



You have the Power!

Eat well. Move more. Keep score.

“Healthy Holidays” Health Fair

Join us for a
Community Health Fair

Thursday, October 5

4:30 – 7:00 pm

RCH Hospital Lobby

Enjoy a free meal
beginning at 5:00 pm while
you learn about a variety
of healthy living topics.

We'll offer mini-education sessions:

- Antibiotic Stewardship
 - Blood Pressure:
Know your numbers
 - COPD
 - Foot Care
- A “Minnion” Ways to Move
 - New Patient Portal
- Scamming: How to Protect Yourself

*All activities are free
and open to
the entire family!*

Erin Leonard, ARNP joins staff at Mt. Ayr Medical Clinic

Ringgold County Hospital has been home to Erin Leonard since the day she was born. She was one of the last babies born at the hospital 26 years ago. Now she's come full circle and is the newest Nurse Practitioner at the Mt. Ayr Medical Clinic.

Her decision to enter the medical field was progressive, according to Erin. “When I was in high school I was looking to fill my schedule with a class. I signed up for a nursing assistant class, and loved it.” She ended up working part time at a nursing home while she was still in high school. “I discovered that I loved helping people,” she continued. “Interacting with people, helping them, and watching them progress. It’s what I’ve always wanted to do.”

Erin became a Certified Nursing Assistant even before she graduated from Mt. Ayr High School. She went on to become an LPN (Licensed Practical Nurse), and received an associate’s degree as an RN (Registered Nurse) from Southwestern Community College in Creston. “I worked as an RN all through school while I was getting my bachelor’s and master’s degrees at Clarkson College in Omaha,” she explained. In what may be an understatement, she added, “I like to be busy.”



Daniel, Erin and their daughter Parker are making their home in Mt. Ayr

Erin has been serving as an RN in acute care and the emergency room at RCH. In August, she began her new position as a Nurse Practitioner in the Mt. Ayr Medical Clinic. “The difference between an RN and a Nurse Practitioner is the ability to assess, diagnose, and come up with a treatment plan for a variety of patients. I can prescribe medications and provide complete healthcare.”

She’s pleased to be working in the Clinic because it allows her to see patients throughout their lifespans, from birth to advanced age. “I’m also really interested in women’s health,” Erin added. “The variety is one of the reasons I decided to pursue a career in a rural area.” That, plus her personal feelings about Ringgold County Hospital. “I’ve seen all the great things about this hospital. We have some of the greatest healthcare providers in the state. I want to provide care to the community where I’ve always lived.”

CONTINUED ON BACK



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.

CONTINUED FROM FRONT

Erin and her husband Daniel, a native of nearby Clearfield, have a six-month old daughter, Parker. They look forward to raising their daughter in the same community they grew up in.

Erin joins the experienced team of healthcare professionals at the Mt. Ayr Medical Clinic which includes physicians, a physician's assistant, a nurse practitioner, nurses, and a health coach. The clinic provides family practice services to all ages. Appointments can be made by calling 641-464-4470.

Oncology Clinic resumes October 4

An Oncology/Hematology Clinic will start on October 4 and will be held the first Wednesday of every month. The clinic will be staffed by Dr. Roy Molina, with Medical Oncology & Hematology Associates (MOHA) in Des Moines.

Dr. Molina trained at the University of Texas Medical Branch in Galveston where he completed his internship and residency. He completed his fellowship in medical oncology at the University of Kansas and has double board certifications in Internal Medicine and Medical Oncology. Dr. Molina joined MOHA in 2000 and has a longstanding interest in quality of care.

Along with resuming Oncology Clinic services, Ringgold County Hospital will also be resuming chemotherapy infusions. Patients will be able to get testing close to home, as well as bloodwork, CT scans, MRIs, bone scans, IV infusions and more.



Dr. Roy Molina

The importance of having a primary care provider

Primary care can seem like a general term. What does it really mean? A primary care provider from the Mt. Ayr Medical Clinic is specialized in diagnosing, treating and preventing a wide variety of general medical conditions.

The importance of a primary care provider extends beyond his or her ability to help you with a myriad of issues. Establishing care with a primary care provider affords you consistency and efficiency on a number of levels.

Familiarity

Knowing who you are is one thing, but knowing the intricacies of your health and wellness is another. This knowledge and familiarity helps personalize your care and save time that may have previously been spent explaining your medical history.

A primary care provider's goal is to deliver the care that's right for you — not employ a one-size-fits-all approach. Tailored health care is easier when you have an established and meaningful relationship with your provider.

Prevention and condition management

A primary care provider is responsible for screening all major health-related conditions. If you already have a chronic condition, your primary practitioner/provider helps manage it and improve your quality of life.

We screen for many things, including obesity, high blood pressure and diabetes. We also look at immunization records and help with regular prescription refills. Those refills are easier to coordinate when you have a primary care provider.

Caring for you as a team

Primary care providers are part of an expert team that can meet your healthcare needs. These teams are commonly comprised of physicians, nurse practitioners, physician assistants, and registered nurses. Contributing unique perspectives, the team approach provides you with well-rounded health care.

If you haven't already, make an appointment for yourself and your family with a health care professional at the Mt. Ayr Medical Clinic by calling 641-464-4470. The continuity of care you'll receive and familiarity you'll experience will help you get the care that's best for you.

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