

The Stethoscope

hearing the information from within

February 15, 2019

Dear RCH Employees and Volunteers:

It is with great appreciation that I'm writing to you. Over the past two years I have been a Board Member of Heartland Community Foundation (HCF) and have seen some amazing things happen in Rooks County because of people like you who support their communities.

The Senior Leadership team at RCH has individually pledged to support Heartland Community Foundation's largest and most beneficial fundraising campaign of the year. Through the month of February, the Dane G. Hansen Foundation will match all public gifts to HCF's Rooks County Fund, up to a total of \$50,000. Donations will be matched dollar for dollar up to \$5,000 per donor.

The money is used to help fund projects in Rooks County. Over the past few years Rooks County Health Center has been the recipient of over \$40,000 to:

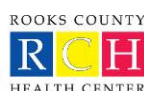
- Purchase a Media and Blanket Warmer
- Purchase portable closed air purifying respirators
- Fund a countywide healthcare initiative to train area citizens in hands-free CPR and use of AEDs
- Purchase equipment to train staff in resuscitating newborn infants
- Purchase a non-invasive meter to check for jaundice in newborns
- Purchase bedside medication computer scanners for the lab and delivery rooms
- Purchase temperature and humidity control monitors for a critical storage unit and room
- Upgrade patient beds and lighting.

I am asking you to consider joining us with a donation in any amount to help the hospital and communities in Rooks County. Where else can you double your investment to help the communities in which you live or work?

If you have any questions, please feel free to contact Kathy Ramsay, 785-737-3590, Kelli Hansen, 785-737-3554 or Sally Lowry, 785-425-8228. You can leave your contribution with Eric Sumearll or Kandie Morain. I will be checking in with them each week.

Thank you so much!

Kathy Ramsay





The Rooks County Healthcare Foundation recently purchased “stop the bleed kits” and distributed them to Rooks County schools and first responders. The kits are used to stop emergency bleeding and can help save lives.

RCH nurses, Michele Hinger and Erin Newell, are shown demonstrating how to use the kits to the teaching staff at Plainville Sacred Heart School. They have also provided training to the other schools.

Elizabeth Hyde, RCH Doula, speaks to nursing students at NCK Tech Nursing in Hays about her work in assisting mothers before, during and after labor.

RCH provides courtesy Doula services to patients who deliver at RCH with no out-of-pocket expense.

Doula services include helping with breathing techniques, positioning assistance, offering massages, reassurance and comfort. 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.



EMPLOYEE IN NEED FUNDING

This is just a reminder that RCH has established an Employee in Need Fund. The purpose of the funding is to help employees that are enduring a hardship with financial assistance.

If you would like to donate to the fund, please contact Cindi in Human Resources to make donations via payroll deduction, check or cash.

If you know of a fellow employee that is in need and could use assistance, please contact someone on the Senior Leadership Team.

EMPLOYEE OF THE MONTH!



Congratulations to Leona Bird! *(right)*
She is the February Employee of the Month!

She has worked in Environmental Services for 6 years.

Leona was nominated by June Karlin. *(left)*

Hello!

As the newly elected RCH Auxiliary President I am excited to share a special invitation for you!

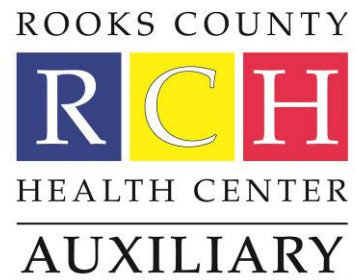
Would you like to have a little extra pep in your step and an extra twinkle in your eyes?

GOOD NEWS!!!! You can have BOTH!!!

Our RCH Auxiliary is having an "Opportunity Membership Drive" to add even more joy and quality to your life! This membership drive is for all RCH Staff including you men. Volunteering brings you better health through good will; a happy heart; and lots of laughter! Would you be a champion for an even greater hospital in Rooks County by joining our RCH Auxiliary? We truly need more new members who will feel the joy of contributing side by side with other fun and caring volunteers! We not only raise money through our RCH Gift Shop and fundraisers, we have exciting mini educational presentations, fun events and activities together. At the present, the RCH Auxiliary meets the last Thursday of the month at 10 AM. We are considering changing time & days. Let Kandie, or I know what you would prefer. We hope to see your name on our Auxiliary roster! Our dues are only \$5 per year.

Join and sparkle for RCH! Thank you!

Diane McReynolds, RCH Auxiliary President





Human Resource News

JOB OPENINGS:

- Flex Shift Environmental Services
- RN Supervisor Night Shift

CHANGES IN EMPLOYEES:

- Justin Plante will be a CNA

EAGLE MED REP – Nate will be here on Feb. 19 from 8:30-1:00. He will meet with employees in the cafeteria. The sign-up sheet is in the employee hallway.

PFAC - PATIENT AND FAMILY ADVOCACY COUNCIL

At our January meeting we reviewed our mission statement and gave special consideration to the following, “To . . . improve systems of care and educate care professionals and staff of **the patients' perception** of their health care experience at Rooks County Health Center (RCH).

The question then arose, “How can we accomplish this without personal contact and conversation with the patients?”

Thanks to the efforts of Casey Arnold, a representative of PFAC is now making weekly rounds with Quality Department Head Stephanie Bjornstad. We have to date made four rounds visiting 18 patients and two patient-families. We are pleased to report that, as expected, patient and family responses have been positive. We appreciate being able to make these visits of personal contact that allow for helpful communication with PFAC.

Eric Sumearll was in attendance at our January meeting speaking of the upcoming 2019 Rookstock event. PFAC discussed with interest the possibility of donating a “theme basket” to be included in the evenings' auction. Everyone agreed and the project was approved.

Our next meeting is scheduled for 9:00 a.m. on Thursday March 14th.

 Lunch Menu 

Monday Feb. 18

Chicken Strips, Cheesy Potato Bake, and Fresh Fruit

Tuesday Feb. 19

Stuffed Peppers, Garlic Toast, and Rice Krispie Treats

Wednesday Feb. 20

Cheesy Meatloaf, Mashed Potatoes & Gravy, Vegetable, and Fresh Fruit

Thursday Feb. 21

Taco Salad (choice of beef or chicken) and Fresh Fruit

Friday Feb. 22

Chicken Cordon Bleu, Baked Potato, Mixed Vegetables, and Texas Sheet Cake

Saturday Feb. 23

Meatballs over Rice, Vegetable and Pudding

Sunday Feb. 24

Swiss Steak, Mashed Potatoes & Gravy, Vegetable and Pie

Monday Feb. 25

Legend Beef, Mashed Potatoes w/ Country Gravy, Corn and Cherry Square Dessert

Tuesday Feb. 26

Pasta & Meat Sauce, Green Beans, and Fresh Fruit

Wednesday Feb. 27

Hot Turkey Sandwich, Buttered Broccoli and Fresh Fruit

Thursday Feb. 28

Hamburger Soup, Garlic Bread Stick and Vanilla Bean Ice Cream w/ Peanut Butter Topping