



October Newsletter



Rawlins County
Health Center

An Affiliate of
 Centura Health.

Work Anniversaries!

JaKayla Torson, 1 year
Scoutt McConnell, 2 years
Janette Frank, 3 years
Laura Howland, 10 years

Specialty Clinic Providers

Surgeon

Dr. Kopriva: Oct 5, 19

Cardiologist

Dr. Denney: Oct 6

Wound Care Center

Tuesdays

**Mental Health
High Plains Mental
Health:** Oct 11, 25

Telebehavioral Health: available most days

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:

Nov 8

Diabetic Counseling

Diane Sis:

Wednesdays

Telemedicine Services

Endocrinology

Oncology

Rheumatology

Neurology

Urology

Nephrology

Behavioral Health

New Employees!

Jenni Ludowese, Business Office Manager
Kathleen Sichler, Accounting Clerk

Returning Employees!

Julie Juenemann, RN

Patient Advocate Now Offered

Understanding your insurance coverage and determining Medicare coverage can be daunting. To help with this, Rawlins County Health Center recently hired Jenni Ludowese as Patient Advocate and Business Office Manager to help guide patients through the healthcare system. Jenni is working on SHICK training and becoming a Patient Navigator to help discover which insurance coverage meets your individual needs. If you have questions about your insurance, explaining billing, or understanding your medical rights, please get in touch with Jenni at ext. 2206.

Laser Therapy in Physical Therapy

With a generous grant from the ACE Foundation and proceeds from the RCHC Foundation Golf Tournament, Rawlins County Health Center will be equipped to perform laser therapy to treat post surgical pain, soft tissue damage, sports injuries, other pain, and diabetic neuropathy. Laser therapy is a medical treatment that uses focused light to stimulate an increase in cellular metabolism, which can decrease pain and inflammation and accelerate the healing process. To learn more about laser therapy treatment, please call Physical Therapy at ext. 2270.

Flu Shots Now Available

Rawlins Clinic now has Flu Shots available during regular clinic hours! No appointment is required to receive your Flu Shot.



Calling all women over 40... Schedule your Mammogram! Call Radiology at ext. 2231.



FREE COVID-19 home tests are still available at Rawlins Clinic!

(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.

