

# April 2018



## Newsletter



### Physical Therapy at RCHC

Take advantage of the many services Physical Therapy offers at Rawlins County Health Center! If you're tired of aches and pains or if you want to recuperate your range of motion, physical therapy can help. Other services include balance and fall prevention, massage and therapeutic exercise.

Physical Therapy is not just limited to those who have undergone surgery or are hurting. Often, children benefit from gross motor skill therapy, which helps them develop skills that require coordination.

Pelvic Floor Rehabilitation may benefit women of any age suffering from pelvic floor disorders. With treatment and exercise plans customized to specific pelvic area issues, many women have avoided surgery to retrain pelvic muscles.

Rawlins County Health Center Physical Therapy works hard to resolve issues that affect your quality of life. Speech therapy for any age is available, as well as Cardiac Wellness. Call (785)626-3211 extension 270 to learn how Physical Therapy can help you; provider referral is not necessary.



### RCHC Specialty Clinic

#### Cardiologists

**Dr. Denney:** May 3 & 17

**Dr. Markiewicz:** May 7

**Dr. Freund:** Call to schedule

#### Surgeon

**Dr. Kopriva:** May 9 & 23

#### Orthopedist

**Dr. Sears:** May 9

#### Urologist

**Dr. Catanese:** Call to schedule

#### Hearing Specialist

**Precision Hearing • Ken Drag:** May 24

#### Mental Health

**High Plains Mental Health:** May 10 & 24

#### Wound Care Center

**Kyle Herspring, PA-C:** May 1, 8, 15, 22, 29

#### Diabetic Counseling

**Diane Sis:** May 2, 9, 16, 23, 30

#### Speech Therapy

**Kim Lankas**

Call to schedule

#### Pelvic Floor Rehabilitation

Call to schedule

#### Nephrologist

**Michael Babigumira, MD**

Call to schedule

**Rafael Baracaldo Villalba, MD**

Call to schedule

### New Recliners

At Rawlins County Health Center, patient comfort is a high priority in our patients' visits to the clinic or their extended stays in the hospital wing. New, easy to operate recliners will replace old models. The recliners will not only ensure a comfortable stay but will aid in the patient's healing process. The purchase of these recliners is made possible through Atwood Second Century, McCook Walmart and donor -specific gifts to the Rawlins County Hospital Foundation.

#### Points to Ponder...

### Spring Clean Your Health

From scheduling yearly wellness appointments to spring cleaning, these tips will keep you happy and healthy this spring.

**Schedule Appointments** - Plan ahead to keep track of wellness appointments, such as annual physicals, colonoscopies and mammograms. Talk to your provider for a plan that best suits your needs.

**Go Outside!** - Venture out for a walk or jog. Walking benefits your cardiovascular system and burns calories. Remember when the sun is shining, your skin needs protection! Be sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays.

**Revamp Your Diet** - Take advantage of fresh fruits and vegetables available during spring and summer. Try low calorie, high fiber veggies like green beans, leafy greens, broccoli and carrots. Fruit is also a good source of fiber, vitamins and minerals.

**Drink More Water** - Hydration is important, especially during hot weather. Drink plenty of water throughout the day. Try adding cucumber slices, mint or lemon to your water for a splash of freshness.

**Clean Out the Medicine Cabinet** - Check expiration dates on medications and discard them if expired.

**Allergy-proof Your Home** - Wash all blankets and linens. According to the American College of Allergy Asthma and Immunology, the greatest number of dust mites live in the bedroom.

Source: <https://www.utmedicalcenter.org/healthy-tips/94/7-ways-to-put-spring-into-your-health/>

American College of Allergy Asthma and Immunology

### Donate Life

In Honor of Donate Life Month, Rawlins County Health Center is proud to join Midwest Transplant Network to raise awareness to increase the number of organ donors in our state.

To become an organ donor visit [ShareLifeMidwest.com](http://ShareLifeMidwest.com) or sign up at the DMV when you obtain or renew your driver's license. Anyone can register regardless of age, race or medical history.

A single donor can save up to eight lives and improve the lives of 75 others. For questions or more information visit [MWTN.org](http://MWTN.org).

### Vein Finder

Blood work and IV starts are no fun, and even worse when you're not feeling well! With the AccuVein vein finder, Rawlins County Health Center's lab, imaging and nursing teams can quickly and easily illuminate veins at the push of a button, reducing the need for multiple sticks.

The vein finder has already made patients' experiences more comfortable. Jenny Popp has hard to find veins, which leads to multiple sticks when bloodwork is required. Though, with AccuVein, "the whole process was a lot less stressful," explained Jenny. According to AccuVein, the simplicity of the vein detection device has improved first stick success by 98%.



Rawlins County  
Health Center

An Affiliate of



Centura Health®

(785)626-3211 • [www.rchc.us](http://www.rchc.us) • Find us on

**Rawlins Clinic:** Open M-F 8am-5pm & Saturday 9am-Noon

**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.