

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org • April 30, 2008



National Day of Prayer Thursday, May 1

All Associates are invited to attend one of the National Day of Prayer services in the Chapel, located on 1North at EMRMC.



These brief services, led by Dale Denton and Tim Noel, will be at:

11:00 a.m.
Noon
1:00 p.m.

Volunteers needed

Associates are needed to volunteer for the annual Moonlight Mile, which is Friday, May 2, and the annual May 10K Run, which is Saturday, May 10. All volunteers will receive a free T-shirt. To volunteer, please call Dee Coffey at extension 7223.

Blood Drive is Friday

All Associates are encouraged to donate blood on Friday, May 2, in the Thoroughbred Classroom. Please call Janice Arnold at extension 2419 to schedule an appointment.

National Volunteer Week is April 27-May 3

In recognition of National Volunteer Week, April 27-May 3, the EMRMC Auxiliary Gift Shop will offer all Auxiliary members a 20% discount on purchases in the Gift Shop.

Celebrate National Hospital Week May 4-10

All Ephraim McDowell Health Associates are invited to join the celebration of National Hospital Week. We are observing this special week May 4-10 because of the Kentucky Hospital Association meetings the week of May 11-17, which is the actual date for National Hospital Week.



Shortcake

Fruit will also be offered each day for Associates who prefer a healthier snack. Snack times at EMRMC will be 2 p.m. to 4 p.m. and 10:30 p.m. to 11:30 p.m. each day.

The theme is "Ephraim McDowell Health . . . Where Healing Happens F.I.R.S.T. Every Day". Associates are invited to enjoy snacks every day, and a special gift will be given to Associates each day as well. The snacks and gifts will be tied to our F.I.R.S.T. values.

The snack schedule is as follows:

- **Monday** - Fiesta Nachos
- **Tuesday** - Incredible Ice Cream Sundaes
- **Wednesday** - Rockin' Tacquitos and Wings
- **Thursday** - Spectacular Associate Picnic
- **Friday** - Terrific Strawberry

The annual Associate Picnic is Thursday, May 8, at EMRMC. It will be from 11 a.m. to 1:30 p.m. under the tent in the MedSource parking lot. The second shift meal will be 5 p.m. to 6:30 p.m., and the third shift meal will be 1:30 a.m. to 3 a.m. (May 9) in the cafeteria.

The picnic menu is: Pulled BBQ Pork, Hamburgers, Baked Beans, Homemade Baked Potato Salad, Fruit Salad, Assorted Chips and Ice Cream Bars, Vegetable Tray, Soft Drinks and Water.

At Ephraim McDowell Fort Logan Hospital, the same snacks will be offered, but the annual Associate Picnic is Wednesday, May 7.

Blessing of Hands scheduled May 5-9 at EMRMC

All Associates are invited to participate in a Blessing of Hands service.

The day shift schedule is:

- **Monday/Thursday** - Emergency Department, 3T, 6T, Behavioral Health and Ground Floor
- **Tuesday/Friday** - Surgery, Lab/Pathology, 4T, 5T and 1T

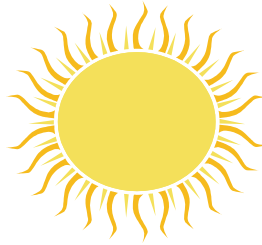
- **Wednesday** - MedSource, North Building, Gilcher Building, McDowell Place, McDowell Wellness Center and Engineering

The night shift schedule is:

- **Monday/Thursday** - 2T, 3T, 4T, 6T and Behavioral Health
- **Tuesday/Friday** - 1T, 5T and Ground Floor

FREE skin cancer screenings

The Central Kentucky Cancer Program (CKCP), in partnership with the Ephraim McDowell Health Care Foundation, is offering free skin cancer screenings in the community. Screenings are scheduled as follows:



- **May 7**, from 8 a.m. to 10 a.m. in the Gilcher Building
- **May 12**, from 9 a.m. to 11 a.m. at Boyle County Stockyards
- **May 14**, from 8 a.m. to 10 a.m. in the Gilcher Building
- **May 15**, from 8 a.m. to 10 a.m. at Coleman Lumber Yard
- **May 19**, from 1 p.m. to 3 p.m. at Bluegrass Stockyards
- **May 21**, from 8 a.m. to 10 a.m. in the Gilcher Building

For all screenings, a limited number of appointments are available, on a first-come, first-serve basis. Appointments may be scheduled by calling (859)239-1600.

New director at EMRMC

Please welcome Kandy Agee, R.N., M.S.N. as the new director of clinical effectiveness for Ephraim McDowell Health. She began duties April 21.



Kandy is a native of Breathitt County and earned her bachelor's degree in nursing in 1980 from Miami Valley Hospital School of Nursing in Dayton, OH and her master's degree in nursing in 1990 from Vanderbilt University in Nashville, TN.

She most recently was coordinator for organizational performance improvement, accreditation readiness and risk management at Greene Memorial Hospital in Xenia, OH.

At Ephraim McDowell, Kandy will be responsible for implementing a comprehensive quality/performance improvement process, focusing primarily on clinical effectiveness initiatives and processes necessary to improve quality of care and patient outcomes. She will oversee daily operations of performance improvement, Joint Commission readiness and infection control.

Kandy and her husband, Randy, have relocated to Garrard County.

VOTE for the winning poster

From May 1 through May 8, nursing posters representing many of the nursing units will be on display outside the cafeteria at EMRMC. The posters will be about the "14 Forces of Magnetism". Ballots will be available by the display for you to place your vote **by May 8** and help us select the winning poster. **Winners will be announced on May 9.**

BONUS: If you vote, you have a **chance to win dinner for 2 at O'Charley's.**

Welcome New Associates

<u>NAME</u>	<u>DEPARTMENT</u>
Kandy Agee	Perf. Improvement, EMRMC
Doris Cessna	Vol. Services, EMRMC
Harold Harmon	Vol. Services, EMRMC
Jaime Kenney	Pharmacy at EMRMC
Amanda Stark	Pharmacy at EMRMC
Marcia Hager	Women's Health, EMRMC
Linda Spraggs	Nursery, EMRMC
Charity Washington	Women's Health, EMRMC
Terry Adkins	McDowell Place of Danville
Heather Southerland	McDowell Place of Danville

Health Careers Explorers Program

Southern Kentucky AHEC (Area Health Education Center) has started a Health Careers Explorers Program for high school students at EMRMC. Meetings have already covered surgery and respiratory therapy, and the next meeting on May 16 is on infection control.

We're going tobacco-free . . . Nov. 20

All EMH campuses will become tobacco-free effective November 20, 2008. If you currently smoke, you might want to consider the health benefits of quitting.

- 20 Minutes after Quitting - Your heart rate drops towards a normal level.
- 12 Hours after Quitting - Carbon monoxide level in your blood drops to normal.
- 2 Weeks to 3 Months after Quitting - Your heart attack risk begins to drop and your lung function begins to improve.
- 1 to 9 Months after Quitting - Your added risk of coronary heart disease is half that of a smoker's.
- 5 to 15 Years after Quitting - Your stroke risk is reduced to that of a non-smoker's.
- 10 Years after Quitting - Your lung cancer death rate is about half that of a smoker's, and your risk for cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.
- 15 Years after Quitting - Your risk of coronary heart disease is back to that of a non-smoker's.