

HOSPITAL HEARTBEAT



June 2012 – Fifty first Edition



We will be setting up the annual Employee Infection Control, Safety and Compliance Fair the end of next week in the dining room. It will be available from June 8 (after 5 pm) through Monday morning June the 18th. This is mandatory for all employees – it will be available 24 hours/day so this should give everyone sufficient time to participate.

Also there will be a BLS –CPR class on Monday June 25 for anyone that needs a renewal – please contact Jennifer Butterfield for details. There will be signup sheet posted by the time clock.

We are getting closer to EMR implementation. Some of the staff has been busy gathering and submitting data to put into the program. We will be having a work flow study this month by NextGen to help us determine the logistics of our EMR stations. If anyone needs to learn some basic computer skills before we get our system installed let me know and I will see if we can get someone to do a short workshop for us. The more comfortable you are in your

computer skills the easier the transition will be to the EMR.

I hope everyone gets to take a little vacation at some point. Please be safe in your summer activities and have a great summer!

And last but not least - Congratulations to DeeDee Bryan, in the lab, on the birth of new baby girl “Naomi Kate Bryan”, born Wednesday, May 30th.

Have a great week!!

Joan Walters, RN, MSN, Administrator



JUNE BIRTHDAYS



Mary Ann Ward
June 5th

Not Pictured Debra Pettis – June 10



Brenda Clonts
June 18th



DeeDee Bryan
June 16th

Cindy Rogers
June 19th



Angie Sedlacek
June 29th

Water With Meals May Encourage Wiser Choices

That's the conclusion of new research by T. Bettina Cornwell of the University of Oregon and Anna R. McAlister of Michigan State University. Their findings appear online this week ahead of regular publication by the journal *Appetite*.

The paper featured separate studies. One involved a survey of 60 young U.S. adults (ages 19-23) about the role of food-and-drink pairings. The second involved experiments with 75 U.S. children (ages 3-5) to determine the role of drinks and vegetable consumption. The same preschoolers were tested on different days under differing scenarios involving drinks served with vegetables.

Older participants favored the combination of soda served with salty, calorie-dense foods rather than soda and vegetables. Preschoolers ate more raw vegetables, either carrots or red peppers, when accompanied with water rather than when accompanied by a sweetened beverage.

"Our taste preferences are heavily influenced by repeated exposure to particular foods and drinks," said Cornwell, the Edwin E. & June Woldt Cone Professor of Marketing in the Lundquist College of Business at the UO. "This begins early through exposure to meals served at home and by meal combinations offered by many restaurants. Our simple recommendation is to serve water with all meals. Serving water, McAlister said, could be a simple and effective dietary change to help address the nation's growing **obesity** problem. Drinking water with meals, Cornwell said, also would reduce **dehydration**. While estimates of dehydration vary by sources, many estimates suggest that 75 percent of adult Americans are chronically dehydrated.

From an early age, Cornwell said, children learn to associate sweet, high-calorie drinks such as colas with salty and fatty high-calorie-containing foods like French fries.

How to Recognize a Heat-Related Illness

Medical Author: Melissa Conrad Stöppler, MD

Medical Editor: Jay W. Marks, MD

During a heat wave, it's important to know and be able to recognize the signs and symptoms of a heat-related illness. There are different types of heat-related illnesses, ranging from those that cause temporary discomfort to the generally fatal condition known as heat stroke. In all heat-related illnesses, the symptoms appear when a person is exposed to extreme temperatures.

The following checklist can help you recognize the symptoms of heat-related illnesses:

1. **Heat Rash:** Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children. Heat rash looks like a red cluster of pimples or small blisters.
2. **Heat cramps:** A person who has been exercising or participating in other types of strenuous activity in the heat may develop painful muscle spasms in the arms, legs, or abdomen referred to as heat cramps. The body temperature is usually normal, and the skin will feel moist and cool, but sweaty.
3. **Heat syncope:** Someone who experiences heat syncope (fainting) will experience the sudden onset of dizziness or fainting after exposure to high temperatures, particularly after exercising in the heat. As with heat cramps, the skin is pale and sweaty but remains cool. The pulse may be weakened, and the heart rate is usually rapid. Body temperature is normal.
4. **Heat exhaustion:** Heat exhaustion is a warning that the body is getting too hot. Those most prone to heat exhaustion include elderly people, people with high blood pressure, and people working or

"While this combining seems as normal as rainfall in Northwest winters, when we look cross-culturally we exercising in a hot environment. A person with heat exhaustion may be thirsty, giddy, weak, uncoordinated, nauseous, and sweating profusely. As with heat syncope and heat cramps, the body temperature is usually normal in heat exhaustion. The heart rate (pulse rate) is normal or elevated. The skin is usually cold and clammy.



