Rooks County Health Center Mourns Passing of CEO

Michael N. “Mike” Sinclair, the CEO of Rooks County Health Center (RCH), passed away Tuesday evening at Rooks County Health Center after a lengthy battle with cancer.

Sinclair joined RCH in 2009, having worked for 30 years previously as an administrator at other rural critical access hospitals. Under his guidance RCH experienced exceptional growth. When asked about his greatest accomplishment, June Karlin, RCH Executive Assistant replied, “He unified relationships throughout the hospital as well as the county. The culture he created was one of teamwork with the mindset that health and safety should be first and foremost in all initiatives.”

Sinclair was instrumental in advancing sepsis care initiatives, acquiring stroke treatment services and establishing Level 4 Trauma center designation. He oversaw the opening of the Stockton Medical Clinic and was vital to the recruiting of providers to staff the clinic. He broadened RCH’s footprint even further, beyond the county’s borders, with the opening of Doctors Without Delay, the first daily walk-in clinic offered in Northwest Kansas. Most recently he lent his foresight to unify the county’s pre-hospital care to be coordinated via one Emergency Medical Services provider rather than through separate entities for each city.

The number of newborns born under Sinclair’s administrative leadership at RCH grew every year. He welcomed innovations like providing Doula and Lactation services. RCH was recognized by the March of Dimes through their program “Healthy Babies are Worth the Wait” and by the Kansas Breastfeeding Work Group honor of “High 5 for Mom & Baby”.

Sinclair’s achievements at RCH could be noted in physical transformations as well with the newly completed hospital expansion providing on-site MRI and Nuclear Medicine services. He also initiated the second phase of expansion, the addition of a new wing for Physical Therapy and Cardiac Rehabilitation complete with state of the art features like a zero-entry pool and walking track for the community.

These initiatives did not go unnoticed. During his tenure, RCH earned national recognition. RCH was named one of the Top 100 Critical Access Hospitals in the United States by Becker’s Hospital Review. RCH earned honors as the only Kansas rural hospital recognized as one of the top 50 U.S. hospitals with the lowest rate of patient readmissions as measured by the Center for Medicare and Medicaid Services. Recently RCH received the Kansas Healthcare Collaborative 2017 Leadership in Quality Award of Merit for innovation and quality improvement, one of only three Kansas hospitals so honored.

(Continued on next page).
Outside the hospital, Sinclair enjoyed spending time with his family and horseback riding. His youth was spent on the rodeo circuit and his later years were devoted to perfecting his horsemanship. He is survived by his wife, Karen, and his son, Nolan, of the home. He is also survived by his two daughters, Christine Dial of Idaho Falls, Idaho and Ann Klein of Tigard, Oregon. In lieu of flowers, the family asks for memorials to Rooks County Healthcare Foundation to go towards Phase 2 of the RCH expansion or Plainville Cardinal Booster Club.

Frank Rajewski Named Interim CEO at RCH

Frank Rajewski, Chief Financial Officer at Rooks County Health Center (RCH), has been named interim Chief Executive Officer following the recent passing of Mike Sinclair, who had been RCH CEO since 2009.

Rajewski, a Plainville native, was chosen to helm the hospital during a special meeting of the RCH Board of Directors held on August 2. Rajewski received his Bachelors degree in Accounting from Fort Hays State University and an MBA from Wichita State University. He has held the position of CFO since 2011.

Jeff Van Dyke, Chairman of the RCH Board, noted that Rajewski had the full and unconditional support of the board which resulted in the unanimous vote to appoint him to the position. Van Dyke noted that Rajewski would be supported in his new dual roles as both CFA and interim CEO by RCH’s current Senior Leadership team of Bill Stahl, Stephaie Bjornstad, Pam Harman, June Karlin, and Cindi Knipp.

Van Dyke went on to say that the search for a permanent CEO would begin soon, starting with a vetting of internal candidates and expanding nationwide if needed. “We will have an extensive and exhaustive search to find the right match for our vision and the culture of patient care that we have embraced here at RCH,” said Van Dyke. “We have one of the finest Critical Access Hospitals anywhere, and the strength of our current staff, led by our senior leaders, allows us to take the necessary time to make the right choice for our hospital and our community.”

