

RCHD Launches Health Initiative

In May of 2016, RCHD held a community needs forum that revealed several health-related issues that our community is currently facing. Among those issues was access to healthy food options. While local restaurants and grocers consistently provide healthy options, Rankin, being a small rural town, is still identified as a “food desert.”

Over the past several months, multiple RCHD departments have come together to brainstorm and explore ways in which a hospital can help combat this issue. With framework provided by the Centers for Disease Control, RCHD preformed environment scans to help determine if the hospital was actively promoting heathy eating and physical activity.

“Hospital are providers of health care; thus, they have a role to play in establishing model environment that encourage healthier eating and physical activity. Hospitals have considerable potential to influence health-promoting behaviors among their employees, patients, visitors, and residents of the community. The reach of hospitals is substantial. Every year, hospitals across the United States serve more than 6.3 million employees, and 481 million outpatients and visitors who may use the cafeteria and vending machines.” -Centers for Disease Control and Prevention.

Beginning January 9th, a fresh soup and salad bar will be made available to both the employees, and the public during lunch hours. The salad bar will be open from 10:30-1:30, M-F (closed on holidays.) While it’s not an all-you-can-eat bar, \$5 buys customers a build-your-own salad with fresh vegetables and meat toppings, a changing daily soup selection, and tea/water to-go. The RCHD vending machine will also undergo a health makeover by providing low calorie and nutrient-rich options.

For more information about the salad bar, environment scans, or the RCHD Health Initiative, please contact Corey Owens at (432)693-1207, or cowens@rankincountyhospital.org.



RCHD Health Hints

WITH

LINDSEY BOWNDS, PA - C, RN

Vitamin D Deficiency

Vitamin D deficiency is when your body does not have enough Vitamin D. The body needs vitamin D to absorb calcium and for other important jobs. Symptoms of vitamin D deficiency include weak bones, weak muscles, head sweating, stomach issues or sometimes feeling “blue”. A simple blood draw can determine what your vitamin D level is. Researchers indicate that up to 50% of the population may be vitamin D deficient. There are certain foods that contain vitamin D such as milk, orange juice, cooked salmon, canned tuna fish, cereals with vitamin D added and cod liver oil. You also receive vitamin D from sunlight. However, it is important to limit your sun exposure to reduce your risk of skin cancer. Vitamin D can be supplemented by over the counter medicines, however in some cases the vitamin D dose is too low and requires prescription strength treatment for 8-12 weeks.

DEPARTMENT OF THE MONTH

EMERGENCY MEDICAL TRANSPORT

Paramedics:

Shanna Woolf, EMS Director, ACLS, PALS, 21+yrs
John Bell, ACLS, PALS, BLS, ITLS, SLAM, 12 yrs
Andrew Ganbs, ACLS, PALS, 10 yrs
Larry Miles, ACLS, PALS, PHTLS, Cert. Fire, 21 yrs
Bryan Conn, ACLS, PALS, ABLIS, 18 yrs
Ruben Ramon, 22yrs

Intermediate:

Tyler Staggs, ACLS, PALS, 8 yrs
Abby Robers, ACLS, PALS, EVOC, 28 yrs
Sam Sparks, ACLS, PALS, 2 yrs
Jarod Ehrenberg, ACLS, PALS, Hazmat, Cert. Fire, 7yrs

Basic:

Lena Potter, 24 yrs
Janice Watson, 25+ yrs
Anita Sparks, 15 yrs
Justin Steele, 2 yrs
Greg Carrillo, 5 yrs

The RCHD Pharmacy, Wellness Center, Salad Bar, Business Offices, and Administration will be close on Monday, January 16th is observance of Martin Luther King Jr. Day. The clinic will remain open.

EMS Carseat Safety Event

January 31st, 3:30pm-5:00pm

Park Building Parking Lot

Is your child's car seat securely installed? Come by and let a certified car seat inspector check! Expired and recalled car seats will be replaced free of charge on a first come, first serve basis! For more information, please contact Shanna Woolf at 432-693-2147.

SAFE
KIDS
WORLDWIDE

HEALTH & FITNESS *With Bree Lance*

Certified Personal Trainer and Rankin resident, Bree Lance, is now offering training sessions for ALL fitness levels and goals. While sessions are designed to target the specific needs of each individual, group sessions are also available upon request, and after consultation with Bree.

Hour Session
\$20

1/2 Hour Session
\$10

Group
*Determined
Upon Consult*

COMING SOON!!

**BREE WILL BE TEACHING FITNESS CLASSES AT THE RCHD WELLNESS CENTER.
LOOK FOR UPCOMING RCHD FACEBOOK POSTS FOR CLASSES AND SCHEDULE!**



For more information, contact Bree at (432) 488-7781

January Provider Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1 Wilborn through Monday 8am	2	3	4	5	6 Baldree through Monday at 8AM	7
8 Baldree through Monday at 8AM	9 Graham & Wilborn till Friday 8AM	10	11	12	13 Sue	14
15 Sue	16 Bownds and Sue through Friday 8am	17	18	19	20 Baldree through Monday at 8AM	21
22 Baldree through Monday at 8AM	23 Graham and Wilborn	24	25	26	27 Wilborn	28
29 Wilborn	30 Sue	31 Bownds at 10AM	1	2	3	4
5	6	7	8	9	10	11