDIENTS

1 batch single-crust pie dough  
1/3 cup jam (regular jam, not a spread)  
milk or cream  
1 tablespoon cinnamon mixed with 1 teaspoon sugar

### INSTRUCTIONS

Preheat the oven to 400 degrees and line a baking sheet with parchment.

Roll out the dough and cut an even number of hearts using a cookie cutter. Re-roll scraps if necessary.

Arrange half of the dough hearts onto the baking sheet, then place a tablespoon of jam into the center of each.

Using your finger, lightly wet the edges of the heart with milk (or cream), then top with another dough heart, lightly pressing to seal.

Curl up the edges of the sealed hearts, then press down with the tines of a fork to crimp closed. This will keep the filling from leaking out.

Using a pastry brush, brush the tops of the crimped dough hearts with more milk, then sprinkle with cinnamon and sugar mixture.

Poke a few holes in the heart with a toothpick to let the steam out while they are baking.

Bake for 15-20 minutes or until golden brown.

Transfer to a wire rack to cool. Makes 5-6 mini pies



APRIL 29

ROOK STOCK 2017

PLAINVILLE, KS

SATURDAY

SAVE APRIL 29

THE DATE 2017

SOCIAL HOUR & DINNER

AUCTION

LIVE MUSIC

Proceeds benefit the Rooks County Healthcare Foundation for the hospital expansion.



## Human Resource News

### JOB OPENINGS:

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

### CHANGES IN EMPLOYEES

- **Taylor (Hixon) David** will be a full-time RN



*Elizabeth Hyde has gone on maternity leave. She has asked us to thank everyone who donated PTO hours to her. It is not too late, if you'd still like to do so. Elizabeth would also like to thank the nursing staff who picked up her shifts for her since she had to leave early.*



# 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.

 Lunch Menu 

**Wednesday, Feb 15**

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

**Thursday, Feb 16**

Chicken fajitas, Spanish rice, refried beans and cheese cake

**Friday, Feb 17**

Pork chop potato bake, mixed vegetables, tossed salad, peanut butter sheetcake

**Saturday, Feb 18**

Crispy baked chicken, mac & cheese, peas, tossed salad, pudding

**Sunday, Feb 19**

Swiss steak, mashed potatoes/gravy, cheesy broccoli, tossed salad, peach or chocolate pie

**Monday, Feb 20**

Turkey dinner, mashed potatoes/gravy, green bean casserole, stuffing, creamy coleslaw, blueberry square dessert

**Tuesday, Feb 21**

Ham & beans, cornbread, corn casserole, tossed salad, fruit cup

**Wednesday, Feb 22**

Lasagna (beef or chicken), green beans, tossed salad, cake

**Thursday, Feb 23**

Sancho, cheesy Spanish rice, nacho cheese & chips, fruit pizza

**Friday, Feb 24**

Patty melt, tater tots, tossed salad, vanilla bean ice cream with homemade peanut butter sauce

**Saturday, Feb 25**

Fried chicken, mashed potatoes/gravy, cauliflower/broccoli, tossed salad, sherbet

**Sunday, Feb 26**

Country steak, mashed potatoes/gravy, vegetable, tossed salad, strawberry pie

**Monday, Feb 27**

Chicken & noodles over mashed potatoes, green beans, garlic stick, tossed salad, cake

**Tuesday, Feb 28**

Pulled pork sandwich with Carolina slaw, chips, tossed salad, layered pudding dessert