

Lanier Health Services Employee Newsletter

August 2013

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Lanier Employees Participate in the Intercall Golf Tournament



8-9 The hospital sponsored a team in Intercall's annual golf tournament. The proceeds from the tournament went to Relay for Life.

Pictured above are Dr. Phil Tranqui, Demp Roberts, and Caleb Duke.

The Employee Satisfaction Survey can be found on pages 8 and 9 of this newsletter. Completed surveys should be placed in the box located outside of Human Resources, or you can put the completed survey in a sealed envelope and send to Human Resources in the inter office mail.

SURVEYS MUST BE TURNED IN BY FRIDAY, AUGUST 30TH.

August Birthdays

Lindsay Aubin 1	Paris Ruddock 12	Phillip Brown 24
Peggy Farr 1	LaDexter Walker 12	Minneka Jackson 24
Holly Marasco 2	Tamara Collins 13	Dedra McElroy 24
Sonya McRae 3	Martha Rutledge 13	Hollye Miller 24
Benjamin Carr 4	Jenna Williams 14	Brittany Crenshaw 25
Camisha Green 4	Kathy Kendrick 15	Kenneth Phillips 25
Jeff Parton 4	Shannon Bozeman 16	Lakeisha Russell 25
Paul Story 4	Evangeline Dardy 16	Elizabeth Seybolt 25
John Earnest 5	Tia Edge 17	Frances Smith 25
Annie Smith 5	Regina Billingsley 19	Tommy Lane 26
Mary Hines 6	Daria Coleman 19	Cassandra Adams 27
Breanna Kilgore 6	Sharina Donohoe 19	David Brooks 28
Cathy Evans 7	Cathy Moore 19	Connie Alford 29
Theresa Thomas 7	Edward Lane 20	Montavious Bledsoe 29
Jackie Andrews 9	Shannon Lowery 20	Rebecca Cowan 29
Nicole Knight 9	Archie McCullough 20	Mandy Hubbard 29
Travis Riemenschneider 9	Adrian Sanders 20	Jenney Stiggers 30
Jennifer Williams 9	Carolyn Gary 21	Adrian Williams 30
Deana Harmon 10	Kim McMakin 21	Annette Brady 31
Gracita Paguyo 10	Detrissa Patterson 21	Allison Drake 31
Torri Blackmon 11	Cathy Rodgers 21	Jeri O'dell 31
Steve Hooks 11	Charolte Saddler 22	Douglass Wong 31
Leslie Carmichael 12	Gary Smith 23	Alison Yarbrough 31

**Nominations for Employee of the Quarter
are due to Human Resources by Friday, August 23rd.**

August

2013

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3
4	5	6 Med/Surg Comp Day All Day Classroom/Skills Lab	7	8 IABP CLASS 0800-1200 Classroom	9	10
11	12	13 ACLS (Initial) 845-1700 Classroom/Skills Lab	14 Diabetes Education 830-1430 Classroom	15 Blood Drive All Day Classroom	16 CPR (Renewal) 900-1200 Classroom	17
18	19 New Employee Orientation	20 Fund'ls of NA 900-1700 Skills Lab	21 CPSI Training 900-1300 CPR (Initial) 1400-1700 Classroom	22 New Nurse Orient. 900-1700 Skills Lab	23 Skills Fair 900-1700 Skills Lab	24
25	26	27	28 Vascular Access Device 1000-1300 Skills Lab	29 CHF Class 8:30-11:30 Classroom	30	31



Dr. O in the Know

Suggestions for being all you can be!
Anne Marie Oberheu MD, Associate Medical Director

Summer Days are here again!

Adequate hydration is critical for our bodies to function properly. Because our bodies are slow to alert us that we are dehydrated, we need to be sure to drink the proper daily amount of fluids and to supplement fluids lost during physical activity.

When participating in moderate physical activities, it is recommended you consume four to six ounces of fluid for every 15 minutes exercised. If you are involved in more intense activities for longer than one hour, you might consider refueling with carbohydrate- and electrolyte-supplemented fluids, i.e., sports drinks. Popular caffeinated, sugar and energy drinks DO NOT count. They are loaded with caffeine and sugar, and can make your body eliminate fluids faster, causing dehydration more quickly.

So get out and have fun this summer, but make sure you stay well-hydrated. And remember the sunscreen!

Get Healthy • Live Healthy
Be Healthy

Fresh-Picked Summer Produce

We all know we need to eat more fruits and vegetables, and there's no time like summertime when it comes to finding the freshest, juiciest and most colorful varieties around. Rich red strawberries, bright green peppers, and dark purple plums are in abundant supply everywhere — from your local grocer to the nearby farm or produce stand. When it comes to evaluating fruits and vegetables, remember that rich, vibrant color means it's full of nutrients. Adding a splash of color to every plate is simple and effective in maximizing your intake of the natural nutrients your body needs.



