

June 2017

Newsletter



POINTS to PONDER

Tornado Tips

Tornado season is upon us and these are nature's most violent storms. Tornadoes can cause fatalities and devastate a neighborhood in seconds. Be as prepared as possible.

1. Listen to the weather radio or television when conditions change and a storm is approaching.
2. Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - A loud roar, similar to a freight train.
 - If you see approaching storms or any of the danger signs, be prepared to take shelter immediately

IF you are in a residence, small building, school, nursing home, factory, shopping center or high-rise building:

Go to a pre-designated area such as a safe room, basement, storm cellar or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors and outside walls. Get under a sturdy table and use your arms to protect your head and neck. Wear sturdy shoes and carry a flashlight. Do not use candles. Do not open windows.

IF you are in a manufactured home or office (Mobile home or pre-fab building) Get out immediately and go to a location such as a sturdy building or storm shelter. Mobile homes offer little protection from tornadoes.

IF you are outside with no shelter: There is no single research-based recommendation for what last-resort action to take because many factors can affect your decision. Possible actions include:

Drive in a vehicle with safety belt on to the closest sturdy shelter. If your vehicle is struck by debris, pull over and park. Shelter in vehicle with seat belt on and cover your head with arms and a blanket.

Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and whatever material is available (coat, blanket, rug)

IN ALL SITUATIONS:

- Do not get under an overpass or bridge. You are safer in a low, flat location
- Never try to out run a tornado in urban or congested areas in a car or truck.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

<https://www.ready.gov/tornadoes>

Rawlins County Health Center helps make it a positive Pink Awareness weekend at the Rawlins County Rodeo in Atwood!



A WORD FROM RYAN: We are three weeks into construction of Phase 2 Surgical Suite and everything is going as planned. Most of the framing is done and rough-in has begun for the plumbers and electricians. Drywall may go up by the first week of July! We appreciate everyone's patience and understanding while the Specialty Clinic is under construction.

VA PATIENTS ARE ALWAYS ACCEPTED AT RAWLINS COUNTY HEALTH CENTER

We proudly take VA patients
through the Veterans
Choice Program.

Call
1-866-606-8198
for an appointment in
our Clinic.

WELCOME NEW EMPLOYEE

Bekah Steinhour, RN

*Quality Management ♦ Risk Assessment
Emergency Preparedness Coordinator*

Bekah became a nurse in 2007, after working as a social worker for several years. She is currently in an RN to MSN program and has passed the half-way point! YAY! Her background includes working as the Director of Nursing, Administrator of a Dialysis Clinic and as a Travel Nurse. Bekah has a strong family base starting with four amazing children and a beautiful granddaughter who is nearly two. She lives between McCook and Oberlin on a small farm with many animals. In her spare time she loves to participate in musicals at the community theater in McCook and activities at her church.

RCHC Specialty Clinic

Cardiologists	Urologist
Dr. Denney: July 6	Dr. Catanese:
Dr. Markiewicz: July 10	Monday's as scheduled
Dr. Freund: July as scheduled	
Audiology	
Precision Hearing ♦ Ken Drag: July 27	
Mental Health	
High Plains Mental Health: July 13 & 27	
Orthopedic	
Dr. Sears: Call for next available date	
Surgeon	
Dr. Kopriva: July 6 & 19	
Wound Care Center	
Kyle Herspring, PA-C: July 5, 11, 18, & 25	



Rawlins County
Health Center

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

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

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