In summing up the transition to his new position, Rajewski particularly mentioned the continuity of the current vision and goals of RCH, especially with regards to Phase 2 of the current hospital expansion. “We are moving ahead with a clear goal in sight, providing local access to the best health care possible for the people of Rooks County and the region. It’s the right thing to do for our community, for our patients and for the long-term success of Rooks County. And it’s what Mike would have wanted.”
A celebration marking the success of the Rooks County Health Center (RCH) Wellness Class will be held from 1:00 to 3:00 p.m. on August 22 2017. Refreshments, entertainment and activity will be on hand, as well as information on how to live a healthier lifestyle. The celebration is open to all members of the public and will take place at the RCH Education building on the Northwest corner of the intersection of K-18 and Hwy 183.

On August 23 2016 the newly formed RCH Wellness program, a subsidiary of the Cardiac Rehab Department at RCH, launched its first public exercise program. The free, community focused program was developed because of the need for a comprehensive, weather independent Cardiovascular focused exercise in the community. The program addresses several factors including: weather, cost, physical fitness, balance, nutrition and education. There is no charge for attending Wellness Program sessions.

Understanding the benefits of exercise across the lifespan and the need for a supervised, low impact cardiovascular focused exercise program, RCH Wellness Exercise class was developed. In a collaborative effort between Cardiac Rehab, Physical Therapy and the Physicians of RCH the general philosophy of the program was put in place. Easy to understand and follow low impact exercise classes have been offered every Tuesday and Thursday at 1pm at the RCH Education Center. Each class consists of Warm up, Full body exercise, cool down and stretching.
The classes are developed to emphasize cardiovascular benefit, strengthening and balance enhancement. Educational and socialization opportunities are also offered at each meeting. The class has gathered a dedicated following with an average of 7-10 participants each day, though a full class of 15 participants is not unusual.

The RCH Wellness members are a vivacious group of men and women who never fail to impress with their dedication and willingness to try new things said Angela Hahn, RN, coordinator of the program. “If someone would walk in, what would they think” is a common statement heard in class that is always met by laughter from the group. New exercises do take some coordination but the world will never know as we are a group who will proclaim “this is why I was never a dancer!”

Hahn also reports that the conversation never falters, flitting from subjects from lawn care to health care, to the best cure for muscle cramps. Consensus is that pickle juice “does the trick”. Whether it is the constant “remember to breathe!” which always finds someone holding their breath, or catching up on the goings on of family, there is always conversation to be had.

“There’s never a dull moment” said Hahn “the goal for beginning this class was too shore up the hearts and bodies of those who attend, but the true gains are the personal bonds which are built and nurtured through time and trial together”.

For more information on the RCH Wellness Program contact Angela Hahn at 785-688-4426

DWD Welcomes Dallas Dooley

We are excited to announce that Dallas Dooley, APRN will be joining RCH's Medical Staff September 5th, 2017.

Dallas is a familiar face to many of us here at RCH as he has been providing locum coverage for us on a routine basis since August 2014. Dallas has many years ER experience starting as a Patient Care Technician in 2005 and working his way to his Advanced Practice Registered Nurse in 2013.

More information will be provided in a future press release. Please join us in welcoming Dallas to our health care family!
County Wide Emergency Drill a Success

At the end of March the Northwest Kansas region of the Kansas Dept. of Health and Environment facilitated a “Spring Fling Functional Exercise” for Rooks County as part of the Kansas Preparedness Program. The exercise was designed to measure and test emergency management skills and coordination capabilities. Agencies involved in the exercise included RCH administration and staff, as well as Rooks County EMS, Rooks County Sheriff’s Department and the Rooks County Health Department.

A scenario was devised involving a massive tornado doing extensive damage in Plainville. The various departments involved in the exercise worked from 2 separate sites, one at RCH and the other from the Rooks County jail. Using phone and radio communication, the agencies coordinated to triage injured citizens, identify and gather supplies needed such as fuel and water, dispatch appropriate emergency personnel and vehicles to crucial or strategic sites etc.

Various obstacles were worked into the scenario such as high volumes of injured requiring care in Emergency Department or transport, power outages that affected designated shelter areas and searches for potential victims in unsafe areas.

Numerous regional and state agencies were contacted during the exercise, having been already advised about the drill, to ensure that communications channels were up to date.

Observers from other towns were present at RCH during the exercise to assess communication skills, teamwork, communication with outside resources and problem solving skills of the various personnel involved.

