

# SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org • September 17, 2008



## Nurses Notes

Registered nurses at Ephraim are reminded that the 2008 licensure renewal processes have changed and renewal postcard reminders will not be mailed. All registered nurses must renew their license by Oct. 31, 2008. The online renewal form will be disabled at midnight on that date. RNs whose license lapses may not practice as a nurse in Kentucky until the license is renewed and considered in effect.

RNs should renew by going to the Kentucky Board of Nursing website at <http://kbn.ky.gov/renewal>. The cost for renewal is \$50. Payment may be done by MasterCard, VISA, debit card or pre-paid credit card. Notification of renewal will be via email and the KBN Connection. Those renewing licensure must attest that they have completed the continuing education requirements. Submission of evidence of completion of requirements is only to be done upon request.

This year, the Kentucky Board of Nursing is migrating to a "cardless" licensure renewal system. Thus, this will be the last year in which a renewal licensure card is issued. This year's card will display the nurse's name, license number, licensure type (RN, LPN, ARNP, SANE) and original date of Kentucky licensure. The expiration date will NOT be displayed. Employers, such as Ephraim McDowell, will be required to use the KBN website to validate licensure of Associates.

## Open Forums scheduled in October at EMRMC

All EMRMC Associates are encouraged to attend an Open Forum scheduled in October. The schedule is as follows:

### EMRMC Private Dining Room

October 7 - 10 a.m., 2 p.m. and 10 p.m.

### EMRMC Private Dining Room

October 8 - 7:30 a.m. and 10 a.m.

### Danville Family Physicians

October 17 - 7:30 a.m.

### McDowell Wellness Center/Kids Can Do (at the Wellness Center)

October 17 - 1:30 p.m.

### Diagnostic Center

October 17 - 3 p.m.

### McDowell Place of Danville

October 22 - 3:30 p.m.

### A Children's Place

October 22 - 6 p.m.

### *Topics to be discussed:*

- United Way
- Campus beautification
- Tobacco-free campus update
- Moving/Construction/ Destruction update
- Strategic planning
- Thomson Reuters Top 100
- Quality/PI/Dashboard
- Associate Engagement Survey Summary
- 2009 Associate Benefits - Fair & Open Enrollment

## EMH Fall Festival

Saturday, October 11

2 p.m. to 5 p.m.

### Lincoln County Fairgrounds

(4.5 miles south of the new Ephraim McDowell Fort Logan Hospital on U.S. 27)

**FREE** for all Associates and their families with lots of fun and games for everyone, including some new activities year (petting zoo, pony rides). There is also a costume contest, decorated pumpkin contest and lots of free food.

## Volunteers needed for Sept. 27 Triathlon

McDowell Wellness Center is recruiting volunteers for the Triathlon on Saturday, Sept. 27. Registration volunteers need to arrive by 6:30 a.m. (duties should be completed around 7:45 a.m.) while course volunteers need to arrive by 7:35 a.m. (duties should be over around 11 a.m.). All will receive a free long-sleeve T-shirt. To volunteer, please call McDowell Wellness Center at (859)936-WELL (9355).

# 64 DAYS

until we become tobacco-free - Nov. 20, 2008

## Did You Know . . .

McDowell Wellness Center is a family-oriented health and wellness center that provides the opportunity for individuals to participate in various classes and programs that focus on positive health behaviors, prevention and stress reduction. The facility offers members a 25-yard, six-lane indoor pool, an aerobics studio and a 5,000-square-foot workout area that includes a variety of fitness equipment such as a stretching station, treadmills, stationary bikes, "Hammer Strength" equipment, air pressure-activated "Keiser" machines, cable-loaded "Body Mater" machines and free weights. For more information on joining the Wellness Center as an Associate or for your entire family, please call (859)936-WELL (9355).



## Retirement plan among the very best

In a study performed by the Principal Financial Group of 401(k)/403(b) plans, only 1.0% of the survey participants had a matching contribution of \$1.00 or more for each participant dollar deferred. Only 8.0% of the plans allowed for a maximum percent of salary matched greater than 6.0%. The EMH plan matches Associates contribution dollar for dollar on 8.0% of pay and places our plan in the very top echelon for Retirement Savings Plans. Saving today reduces taxes and better assures a secure future.

One needs to think strategically in regard to taxes in order to retain more of his/her money. It is necessary to understand how tax strategies help accomplish this goal. It is always beneficial to save for retirement as well as for a rainy day. The Principal Financial Group is offering this online presentation, "Tax Strategies for Now and in Retirement" for you to view at any time, so you can choose a time and place that is convenient for you. To view, simply go to:  
<https://www.brainshark.com/brainshark/vu/view.asp?pi=220794845>.

## New clinical manager named

Angie Salyers, R.N. is the new clinical manager at the Wound Healing Center at Ephraim McDowell Regional Medical Center. She received her associate's degree in nursing from Eastern Kentucky University in 2001 and has been employed at the Wound Healing Center since 2005. She has been an Ephraim McDowell Associate since 1998.

## CareLearning due September 30

All Associates are reminded that they have until September 30 to complete their CareLearning courses.

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

All EMH campuses will become tobacco-free effective November 20, 2008. Beginning that date, tobacco use will not be permitted in buildings, on the grounds, in parking lots, on sidewalks or in vehicles. A number of hospitals in Kentucky are going tobacco-free that date, with a goal of creating a healthy environment for employees, patients and visitors. More than 8,000 people die each year in Kentucky due to tobacco-related diseases.

## Welcome New Associates

<u>NAME</u>	<u>DEPARTMENT</u>
Michael Hyer	Env. Services, EMRMC
Lori Carey	Registration, EMRMC
Nicole Langford	Volunteer Serv., EMRMC
Shantel Shireman	Volunteer Serv., EMRMC
Jamie Young	CCU at EMRMC
Christy Summers	Diagnostic Serv., EMRMC
Vickie Calder	Laboratory, EMRMC
Amy Howell	Laboratory, EMRMC
Michael Helm	Pain Center at EMRMC
Vanessa Hazelwood	Rehab. Services, EMRMC
Sandra Anthony	TCU at EMRMC
Pamela Lane	6T at EMRMC
Michelle Wade	A Children's Place
Robin Gooch	Danville Family Physicians
Hannah Lammy	McDowell Wellness Center
Joshua Lawhorn	McDowell Wellness Center
Teresa Bombard	OB, Fort Logan Hospital

## Volunteers needed for clinical trial

Dr. Manoj Kohli is seeking volunteers to participate in a clinical research study of a new investigational medication that may be effective in the treatment of osteoarthritis of the knee. Qualified participants will receive study-related medication (or a placebo) as well as study-related lab tests and medical exams.

Individuals may qualify if:

- You are over the age of 40
- You suffer from osteoarthritis of the knee with pain, aching or stiffness on most days of a month during the past year
- You have no anticipated surgery on the knee in the next two years

If interested in participating in this clinical trial, please call (859)260-1563.

**No man fails who does his best.**