

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

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OUR MISSION

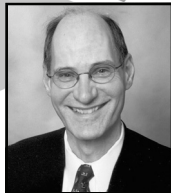
Ephraim McDowell Health is a system committed to creating a healing environment, built on a legacy of best people, practices and performance, as seen through the eyes of our patients, healthcare providers and communities.

OUR VALUES

F Friendliness
I Innovation
R Respect
S Service
T Trust

Clark's Comments

This season is often associated with giving. People sometimes refer to the "spirit" of the holidays and how everyone just seems to be more generous this time of year. We all know that it is more satisfying to give than to receive (not something I knew as a kid). A physical gift that we might give to each other has a limited life to it, but the "spirit" behind the giving of that gift has no time boundary.



Each of us has that special Christmas spirit that is almost magical in its unselfishness. We pick angels off trees because we don't want anyone forgotten. We chip in and purchase presents for families we don't know and will never see. We prepare cookies and candy to brighten the faces of those who receive it. What a great "spirit".

Part of what makes our organization extra special is that so many Associates are able to reflect the love of this special holiday "spirit" throughout the year. As we look ahead to the new year, we know that some New Year's resolutions will not last past February. Let's think about the "spirit" we feel today, and let us all resolve to keep this spirit in our hearts and behaviors throughout 2007.

Blessings to you and your family.

Clark Taylor, CEO



Merry Christmas to all!!!

New hours for EMRMC Outpatient Pharmacy

The Outpatient Pharmacy at EMRMC has revised its hours, effective December 21. New hours are:

**Monday, Tuesday, Wednesday
and Friday**
9:30 a.m. to 6:00 p.m.

Thursday
1 p.m. to 9:30 p.m.

Christmas Clearance

Beginning December 21, all Christmas merchandise at the EMRMC Gift Shop is 50 percent off. All remaining Christmas items will be 60 percent off beginning December 26.

Join Weight Watchers

Start the new year committed to a healthier lifestyle. An organizational meeting for Weight Watchers is January 3 at noon in the basement of the Coleman Building at EMRMC. If at least 20 individuals participate, members can attend meetings for only \$10.35 a week.

HMR begins Jan. 8

The next HMR Weight Management Program at McDowell Wellness Center begins January 8 at 5:30 p.m., continuing each Monday. Learn more about this program at an hour-long orientation, held each Monday at 7:15 p.m. or each Thursday at noon at the Wellness Center.

Every patient, every time. Passionate, expert care!

As we go about giving of ourselves to each other, our families and our patients during this holiday season, it's important that we also take time to care for ourselves. To get the greatest joy out of the holiday season, try not to overeat, commit yourself to too many activities, spend more money than you should or drink too much. YOU really are the



greatest gift we have at Ephraim McDowell Health. Without you, we couldn't exist. Let a fellow Ephraim Associate know what they mean to you . . . that you enjoy working with them. Christmastime really is a season of love and hope! Share it with others!

Merry Christmas!

*Mary Begley, Director
Office of Customer Satisfaction*

Salvation Army Bell-Ringers

One knows the Christmas season is nearing when the familiar sights and sounds of the Salvation Army bell ringers and kettles appear. The kettle drive generates funds that the Salvation Army uses to provide Christmas food baskets and toys to more than 1,000 families in Boyle, Casey, Garrard, Lincoln and Mercer counties. The Danville Salvation Army is the only Corps in Kentucky that relies exclusively on volunteer, rather than paid, ringers. As a result, all donated funds go to assist needy families.

Thanks to the following individuals who volunteered their time as bell-ringers this Christmas season: Ron Barbato, Nancy Campbell, Ann Chaney, Jeremy Cocanougher, Clayton Denny, Connie Edwards, Melissa Grubbs, Robert Jameson, Carolyn Langford, Jackie Lesperance, Carl Metz, Judy Morgan, Harry Nickens, Tim Noel, Marilyn Peterson, Audrey Powell, Shannon Price, Lauren Serey, Gail Shearer, Bill Snapp, Dan Stone, Maleena Streeval, Clark Taylor, Linda Tillman, Byron Underwood, Chris Wood, George Yatso and Karen Zehnder.

Update on Biggest Winner Contest

Following are the first quarter results for the Biggest Winner Contest that is currently under way at EMRMC:

- Delta Dawns, 80.8 pounds
- ICU Skinnies, 79.39 pounds
- Get Er Done, 73 pounds
- Feather Weights, 42.9 pounds
- Rowdy Rehabbers, 41.4 pounds
- Grits, 39 pounds
- Phat Pharm, 36.1 pounds
- Ruby Runts, 35 pounds
- Fatty Patties, 28.5 pounds
- Five Fabulous Women, 21 pounds
- Echo, 17.2 pounds
- Lighten Up x 2, 15.6 pounds
- Depeche Ala Mode, 4 pounds
- Skin & Bones, 3 pounds

Welcome New Associates

| <u>NAME</u> | <u>DEPARTMENT</u> |
|-------------------|-------------------------|
| George Davidson | Transport at EMRMC |
| Jodi Harrison | Laboratory, EMRMC |
| Kacey Stout | 3T at EMRMC |
| Genevea Wall | 3T at EMRMC |
| Daphnie Woodrum | 5T at EMRMC |
| Jeannette McClure | Recovery, EMRMC |
| Andrea Owens | Diagnostic Imaging, FLH |

Hope Clinic & Pharmacy opens

The Hope Clinic & Pharmacy is a partnership of Ephraim McDowell Health, Heart of Kentucky United Way, the Salvation Army and the Boyle County Health Department. Services of the Hope Clinic are provided, by appointment only, each Monday and Thursday from 5:30 p.m. to 9:30 p.m. at the Health Department. Pharmacy services are provided from EMRMC's Outpatient Pharmacy. Hours are 9:30 a.m. to 6 p.m. on Monday, Tuesday, Wednesday and Friday and 1 p.m. to 9:30 p.m. on Thursday.

Associate Advisory Committee

Gary Adkinson works in Diagnostic Imaging and has been at EMRMC since June 2002. He enjoys being on the Associate Advisory Committee because it allows him to be part of a positive change for Ephraim McDowell. A California native, Gary lives in Harrodsburg and enjoys boating, cars and flying. His favorite food is catfish. Gary said if he could do anything for a whole day, he would take a flight on the space shuttle. One thing that people may not know about him is that he rode a unicycle almost every day when he was younger. If he had the chance to meet anyone, it would be country music star Alan Jackson.



Zero patient complaints

Congratulations to three nursing units at EMRMC that had ZERO complaints during November. Those units were:

- Behavioral Health Services
- EGYN
- 3 West

Gift Shop gift cards now available

The EMRMC Auxiliary Gift Shop now offers Gift Shop gift cards. They are available in any denomination (\$10 minimum) and will not expire.

The total amount of the gift card does not have to be used at one time; balances will carry over. Gift cards are an excellent choice for that hard-to-buy-for person on your holiday gift list.

E-card greetings available at EMRMC

Send an online personalized greeting to a loved one or friend while they are a patient at EMRMC. For more information about this new service, please visit our website, www.emrhc.org.