R H D

THE RURAL REPORT

A Rural Health Development Publication

Friendship Home
714 North Division St.
Audubon, IA 50025

712.563.2651
Fax: 712.563.2342

JANUARY 2012 VOLUME 1 - ISSUE 1

This Month's Feature:

As we begin a new year, RHD unveils its new newsletter! You can look forward to lots of RHD updates, Town Happenings, Facility Spotlights, Current Healthcare News, Photos, Event updates, and more each month from The Rural Report!

Each facility that we manage will have a customized newsletter sent to them, with their building's current happenings and a note from the administrator, in addition to all of the other great RHD articles. We feel that not only do our administrators and staff want to know what's going on with us, but so do the board members, facility employees and community members. With that in mind, we are going to share this information with all of the wonderful individuals that have made this business what it is today- a large family dedicated to helping communities take care of their seniors and patients.

Make sure to watch for the next issue of The Rural Report, whether it's in your inbox or on your bulletin board at work!

Find RHD Online!

www.rhdconsult.com

www.facebook.com/RHD Consult

www.linkedin.com/company/rural-health-development

FROM THE PRESIDENT'S DESK

As RHD enters its third decade of serving rural communities, we reflect on the past, focus on the present, and plan for the future. 2011 was the first year that Roger and Joanne were not involved since RHD was started. From very humble beginnings with a dream and a desire, Roger used his talents and passion to make a difference. Roger and Joanne have retired to Colorado Springs and they are spending their time with a local gem/rock club, and of course the grandchildren.

Currently, RHD has moved into Kansas managing a small facility in Sharon Springs. We have also signed an agreement with the facility in Callaway, NE.

The nursing home industry continues to be a difficult and challenging industry; Regulations, State and Federal cost containment, and lack of enough staff are just some of the major problems. However, RHD is blessed with administrators and consulting staff who are committed to help rural communities not only survive but thrive.

Please stay in touch with your elected official and make sure they understand how important their decisions are to your Community.

Best Regards,
Ron Ross, President

SEND US YOUR PHOTOS & ARTICLES

Lincoln, NE Office

Look at all of the empty shelves in the picture above, those can be filled by pictures from your facility! Please e-mail Ashly (ashly.lannin@rhdconsult.com) or upload to the forum any photos you want of your facility framed at the Lincoln office or put on our website.

Also, we want your input! E-mail us your ideas for the newsletter. We would love to hear your ideas for articles, pictures to include in the newsletter, shout-outs to RHD employees, important dates, and more!

REMINDER

RHD Employees - Empty your 2011 flex spending accounts ASAP!

RHD Employees - Margaret will be e-mailing out a new form to request time off in 2012.

WHAT RESOLUTIONS WILL YOU MAKE IN 2012?

Have you made a New Year's Resolution for 2012 yet? The most common resolution made is to lose weight and eat healthier. Resolutions are great ways to set goals for something you want to achieve in the new year. If you have never made a resolution before, why not make 2012 the first year you do so!

When thinking about what resolutions you will make, keep in mind the following tips: Keep your goal realistic, outline your plan of action to attain your goal, and reward yourself when you complete it. Start small, think of ways that you can help friends, family, yourself, or coworkers everyday. Don't make too many goals, it is easier to become discouraged if your resolutions are unattainable. Find inspiration and support from friends and family. Resolutions are more easily kept if they are group/team related.

> *"This bright new year is given me*
> *To live each day with zest …*
> *To daily grow and try to be*
> *My highest and my best!"*
> -Frank Ra

New Year's Resolutions can help improve you attitude towards life, inspire you, and can provide a great sense of accomplishment. Resolutions don't have to be difficult or daunting to do - they can be as simple as teaching your children to ride a bike or finally learning that hobby you have always wanted to try. Take the opportunity to improve your life in 2012!

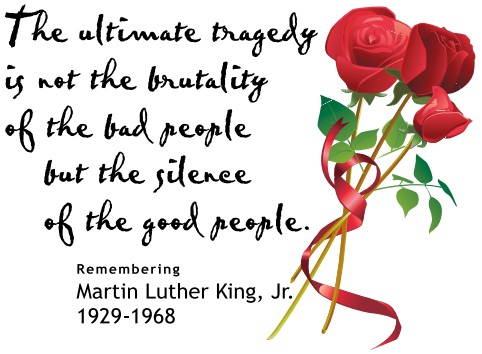
RHD ONLINE FORUM

RHD created an online forum this summer for all of our Administrators and Consultants to use to help communicate. The information is to also be shared with the Department Heads when appropriate.

A forum, or message board, is an online discussion site where people can hold conversations in the form of posted messages. The posted messages are archived to be of future assistance to someone who may have the same question at a later point in time. Our forum has many great features including:

- Calendars for the consultants so others can see when they are available.
- Private and secure, only RHD members can see the RHD forum after login.
- Chat room makes communication instant and easy!
- Discussions are saved and easy to search for on the forum so others can see if someone has already answered their question.
- Documents can be uploaded to share with everyone.

We have seen a great response to the forum so far and encourage all RHD Administrators and Consultants to continue to share your questions, answers, and information on there! If you have any questions about the forum, please e-mail Ashly at: ashly.lannin@rhdconsult.com.



JANUARY FACTS:

January is:

- Eye Care Month
- Hot Tea Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- National Soup Month
- Oatmeal Month

http://www.thefreeresource.com/january-fun-facts-trivia-and-resources-about-historical-events

NEW FACILITY

RHD has entered into an agreement to manage the nursing home in Callaway, NE.

