

August 15, 2019

SENIOR WELLNESS PROGRAM MARKS 3 YEARS

In 2016, RCH's Cardiac Rehabilitation Department, with guidance from the Physical Therapy Department, developed a free exercise Wellness Program for adults. August 24 marks the 3 year anniversary of the class.



Since the inaugural class of the RCH Wellness Senior Exercise program, Cardiac Rehab staff members have provided over 260 exercise sessions to 51 members of the community with their "most loyal" attendee racking up 164 total sessions attended. The class focuses on strength, balance and endurance while offering a healthy dose of fellowship and education at no expense to the participants.

Seated and standing exercise sessions are provided with modifications available for most fitness levels. The class focuses on strength, balance and endurance as well as cardiovascular fitness activities.

"Rooks County Health Center believes in proactive health care. While we strive to provide the best in medical services should one become ill, we'd prefer to not have you ill at all and staying active is a key factor to quality of life at any age," stated Angela Hahn, RN and director of the program.

The program is provided in a temperature controlled environment under the supervision of a registered nurse and/or certified athletic trainer. At the conclusion of each exercise session participants enjoy group discussions to include guest speakers on topics ranging from fall prevention to remembering "the good ole days". So get out, get active, and get to the RCH Wellness Program.

The program is held every Tuesday and Thursday from 1 p.m. to 2 p.m. at the Plainville Township Hall, located between the Plainville Public Library and Carmichael True Value.

For more information on the RCH Wellness Program please contact Angela Hahn, RN at 785-688-4426 or email ahahn@plainville.hpmin.com.

 **HR News**

JOB OPENINGS:

- Full-time Housekeeper
- Full-time PT

CHANGES IN EMPLOYEES:

- **Maria Kuhlman** will be a full-time Lab Tech.

PTO DONATIONS:

KATELIN BIRD is requesting PTO donations while she is on maternity leave. If interested, please see Cindi for the form.

TINA GILLILAND is requesting PTO donations. If interested, please see Cindi for the form

AUGUST EMPLOYEE OF THE MONTH!

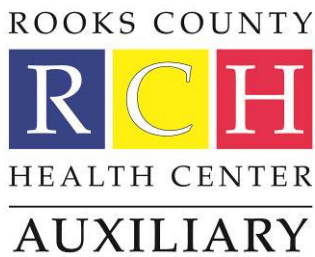
Jeanie Rolfe was selected as Employee of the Month for August. Jeanie is an Admission Clerk and has worked at RCH since June, 2014. She was nominated by Frank Rajewski.



**SCHOOL PRIDE = HYDRATION MONDAY!!!!
DONATE ELECTROLYTES FOR COUNTY ATHLETICS
MONDAY, AUGUST 19**

Wear your favorite school shirt and/or jeans to work on Monday, August 19 IF you bring a donation of bottled water or Gatorade for county school athletics. Six-packs or cases please. These will be distributed to the Plainville, Stockton, Palco and Natoma teams.

Let's help keep our student athletes safe and hydrated this fall.



RCH Auxiliary NEWS

AUXILIARY BLOOD DRIVE EXCEEDS GOAL, AGAIN!

Thank you so much to everyone who gave blood at last week's blood drive. The Rooks County Health Center (RCH) Auxiliary was thrilled to report that the heat was not a factor in limiting turnout at the Red Cross blood drive held on July 18.

The Auxiliary sponsored event was able to surpass their goal by one. Their goal for the day was 43 units and they received 44.

Elvera Beiker, blood drive chairperson for the Auxiliary, would like to thank everyone who found the time to give the gift of blood, the gift of life, for our community.

IMPORTANT NOTICE: CHANGE TO RCH MEAL PRICES

Effective September 3rd, 2019 meal costs will be as follows:

Employee Meals:

Regular meal \$4.00 Salad: Plate \$4.00 Bowl \$3.00

Guest Meals:

Monday-Friday: Regular Meal \$6.00 Salad: Plate \$5.00 Bowl \$4.00

Saturday, Sunday & Holidays: Regular Meal \$7.00 Salad: Plate \$5.00 Bowl \$4.00

JOIN US!!!

GOLF, DINE, DANCE, DO GOOD!

3 Person Scramble Charity Golf Tournament

September 14, 2019

Rooks County Golf Course

9:00 am – 3:00 pm: Tournament

4:00: Doors open for general admission

5 pm: Whole Hog Roast, Silent Auction & Live Music by Gypsy Road

Hit the greens for a good cause! The day will include an 18 hole tournament, lunch, whole hog roast dinner, live music, silent auction & more! CA\$H Prizes will be awarded! Plus enter for a chance to snag \$50,000 with the Hole in One Contest! REGISTER BEFORE 8/31/19 for early registration discount!



Don't play golf, but wanna join the party? Dinner tickets are available for those who wish to join in on the fun later in the day!

Dinner tickets are available for purchase for \$25 per person at Carmichael True Value & Ruder Oil in Plainville or Solutions North Bank in Stockton.

FOR MORE INFORMATION OR TO REGISTER A TEAM SEE ERIC OR KANDIE

 Lunch Menu 

Thursday 8-15

Bistro Chicken Salad on a Croissant, Small Salad, and Fresh Fruit

Friday 8-16

Cheese Burgers, French Fries, and Strawberry Shortcake

Saturday 8-17

Hot Dogs, Cheesy Potato Casserole, Corn on the Cob, and Dessert

Sunday 8-18

Fried Chicken, Mashed Potatoes & Gravy, Southern Style Green Beans, Biscuit, and Fresh Strawberry Pie

Monday 8-19

Steak Fingers, Cheesy Fries, Pickle chips, and Fresh Fruit

Tuesday 8-20

Smothered Sancho with Tortilla Chips, and Churros

Wednesday 8-21

"JUST BECAUSE" Turkey Dinner

Thursday 8-22

Grilled Chicken, Broccoli & Cauliflower over Rice w/ Sweet and Sour Sauce, and Hawaiian Cake

Friday 8-23,

French Dip Sandwich, Mozzarella Sticks and Strawberry Brownies

Saturday 8-24

Hamburgers, Chips & Dip, and Dessert

Sunday 8-25

Sour Cream Chicken over Rice, Steamed Broccoli, and Cherry Pie

Monday 8-26

Tater Tot Casserole, Small Salad w/ Tomatoes & Cucumbers and Fresh Fruit

Tuesday 8-27

Caesar Salad and Caramel Stuffed Rice Krispie Treats

Wednesday 8-28

Reuben Sandwich, Potato Salad and Fresh Fruit

Thursday 8-29

Funny Tacos, Nacho Cheese & chips, and Ice Cream Bars

Friday 8-30

Chicken Strips, Mac N Cheese and Fresh Fruit

Saturday 8-31 Chicken Bacon Swiss Sandwich, Chips and Dessert