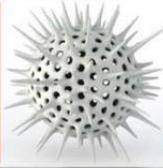


March 15, 2019

<b>STOP</b>		<b>COVID 19</b> Coronavirus Disease
<p>If You are Here to be Evaluated for <b>Coronavirus</b> <b>PLEASE DO NOT ENTER</b></p> <p>Please Return to Your Car and Call Our Triage Team at <b>785.688.4449</b> <i>Thank You!</i></p>		<p>Si viene para que la/lo evaluacion por el <b>Coronavirus</b></p> <p>Por favor vueiva a su carro y llámenos al <b>785.688.4449</b> <i>Gracias!</i></p>

As the coronavirus outbreak (COVID-19) continues to escalate please remember that we are healthcare leaders, and should be models for how to act and react to this pandemic. If you are feeling sick, please take care of yourself, quarantine if you start to run a fever with a cough and notify your healthcare provider.

Thank you for your patience and willingness to work through the COVID-19 situation. We'd like to encourage people to remain as flexible as possible as processes are changing constantly at the moment. Please be on the lookout for updates

A **COVID-19 Triage Hotline** has been put in place. If you receive calls or questions regarding COVID-19 direct people to utilize the hotline, which goes to the main nurses' station: **785.688.4449**. The nurses' will direct calls where they need to go based on pre-determined criteria. Triageing is being done by hospital and clinic personnel.

A process for Drive Thru testing for Influenza and COVID-19 has been setup. This does require an order from a medical provider so please do not tell people they can utilize this testing unless they have been ordered to do so.

Social distancing is a real thing - please limit your exposure and large group meetings as much as possible. It will help slow down the transference of the virus which in turn will help with the demands being placed on the healthcare systems. Wash your hands. We cannot stress enough the importance of washing your hands.

We, as healthcare providers, are trained and prepared to handle the health and well-being of our patients and this situation is no different. I know you will do the right thing when called upon. Thank you for all you do to make RCH amazing.  
-AJ Thomas, CEO

## CHARLENE'S SPIRIT KEEPS OTHERS GOING STRONG

Charlene Roll was a woman of wit, compassion and seemingly boundless energy. A firm believer in the benefits of physical exercise, Charlene was for many years a mainstay at the Cardiac Rehab facility at RCH, where she could be found nearly every day putting her time in on the treadmill or exercise bike.



With a sly laugh, twinkle in her eye and enthusiasm for life, Charlene was affectionately (and admiringly) called “the energizer bunny” by many here at RCH because of her commitment to physical activity. This commitment led her to longtime participation in the annual Walk Kansas event.

Charlene's Rollers: Treva Younie, Angela Hahn, Eric Sumearll. Back row: Amanda Riffle, Aleesha Wilson

Walk Kansas is an 8 week program to encourage people to commit to a weekly regimen of regular exercise and healthy eating. The event is sponsored by Kansas State University’s Research and Extension program. Teams of 6 participants pledge to engage in at least 150 minutes of moderate exercise per week over an 8 week span and to consume recommended amounts of fruits, vegetables and water during the same period.

Charlene passed away last December at the age of 90. She is dearly missed by so many whose lives she touched by her warmth, humor and insistence that physical activity was a key to well-rounded and productive life.

In honor of Charlene’s advocacy for exercise, her former teammates in previous Walk Kansas programs have joined together for this year’s event in her memory.

Treva Younie, Neil Fisher, Angela Hahn, Aleesha Wilson, Amanda Riffle and Eric Sumearll will commemorate “Coach” Charlene by participating in this year’s Walk Kansas. The team has taken the name of “Charlene’s Rollers”.

In keeping with the spirit of Charlene Roll and the RCH Health Pillars and Wellness Exercise programs, the “Rollers” encourage everyone to get up and start moving for a healthier, happier life. Please heed Charlene’s wisdom “Sit, and be unfit”.

The Walk Kansas event begins March 15 and runs until May 9.

## EMPLOYEE OF THE MONTH



Brianna Wilkerson was selected as the Employee of the Month.

She was nominated by Mary Plante & Eleanor Wherry. Brianna has worked as a COTA at RCH since May 2019.



## Human Resource News

### **OPEN POSITIONS:**

- Wound Care RN
- Cook/Aide/Dishwasher
- Patient Accounts/Office Manager
- Lab Tech

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### **PTO DONATIONS**

**TONYA BETHEL and LISA VONFELDT** are asking for your generosity by requesting your donation of PTO hours. If you are interested, please see Cindi for the form.

**Construction Update:** Drywall and taping is nearing completion in the final phase of the RCH expansion project. The first picture shows the space that used to contain Cardiac Rehab. It is being renovated to house expanded outpatient services. Cardiac Rehab moved to the new Rehabilitation Center on the north side of the hospital.

The second picture, which is the previous Rehab location, is being turned into an expanded cafeteria space plus 2 meeting rooms.

Final completion date for all major interior renovation is scheduled for the middle of May.



