



You have the Power!

Eat well. Move more. Keep score.

Coach's Corner

Advice from Leslie Dredge-Murphy, Health Coach at the Mt. Ayr Medical Clinic.

How does your garden grow? With tulips and daffodils? Or spinach and tomatoes? Either way, studies have shown that working in the garden can improve your overall health. Digging in the dirt can reduce stress and anxiety. And being out in the fresh air exposed to Vitamin D in the sunlight is a mood elevator as well. Add a little moderate exercise and you have an activity that's good all around!

If you have children or grandchildren, get them involved as well. Books are being written to promote the idea that kids should be spending less time staring at screens and more time getting grubby in the dirt. For example, children who spend three hours daily outdoors in natural light are more likely to have perfect vision. And an improved diet eating fresh produce boosts immunity. Children love to harvest and eat what they've helped grow!

Mt. Ayr has a Community Garden. You're encouraged to volunteer your time and talents. The garden is sponsored by HyVee and Managed by Vicki Sickels at Ringgold County Public Health.

Proudly serving for 65 years

On April 17, 1951 Ringgold County Hospital opened its doors for the first time. The staff included 21 employees who cared for 881 admitted patients during its first year. An additional 425 outpatients also received treatment. The hospital earned \$3,192 during its first 12 months of operations.

Since 1951, the hospital has been providing the community with the best in modern health care. After more than 50 years in the original building, a new hospital was proudly opened in December, 2009. Designed and built with state-of-the-art technology, the facility allows the staff to combine the latest in science and medicine with the art of caring. For Ringgold County area residents, the result is powerful health care, close to home.

Although it was built for today, the current hospital was designed with tomorrow in mind. The 22-acre campus will allow for growth when more space is needed. Within the hospital, each department has room to accommodate both current and future technologies.

"Just about all the services found in a big-city hospital can be accessed right here in Ringgold County," said Gordon Winkler, hospital CEO. "We have general and orthopedic surgeons on staff, and we have visiting physician clinics like cardiology and oncology on a regular basis."

In-patient care is provided for both acute and skilled needs. Emergency care, medical imaging, rehabilitation, laboratory, and pharmacy services are provided. Oncology, vascular, audiology, and cardiology are among the specialty clinics that are available at RCH. In addition, the hospital is home to the Mt. Ayr Medical Clinic, which offers quality care for all ages.

The hospital now employs 135 people. Many of the current physicians and staff were born and grew up in Ringgold County. Pharmacy director Steve Roe was one of the first

10 babies born at the hospital when it opened in 1951.

In 65 years, healthcare has changed in many ways. But the genuine concern and superb care found at Ringgold County Hospital remains the same as always. "We care for every patient as if they're a neighbor or family member," said Winkler. "Because often, they are."



1951 RCH building



You have a Partner!

Ringgold County Hospital. Your partner in health.

504 North Cleveland Street • Mount Ayr, IA 50854 • 641-464-3226 • www.rchmtayr.org

Ringgold County Hospital does not discriminate with regard to age, race, color, gender, national origin, religious beliefs, sexual orientation or disability.

Can you hear what I hear?

Ringgold County Hospital has partnered with ASI Audiology Services out of Red Oak to make better hearing possible while staying close to home. Dr. Michael Webb, a doctor of audiology, is offering free hearing screenings at the Health Fair on April 16. He is also available at Ringgold County Hospital



Michael Webb, Au.D.

Specialty Clinics twice a month to help you fully understand what type of hearing loss you may have and how it can best be treated. To schedule or change an appointment, please call (641) 435-1288.

Senior Life Solutions™ provides unique services

Ringgold County Hospital's Senior Life Solutions is an award-winning program dedicated to addressing the emotional and behavioral health of adults over the age of 65.

Senior Life Solutions program staff includes a board-certified psychiatrist, a licensed therapist, a registered nurse and other trained professionals to ensure the best possible care. Program referrals can be made by anyone, including a patient's physician, family member, or other healthcare professional. If you know someone who you feel could benefit from this program, please call 641-464-4468.



RCH Senior Life Solutions won program of the year in 2015.



It's your Highway to Health

Join the Ringgold County Hospital staff for a Health Fair from 9 a.m. to noon on Saturday, April 16. Scheduled to coincide with the hospital's 65th anniversary the fair is free and open to the public. Everyone is invited to meander along Route 65, the "Highway to Health," and enjoy free screenings and presentations, and a bounce house for the kids. A meal will also be available from 11 a.m. – noon hosted by the Employee Fund Committee.

Screenings and presentations include:

- Hearing Testing / Screenings – Audiological Services, Inc. / Dr. Michael Webb
- Vision Screenings – Family Vision Center / Dr. Joel Weis
- Developmental Screenings 0-5 years – Parents as Teachers
- Car Seat Safety – Certified Child Passenger Safety Technician
- Blood Typing – LifeServe Blood Center
- Hazardous Plants & Animals – County Conservation Board
- Reading Nutrition Labels – Hy-Vee Mt. Ayr
- K9 Demonstration – Ringgold County Sheriff's Office
- Sit and Be Fit – Care Initiatives Hospice
- Driving Kindness – HCI Care Services
- Seniors on the Move – Ringgold Co. Senior Activity Center
- Explore the Trolley – Southern Iowa Trolley

Ringgold County Hospital will also be offering mini education sessions:

- Blood Pressure Checks – Cardiac Rehabilitation Department
- Hand Washing Station – Infection Control & Prevention
- Seat Belt Safety – Emergency Care Department
- Senior Insurance – SHIIP Coordinator
- Vein & Artery Diseases – Surgery Department

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