

# July 2017

## Newsletter



### Is Rawlins County Hospital Foundation in your will?

#### Hospital Foundation to begin Planned Giving Education

The Rawlins County Hospital Foundation announced last week that they would be starting an educational campaign to inform the community about the importance of including the foundation in personal will and estate planning. "Over the last five years we've received \$751,351.50 from estates in Rawlins County," said Suzanna (Dozbaba) Koel, RCHF manager. She continued, "That has allowed for the Phase II Surgical Suite and Central Sterile Room project and various equipment. Someone including the Hospital Foundation in their estate planning makes a major impact."

The foundation has been in the process of a "Refresh" of its 2012 Capital Campaign. That five-year fundraising drive brought in over \$1.67 million since it's start and the foundation hopes that those who pledged will continue to pledge their support to healthcare in Rawlins County. "It is never ending," said Roger Philpott, RCHF Board Member and long time donor to the foundation. "The way that healthcare is set up has caused a need more than ever for fundraising efforts. This is even truer in rural America. Our charitable dollars will help ensure quality healthcare for generations to come. I give because I look at my grandkids and great grandkids and I want to make sure they have a healthcare facility here in Atwood!" Philpott said.

The Hospital Foundation has stated that they don't want to be greedy and are trying to walk a fine line of asking without overwhelming. "There is no shortage of fundraising efforts going on in Rawlins County," said Phil Studer, RCHF Board Member. "We ask for this because it is important for our entire community. We all have the potential of using the Health Center. We have to do everything we can to make sure it is here and up-to-date when we need it!" Requests are going out to all past donors to consider continuing their pledges for additional five years and to include the Rawlins County Hospital Foundation in their estate planning or will.

You can join representatives from the Rawlins County Hospital Foundation on Wednesday, August 23rd at Rawlins County Health Center Education Room at 10 am. or Mulligan's on Main, Thursday, August 24th at 5:30 pm. Please RSVP to [785-626-3211 ext. 220](tel:785-626-3211) by August 17th to reserve your space. The program will be a brief explanation of ways to give, followed by a question and answer session.

### RCHC Specialty Clinic

<b>Cardiologists</b>	<b>Urologist</b>
<b>Dr. Denney:</b> Aug 3	<b>Dr. Catanese:</b>
<b>Dr. Markiewicz:</b> Aug 14	Call to scheduled
<b>Dr. Freund:</b> Call to schedule	
<b>Audiologist</b>	
<b>Precision Hearing • Ken Drag:</b> Aug 31	
<b>Mental Health</b>	
<b>High Plains Mental Health:</b> Aug 3 & 17	
<b>Orthopedic</b>	
<b>Dr. Sears:</b> Aug 16	
<b>Surgeon</b>	
<b>Dr. Kopriva:</b> Aug 9 & 23	
<b>Wound Care Center</b>	
<b>Kyle Herspring, PA-C:</b> Aug 1, 8, 15, 22, 29	

### Points to Ponder

#### Take Tick Prevention Seriously



Tick numbers usually peak in early June but can be found anytime the weather warms up in the Spring. Protecting yourself is serious business because they can spread dangerous blood-borne diseases such as Rocky Mountain spotted fever and Lyme disease. Ticks can be found almost anywhere and favor grass, weeds, shrubs, and undergrowth. They also can travel on pets into your home. Make yourself as tick proof as possible.



1. Keep pants tucked into socks.
2. Do periodic checks of yourself and your clothing after an outing.
3. Use a repellent. Deet can be used on the skin and can repel ticks for several hours. Permethrin actually kills ticks when they come into contact with it, but can only be used on clothing. It can last for up to six washes, making a bottle go a long way.
4. Treat pets with topical or oral tick medicine.
5. Self-checking and checking others is important. It can take up to 36 hours for a tick to infect you if it attaches, so prompt removal is critical. The best way to remove one is to grasp it gently close to the skin with tweezers and pull steadily straight out. Other methods may cause the tick to expel saliva and increase the chance of infection. Watch the bite area for signs of redness or a "bulls-eye" rash, which can be a symptom of Lyme disease.
6. If you experience aches and pains or other flu-like symptoms after a tick bite, see your doctor as soon as possible. Early treatment is important.
7. Follow these basic precautions and enjoy the best time to be outdoors in Kansas. [Http://ksoutdoors.com](http://ksoutdoors.com)

### School Starts Soon!

 **Check Immunization Records!**  
**Free Sports Physicals Now!** 

 Rawlins Clinic-Atwood needs your input! Please remember to check your email the day after your visit to provide much needed feedback about your clinic visit.

You will only receive one survey every ninety days. Patient surveys help provide information of strengths and improvement opportunities. Patient surveys are also a requirement to some grants. Surveys are anonymous and information gathered is delivered to the clinic on a monthly basis. If you have any questions, contact Jennifer Hurst 785-626-3241 ext. 310.



### New Employee

Corky Chessmore - Support Services Tech

**Welcome!**

785-626-3211 ♦ [www.rchc.us](http://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



**Setting the Standard for Patient Centered Quality HealthCare**

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