## **RCH new Employee Spotlight**

Name: **Sandy Cearley**

RCH Team: **Nursing**

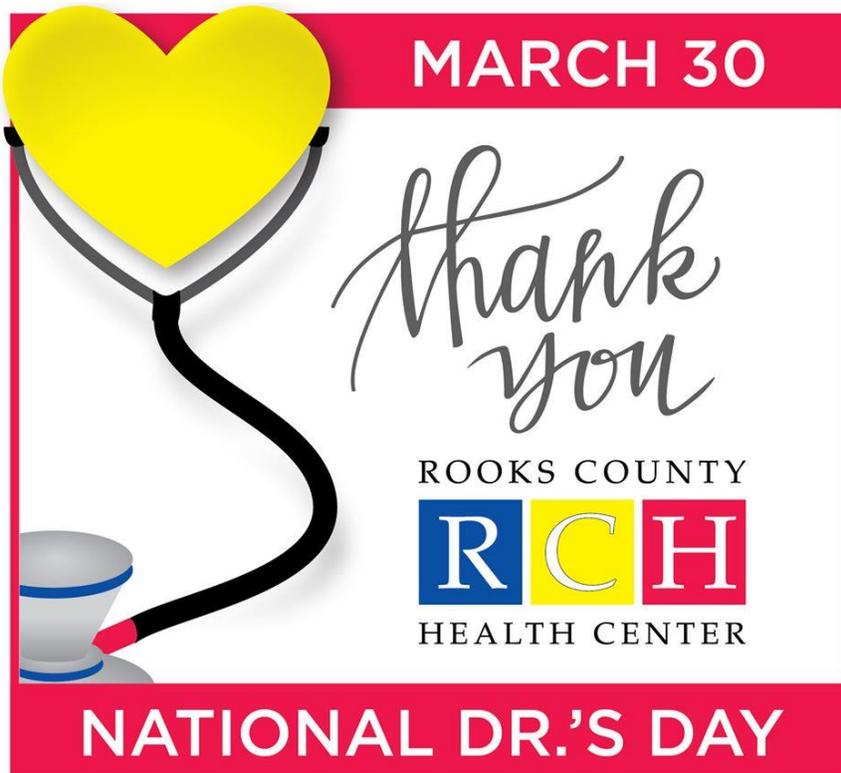
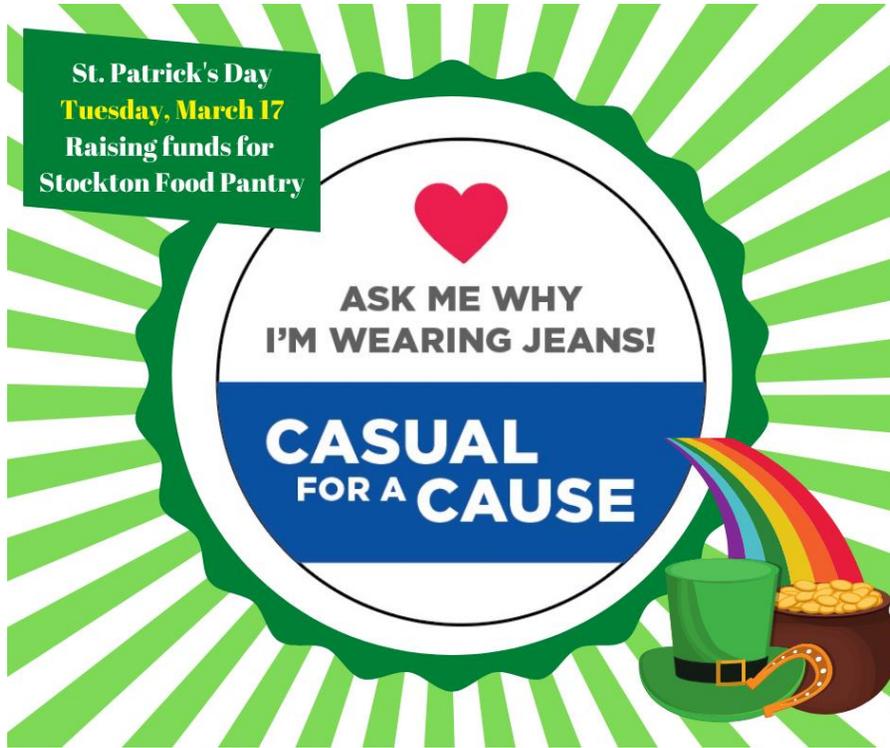
Start date at RCH: January 7, 2020



Sandy Cearley is our new part-time outpatient RN and comes to us from Hays Medical Center.

Her husband, John, is employed with Venture Resources and they have two children, Melissa and Travis.

Sandy enjoys family time and cares about everyone she comes in contact with and will do her best to support their needs.



 Lunch Menu 

Tuesday, Mar 17

Reuben Sandwich, Cabbage roll, Chips and Fresh Fruit

Wednesday, Mar 18

Soup Day – Choice of soup \_ Grilled Cheese Sandwich, and Dessert

Thursday, Mar 19

Taco Salad and Fresh Fruit

Friday, Mar 20

Shrimp Alfredo, Corn, Garlic Stick, and Dessert

Saturday, Mar 21

Cooks Choice

Sunday, Mar 22

Cooks Choice

Monday, Mar 23

Italian Sub Sandwich, Chips, and Fresh Fruit

Tuesday, Mar 24

Honey Balsamic Pork Loin, Green Beans, Cheesy Potatoes and Fresh Fruit

Wednesday, Mar 25

Cobb Salad and Dessert

Thursday, Mar 26

Chicken Fried Steak Sandwich on Kaiser Roll, Onion Tangles, and Fresh Fruit

Friday, Mar 27

Fried Shrimp Over Rice W/tangy Sweet & Sour Sauce, and Dessert

Saturday, Mar 28 & Sunday, Mar 29

Cooks Choice

Monday, Mar 30

Steak Fingers, Cheesy Fries, and Fresh Fruit

Tuesday, Mar 31

Spaghetti w/ Meat Sauce, Green Beans, and Fresh Fruit