

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org • April 15, 2009



Coffee kiosk at EMRMC

A coffee kiosk will begin services Monday, April 20, from 6 a.m. to noon on the first floor lobby at EMRMC. The kiosk will be self-serve, offering John Conti gourmet blend regular and decaffeinated coffee along with syrup flavorings and flavored creamers. The kiosk will also offer hot chocolate, hot teas, cappuccinos and individually-wrapped snacks. All items are \$1.00 each. Proceeds benefit the EMRMC Auxiliary.

New services available at Information Desks

Beginning Monday, April 20, other services will become available at the Information Desks at EMRMC, including the move of Transport Dispatch to the Information Desk at the Third Street entrance and a Patient Escort service at the Information Desk at the South Wing entrance.

The Information Desk at the Third Street entrance will be staffed by a registration clerk Monday through Friday from 6 a.m. to 9 a.m. and by a volunteer from 9 a.m. to 8:30 p.m.

Ralph Clark, the dispatcher for the Transport Team, will be based at the Third Street Information Desk Monday through Friday from 8 a.m. to 4:30 p.m. The availability of this service at this location is intended to enhance the efficiency of transport services for patients and visitors.

At the Information Desk at the South Wing entrance, an escort service offered through the EMRMC Auxiliary will be available Monday through Friday from 9 a.m. to 5 p.m. Volunteers will escort patients and visitors from that Information Desk to where they need to go. The Information Desk will also be staffed by a volunteer from 9 a.m. to 5 p.m.

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★ **Outpatient Pharmacy** ★
★ **Open House** ★
★ All Associates are invited to take a look at the new Outpatient Pharmacy at EMRMC, located on the first floor at the Third Street entrance. An Open House is scheduled Thursday, April 23, from 2 p.m. to 4 p.m. Refreshments will be served, including samples of the coffee available at the Coffee Kiosk, and a drawing for door prizes.
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All Things Great and Small Maternity Fair

Ephraim McDowell Regional Medical Center is sponsoring its first-ever All Things Great and Small Maternity Fair on Saturday, May 9, from 10 a.m. to 2 p.m.



Unit, and tours of that unit will be available throughout the fair. Participants will also have the opportunity to pick up information from booths set up by local vendors and to

The Maternity Fair is planned to highlight the new Women's Health

register for door prizes donated by vendors. For more information, please call extension 2458.

Nurses earn certification

Shannon Long, R.N. and Aberiel Walton, R.N. have earned certification as Certified Lactation Counselors through the Academy of Lactation Policy and Practice. Shannon is director of obstetrical services at Ephraim McDowell Fort Logan Hospital and Aberiel is a member of the obstetrics nursing staff there. To earn certification, the two attended a week-long course and completed a certification exam.

Health Care Careers Camp set for July 20-24

Boys and girls entering the eighth and ninth grades will enjoy a fun, hands-on look into the world of healthcare careers at the Eighth Annual Health Care Careers Camp sponsored by the Ephraim McDowell Health Care Foundation, Southern Kentucky AHEC and Campbellsville University. This year's camp is

July 20-24 with activities from 8 a.m. to 5 p.m. each day. There is also an optional overnight stay at Campbellsville University. The cost is \$150, plus \$25 for the overnight stay. Children of full-time EMH Associates receive a 50% discount. For more information, please call ext. 2419.

Moonlight Mile set for May 8

McDowell Wellness Center is sponsoring its 23rd Annual Moonlight Mile on Friday, May 8. This year's one-mile run/walk begins at 7:30 p.m. and will be held in downtown Danville, starting at the Central Kentucky Surgery Center on Main Street. Registration is \$12 if received by May 7 or \$15 after that date. For more information, please call (859)936-WELL (9355).

10K Run planned for May 23

The Sixth Annual 10K Run, sponsored by McDowell Wellness Center, will be Saturday, May 23, beginning at 8 a.m. Advance registration is \$15 while the late registration fee (for those received after May 22) is \$20. For more information, please call (859)936-WELL (9355).

Support your local Gift Shop

All Associates are reminded to think of the Gift Shops at EMRMC and Ephraim McDowell Fort Logan Hospital when needing a gift for a special occasion . . . or even when needing to satisfy a chocolate craving. The Gift Shops are sponsored by each hospital's Auxiliary and are in business to make a profit . . . which is returned to the respective hospital. Also as a reminder, the Gift Shops stock a limited supply of merchandise. If you see something you like, it's probably a good idea to buy the item when you see it as it may not be available the next time you stop in.

Nurse's Week activities at EMRMC

Nurse's Week will be observed May 11-15 at EMRMC with the following activities:

- **Banquet** on May 14 for nurses with advanced degrees and advanced certifications
- **Renewal Room** on May 12 from 7 a.m. to 7 p.m. in the Thoroughbred Room, with hand massages, music, etc.
- **Nurse Awards** - nominations by peers for outstanding bedside nurses; applications distributed by directors; nominations due by 7 p.m. on April 26 in the box in the House Supervisor's office
- **Poster Contest** - check with your director for criteria and guidelines

Thank you from a patient

A patient on 4T at EMRMC thanks the nursing staff for the great care she received, especially the tech who started CPR on her when she coded. WOW!!!

Welcome New Associates

<u>NAME</u>	<u>DEPARTMENT</u>
Jamie Bright	Volunteer Services, EMRMC
Martina Burton	Volunteer Services, EMRMC
Sheba Siddiqui	Volunteer Services, EMRMC
Sheri Conrad	Lab at EMRMC
Barbara Clark	Hospitalist at EMRMC
Charles Elliott	Stanford Medical Park
Jennifer Middleton	Stanford Medical Park
Kenneth Harris	Env. Serv., Fort Logan
Laura Harris	Registration, Fort Logan
Robin Payton	Obstetrics, Fort Logan
Barbara Helton	Critical Care Unit, EMRMC
Leslie Turner	Critical Care Unit, EMRMC
Susan Johnson	Telemetry at EMRMC
Keith Freeman	Surgical Services, EMRMC
Deirdre Pugh	Surgical Services, EMRMC

National Medical Fitness Week

All Associates are encouraged to participate in the observance of April 20-26 as National Medical Fitness Week. All activities are offered FREE at McDowell Wellness Center and anyone may participate . . . you don't have to be a Wellness Center member. Activities are planned Monday through Friday, with nutrition classes at 9:30 a.m. on Monday, Tuesday and Thursday and at 5:30 p.m. Monday through Thursday; tours of the Wellness Center and demo exercise equipment each day from 9 a.m. to 5 p.m.; and health screenings each day from 9 a.m. to 5 p.m. (blood pressure on Monday, cholesterol - until noon only - on Tuesday, bone density on Wednesday, BMI on Thursday and body fat percentage on Friday).

Not responsible for vehicle damage

Reminder - Ephraim McDowell Health is not responsible for damages to vehicles parked in lots owned and maintained by the organization. Please lock your vehicles when at work.

Eat Subway each Tuesday in April

Each Tuesday in April, all three Subway Restaurants in Danville will donate 10% of their sales to the Relay for Life team at EMRMC. Please support this effort by enjoying a Subway each Tuesday.

Winners of United Way prize drawings

Associates winning 40 hours of PTO were: Valarie Wofford, Sharon McWhorter, Stacy Ehrsam, Donna Matthews and Cassie Floyd. Winning ABC yearly prizes were: Robyn Pulliam, Brian Ellis, Chris Wood and Ruth Smith. Thanks to everyone who participated in this year's very successful United Way campaign.