

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org •

December 22, 2004

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

Merry Christmas

May you and your family enjoy many blessings during this holiday season.



Mike's Musings

During this Christmas season, I want to wish everyone a safe and happy holiday. Christmas is a time for each of us to enjoy special times with our families and friends. It's also a time for us to reflect on the season as one where we can give of ourselves so that others may be happier. That's exactly what each of us in health care do on a daily basis, but delivering that special care during the Christmas season takes on a little more meaning at this time.

May each of you have a safe and joyous Christmas with your family and may the new year offer many blessings.

*Mike Jackson, President
Fort Logan Hospital*

HealthRewards going to Switzerland

HealthRewards is going to Switzerland June 1-8, 2005. The cost is \$1,899 per person. Please call Linda Tillman at extension 1208 if you're interested.

EMRMC Blood Drive

The Central Kentucky Blood Center will have a Blood Drive at EMRMC on Friday, January 7, 2005 from 9 a.m. to 2 p.m. in the Ben Franklin Room. All donors will receive a long-sleeved T-shirt.

EMRMC Associate earns master's degree

Diana Johnson, clinical education facilitator in the Associate Education Department at EMRMC, has earned her master's degree in nursing education from ECU.

Our New Mission – Part III

By Clark Taylor, CEO

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 new mission statement is not just words on a piece of paper. Each of us has to commit ourselves to living out this mission as we do our jobs. Our success is determined not only through our eyes but also through the eyes of those we serve. We are accountable to others.

While it's important for us to know we are a system built on the best people, practices and performance, it's especially important that our patients, healthcare providers and the communities we serve see us in that same way. To get there requires commitment . . . to live our mission . . . to have it reflected in our behaviors . . . to have it live in our hearts, not just in our heads.

Do you want to be a part of a healing environment? We are a group of ordinary people connected by an extraordinary mission. Come live the mission.

Last payroll of the year

Associates will get their last pay stub of 2004 on Dec. 29. Since that is the last payday of the year, it won't be possible to do any correction checks because payroll will be closed out at that time. **Please make sure the information you submit to Payroll is correct.** All payroll issues need to be submitted to Payroll by 9 a.m. on Sunday, Dec. 26.



Mission and Values

By Tim Noel, Chief Mission Officer

Life is unpredictable. We like to believe that things will continue unchanged, that our future will unfold as we plan, but in fact life almost never works out that way. We can be happy one day, sad the next; healthy one day, sick the next; rich one day, poor the next. So how do we find wisdom and courage for the living of our days? Live in the moment, giving thanks for all that has been given to us. Sit loose to the material things that come our way, knowing that they are but for a season. And hold onto those things that are eternal.

Christmas Celebrations



Fort Logan Hospital Associates enjoyed a Christmas breakfast on December 15.

EMRMC Associates were treated to a Christmas meal on December 16.



At Russell County Hospital's Christmas party, Associates were recognized for their years of service.

Retirement Party

All EMRMC Associates are invited to a retirement party for Helen Kitchen on Dec. 28 at 2 p.m. in the Private Dining Room.

Christmas Party at EMRMC

EMRMC's Cancer Care Center hosted a Christmas party for a patient and his family. The idea began with the oncology support



team, but spread hospital wide. Pictured, from left, are Marcia Smith, tumor registrar; DeLanna Clark, oncology nurse manager; and Dale Denton, chaplain.

Tooting Our Own Horn

(Comments from Patient Satisfaction surveys)

Ephraim McDowell Regional Medical Center

"I received excellent care. I believe God put angels on this earth and you have some of them there."

Russell County Hospital

"I have been in and out of different hospitals, and this was the best. Your staff is very caring and concerned."

Fort Logan Hospital

"The nurse I had was so kind and caring, and took time to explain things and listen to me."

Health Resource

"I was very impressed that the nurse practitioner called my home to check on me the day after my visit."

Welcome New Associates

NAME

Tammy Charbonneau
Kimberly Simpson
Harold Graybeal
Lisa Elam
Celia Bruner
Vicki Carlyle
William Lewis
Brian Rowland
Jessica Isaacs
Emily Dowell
Jacque King
Brandon Wiles
Linda Bair
DeAnna Hargis
Elizabeth Gross

LOCATION

Food Services, EMRMC
Food Services, EMRMC
Health Info. Mgt., EMRMC
Patient Accounts, EMRMC
Registration, EMRMC
Registration, EMRMC
Diagnostic Services, EMRMC
Laboratory, EMRMC
Pharmacy, EMRMC
Respiratory, EMRMC
Respiratory, EMRMC
Respiratory, EMRMC
Danville Family Physicians
McDowell Place of Danville
Nursing, Fort Logan

Healthy Solutions at EMRMC Cafeteria

Want a new "YOU" for the New Year? Beginning in January, the Cafeteria at EMRMC will offer Healthy Solution entrees - a satisfying and nutritious way to reduce calories. Choices include:

- Turkey Chili
- Lasagna Primavera
- Chicken with Barbecue Sauce
- Mexican Style Bean and Beef Enchiladas



You can also satisfy your "sweet tooth" with a Healthy Solutions Benefit Bar, which has about half the calories of candy bars and come in four delicious flavors: peanut butter, honey graham, oatmeal raisin and blueberry.

If your goal for the new year is to have a healthier lifestyle, you may want to join the HMR program at McDowell Wellness Center. It offers training and education that will make it even easier to lose weight and improve your overall health. Call 7208 for more information about joining the HMR program.

December Birthday Lunches



Fort Logan Hospital Associates with December birthdays enjoyed a lunch with President Mike Jackson.

EMRMC Associates winning prizes at the December birthday lunch with President Barry Michael were Betty Scobie, Betty Stubbs, Tammy Godbey and Tracy Perkins.

