April 2017 Newsletter

Living with HEART FAILURE

You can take control of your life & better manage your heart failure

If you are a heart failure patient, or a caregiver of someone with heart failure,

Please join us for a FREE, interactive and educational program.

Tuesdays (4 total)
10am-Noon
May 2nd - May 23rd
RCHC Education Room

Taught by
Mindy Kissner, RCHC Health Coach
to sign up or for questions
call Mindy @ 785-626-3211 ext. 331

Get your questions answered!

National Infant Immunization Week

National Infant Immunization Week (NIIW) is an annual observance of protecting infants from vaccine-preventable diseases and celebrating the achievements of immunization programs and their partners in promoting healthy communities everywhere.

Contact Rawlins Clinic
785-626-3241
April 23rd-30th, 2017
Open M-F 8 am-5 pm and
Saturday 9 am-12 pm

Lab Week!

National Laboratory Professionals week is April 23rd-29th.

Rawlins County Health Center would like to Thank Kim, Deb, Ronnie, Scott, Shirley, and Megan for all you do!

To learn more about the Rawlins County Health Center's laboratory services, visit www.rchc.us

RCHC Specialty Clinic

Wound Care Center	
Kyle Herspring, PA-C: May 2, 9, 16, 23 & 30	
Surgeon	
Dr. Kopriva: May 3 & 17	
Cardiologists	**Urologist**
Dr. Denney: May 4 & 17	**Dr. Catanese:** Monday's as scheduled
Dr. Markiewicz: May 8	
Dr. Freund: May as scheduled	
Orthopedic	
Dr. Sears: Returning June 14	
Mental Health	
High Plains Mental Health: May 11 & 25	

You're invited to help us celebrate YOU!

Please join us for the unveiling of the Rawlins County Hospital Foundation's Donor Recognition Wall

Rawlins County Health Center Front Lobby
Monday, MAY 22nd, 2017
5:30pm - 7pm Thank You Reception with Unveiling Ceremony at 6pm

Refreshments will be served

Points to Ponder: Skin Cancer & Golfers - Protect Yourself at the RCHF Tournament

65% of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun and many people diagnosed with melanoma are white men over the age of 50. Melanoma is one of only three cancers with an increasing mortality rate for men.

Prevention Guidelines: The golden rule, do not burn.

Early or late tee times: tee off at sunrise or late in the day to avoid the sun at its most intense and seek the shade whenever you can.

Wear a wide brim hat to shade your face, neck, ears, and shoulders and wear pants and long-sleeved shirts to cover more skin. Wear UV protectant sunglasses.

Remember to protect yourself on overcast days. Up to 80% of the sun's UV radiation can penetrate clouds and harm your skin.

Apply generous amounts of water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or greater to all exposed areas 30 minutes before going outside to play golf. Use a lip balm with an SPF 30 to protect your lips. Carry sunscreen with you and reapply every two hours, immediately after sweating heavily, or at the ninth hole.

Reference: www.skincancer.org

NEW EMPLOYEE WELCOME
Kourtney Lovelady
RN - PRN Hospital

Find us on Facebook

Rawlins County Hospital Foundation
5TH ANNUAL TOURNAMENT EVENT

GOLF
8am-9am Registration
9am Shotgun Start
4 Person Scramble
bring a team or get put on a team
$70 Entry Fee /per person if registering and paying by May 22nd, 2017 - $75 after.
includes Green Fees, Lunch and Auction
Register at the Country Club or email sdozbaba@rchc.us

CARDS
Pinochle or Bridge
12:30 Registration
Please pre-register at 785-626-3211 ext.220 or email sdozbaba@rchc.us
12:45-2:30 Tournament
High/Low Prizes
$20/person includes food & auction

RAFFLE
YOUR CHOICE of THREE TOP PRIZES!!!
Cobra Men's XL Golf Club Set OR 12-Gauge Browning Pump Shotgun OR $500
2nd Prize: $100 & 3rd Prize: Gift Basket
Tickets are $5 each or $20 for 5
Need not be present to win
Buy tickets at our Rod Run Booth or at the Hospital

AUCTION
Live Auction will begin around 2:30pm
EAT-DRINK-BID-ENJOY!
Hors D'oeuvers Served
Cash Bar

It all comes back to you

SUNDAY, JUNE 4TH, 2017
www.rchc.us/golf-tournament/

785-626-3211 ♦ www.rchc.us ♦ Like us on Facebook
Rawlins Clinic: Open M-F 8 am-5 pm and Saturday 9 am-12 pm
Emergency Room: Open 24/7 365 days a year

Rawlins County Health Center

Setting the Standard for Patient Centered Quality HealthCare

Rawlins County Health Center is an equal opportunity provider and employer.