

Rooks County Health Center Names New CEO



After a six-month search, Rooks County Health Center (RCH) names new Chief Executive Officer (CEO), Anthony "AJ" Thomas of Hays. Thomas currently serves as RCH's Director of Rehabilitation. He officially begins his new duties on February 5, according to Jeff Van Dyke, RCH Board Chairman.

"AJ received unanimous board approval to become CEO, he has the board's full support," commented Van Dyke. "We're also grateful to Frank Rajewski, RCH Chief Financial Officer and interim CEO, who stepped in last August to guide the hospital during the search process." RCH's former CEO, Mike Sinclair, passed away in August.

Thomas joined RCH nearly six years ago. He moved to western Kansas specifically to serve rural populations and promote the benefits of sports and orthopedic physical therapy. As RCH's Director of Rehabilitation, Thomas oversees RCH's departments of physical therapy, occupational therapy, speech therapy, cardiac rehabilitation and sports medicine outreach.

During his time as Rehabilitation Director, Thomas added occupational therapy and more than doubled the volume of all therapy patients served. As RCH's needs grew he added more staff. He initiated athletic training services for four area high schools and two middle schools. He contracted with two area nursing homes for supervision and guidance of restorative aide programs for improved quality of life for their residents. And he contracted with Rooks County Home Health to provide rehab services to patients in the home.

Due to the successes of the rehabilitation departments, RCH recognized the county's need to build a new dedicated wing to house all therapy services. Thomas played a vital role in designing the hospital expansion, which includes a zero-entry therapy pool and rubberized walking track that will service not only patients but the public as well. The new dedicated therapy wing is currently nearing completion of the fundraising phase before construction begins.

As CEO, Thomas sees even more growth opportunities for RCH, "We will work to constantly provide the highest quality health care possible, right here in our own backyard, growing the services that rural Kansans deserve. RCH offers something really special, a culture that cares more, and puts a premium on service. We not only do a great job providing the highest standard of health care, we do it with the best attitude."

Thomas earned his Bachelors of Science in Psychology and Masters degree in Biology from Fort Hays State University (FHSU) before completing his Doctorate in Physical Therapy from Rockhurst University. Currently, Thomas serves as adjunct instructor for FHSU's Biology and Athletic Training departments. A (continued on next page)

board certified Sports Clinical Specialist, Thomas serves on the U.S. Olympic Committee’s volunteer medical team, as well as a board member for the Kansas Physical Therapy Association, and Kansas’s Chief Delegate to the American Physical Therapy Association.

Thomas’ greatest pride comes from being the father of his three children and husband to his wife, Carla, whom he refers to as the “CEO of the Thomas household”. In addition to family he believes in giving back as much as possible through service to the community. Thomas offers his time serving on the Pastor Parish Committee of Hays’s United Methodist Church and as a coach for youth sports through the recreation department.

Congratulations AJ!

February Riddle

Q: A man found an old coin and declared that the date on it was 150 B.C. This could not be true. Why?

Think you know the answer? Call or e-mail me (Johnna is out today). The first correct answer will win a dozen Otis Spunkmeyer cookies from the RCH Auxiliary Gift Shop.



It's time to get help with pain management.

Physical Therapy may be able to help
through non-invasive and non-opioid based pain treatments.

See a Physical Therapist.
Ask about safer ways to manage pain.
No Doctor's Referral Required. Free Evaluation if therapy is not indicated, insurance billable if needed.

RCH PHYSICAL THERAPY
1210 N. Washington | 785-688-4425

NOW OPEN SATURDAYS

Mon - Fri
7AM to 5PM
Saturday
8AM to 12PM

“I brought my son into the emergency room. We live in Hays but I prefer your facility. Our experience was great and my son was well cared for and safe. Please continue as you are. We need a good hospital in the area.”

(This patient’s survey had all 5’s circled. Good job everyone!)



