



Episode: Navigating Rural Health in Legislative Crisis |

Guest: Alan Morgan, NRHA

Rural Health Recommendation: "Get involved and make your voice heard! If you type the words 'rural health' into Google, Yahoo or Bing, our website is usually one of the first three that pops up. You'll get great information and great tips to get engaged and make your voice heard! You would be surprised how important and how influential your voice is as a rural practitioner and the difference that it makes."



Episode: How Health Systems Collaborate with Rural Communities | **Guest:** Dr. Greg Johnson, Parkview Health

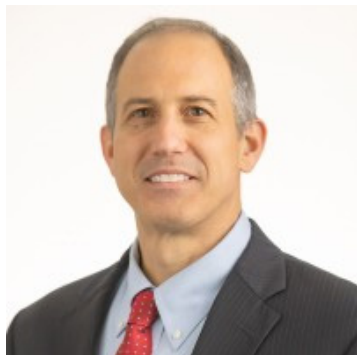
Rural Health Recommendation: "Embrace it. Period. The rural life is most of America, and I sometimes get a sense that even in our own community hospitals in rural settings, they often feel like 'well we're just rural'. It's not 'just rural', we are rural! Recruit to your strengths. Whether you're urban, suburban or rural, there are strengths and opportunities across all of those."



Episode: Facing the Reality of Maternity Care in Rural America | **Guest:** Dawn Shanafelt, MDHHS

Rural Health Recommendation: "Take time to reflect on history and where the community has been. We don't want to stay in the past, but we can learn so much from the past to inform us as we move forward. Lean on the experts, which are the individuals that we serve, whether you call them clients or patients or community members."

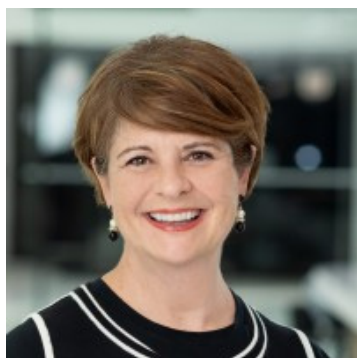
Rural Health Recommendations



Episode: The Voice of Hospitals in Government Affairs |

Guest: Dan Bucci, American Hospital Association

Rural Health Recommendation: "Don't be afraid to innovate. "That's the way we've always done it," is not a good thing to say in healthcare. Things are constantly changing. You don't need to redo your whole process, but you can start small and become a little more efficient, cost-effective and patient friendly, even if it's just considering how you talk to patients. People in healthcare deal with these things daily and it's just another language for them. People who come through your doors are nervous and don't know what's next. Slowing down and explaining things to them is very helpful."



Episode: Challenging the Mental Health System for Better Maternal Care | **Guest:** Adrienne Griffen, Maternal Mental Health Leadership Alliance

Rural Health Recommendation: "Everybody check in on new moms. Ask them how they're doing; say 'hey, I know that this can be really wonderful but it also can be kind of a challenge, and that's okay, and there's help available.'"



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Rural Health Recommendation: "Do not underestimate the power of your voice and use it in telling your story of what we need to provide care to our rural population."