

March Newsletter



Rawlins County
Health Center

An Affiliate of
 Centura Health.

Work Anniversaries!

Faith Meitl, 2 years
Lindsey Rippe, 5 years
Diana Solko, 10 years
Diane Sis, 19 years

**Schedule
your annual
physical and
preventative
screenings.**

Specialty Clinic Providers

Surgeon

Dr. Kopriva: Mar. 23

Cardiologist

Dr. Denney: Mar. 3

Wound Care Center

Tuesdays

Mental Health

High Plains Mental

Health: Mar. 8, 22

Telebehavioral Health: Mar. 11, 15, 25, 31

Rawlins Clinic Providers

Tamara Robbins, MD

Mary Wilkinson, APRN, FNP-C

Jose Renteria, APRN, FNP-C

Brian Holmgren, PA-C

Paul Young, PA-C

Neurologist

Dr. Nitka:

Mar. 21

Diabetic Counseling

Diane Sis:

Wednesdays

Telemedicine Services

Endocrinology

Oncology

Rheumatology

Neurology

Urology

Nephrology

Behavioral Health

Free At Home Covid-19 tests available

Rawlins Clinic has FREE COVID-19 Home Test Kits available for pickup during clinic hours. These test kits must be picked up from the clinic and are available while supplies last. For questions regarding the test kits, please call Misty at Rawlins Clinic, ext. 2301.

Dry Needling Now Available

Ryan Willis, Physical Therapist at Rawlins County Health Center, brings his dry needling experience to Rawlins County. Dry needling is used to relieve pain and movement impairments and is often used alongside other physical therapy treatments. It uses thin needles inserted into the skin to stimulate myofascial trigger points and other painful areas to treat muscle dysfunctions. Dry needling is not covered by all insurance providers. Call Ryan at ext. 2270 to see if dry needling can help you.

Staff Pledge \$49,257 to Foundation

RCHC Foundation celebrated RCHC Staff the last two weeks, and in return, the RCHC Staff pledged to donate \$49,257.49 to the foundation in donations and payroll deductions over the next five years. "The RCHC Staff has provided loving, professional care over the last two years during the pandemic, and we are thrilled they choose to continue their gracious financial support to the foundation for the continued sustainability of the hospital and to provide state of the art equipment to enhance our patient care" stated Suzanna Koel, Foundation Director. Community members can also provide financial support to the health center with pledges and donations. For more information regarding the foundation, please call Suzanna at ext. 2220.

RCHC awarded Leadership Grant

Rawlins County Health Center was awarded Leadership Transformation Grants through the Kansas Leadership Center (KLC) in Wichita. Senior Leaders and Department Managers will participate in the leadership initiative throughout the year.

(785) 626-3211 • www.rchc.us •

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

To make a clinic appointment call (785) 626-3241

Emergency Room: Open 24/7, 365 days a year

RCHC is an equal opportunity provider and employer.