Human Resource News

JOB OPENINGS:

Stockton Clinic Housekeeper
Cook/Aide/Dishwasher

CHANGES IN EMPLOYEES:

***Linus Pfannenstiel** has moved to a PRN Van Driver.
***Kelly Parson** has moved to a full-time Van Driver.

RCH Employee Anniversaries

Taylor David	1 year
Sheila Koch	2 years
Tammy Billinger	2 years
Kelsey Brin	3 years
Amanda Claridge	3 years
Tonya Jacobs	3 years
Leona Bird	5 years
Tracy Rudman	6 years
Heather Mackey	6 years
Lonnie Weiser	10 years
Heather Rinehart	10 years
Morgan Fellhoelter	11 years
Michele Hinger	24 years

Thank you for your year(s) of service!



I'd like to thank the anonymous donors for the PTO hours I received. I'm not sure I can explain what it has meant to me. I was able to be with Dale when I honestly could not have been anywhere else. Each of us at this hospital should feel very lucky to work with people like you. From the bottom of my heart – Thank you!

-Deb Boucher

FIRST FRIDAY Screenings

7AM - 7PM
unless otherwise noted

Feb 2


15 minutes is all you need!

Thyroid Test

\$15 | 7AM TO 7PM

Thyroid hormones influence growth and development, metabolism and body temperature. During infancy and childhood, these hormones are vital for brain development. This test helps diagnose and monitor thyroid disorders, female infertility problems and screens newborns for under active thyroid.

CLICK FOR LIST OF ALL TESTS



RCH

FIRST FRIDAY SCREENINGS
785.688.4424

WALK-INS WELCOME

 **Lunch Menu** 

Friday, Feb 2

Deep dish bacon cheeseburger pizza, tossed salad, cherry cheesecake, Rice Krispie treat

Saturday, Feb 3

Chicken Melba w/pastrami, cheese, nuts & melba sauce, rice pilaf, vegetable, ice cream & cookies

Sunday, Feb 4

Roast beef, mashed potatoes/gravy, vegetable, roll, pie

Monday, Feb 5

Fried chicken, mac & cheese, green beans, tossed salad, German chocolate cake

Tuesday, Feb 6

Turkey panini, coleslaw, chips, chocolate chip magic bars

Wednesday, Feb 7

Stuffed cabbage roll, vegetable, garlic bread, sherbet

Thursday, Feb 8

Beef stew, cornbread, tossed salad, sugar cookie bars

Friday, Feb 9

Taco salad, Sopapilla cheesecake

Saturday, Feb 10

Vegetable soup, grilled cheese, pistachio pudding

Tonya Bethel was the Employee of the Month for January. Not all of the people who nominated her were listed before so I am including them all here:

Tonya was nominated by the following: Alexa Schwarz, Camille Elivera, Jericha Lim, Karl Elivera, Kelsey Brin, Mark Waggoner, Payton Littrell, Sami Werner – Lab Manager, Dr. Dan Sanchez – Lab Director, Lisa Karlin – Pharmacist, and Steve Law – IT Director.

Congratulations Tonya and thanks for all you do!

FEBRUARY

Sun Mon Tue Wed Thu Fri Sat

				1 1pm Policy Committee Mtg	2  PAY DAY	3
4	5 Aimee Gardanier Jolene Whitehair	6 12:30 Lean Mtg 2pm EHR Mtg	7 1pm Disaster Safety Inf. Control Rounds Kandie Morain	8 8am-4pm New Employee Orientation	9 10am PFAC Mtg Brenda Axelson	10 Gwen Lewis
11	12 Turn Time Sheets In 12:30 Lean Mtg Anthony Daddario	13 2pm EHR Mtg Lacey Dreiling	14  Heidi Scott	15	16 PAY DAY Annette Paulson	17 Nichole Ganoung
18	19 12pm Foundation Board Mtg	20 12:30 Lean Mtg 2pm EHR Mtg 2pm Pre-Bid Const. Mtg	21 8:30am – 1pm Med. Staff & Grand Rounds	22 10am RCH Auxiliary Mtg	23 9am KS Farm Bureau Legislative Mtg at Ed Center	24 Candy Hines Heather Balthazor Karl Elivera
25	26 Turn Time Sheets In Lisa Handley Dr. Mike Oller	27 12:30 Lean Mtg 2pm EHR Mtg 6pm RCH Board Mtg	28	Happy Birthday to Krista Muir who celebrates on Feb 29		