

## Provider News

Have you recently noticed new providers at Rawlins Clinic? Throughout the following months, you may be seeing some different faces as RCHC is in the process of hiring additional providers to help our current providers better serve you. Dr. Brewster Kellogg is seeing patients regularly- one less trip you have to make to Colby. Allie Keller, PA-C, Charity Wright, PA-C and Jose Renteria, APRN will also be available as Kyle Herspring will be out in mid-November due to the birth of his third child. For more information on who is available for you call the clinic or like Rawlins County Health Center’s Facebook page.

New baby on the horizon? Schedule your appointments with Dr. Kellogg in Atwood (delivery of the baby will take place in Colby). The clinic is working hard to ensure quality healthcare is available to you and your family, year-round. For appointments call 785-626-3241. Walk-ins are welcome!

RCHC has accepted Allie Keller’s resignation, effective mid-February, as her priorities are changing and more than ever she is wanting to spend more uninterrupted time with her family. Though she has thoroughly enjoyed her time at RCHC and the relationships she has built Allie has chosen to take a different path at this time. Allie and Collin will continue to live in Atwood.

## Physical Therapy Services

- Pelvic Floor Rehab
  - Graston Technique
  - Manual Therapy
  - Therapeutic Exercise
  - Massage
- Myofascial Release
  - Range of Motion
  - Balance and Fall Prevention
  - Orthopedic Rehabilitation
  - And many more
- To take advantage of these awesome services and more, call 785-626-3211 ext. 270 today! Physical Therapy does not require doctor referral for their services.

## RCHC Specialty Clinic

Cardiologists	Urologist
<b>Dr. Denney:</b> Nov. 2 & 15 <b>Dr. Markiewicz:</b> Nov. 13 <b>Dr. Freund:</b> Call to schedule	<b>Dr. Catanese:</b> Call to schedule
Orthopedist	Surgeon
<b>Dr. Sears:</b> Nov. 15	<b>Dr. Kopriva:</b> Nov. 8 & 22
Audiologist	
<b>Precision Hearing • Ken Drag:</b> Nov. 16	
Mental Health	
<b>High Plains Mental Health:</b> Nov. 9 & 30	
Wound Care Center	
<b>Kyle Herspring, PA-C:</b> Nov. 7, 14, 21, 28	

## RCHC Welcomes

Teri Cates, Clinic Admissions Representative  
Charity Wright, PA-C  
Pastor Tim McCall, Chaplain



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.

## Points to Ponder... Winter Road Safety

As winter months quickly approach, temperatures start to drop and days get shorter. Bitter winter conditions could put you or your family in danger while on the road, especially if your car breaks down or an accident occurs. To stay safe during winter roadside emergencies, build a car safety kit with the following:

- Flashlight
- Blanket, hats, gloves, coats
- Ice scraper
- Bag of kitty litter or sand to create tire traction or melt snow
- Plenty of water
- Non-perishable, high energy foods like nuts and dried fruits
- Matches

To help prevent vehicle issues during the winter, the DMV recommends:

- Tires in good repair or snow tires
- Check belts, fluids, battery and spark plugs
- Never leave a car running in an enclosed area. Make sure there is no snow or mud covering the exhaust pipe.

## CHNA Survey

The Community Health Needs Assessment survey is now open! To provide input on what you believe could be changed to help make residents of Rawlins County healthier individuals go to [surveymonkey.com/r/RawlinsCountyCommunityNeedsAssessment](http://surveymonkey.com/r/RawlinsCountyCommunityNeedsAssessment) There are physical surveys available at Rawlins County Health Center, Rawlins County Dental Clinic, Extension Office or Public Health Department. Remind your family and friends to take it before **November 1, 2017!**

## Athenaversary!



On October 4, the Rawlins County Health Center staff celebrated their Athenaversary: one year of the implementation of athenahealth, a cloud based medical records system.

## Compliments

One of Rawlins County Health Center’s valued patients said they really appreciate the Lab’s good work at drawing blood! Lab work isn’t always the most fun, but they do a great job.

