

# SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org •

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## OUR MISSION

Ephraim McDowell Health is a system committed to creating a healing environment, built on a legacy of best people, practices and performance, as seen through the eyes of our patients, healthcare providers and communities.

## OUR VALUES

F Friendliness  
I Innovation  
R Respect  
S Service  
T Trust

## Clark's Comments

We've just completed a season in our lives that has been hectic, stressful, joyful and maybe even peaceful (considering those days off from work). Now we are in the middle of January and many of us may be wondering what is next?

We know it is going to be awhile now until we get to experience the wonder of spring. Although we do not know what the future will hold for us these winter months, we know that this time of year typically carries the greatest demand for our services. It is a time that many Associates will feel they have given all they can give. So when you feel like you are all used up, remember the difference in doing a job and being engaged in a mission. A mission will allow you to mount up like wings of eagles. Even though your work these winter months may take so much from you, being engaged in a mission can give back even more. An average health system is filled with people doing jobs. A great health system is filled with people who are involved in a mission.

What's next? Many Associates continuing to be excited and faithful, in service to others through a mission.

## New 16-slice CT scanner coming to Diagnostic Center

A new 16-slice CT scanner will become operational January 31 at the Ephraim McDowell Diagnostic Center, located at 101 Daniel Drive. This state-of-the-art CT scanner represents an investment of nearly \$1 million and is the most advanced CT scanner in this area. This new scanner will allow image acquisition with a slice thickness as small as .75 millimeters, greatly enhancing diagnostic capabilities as well as quality of examinations for our patients. EMRMC will now have two CT scanners, resulting not only in an increase in quality of exams but also a decrease in the wait time for scheduling patients and receiving the report. The availability of this technology at the Diagnostic Center provides enhanced convenience and access to patients.

## Service of Peace, Hope and Unity



EMRMC observed Dr. Martin Luther King Jr.'s birthday on Monday with a Service of Peace, Hope and Unity in the Private Dining Room. The Rev. Ben Carter, minister at Christ the Head Missionary Church in Danville, was the guest speaker and Linda Tillman, director of Volunteer Services and Senior Programs, provided special music. Chaplain Dale Denton coordinated the service.

## Tb skin testing due by Jan. 31

All EMH Associates must get their annual Tb skin test before January 31, unless you received the test in December 2004 or are a known positive.

## Mission and Values

By Tim Noel, Chief Mission Officer

None of us likes to fail, and some of us even fear failure. But Winston Churchill once said that success is moving from failure to failure with confidence. Success is failure turned inside out. Success is the ability to persevere, to keep trying despite the failures until we succeed. Failure has a way of concentrating our attention and creating the opportunity for change. So don't be afraid of daunting tasks in your life. It's great if you try and succeed; but even if you fail, you can learn from your failures and move on.

## Foundation Facts

What is the Ephraim McDowell Health Care Foundation? It's an entity within the EMH system that supports projects that are identified needs but that have not been budgeted. One example is the Cancer Care Center that opened in 2004 on 3T at EMRMC. The Central Kentucky Cancer Program is a partner with the Foundation, which is staffed by Harry Nickens, president, and Mandy Ebel, representative. All dollars donated to the Foundation go toward identified needs. If you would like to support the efforts, please call extension 2361. Stay posted for future updates.

## Under construction

Renovation of 1N at EMRMC is now under way for the Wound Healing Center, opening this spring.



## Lemon Sale at EMRMC Gift Shop

The EMRMC Gift Shop's Semi-Annual Lemon Sale will be January 31 from 7 a.m. until all items are sold. Everything is under \$5.00. The sale is in the front lobby.



## Sharing our Associates' successes

**Carol Smith**, lab assistant at EMRMC, has earned her associate degree as a Medical Lab Technician from Eastern Kentucky University and is now eligible to take the MLT certification exam through the American Society of Clinical Pathology. Carol worked seven years at ATR Wire & Cable and pursued a career in health care after being downsized from ATR. She worked full time at EMRMC until her clinical rotations and then worked part time on weekends. Carol said she enjoys her job because it enables her to meet new people.



**Georgeanna Grant**, B.S.N., C.C.R.N. will present a poster titled "Symptom Severity and Prevalence in the Heart Failure Patient" at the annual Southern Nurses Research Society in Atlanta February 3-5. She received a grant from the Ruth Craddock Fund at the University of Louisville to cover her expenses during the conference. Georgeanna works on the Critical Care Unit at EMRMC and is pursuing her master's degree from U of L in the clinical nurse specialist tract.



## National Activity Professionals Week January 22-28, 2005

Congratulations to the following certified activity coordinators within Ephraim McDowell Health:

- Tammy Caldwell, Adult Day Health
- Carole Campbell, Transitional Care Unit
- Christy Miles, Behavioral Health
- Leslie Petrie, Behavioral Health
- Shannon Releford, Behavioral Health
- Barbara Reynolds, Fort Logan Hospital

## Cancer Survivor's Cookbook

The EMRMC Gift Shop is now selling "The Cancer Survival Cookbook" by Donna L. Weihofen. The cookbook sells for \$17.95 and contains many great recipes for individuals and families living with cancer. The sale of this cookbook is in collaboration with the Cancer Care Center. "For most of us, food brings about pleasure. However, when we or loved ones are ill, food not only becomes burdensome but also may trigger a negative reaction," said DeLanna Clark, oncology nurse manager at EMRMC. "Nutrition is vital in the healing and survival of the human body. This book offers delicious recipes as well as tips on how to store food, handle nausea and poor appetite and increase caloric intake."

## Creative minds wanted!!!

EMRMC is planning for this year's Relay for Life event, which benefits the American Cancer Society, and needs creative ideas for the team's name. Past names included "Helping SCRUB Out Cancer" and "Calling the Shots in Cancer Care". Please share your thoughts by emailing or calling Jeremy Cocanougher at ext. 3426.



## Need a Valentine gift?

The EMRMC Auxiliary is sponsoring a continuous \$5.00 Jewelry Sale in the Ben Franklin Room, beginning at 9 p.m. on Jan. 31 and continuing around the clock until 4 p.m. on Feb. 2. Cash, checks and major credit cards accepted.



## HMR Orientation available at EMRMC

The next HMR class begins Feb. 14 at McDowell Wellness Center, with sessions at noon and 5:30 p.m. To learn more, attend a FREE, one-hour orientation session at EMRMC. It will be Feb. 3 in the Ben Franklin Room at 5:15 p.m. or 7:45 p.m. HMR offers training and education to help make it easier to lose weight and keep it off. Even better, the Cafeteria at EMRMC now offers Healthy Solutions entrees and Benefit Bars to help you reach your goals.