Take advantage of the produce in season this summer and freshen up some of your favorite recipes. Have you tried adding blackberries to spinach salad or watermelon to a Greek salad? These are just a few of the most popular fruit and vegetable taste trends this year.

What's in season during the summer months?

Bell peppers	Corn	Plums	Strawberries
Blackberries	Jalapeño peppers	Raspberries	Summer squash/Zucchini
Blueberries	Okra	Tomatillos	Sugar snap peas
Cherries	Peaches	Tomatoes	Watermelon

These are just a few of the foods to look for this summer. The next time you're out shopping, pick two or three to try, and expand your taste buds from there. If there's ever a time to get in the habit of eating fresh produce, it's now!

Be Healthy Recipe

Cucumber and Black-Eyed Pea Salad *Serving size: 6 servings*



- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons fresh oregano, chopped, or 1 teaspoon dried
- 4 cups cucumbers, peeled and diced
- 1 14-ounce can black-eyed peas, rinsed

- 2/3 cup red bell pepper, diced
- 1/2 cup feta cheese, crumbled
- 1/4 cup red onion, slivered
- 2 tablespoons black olives, chopped
- Freshly ground pepper, to taste

1. Whisk oil, lemon juice, oregano and pepper in a large bowl until combined.
2. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat.
3. Serve at room temperature or chilled.

Nutritional information per serving:
161 calories 3g fiber,
10g fat 5g protein
3g saturated fat 11mg cholesterol
12g carbohydrate 270mg sodium

*Source: WebMD**

Did you know?

Men need 125 ounces of water per day and women need 91 ounces of water per day to stay well-hydrated.

This includes water from all foods and beverages consumed. Most people get adequate hydration without purposefully drinking extra water. However, for those exposed to heat, stress or vigorous activity, drinking extra water is essential to making up the fluids lost through sweat. When exercising, most people should take a break for water every 20 minutes.

The Be Healthy newsletter is provided for general informational purposes to Blue Cross and Blue Shield of Alabama customers. Information contained in this newsletter is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay in seeking medical advice because of something you have read in this newsletter. Remember to check your benefits booklet for coverage information and limitations.

New Recommendations for Sun Protection

Current statistics show that about one in every five Americans will get skin cancer in their lifetime. Everyone, regardless of color, can get skin cancer. Therefore, it's always important to protect yourself against the sun's harmful rays. The Food and Drug Administration (FDA) has new labeling laws to help protect against not only sunburn, but skin cancer, as well. Under the new laws, sunscreens can no longer have labels with words like "waterproof" and "sweatproof" since they can often be misleading.

The American Academy of Dermatology recommends a sunscreen with the following features listed on the label:

■ Broad spectrum

Broad spectrum means the sunscreen protects against both UVA and UVB rays.

■ Sun protection factor (SPF) of 30 or higher

SPF 15 is the FDA's minimum recommendation for protection, but the Academy recommends an SPF of at least 30.

■ Water-resistant

A sunscreen must be water-resistant for either 40 or 80 minutes. This means the sunscreen provides protection while swimming or sweating for the length of time listed on the label.

Read sunscreen labels carefully and take extra precautions for you and your family when you're out in the sun this summer.

Source: WebMD® News from HealthDay



BABY YOURSELF® Maternity Program

Blue Cross and Blue Shield of Alabama offers Baby Yourself, a prenatal wellness program for expectant mothers. This program is part of your health plan and is available at no cost.

Sign up for Baby Yourself today and receive:

- Support from an experienced Blue Cross registered nurse.
- Educational information by telephone and e-mail during your pregnancy.
- Useful gifts that encourage healthy habits, proper prenatal care and help you understand the changes and challenges of pregnancy.

The goal of Baby Yourself is to have healthy mothers and babies at delivery. If you or your covered spouse is pregnant, you can enroll in Baby Yourself by calling 1-800-222-4379 or register online at www.behealthy.com.



Get Healthy • Live Healthy

Be Healthy

Blue Cross and Blue Shield of Alabama is an Independent Licensee of the Blue Cross and Blue Shield Association.

BeHealthy.com is a wellness website offered by Blue Cross and Blue Shield of Alabama and powered by WebMD®. WebMD is an independent company providing health assessment tools and services to our customers.

Visit www.behealthy.com
for tools and information
for a healthy lifestyle.



