

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

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org •

November 16, 2005

## 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

### Healthy Lifestyle Benefit Assessments

All EMH Associates may participate in the Healthy Lifestyle Benefit by completing a free, confidential health risk assessment and a 12-hour fasting blood test, as scheduled below. Dates will be available after Thanksgiving, but results may be better before Turkey Day, for those who may eat too much. Associates who completed the assessment and blood test in December 2005 should have a follow-up assessment to earn the Healthy Lifestyle Benefit in 2006.

#### November 21, 22 and 23

7 a.m. - 9 a.m. EMRMC, Ben Franklin Room

#### November 21

7 a.m. - 9 a.m. McDowell Wellness Center  
1 p.m. - 2 p.m. Liberty FMC

#### November 22

7 a.m. - 9 a.m. McDowell Wellness Center  
9:30 a.m. - 11:30 a.m. Danville Family Physicians  
10 a.m. - 11 a.m. North Garrard FMC  
1 p.m. - 2 p.m. Homestead Family Medicine  
1:30 p.m. - 2:30 p.m. Diagnostic Center  
3 p.m. - 5 p.m. Fort Logan Hospital and Stanford Medical Park

#### November 23

6:45 a.m. - 7:15 a.m. A Children's Place (blood draw)  
7:30 a.m. - 9 a.m. McDowell Wellness Center  
9:30 a.m. - 10:30 a.m. Harrodsburg FMC  
10:45 a.m. - 11:45 a.m. A Children's Place (assessment)

**NOTE: McDowell Place of Danville Associates should complete the assessment at McDowell Wellness Center and Lincoln Physical Therapy Associates should complete it at either Fort Logan Hospital or Stanford Medical Park.**

### EMRMC F.I.R.S.T. Reach Out Program

In keeping with the F.I.R.S.T. values, a program is available to help EMRMC Associate families in need. Applications are available from directors, at the Mail Room or from Mandy Ebel or Christy Hildebrandt and must be returned by Nov. 23 to Christy Hildebrandt in Medical Staff Services. A committee selects the families that will be served, and the families will be notified by December 7. Tax-deductible donations to this program may be made by calling ext. 2361.

### Great American Smokeout is Nov. 17

The Great American Smokeout is Thursday, Nov. 17. Kick your smoking habit - at least for a day. Two EMRMC Associates quit smoking earlier this year.

Tiva Foster, ward clerk on TCU, quit smoking Jan. 1 as a New Year's resolution. She smoked for 10 years and decided to quit after seeing a throat cancer patient and the health problems he experienced.

"Somebody can't make you quit," she said. "You have to be willing and want to quit. If you can get past the first three days, you can do it."

David Robinson, who works in maintenance and engineering at EMRMC, quit in August after his surgeon warned him that he would lose both legs within two years and die by the age of 50 if he didn't quit smoking.

"I like living too much to continue smoking," he said.

### Danville's Christmas Parade is Dec. 2

EMRMC will have a float in Danville's annual Christmas Parade on Friday, Dec. 2, at 7 p.m. Associates are needed to help with the following:

- Work on the float, Nov. 28-Dec. 1 from 5:30 p.m. to 8:30 p.m. at the Warehouse on Stewart's Lane.
- Walk and hand out candy during the parade.



EVENTAC is also seeking items to borrow for the float, or if Associates wish to donate them. Please call Christy Hildebrandt at ext. 2447. Items are:

- Two trailers, 6 to 8 feet long
- Cardboard, 4 feet or longer by 3 feet wide
- Power inverter

### EMRMC, Fort Logan Auxiliaries plan Open House events on Nov. 17

The EMRMC Auxiliary and Fort Logan Hospital Auxiliary are hosting Open House events at their Gift Shops on Nov. 17. Shop at EMRMC from 7 a.m. to 7 p.m. and at Fort Logan from 10 a.m. to 5 p.m.