The documentation of the exercise was reviewed and subsequently approved for both the annual and 5 year exercise requirement.

Erin Newell, RN, Director of Disaster & Safety, recently received notice from the state coordinator that congratulated all the agencies involved on a job well done! Acknowledging that on top of everyday operations, participating in an exercise like this creates a more hectic environment, the coordinator stated that RCH handled the scenario very well.

Congratulations to everyone involved in the exercise. Yet more proof that RCH and the other healthcare and emergency agencies in Rooks County continue to strive to be as prepared as possible for any emergency!
Thank you from the Sinclair Family

Thank You for your loving care and respect for Mike through his illness. He was very proud of all of your accomplishments. Your compassion, condolences, deliveries of food and supplies, and assistance in our personal needs have helped us get through the difficulties. You are a great family to be a part of. We appreciated to be able to meet so many of you at the Rosary Vigil, Funeral Mass and luncheon. You will be in our prayers for your success to continue moving forward with the vision you all hold for Rooks County Health Center to be the best provider of care to the patients that walk through your doors. You’ve been doing it and you have it in you to continue the mission.

I still continue to hear your concern “Is there anything you need? Please call me if I can help in any way”. With my natural family spread so far across the country it is a great comfort to have such a good RCH family present to help. All the family feels better knowing you are here for us. Thank you very much for all you do.

The Sinclair Family: Karen, Nolan, Ann and Chad, Christine and Skylar, Alexandra and Braxton, and Siblings Patrick, Dean, Kevin, and Shelia and their extended families.

RCH Auxiliary NEWS

RCH Auxiliary is selling $50 and $100 Mr. K’s gift cards in the gift shop (5% of the profits goes to the Auxiliary)
EMPLOYEE OF THE MONTH

Karl Elivera was selected as the Employee of the Month for August.

He was nominated by Mark Waggoner.

Karl has worked as a lab tech for RCH since May, 2015.

Congratulations Karl!

Human Resource News

JOB OPENINGS:
• Cook
• Housekeeper

CHANGES IN EMPLOYEES:
• Desiree Desaire is a PRN CNA.
• Whitney Mulder is a PRN CNA, HUC & Doula.
• Nichole Waggoner is the DWD receptionist.

The Pension Rep will be here on August 23 in the afternoon. The sign-up sheet is in the employee hallway.
**RCH Employee Spotlight**

Name: **Desiree Desaire**  
RCH Team: Nursing  
Start date at RCH: **August 2017**

Desiree Desaire is our newest CNA. She has previously worked at Red's Family Restaurant as a cook/waitress and at Buck's Bar and Grill as a cook.

Desiree enjoys volleyball, basketball, running and scholars bowl.

She is shy at first, but once you get to know her she is a fun-loving person who loves to tell jokes.

---

**RCH Employee Spotlight**

Name: **Whitney Mulder**  
RCH Team: Nursing  
Start date at RCH: **August 2017**

Whitney Mulder is our new CNA, HUC and Doula.

She previously was a CNA in nursing homes and hospitals and was an EMT in Phillips County.

Whitney enjoys barrel racing and team roping at rodeos.
Lunch Menu

**Wednesday, Aug 16**
Lasagna, green beans, garlic toast, ice cream bar

**Thursday, Aug 17**
Chicken tacos, beans & rice, tossed salad, Sopapilla cheesecake bar

**Friday, Aug 18**
Honey BBQ chicken, garlic toast, tossed salad, Toll House cookie bar

**Saturday, Aug 19**
Ranch burger, French fries, baked beans, ice cream & cookies

**Sunday, Aug 20**
Swiss steak over egg noodles, tossed salad, roll, cherry square dessert

**Monday, Aug 21**
Bacon cheeseburger, onion rings, tossed salad, Root Beer float

**Tuesday, Aug 22**
Legend chicken, baked potato, tossed salad, lemon strawberry poke cake

**Wednesday, Aug 23**
Soft shell tacos, chips & cheese, tossed salad, Choco Taco

**Thursday, Aug 24**
Honey pepper chicken, mac & cheese, tossed salad, blueberry crisp

**Friday, Aug 25**
Deep dish pizza, tossed salad, fruit pizza

**Saturday, Aug 26**
Stroganoff casserole, green beans, tossed salad, Butterfinger pie