We will be helping the facility through a transition phase (they are currently operated by The Good Sam.)

The new name for the facility will be Callaway Good Life Center and we anticipate RHD will become the new management either on February 1st or March 1st.

Important Dates!

- January 1 - New Years Day
- January 15 - Martin Luther King Jr. Day

COMMUNITY HOME CARE UPDATE

When we were looking at what the future of healthcare would hold, it didn't take long to see it was home care. RHD's mission has always been to provide affordable management services to our facilities, but there are many people in rural areas who do not yet require that level of care, and are in need of assistance. The lack of accessibility for rural seniors or any other individual to non-medical home care services is evident and troubling.

And in that mind set, Community Home Care was born. We created a non-medical home care company that would provide genuine comfort and care to seniors and people with various needs.

Whether it's the person who discharges from the hospital that just needs some extra help with transportation to doctor appointments and to be reminded to take their medications, the neighbor you know down the street that could use someone to help make them a hot meal at night, the person who could use some extra companionship, or the family member that needs a break in care giving themselves, we are here to serve all of them.

The site of our first location is in David City, Nebraska. Our office rental space at St. Joseph's Villa has worked out to be nothing but great, and we appreciate all of the warmth and support we have received from not only the employees, but the board members. Thanks for making us feel welcome!

From this office space, and our office in Lincoln, we are currently providing services to the David City area, which includes many smaller communities within a 20 mile radius, as well as Schuyler.

We look forward to this new year with great anticipation and excitement as we are able to reach more people who are in need of home care. Following our initial set-up in David City and Schuyler, we will be able to also offer our services to the Stromsburg area! Midwest Covenant Home has graciously offered us some rental space as well, and we look forward to getting to know the community and the folks at Midwest Covenant!

If you would like more information about Community Home Care, please visit our website: www.mycommunityhomecare.com

Barb, Emily, and Ashly looking over some Community Home Care Items.

RHD JANUARY WORD SEARCH

Y	T	E	L	A	S	L	C	N	O	T	T	U	S	S	D	A
D	N	U	T	E	L	C	L	A	B	I	R	T	R	H	I	A
R	N	L	O	C	N	I	L	E	O	Y	R	A	U	N	A	J
E	A	I	G	I	L	E	G	E	N	O	A	M	E	B	C	E
M	R	A	C	N	V	D	W	P	M	D	B	N	E	Y	C	N
E	S	S	G	N	I	R	P	S	N	O	R	A	H	S	A	O
E	N	N	C	R	A	T	B	A	L	H	V	S	E	M	M	B
B	C	D	B	T	I	U	L	D	G	E	G	I	L	I	P	U
L	R	M	L	E	R	T	T	U	R	M	T	E	E	M	B	D
E	A	D	L	G	A	I	U	C	S	I	K	T	H	P	E	U
C	W	O	E	E	M	P	I	P	L	N	B	D	E	E	L	A
R	F	O	H	N	D	T	U	I	E	G	O	T	A	R	L	T
E	O	W	C	A	Y	I	C	B	L	F	A	C	L	I	R	C
B	R	N	T	T	R	A	U	T	S	O	S	M	T	A	T	E
L	D	E	I	L	F	B	L	A	U	R	E	L	H	L	I	T
I	S	L	M	T	F	D	A	V	I	D	C	I	T	Y	R	A
W	R	G	R	U	R	A	L	O	M	A	H	A	R	O	R	M

Health
Year
January
Newsletter
Facilities
Updates
Rural
Audubon
Beaver City
Beemer
Benkelman
Campbell
Crawford
David City
Genoa
Glenwood
Hemingford
Humboldt
Imperial
Laurel
Mitchell
Omaha
Sharon Springs
Stromsburg
Stuart
Sutton
Wheatland
Wilber
Cambridge
Lincoln
Consulting

Rural
Health
Development

1919 S. 40th St., Suite 302
Lincoln, NE 68506

RHD FACILITIES

KEY:

1. **Audubon, IA** *(Friendship Home)*
2. **Beaver City, NE** *(Beaver City Manor)*
3. **Beemer, NE** *(Colonial Haven/ Colonial Court)*
4. **Benkelman, NE** *(Sarah Ann Hester Memorial Home)*
5. **Callaway, NE**
6. **Campbell, NE** *(Grandview Manor)*
7. **Crawford, NE** *(Ponderosa Villa)*
8. **David City, NE** *(Saint Joseph's Villa)*

http://g.co/maps/qhy3z

9. **Genoa, NE** *(Genoa Medical Facilities)*
10. **Glenwood, IA** *(Glen Haven Home/Linnwood Estates)*
11. **Hemingford, NE** *(Hemingford Community Care Center)*
12. **Humboldt, NE** *(Colonial Acres Nursing Home)*
13. **Imperial, NE** *(Imperial Manor, Parkview Heights)*
14. **Laurel, NE** *(Hillcrest Care Center)*
15. **Mitchell, NE** *(Mitchell Care Center)*
16. **Omaha, NE** *(The Lutheran Home)*
17. **Sharon Springs, KS** *(Wallace County Community Center)*
18. **Stromsburg, NE** *(Midwest Covenant Home)*
19. **Stuart, NE** *(Parkside Manor)*
20. **Sutton, NE** *(Sutton Community Home)*
21. **Wheatland, WY** *(Platte County Memorial Nursing Home)*
22. **Wilber, NE** *(Wilber Care Center)*