5. **Heat stroke:** Heat stroke is a serious, life-threatening condition that occurs when the body loses its ability to control its temperature. Victims of heat stroke almost always die, so immediate medical attention is essential when problems first begin. In heat stroke, a person develops a fever that rapidly rises to dangerous levels within minutes. A person with heat stroke usually has a body temperature above 104 F (40 C), but the temperature may rise even higher. Other symptoms and signs of heat stroke may include confusion, combativeness, bizarre behavior, feeling faint, staggering, strong rapid pulse, dry flushed skin, and lack of sweating. Delirium or coma can also result from heat stroke.

While **heat cramps, heat syncope, and heat exhaustion** may all be present in mild degrees, you should always contact a doctor or seek emergency medical attention if the symptoms of these conditions are severe or worsen with time. ***Heat stroke is a true medical emergency. If a person has the symptoms of heat stroke, you should notify emergency services (911) immediately.***



BE AWARE AND HAVE

A WORD FROM HMC/CAH PRESIDENT

Hello All...

As everyone is aware, we've recently completed our Benefits Open-Enrollment for the upcoming plan year. HMC had no premium increases for the group benefit plans (Medical & Dental) for the 2nd year in a row. This is GREAT news for everyone for two very good reasons.

First, we are excited to announce, as part of our renewal with BCBS, there will be no increase in premiums for employees this upcoming year!

Secondly, and equally important, during the month of June, all employees will **NOT** have a payroll deduction taken out of their paychecks for their (BCBS) Medical Insurance. (Note: this only applies to the benefit deductions for medical insurance for the month of June. All other benefit deductions will be handled as usual).

This is just a simple way to say Thank You to our employees for everything you do to help us provide cost effective medical and dental benefits.

We sincerely appreciate your continued efforts to provide high quality health care to your community on a daily basis as well as for making HMC successful through these very trying times. All of our efforts will lead the company to a much stronger future for everyone!



Again, Thank You!
Larry Arthur
President/CEO



These days about half the stuff In my shopping
cart says, 'For fast relief'

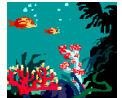
A SAFE SUMMER!!

Amazingly Helpful Time-Tested Tips for the Kitchen

Don't store your bananas in a bunch or in a fruit bowl with other fruits. Separate your bananas and place each in a different location. Bananas release gases which cause fruits (including other bananas) to ripen quickly. Separating them will keep them fresh longer.



When you clean your fish tank, the water you drain can also be used to water your house plants. The nitrogen and phosphorus in fish droppings make aquarium water a great fertilizer.



When defrosting meat from the freezer, pour some vinegar over it. Not only does it tenderize the meat; it will also bring down the freezing temperature of the meat and cause it to thaw quicker.

The substance in onions that causes your eyes to water is located in the root cluster of the onion. Cut this part out in a cone shape, with the largest part of the cone around the exterior root section.

Taking the top layer off of an onion can also reduce the amount of eye-watering misery.

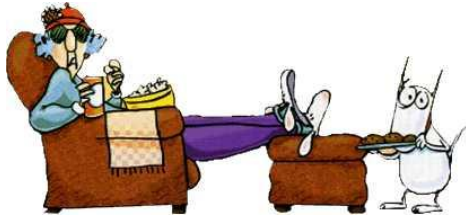
A favorite tip of thousands of grandmas: when you nick your finger while cutting veggies, wait until the bleeding stops and paint on a layer of clear nail polish. It will keep juices out of the wound and won't fall off into the spaghetti sauce like a bandage.

