

# 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

The spring season is a time of new beginnings. Flowers are blooming; garden crops are coming to life; the sun is rising earlier each morning, welcoming another new day. Springtime is also when we observe the tradition of graduation to mark individuals' achievements upon completing a chapter in their lives and embarking on a new beginning as they continue their journey in life. You may have a family member or a friend who is graduating, whether it be from kindergarten or high school or college.

Within our Ephraim McDowell Health family, we'll be welcoming some graduates into our healthcare system. They will come to us with eagerness and excitement and a burning desire to make a difference. As we enjoy the rest of the spring season, let's celebrate the successes of our graduates and welcome our new Associates to the fold. May their new beginning with us continue to enhance the healing environment we are creating for those who depend on our services.

*Clark Taylor*  
CEO, Ephraim McDowell Health

## Your Benefits At Work

There is no better time to make a commitment to get regular exercise and to focus on a healthy lifestyle than at the start of summer. McDowell Wellness Center makes this commitment even more attractive to Associates by waiving the \$50 enrollment fee through the end of May.

A recent article in the Detroit Free-Press reported the cost to provide insurance rose an average of \$582 per employee this year, and the average annual cost to insure a single employee rose to \$3,936. Under the weight of those costs, many employers have dropped coverage in the past couple of years.

One way to keep health insurance inflation in check is to encourage healthier living. EMH introduced the Healthy Lifestyle benefit in January, using a risk factor analysis provided by Health Management Resource (HMR). This benefit was no cost to Associates and provided a personalized profile and recommendations to reduce current risks. Regardless if you participated in this benefit, there is no better time to start living a healthier lifestyle than today.

*Associate Recognition Dinner*  
*Thursday, June 2, 2005*  
*Danville Convention Center*  
*Hors d'oeuvres at 6 p.m.; Dinner at 7 p.m.*

## Health Care Careers Camp

Students entering the seventh, eighth and ninth grades can learn more about careers in health care at the Health Care Careers Camp, sponsored by the Ephraim McDowell Health Care Foundation and Midway College, June 13-17. Cost is \$150, but children of EMH Associates receive a 50 percent discount. Call ext. 4636 for more information.

## Last chance to share your opinion

Time is running out to participate in the Associate Engagement Survey, which will end on May 31. If you haven't received a call at home and wish to participate, you may call a toll-free number – (866)974-1234. All responses are confidential, and no names will be associated with the responses received. This is your chance to voice your opinion. All Associates who complete a survey will have their name entered in a drawing for some fun prizes! Names for the drawing will be selected by the Work Institute based on eligible survey participants.



## Mission and Values

By Tim Noel, Chief Mission Officer

When I was young, I used to watch westerns on television. The plots were always the same: U.S. soldiers and American Indians killed each other. Another plot is possible. *Dances with Wolves* tells the story of a U.S. soldier, Lt. John Dunbar, who came to understand the Sioux Indians and appreciate their dignity, nobility and humanity. It is a lesson for our lives. Cultures blend in our country, as they do at Ephraim McDowell Health. Sometimes the mix of cultures leads to fear and anger. If we discover the humanity of the people around us, strange and wonderful things will take place.

## Foundation Facts

The Ephraim McDowell Health Care Foundation provides tangible support in areas of EMH where needs exist and resources are not readily available in the operating or capital budgets. In recent months, several pieces of equipment have been purchased by the Foundation and placed at Fort Logan Hospital. The items include a blanket warmer for use with surgical patients, waterproof Doppler monitor and obstetric light for expectant mothers and infant scales for newborns. These purchases allow Associates to be more efficient and provide a higher level of patient satisfaction. Learn how you can be a part of assisting fellow Associates perform their duties more efficiently and improve service delivery to patients by contacting Harry or Mandy at ext. 2361.

## New CKCP board member

Lee Ann Taylor has been named to the Central Kentucky Cancer Program's board of directors. She is a 1993 graduate of Boyle County High School who serves as senior health educator at the Lincoln County Health Department. She lives in Danville with her husband, Steve.



## Better Breathers Support Group

Better Breathers is a new support group for individuals with chronic lung disease and their family members. It meets the last Thursday of each month at 6:30 p.m. at McDowell Wellness Center. The group's first meeting is May 26 with Dr. Waseem Ahmed, pulmonologist, as the guest speaker.

## Anniversary Sale continues at EMRMC

The EMRMC Gift Shop's 50th Anniversary Sale continues, with another drawing for the \$50 prize coming up on May 30.

## Earn your Healthy Lifestyle benefit

Do you need some help in attaining your Healthy Lifestyle benefit? During May, all EMH Associates may join McDowell Wellness Center without paying the enrollment fee.

## News about our Associates

- **Ron Barbato**, corporate director of rehabilitation for Ephraim McDowell Health, has been appointed as one of two Kentucky board delegates to the Federation of State Boards of Physical Therapy (FSBPT). The Federation develops and administers the National Physical Therapy Examination for both physical therapists and physical therapist assistants.
- **Linda Tillman**, director of volunteer services at Ephraim McDowell Health, has been installed as president of the Southeastern Directors of Volunteer Services in Healthcare Organizations (SDVSHO). The group promotes professionalism and personal growth and establishes guidelines and qualifications for directors of volunteer services throughout 13 member states.

## Thank You

Thanks to everyone for thinking of us. Please continue to pray for all my family. We have lost our precious child and it is very difficult.

*Helen Vickers and Family*



## And they're off . . .

Nearly 100 individuals came out for Friday night's Moonlight Mile sponsored by McDowell Wellness Center. The race is now in its 19th year.

## Teen volunteer program at EMRMC

Do you know a teen-ager who may be interested in pursuing health care as a career? Encourage them to participate in the teen volunteer program at Ephraim McDowell Regional Medical Center, sponsored by the Auxiliary. Open to teens age 14 through their senior year in high school, the program begins June 20 and continues through August 5. Volunteers must attend a three-hour orientation session, scheduled for June 6. Teens may choose to attend a morning session from 9 a.m. to noon or an afternoon session from 1 p.m. to 4 p.m. Interested teens must register by calling Theresa Conder at ext. 1231.