

January 2017

NEWSLETTER



Points To Ponder

Mindy Kissner Rawlins County Health Coach

Winter Safety Tips for Sledding

- Keep sledders away from motor vehicles.
- Children should be supervised while sledding.
- Children less than 5 years of age should not sled alone.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Consider having your child wear a (hockey) helmet while sledding (not a bicycle helmet).
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated. Inter-tubes are not sleds and are inappropriate for safe sledding.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow, not ice, not be too steep (slope of less than 30 degrees), and end with a flat runoff.
- Avoid sledding in crowded areas or by bodies of water.



American Academy of Pediatrics



Rawlins County Health Center welcomes Health Coach, Mindy Kissner. Mindy will provide free health coaching and chronic care management services through Rawlins County Health Center in a joint effort with the Kansas Heart and Stroke Foundation. Mindy will collaborate with patients and providers in Rawlins County to provide improved patient outcomes in the reduction of re-admissions and improve overall health and well-being of patients with risk factors for stroke, heart attack and sepsis. "I am always open to answering questions about the program and eligibility into the program," states Mindy. Mindy joined Rawlins County Health Center in December of 2016 and is the fiancée of Robert Bell of McDonald. Patients can reach her at 785-626-3211 ext. 331.

WELCOME MINDY!

SPECIALTY CLINIC

Wound Care Center	
Kyle Herspring, PA-C: February: 7, 14, 21, & 28	
Surgeon	
Dr. Kopriva: February 13 & 22	
Cardiologist	Urologist
Dr. Denney: February 2 & 15	Dr. Catanese:
Dr. Markiewicz: February 6	Mondays as scheduled
Dr. Freund: February 13	
Orthopedics	
Dr. Sears: March	
Mental Health	
High Plains Mental Health: February 2 & 6	
New Beginnings Counseling: February 2, 9, 16, & 23	

Thank you to Chase McKittrick, Jack Maris and Ryan Marvin for moving and organizing the clinic charts! Getting the paper charts out of the clinic and even more organized has been a dream of the Clinic Team since RCHC went electronic so thanks for making it come true!

WELCOME NEW EMPLOYEES

Cheryl Engebretsen, CNA
Katie Withington, Medical Assistant



785-626-3211 ♦ www.rchc.us ♦ Like us on Facebook

Rawlins Clinic: Open M-F 8:30 am-12 pm ♦ 1 pm-5 pm and Saturday 9 am-12 pm

Emergency Room: Open 24/7 365 days a year

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Quality Health Care**

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