

December 2017

Newsletter



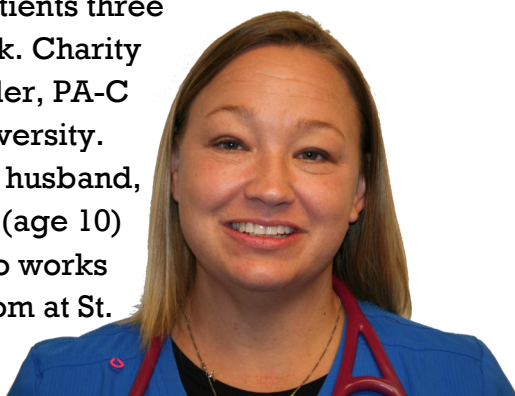
Medicare Card Changes The Healthiest You

Do you ever wonder why your Social Security Number is on your Medicare Card? Due to new regulations and acts, Social Security Numbers will no longer be on Medicare ID Cards. From January through April 2018 the Centers for Medicare & Medicaid Services (CMS) will be sending new ID cards to current Medicare beneficiaries. The new cards are also part of CMS's fraud prevention initiative to provide better security to combat identity theft and safeguard taxpayer dollars, according to the CMS website.

Once you receive your new Medicare ID Card, please bring the new card to your next appointment to be entered into our systems. RCHC thanks you in advance for your patience during this ID card change process.

RCHC Welcomes Charity Wright, PA-C

Rawlins County Health Center is excited to welcome Charity Wright, PA-C to our team of providers. Beginning in January, she will be available to see patients three days a week, every other week. Charity graduated alongside Allie Keller, PA-C in 2016 from Wichita State University. She currently resides with her husband, a son (age 11) and a daughter (age 10) in Garden City, where she also works full time in the Emergency Room at St. Catherine Hospital.



RCHC Specialty Clinic

Cardiologists

Dr. Denney: Jan. 4 & 17

Dr. Markiewicz: Jan. 15

Dr. Freund: Call to schedule

Urologist

Dr. Catanese: Call to schedule

Orthopedist

Dr. Sears: Feb. 14

Surgeon

Dr. Kopriva: Jan. 3 & 17

Audiology

Precision Hearing • Ken Drag: Jan. 25

Mental Health

High Plains Mental Health: Jan. 11 & 25

Wound Care Center

Kyle Herspring, PA-C: Jan. 2, 9, 16, 23, 30

The New Year is right around the corner! A new year means new resolutions; are you trying to be more proactive about your health or attempting to shed those extra pounds that magically appeared over the holiday season? RCHC is here to help you be the healthiest you possible in 2018.

See Rawlins Clinic for:

- Vaccinations
- Yearly Wellness Check-ups

Talk To Your Provider About Yearly Preventative Exams

- Colonoscopy
- Mammogram

For Physical Fitness and Wellness Goals

- Cardiac Wellness
- Physical Therapy

Have a wound that just won't heal? Consider the WoundCare Clinic. Most wounds heal in about four weeks with this extra attention.

Need a Lipid Panel or other Lab work, but don't want to pay full price? RCHC offers Direct Access Lab for your convenience.

For more information or to set up an appointment for any service call (785)626-3211 or Rawlins Clinic at (785) 626-3241. Here's to a healthy and happy 2018!

Points to Ponder...

Winter Safety

Throughout the winter months, ice, snow and cold temperatures can make life challenging for everyone- especially for seniors. Follow the advice below for an injury and worry-free winter.

- Icy, snowy roads and sidewalks often cause falls, which lead to major injuries like hip or wrist fractures, or head trauma. Wear shoes with non-slip soles or an over-the-shoe traction device and add ice grips to canes to avoid slipping on ice.
- Dress in layers including warm socks, heavy coat, hat, gloves and a scarf.
- Fight wintertime depression. Consider a Vitamin D supplement, as staying inside doesn't provide you with the necessary amount of Vitamin D. Call or message friends and family daily to keep in touch.
- Be sure your vehicle is prepared for winter weather to ensure you don't get stranded.
- Gas fireplaces, heaters, stoves or lanterns may lead to Carbon Monoxide poisoning. Prevent it by installing a Carbon Monoxide detector.

Source: <https://www.care.com>

Patient Compliments

Dolly Leiker would like to say thank you to Lina Mumm, Clinic RN, for being patient and thorough while making arrangements with other facilities. Although the transition hasn't been perfect, Lina has been fantastic!



Happy New Year!



Rawlins Clinic, Business Offices & Outpatient Services will be closed

January 1, 2018



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.