## Welcome New Associates

### New physician on EMRMC medical staff

Mary C. Bell, M.D., a board-certified obstetrician and gynecologist, has joined the medical staff at EMRMC. She has joined the practice of Danville Women's Care with Dr. Susan Coleman. She is a 1977 graduate of the University of Kentucky College of Medicine and completed an internship at Memphis Regional Medical Center and a residency at the University of Tennessee Center for Health Sciences. She is married and has two children in college.



### Share your favorite recipes at EMRMC

Have you ever wanted to be cook for the day at the EMRMC Cafeteria? You may be getting your chance in the near future.



All EMRMC Associates are invited to submit their favorite recipes for consideration on a future menu. Recipes will be chosen at select times to be served on a designated day. If your recipe is chosen to be on the menu, you'll even have the opportunity to help prepare and serve the item.

To participate, send your recipe for an entrée, side item or dessert to Mark Fluty, via email or interoffice mail. Your entry must include the name of the recipe, a list of ingredients and directions for preparation. Make sure you also include your name and telephone number.

### Computer monitors available

Computer monitors are available for sale to EMH Associates as well as individuals and non-profit groups in the community. Monitors are the low price of \$5.00 each. They can be picked up in the Information Services main office, sold as is. Sizes are 15 or 17 inches (no flat screens). Call ext. 3429 to check for availability.



### EMRMC Gift Shop prize winner

Congratulations to Tammy Ping, the latest winner of the 50th anniversary drawing at the EMRMC Gift Shop. She won a bag full of UK goodies.

### Thanks for supporting Jewelry Sale

Thanks to all EMRMC Associates for supporting the \$5.00 Jewelry Sale last week. Sales totaled nearly \$6,000, netting the EMRMC Auxiliary a profit of nearly \$1,200.

### NAME

Patricia Brogan  
Joann Dalton  
Andrea Kirkpatrick  
Ann Bottom  
Katie Reed  
Kimberly Schooling  
Abigail Todd  
Bonnie Wethington  
Pamela Judd  
Jay Faulx  
Joan Humes  
Darlene Wright  
Holly Jarboe  
Theresa Williams  
Roland Hensley  
Amanda Lane  
Peggy Taylor  
Barbara Schulz  
Kathy Shafer

### DEPARTMENT

Env. Services, EMRMC  
Env. Services, EMRMC  
Laboratory, EMRMC  
Pharmacy, EMRMC  
A Children's Place  
A Children's Place  
A Children's Place  
Housekeeping, Fort Logan  
Critical Care Unit, EMRMC  
Emergency Dept., EMRMC  
Emergency Dept., EMRMC  
Laboratory, EMRMC  
5T at EMRMC  
Nursing Admin., EMRMC  
Respiratory Therapy, EMRMC  
A Children's Place  
McDowell Place of Danville  
Fort Logan Hospital  
OB Unit at Fort Logan

### Would you like a career in healthcare administration?

Want to earn your degree in healthcare administration in under 24 months? Midway College, in partnership with Ephraim McDowell Regional Medical Center, is making plans for this program to begin next semester. Information is available at EMRMC on Monday, Nov. 28, from 11 a.m. to 1:30 p.m. in the Cafeteria and at Fort Logan Hospital on Thursday, Dec. 1, from 11 a.m. to 1:30 p.m. outside the Cafeteria.

Midway College's Health Care Administration (HCA) program is an accelerated degree completion program. It's designed for working adults to complete their bachelor's degree while maintaining their work and family lives. Typically, students entering the program have 40 or more college credits completed. Classes meet one night each week, usually from 6 p.m. to 10 p.m., and are comprised of between 10 and 20 students. Students move through each course in about five weeks, allowing students to complete the HCA major in about 18 to 24 months.

Information about the program is also available by calling Midway College's School for Career Development Admissions Office at (800)755-0031 or emailing [SCD4me@midway.edu](mailto:SCD4me@midway.edu).

### It's Perioperative Nurse Week

Surgical Associates at EMRMC and Fort Logan Hospital are observing the week of Nov. 13-19 as Perioperative Nurse Week. The theme for this year's observance is "Vital to Care - Knowledge to Share."