

# 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

## Barry's Buzz

The Associate Engagement Survey process is complete. Thanks to all Associates who participated in the survey. Your opinion helps us to know what we do well, and areas where improvement is needed. The results of the survey will be shared in the coming weeks.

As with any survey process, it isn't enough to simply conduct a survey. We will form action plans and "to-do" lists based on what we learn from Associates. I encourage each of you to become involved in the development of these action plans within your own departments. The more we participate together, the better we can be. Additional details of the follow-up process are outlined in this newsletter.

For another topic – summer,..... a time for vacations, time with family or time alone, a time to renew and recharge. Whatever is your preference; whether it is hiking, camping, boating, doing nothing, sightseeing, etc., please have a safe and enjoyable time.

*Barry Michael, President  
EMRMC*

## Engagement Survey Update



**Great news!** 1,027 Associates— 71.9 percent of all EMH Associates participated in the survey!

As we put into action our plans for improvements, we will measure our progress along the way. Beginning in September, an "ongoing pulse" survey will be conducted by the Work Institute. Approximately 25 percent of Associates will be contacted on a quarterly basis to measure the progress made on the items marked for improvement. This ongoing confidential survey will be through a telephone interview. If your telephone number is incorrect or if it has changed, please contact the Benefits Center at (866)446-6150 or the Human Resources Department at extension 3453.

Once again, thanks for taking the time to participate in the survey process.

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★ **Give blood at EMRMC on July 1 & receive a free T-shirt** ★  
★ **Reminder: Blood Drive is from 9 a.m. to 2 p.m. in the Ben Franklin Room.** ★  
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## New Pharmacy Opening Soon

The Wellness FIRST Pharmacy at McDowell Wellness Center is scheduled to open in early July.

## Banking, finances meetings at EMRMC

Chase, formerly Bank One, will be available, as a service to Associates at EMRMC, on June 28, 29 and 30 between 10:30 a.m. and 1:30 p.m. to discuss direct deposit, on-line bill payment and answer general questions relating to banking and finances. They will be located outside the cafeteria. Individuals opening a new checking account with direct deposit may receive a free IPOD.

EMRMC's Gift Shop Semi-Annual Lemon Sale  
Thursday, June 30  
7:00 a.m. - till all items sold

## Mission and Values

By Tim Noel, Chief Mission Officer

The new addition in our family, a ten-week old yellow lab, has been a reminder that all creatures need more than food, water and shelter. We also need fun. This little pup, Dessie, demands that we play with her. A Tupperware bowl is fine, but she prefers games that require our active participation like tug of war! All of us should be so wise! The stress of our jobs would be so much easier to manage if we could find moments of pure, unadulterated fun. Whether it is golf, hiking, working in a garden, tinkering with a car or even tug of war, go ahead - indulge yourself! You'll be happier and healthier for it.

## Foundation Facts

**Question:** What does the Foundation have to do with EMH acquisition of land?

**Answer:** The Foundation develops resources to positively impact the health of the individuals we serve. While most individuals think of resources as dollars, the donation of furnishing for the Cancer Care Center, professional services and advertising are often just as valuable as cash. Negotiated purchases or donation of items, including real estate, are certainly within the scope of the operation of the Foundation.

Often times individuals or businesses have assets, other than cash, that may be needed by Ephraim McDowell Health. Items that we may not be able to use readily are converted to cash for needed enhancements.

Associates having real estate, live stock, life insurance policies, pieces of art, antiques, bonds and much more may be eligible to receive a tax write-off for contributions. The Foundation is able to convert the items to cash to benefit the Regional Medical Center, Fort Logan Hospital, A Children's Place and more. If you have items that may be converted to cash that you want to donate, please call extension 2361.

## Liko Lifts purchased for EMRMC

To enhance patient and Associate safety, these assistive devices will soon be on 3T. They are already in use on TCU.

## Staff Accolades -HOORAY! YAY!

- The Nurse Aide training program at EMRMC received an excellent report following an on-site review by the Department for Medicaid Services. The instructor was rated as excellent and the course as above average, with an excellent (100 percent) pass rate of students taking the state competency exam.
- The Laboratory at EMRMC has been re-accredited by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP).



## Time Out Day is June 22

Ephraim McDowell Regional Medical Center and Fort Logan Hospital will join hospitals across the nation in observing June 22 as National Time Out Day. The focus of this year's observance is on safe medication administration in the operating room. The procedures followed by surgical services Associates emphasize the five rights of medication use: the right patient, the right medication, the right dose, the right time and the right route. The medication and dose are also repeated and verified by the patient's surgeon, anesthesiologist and the physician giving the order for them before administration to the patient.

## WHEN SMOKERS QUIT

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

### 20 MINUTES

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

### 8 HOURS

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

### 24 HOURS

- Chance of heart attack decreases

### 48 HOURS

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

### 2 WEEKS to 3 MONTHS

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

### 1 to 9 MONTHS

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle

mucus, clean the lungs, reduce infection

- Body's overall energy increases

### 1 YEAR

- Excess risk of coronary heart disease is half that of a smoker

### 5 YEARS

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a non-smoker 5-15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

### 10 YEARS

- Lung cancer death rate similar to that of non-smokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

### 15 YEARS

- Risk of coronary heart disease is that of a non-smoker

Source: American Cancer Society; CDC

## Smoking Cessation classes coming up

One aspect of a healthy lifestyle is to stop smoking. If you want to enhance your lifestyle and stop smoking, two Smoking Cessation classes are available:

**July 12** - McDowell Wellness Center will begin a 12-week program, with classes offered at noon or 8 p.m.

**August 4** - The Boyle County Health Department will begin a 13-week program, with classes at 10 a.m. or 6 p.m.

## McDowell Place plans Style Show

McDowell Place of Danville will host a Style Show from 2 p.m. to 3:30 p.m. on Saturday, June 25. Residents will join others as models, with each model presenting one outfit and receiving a make-up consultation from Mary Kay Cosmetics. Entertainment will be provided by Mrs. M.C. "Tweedie" Minor.