Education Department Reminders

- LPN's!!! License renewal is this year. You will need 24 hours of continuing education in order to renew. The deadline is December 31, 2013, BUT if you do not want to pay a \$125 late fee, you MUST have accrued these before November 30, 2013 AND paid for your renewal by then.
- Would you like to take a class offered by your Education Department, but do not know how to register? All you have to do is complete a registration form which is located on the Lanier website, in the Education Department or just pick up a form located where the Growing Up With Us offerings are located outside the department and turn it in to us either by fax or in person.
- If you are registering for, ACLS, PALS or the ECG class, remember you must pick up your study packet and book at least 14 days prior to the class in order to be prepared and admitted to the class.
- All nurses, remember we offer 4 FREE contact hours EVERY MONTH with the Growing Up With Us Education Newsletters!! You must turn them in DURING the actual month to get credit.
- Monthly Diabetes classes are offered to all employees free of charge and \$15 for patients, which include lunch for 2 people. Contact Cecilia at Ext. 1607 for more information.

2013 LHS Fall Education Seminar



Cost is \$12.00/contact hour or \$40.00/full day
Classes will be free for LHS Employees

1 Lunch & Learn
4 Classroom Topics to choose from

*Opportunity to receive up to
4 contact hours for license renewal!
1.0 contact hours/50 minutes*

Deadline for Registration: September 3, 2013

**You may drop off the forms in the
Education department or you may also:**

Fax to: 334.756.1129

Call: 334-756-1461 for any questions

REMEMBER!!!

LPN Renewal deadline for CEU's
is November 30, 2013
to avoid late penalty fee of \$125.

ABN Provider #: ABNP0005

Exp. 08/2017

**YOU MUST BRING YOUR
LICENSE TO RECEIVE C.E.'s !!!**

LANIER HEALTH SERVICES 2013 EMPLOYEE SATISFACTION SURVEY

Participants in this survey are guaranteed full confidentiality and security.

Please list the Department that you work in: _____ Shift: _____

Please check the box that best corresponds to how you would rate each question.

	Strongly Agree	Agree	Somewhat Agree	Somewhat Disagree	Disagree	Strongly Disagree
1. I have a clear understanding of my job.						
2. I believe in what I do for a living. (my career)						
3. I believe that the amount and content of communication between Administration and the employees is appropriate.						
4. I believe that the amount and content of communication between my Direct Manager and me is appropriate.						
5. My work area is running smoother than 1 year ago.						
6. I have adequate equipment and supplies to do my job.						
7. I receive adequate counseling and information on how to further my career at Lanier Health Services.						
8. I believe that Administration is doing a good job in communicating the <i>Mission</i> and <i>Values</i> of Lanier Health Services.						
9. I believe that my compensation is fair and competitive with other health care facilities.						
10. I believe that my benefit package is fair and competitive with other health care facilities.						
11. I believe diversity is a valued strength at Lanier Health Services.						
12. I am constantly looking for ways to do my job better.						
13. Lanier Health Services is better managed than 1 year ago.						
14. I believe that Lanier Health Services operates based on it's values:						
Respect for the Individual, Shared Commitment, Stewardship, Innovation, Patient First						
15. I enjoy working with my team/department.						
16. I am proud to be a member of my team/department.						
17. When speaking with others, I speak highly of my team/department.						
18. My team/department inspires me to do my best work.						
19. The best way for me to advance at Lanier is to continue to work with my current team/department.						
20. I enjoy working with my Supervisor/Department Manager.						
21. I enjoy working with Administration.						
22. My Supervisor/Department Manager and I share the same values.						
23. Administration and I share the same values.						
24. When speaking to others, I speak highly of my Supervisor/Department Manager.						
25. My Supervisor/Department Manager inspires me to do my best work.						
26. Administration inspires me to do my best work.						
27. I feel that my Supervisor/Department Manager cares about me.						
28. When speaking to others, I speak highly of Administration.						

29. I would like for Administration to provide more information to me about:

30. Do you think that Patient Safety is a priority at Lanier?

If no, please explain

31. Do you have any suggestions for improving Patient Safety at Lanier? YES _____ NO _____

If yes, please explain:

32. The biggest area of improvement I have seen at Lanier Health Services in the past year is:

33. The biggest area that I think needs improvement is:

34. The two things that I find frustrating about my job are:

35. Would you recommend Lanier Health Services to your friends as a place to work?

YES _____ NO _____

36. Would you recommend Lanier Health Services to a friend for health care?

YES _____ NO _____

Why or why not?

37. How likely are you to be working at Lanier in two years?

38. In your opinion, what is Lanier's image in the community?

39. What can we do to improve our image in the community?

40. If you were the CEO, the ONE thing you would change is:

Please list any additional comments that you have.

Thank you for participating in this survey!

*******Place Completed Survey in the Box Located Outside of Human Resources by Friday, August 30, 2013*****
or place in a sealed envelope and send to Human Resources**