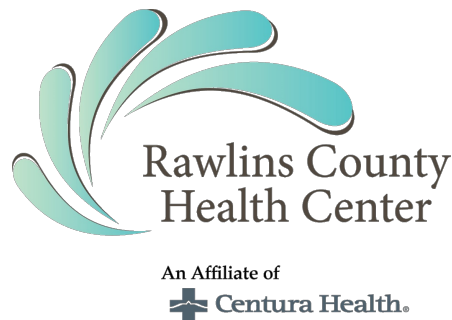


# May Newsletter



## Work Anniversaries!

Nicole Husband, 1 year  
Shelby Fields, 3 years  
Amy Crouse, 4 years  
Sara Hatfield, 10 years  
Debbie Humphrey, 12 years  
Jennifer Hurst, 14 years

## Specialty Clinic Providers

### Surgeon

**Dr. Kopriva:** May 4, 18

### Cardiologist

**Dr. Denney:** May 5

### Wound Care Center

Tuesdays

### Mental Health

**High Plains Mental**

**Health:** May 10, 24

**Telebehavioral Health:** May 10, 13, 24, 26

## 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:**

May 16

### Diabetic Counseling

**Diane Sis:**

Wednesdays

## Telemedicine Services

Endocrinology

Oncology

Rheumatology

Neurology

Urology

Nephrology

**Behavioral Health**

## New Employee!

Gina Eastin, Regional Financial Analyst

**Schedule your annual physical  
and wellness screenings!**

## Manipulative Treatment

Manipulative treatment (or manipulation) is a hands-on method used by providers to diagnose, treat, and prevent illness or injury. The method involves skillfully moving muscles and joints using a variety of techniques including stretching, gentle pressure, and resistance. Manipulative treatment can be beneficial for pain management and can help increase function and mobility. Please call the Rawlins Clinic to schedule an appointment for manipulation with Mary Wilkinson, NP.

## RCHC Foundation Awarded Trust Disbursement

At 90 years old, Herbert Holste changed his trust to give 60% of his assets to three local organizations. RCHC Foundation is beyond blessed to have been named one of those beneficiaries. We can't thank Herb enough for gifting us with a portion of his assets. Leaving a part of your trust, even as much as 5%, helps build sustainability for Rawlins County. To learn more about memorial donations and donating from your trust/will (also known as planned giving), please call Suzanna at ext. 2220.

## Hospital Week

**We Are  
Health Care**

National Hospital Week (May 8-14) is an opportunity to highlight and celebrate our employees. Activities scheduled to celebrate employees include a family BBQ and daily snacks.

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

