

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org •

December 21, 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

Clark's Comments

One of the hit themes on television the past year or so has been the extreme makeover concept. I have seen some of the junkiest cars get turned into extravagant cocoons of comfort and sight, while kitchens, bedrooms and family rooms have been made over to the extreme of high fashion, and even individuals' physical bodies have undergone an extreme makeover. One show featured an ad for a plastic surgeon in New York who was offering the ultimate Christmas gift - a million dollar makeover from foot to head and everything in between!

What a shame that our view of an extreme makeover is about the exterior or physical. In health care, we know to create a healing environment requires people who try, not on just their best days but every day, to live the values that are core and to be engaged in a mission bigger than themselves.

At EMH, we recently celebrated the graduation of seven EMRMC Associates from the "School At Work (SAW)" program. SAW is a new way to unleash the hidden potential in individuals. By building the skills of motivated, loyal Associates, EMRMC is able to grow a reliable source of clerical, supervisory and clinical staff for the future. For the Associates, improving their job skills may lead to career advancement. The graduates from this year's School At Work program were not engaged in an extreme makeover but rather were investing their time and energy to become all that they have the ability to be. Their change is on the inside . . . what they know, how they think, what they believe. As we prepare for a new year, let's all join their spirit of achievement in becoming that person you are needed to be in order to serve those who seek our services.

Clark Taylor, CEO

Dreager certified in hippotherapy

Lisa Dreager, a licensed occupational therapist at McDowell Wellness Center, has successfully passed the examination for certification as a Hippotherapy Clinical Specialist®. Only 47 practitioners in the nation have achieved that status.

Barbara Schulz on Fort Logan staff

Barbara Schulz, a certified registered nurse anesthetist, has joined the Fort Logan Hospital staff. She earned her nursing degree in 1975 from Massachusetts General in Boston and earned a degree in nurse anesthesia in 1980 from Dartmouth College in Hanover, New Hampshire.



*Merry Christmas
to
all Associates*



Associate Christmas meal at EMRMC

EMRMC Associates who work Christmas Day will get a free meal. Meals will be served from 1:30 a.m. to 3 a.m., 11 a.m. to 1:30 p.m. and 5 p.m. to 6:30 p.m.



Celebrating Christmas at Fort Logan Hospital

Fort Logan Hospital Associates celebrated the holidays Dec. 14 with a Christmas breakfast and door decorating contest.

News from EMRMC Gift Shop

Beginning Wednesday, Dec. 21, all Christmas items in the EMRMC Gift Shop will be discounted 30 percent. The Gift Shop will close at 1 p.m. on Christmas Eve and will remain closed on Christmas Day.

Mission and Values

By Tim Noel, Chief Mission Officer

This past year will be remembered, among other things, as a year of natural disasters. A record number of hurricanes, killer tornadoes and floods devastated so many communities. Nowhere in the world has been harder hit than Pakistan, where an earthquake left more than 100,000 people dead and countless thousands injured and homeless. Many Associates have asked me if they could contribute through EMH to the relief effort in Pakistan. As we remember our mission and values while going about our job responsibilities, it's appropriate for us to want to help where there is a need. You can contribute to relief efforts through my office. Stop by or call me at extension 2416. Thank you.

Foundation Facts

The Ephraim McDowell Health Care Foundation is proud to be a part of the Medical Center's FIRST Outreach program. Based on "living our FIRST values", this program was created to assist Associates who have needs during the holiday season. It's not too late to make a donation! All donations are tax-deductible, and you will be making a difference in the lives of fellow Associates and their families. If you would like to contribute to this fund, please contact Mandy or Harry at extension 2361.

Benefits Fair prize winners

Congratulations to the following Associates who won \$20 gift cards to Wal-Mart sponsored by WestLake Financial Group during this year's Benefits Fair:

- Susan Adams, Cardiac Cath. Lab at EMRMC
- Barbara Russell, Food Services at EMRMC
- Ann Shelburne, Registration at EMRMC
- Lee Toadvine, Danville Family Physicians
- Tony Short, Fort Logan Hospital

The 2006 Beneflex booklets that summarize benefits are now available in Human Resources.

Sharing the love

Thanks to all EMRMC Associates for the love and generosity they've shown to others in the EMH family. Your generosity helps to keep the holidays bright for these families who needed help due to special circumstances.

Meditech news to use

- When using the spreadsheet in PCS and using the "drag and drop" function, remember to edit the necessary documentation prior to filing.
- The Meditech refresher class for December has been cancelled. The next classes are scheduled for January 23 at 7:30 a.m. and January 25 at 2 p.m., both in the Coleman training lab. During these classes, we will discuss using the Spreadsheet appropriately while also reviewing Meditech shortcuts.
- Use "Effects of Medications" intervention to evaluate first dose medications and PRN medications. Pain medications are reassessed within the Pain Assessment.

Leeann Akers won the last drawing sponsored by the EMRMC Gift Shop as part of the Auxiliary's yearlong 50th anniversary celebration.

Welcome New Associates

<u>NAME</u>	<u>DEPARTMENT</u>
Kimberly Hardin	3T at EMRMC
Jennie Walker	Nursing Admin., EMRMC
Marla Zippay	Pharmacy at EMRMC
Freddie Cromer	Respiratory Therapy, EMRMC
Brandi Whitehead	Surgery at EMRMC
Amy Sparks	6T at EMRMC
Tess Hart	A Children's Place
Sheila Helton	Administration, EMH
Elizabeth Lee	Diagnostic Services, EMRMC
Jessica Cox	Pharmacy at EMRMC
Wendi Gideon	A Children's Place
Cathy Floyd	Weekend Walk-in Care
Kristine Burger	McDowell Wellness Center
Martha Sexton	McDowell Wellness Center
Donna Bragg	Obstetrics Unit at Fort Logan
Debra Fine	Obstetrics Unit at Fort Logan
Mary Patten	Nursing at Fort Logan
Marie Young	Dietary Services at Fort Logan

Start saving for your retirement

Do you dream of the day when you can retire in comfort? It's important to start saving now, and you can do that with the Enhanced Retirement Savings Plan available to all Ephraim McDowell Health Associates. Associates may contribute to their Retirement Savings Plan at whatever percentage level they feel comfortable. Beginning Jan. 1, 2006, Ephraim McDowell Health will contribute up to 8 percent of an Associate's pay to the Retirement Savings Plan. In addition to the increased match, the guaranteed fixed income option for the next six months beginning January 1 will be paying at 3.75 percent. That's good reason to start contributing to a Retirement Savings Plan, or to increase your contribution if you already participate. Contact your Human Resources representative or go online to www.principal.com or call (800)547-7754 with questions or if you want to enroll.



Need help with Medicare Part D?

The Boyle County Senior Citizens Center is available to help individuals with questions about Medicare Part D. Please call (859)236-2070 to schedule an appointment. You must bring your Medicare or Medicaid number, any other supplements other than Medicare or Medicaid and all medications in their original bottles.

Computer monitors available

Computer monitors are available for sale to EMH Associates at 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.