The jury is still out on what to put in the bag of brown sugar to keep it from going hard: a slice of apple, a piece of bread, and a shard of a terra cotta pot have all been used.

To keep cookies fresh, savvy grannies like to put some crumpled-up tissue paper in the bottom of the cookie jar.

If your salt is clumping up, put a few grains of rice in with it to absorb excess moisture.

THOUGHTS FROM MAXINE



Hello... I have a question!

If a pig loses its voice, is it disgruntled?

Why isn't the number 11 pronounced onety-one?

If 4 out of 5 people SUFFER from diarrhea...does that mean that one out of five enjoys it?

If people from Poland are called Poles, then why aren't people from Holland called Holes?

Why is a person who plays the piano called a pianist, but a person who drives a racecar is not called a racist?

If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

If it's true that we are here to help others, then what exactly are the others here for?

If Fed Ex and UPS were to merge, would they call it Fed UP??

Do Lipton Tea employees take 'coffee breaks?'

What hair color do they put on the driver's licenses of bald men? (I have wondered this for years!!!)

I thought about how mothers feed their babies with tiny little spoons and forks, so I wondered what Chinese mothers use. Toothpicks?

If a cow laughed, would milk come out of her nose?

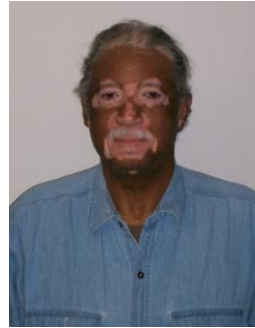
Why do they put pictures of criminals up in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the mailmen can look for them while they deliver the mail?



To clean fruit stains off of your fingers, rub them with a fresh, peeled potato. White vinegar can also do the trick.



EMPLOYEE OF THE MONTH



Melvin Myers is June's Customer Service Award Recipient. His Co-workers nominated him for his willingness to always help whenever and where ever he is needed. One thing you can ALWAYS catch Melvin with is a big

SMILE!!! Congratulations to Melvin Myers!!

CASH for OLD PHONES

Did you know that you can get cash for some of your old electronics? Go to

<http://www.gazelle.com/Gazelle.com>

Just enter in the type of phone you have and they will make you an offer. If you accept they will send you a check, you can opt for an Amazon gift card or they will put it in your pay pal account.

A FEW ADULT TRUTHS



Sometimes I'll look down at my watch 3 consecutive times and still not know what time it

Nothing sucks more than that moment during an argument when you realize you're wrong.

Obituaries would be a lot more interesting if they told you how the person died.



I disagree with Kay Jewelers. I would bet on any

1910 Ford - make sure you read all the statistics under the photo. This has been only 102 years ago.... Amazing



Show this to your friends, children and/or grandchildren
 The year is 1910, just over one hundred years ago.
 What a difference a century makes!
 Here are some statistics for the Year 1910:

The average life expectancy for men was 47 years.
 Fuel for this car was sold in drug stores only.
 Only 14 percent of the homes had a bathtub.
 Only 8 percent of the homes had a telephone.
 There were only 8,000 cars & only 144 miles of paved roads.
 The maximum speed limit in most cities was 10 mph.
 The tallest structure in the world was the Eiffel Tower!
 The average US wage in 1910 was 22 cents per hour.
 The average US worker made between \$200 & \$400 per yr.
 A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
 More than 95 percent of all births took place at HOME.
 Ninety percent of all Doctors had NO COLLEGE EDUCATION!
 Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as 'substandard. Sugar cost four cents a pound.
 Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound. Most women only washed their hair once a month, using Borax or egg yolks for shampoo.
 Canada passed a law that prohibited poor people from entering into their country for any reason.



given Friday or Saturday night more kisses begin with Bud Light than Kay.

Bad decisions make good stories.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

American flag had 45 stars.

The population of Las Vegas, Nevada was only 30!
 Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was no Mother's Day or Father's Day.
 Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health' 18% of households had at least one full-time servant or domestic help. There were about 230 reported murders in the ENTIRE U.S.A

WHAT A DIFFERENCE 100 YEARS MAKE!



**OH! C-c-c-cold Wipes! Cold
Wipes!**
