

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org •

July 13, 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

Your Benefits At Work

The number one killer of women is not breast cancer, but heart disease. It claims the lives of nearly 500,000 women each year. Annually, about 88,000 women between the ages of 45 and 64 have a heart attack, and 35 percent of them will have another one within six years. Key to changing these numbers is increasing awareness of heart disease in women, focusing on prevention.

Within the Ephraim McDowell Health system, efforts are under way to improve the health of all Associates. These include:

- The Healthy Lifestyle Benefit, where Associates who voluntarily complete a health questionnaire and blood test may qualify for an additional benefit by improving their health;
- A Stop Smoking Campaign, which provides smoking cessation classes and other motivational activities;
- Reduced membership fees at McDowell Wellness Center at special times during the year;
- The HMR Weight Management Program offered at McDowell Wellness Center, which teaches individuals how to lose weight and keep it off;
- Nominal co-pays for certain prescription medications, including those for lowering blood pressure and cholesterol;
- Free or reduced-cost screenings for cholesterol, glucose, body fat and certain cancers.

Open Forums

Open Forums are scheduled at Ephraim McDowell Regional Medical Center on the following dates:

Monday, July 18 - 2:00 p.m. and 9:00 p.m.

Tuesday, July 19 - 7:30 a.m. and 10:00 a.m.

All sessions will be in the Private Dining Room.

Topics will include: enhancements to retirement benefits, Associate Engagement report, hospital financials and strategic plan/master facility plan update. Associates may submit questions to the Marketing Department before these dates or bring up any comments or concerns at Open Forums.

William Mack Jackson, M.D.

Born September 26, 1937

Died July 9, 2005



It is with deep regret that we announce that Dr. William Mack Jackson passed away on Saturday, July 9, 2005 at his home following an illness. He was an orthopedic surgeon for 36 years and a member of the EMRMC medical staff.

Jackson is remembered as a respected physician, musician, athlete, conservationist and community servant. He turned his farm into a nature habitat and invited individuals to walk or run on a cross-country course. He played the saxophone and was an active member of the male chorus at First Baptist Church on Walnut Street. He was a brother to Dr. Elmer Jackson, also a member of the EMRMC medical staff, and Dr. Chris Jackson, a member of the EMRMC emeritus medical staff.

"Dr. Jackson was a very well-qualified orthopedic surgeon who was liked and respected by his patients," said Barry Michael, president of the Medical Center. "He gave a lot back to the community, including free sports physicals to cross-country team members. His leadership, both clinical and person, will be missed by the Ephraim McDowell family."

Joseph L. Lukins, M.D. remembers Jackson as someone who loved Danville and his profession. Jackson was one of the first surgical specialists in Danville and the only orthopedic surgeon, Lukins said, and provided much encouragement and help when Lukins started his own practice in Danville.

"My respect for Mack is based primarily on how well he balanced his passion for orthopedics with his other diverse interests, remarkable talents and his devotion to family," Lukins said. "Mack was considered a good friend by each of his patients, the hospital employees and his fellow physicians. The medical staff has lost an admired and respected colleague and a unique and talented personality."

Hartman Profile Review

All new Associates who completed the Hartman Profile during the interview process may schedule an appointment for a review of their survey results, according to the schedule below. If Associates are interested in completing the Hartman Profile, they may contact Human Resources or Associate Education. After completing the survey, you will need to schedule an appointment to review your personal results. The Hartman Profile is a voluntary survey. It provides a look at an individual's work ethic and attention to detail, while also identifying strengths and weaknesses.

The following schedule is for interpretation of Hartman Profiles. Please pre-register by calling Associate Education at extension 1600 or 1617.

DATE	TIME	LOCATION
July 18	10 a.m. - 11 a.m. 3 p.m. - 4 p.m.	Jane Todd Crawford Nutrition Room
July 19	7:30 a.m. - 8:30 a.m. 9 a.m. - 10 a.m.	Jane Todd Crawford Jane Todd Crawford
July 25	9 a.m. - 10 a.m. 11 a.m. - Noon Noon - 1 p.m.	Jane Todd Crawford Flexner Room Flexner Room
August 1	8 a.m. - 9 a.m. 2 p.m. - 3 p.m.	Flexner Room Flexner Room
August 2	9 a.m. - 10 a.m. 2 p.m. - 3 p.m.	Flexner Room Jane Todd Crawford
August 23	2 p.m. - 3 p.m.	Jane Todd Crawford
August 25	8:30 a.m. - 9:30 a.m.	Flexner Room

EMH FIRST Party
 Thursday, July 14
 3:00 p.m. - 4:00 p.m.
 Private Dining Room at EMRMC
ALL Associates are invited!!!

EMRMC Anniversary Sale

The EMRMC Auxiliary continues to celebrate its 50th anniversary with another drawing for the \$50 prize from the Gift Shop coming up on July 19.

Satisfy your chocolate craving!

The Auxiliaries at EMRMC and Fort Logan Hospital are sponsoring Fudgie Wudgie Chocolate Sales this month . . . July 18 from 7 a.m. to 4 p.m. in the front lobby at EMRMC and July 20 from 7 a.m. to 4 p.m. at Fort Logan.

Welcome New Associates

NAME	DEPARTMENT
Vickie Blair	Food Services, EMRMC
Shane Coleman	Food Services, EMRMC
Sharon Noell	Food Services, EMRMC
Diane Manuel	Health Info. Mgt., EMRMC
Jessica Parker	Laundry, EMRMC
Kristyn Amsler	Legal Services, EMRMC
Susan Thomason	Behavioral Health, EMRMC
Christopher Ball	Diagnostic Imaging, EMRMC
Deborah Goodwin	Emergency Dept., EMRMC
Brian Behrendt	Laboratory, EMRMC
Kendra Coomer	Laboratory, EMRMC
Chastity Carey	3T at EMRMC
Munna Gurung	3T at EMRMC
Yolanda Martin	3T at EMRMC
Kanta Prasai	3T at EMRMC
Darlene Shearer	3T at EMRMC
Myra Smith	3T at EMRMC
Tracy Howard	4T at EMRMC
Sabrina Sajan	Nursing Admin., EMRMC
Melissa Vaughn	Nursing Admin., EMRMC
Amy Denny	Pharmacy at EMRMC
JoAnn Jackson	Recovery at EMRMC
Keri Noe	Recovery at EMRMC
Tammy Harris	TCU at EMRMC
Editha Isaacs	TCU at EMRMC
Andrea Hubbard	6T at EMRMC
Sarah May	6T at EMRMC
Wendi Pennington	A Children's Place
Jodi Atwood	McDowell Place of Danville
Leslie Downey	McDowell Place of Danville
Bruce Crawford	McDowell Wellness Center
Deborah Gifford	McDowell Wellness Center
Diane White	Stanford Medical Park
Laura Jones	Wellness FIRST Pharmacy

Wellness Weekend is Saturday

Jump start your summer fitness routine by attending McDowell Wellness Center's Wellness Weekend on Saturday, July 16. Activities run from 8:30 a.m. to 11 a.m. and include **FREE** screenings for:

- Cholesterol
- Glucose
- Blood Pressure
- Body Fat
- Height and Weight

Individuals who join the Wellness Center on Saturday will enjoy a special discounted rate for the first three months . . . with no enrollment fee. The special rates are:

- \$19.99/month for single membership
- \$29.99/month for member plus one
- \$39.99/month for family membership