

# STAT

## Staying Together As a Team

### Lynn County Hospital District



#### Flexibility in the Workplace from [americasjobexchange.com](http://americasjobexchange.com)

*Our Mission Statement:  
A compassionate group of professionals, committed to healing our communities.*

Flexibility at work is a necessity for employees and employers, alike. Streamlined workforces, shifts in technology and a changing market are just a few reasons why flexibility is the new norm for many organizations. While your company may not have a formal set of rules for a flexible workplace, there are many advantages to be gained by taking on a flexible attitude – and approach, when it comes to your job

#### Advantages of Being Flexible – from the Employee’s Perspective

**Embracing change can expand your opportunities.** Today’s work environment is fluid. This means those employees who are able to adapt to shifting priorities are considered a valuable asset – above and beyond their skills and experience. Being able to adjust to shifts in organizational dynamics is necessary today.

**Being flexible can help you strike work/life balance.** Tele-commuting, the connected workplace and other technologies mean that the lines between work-time and personal-time have blurred. Rather than resist this change, embrace it. While you may need to be flexible and respond to emails during your evening hours, you can also use this flexibility to your advantage. Personal needs – once relegated to weekends alone – can be addressed more easily since we are always connected, in and outside of the office.

**Being flexible will make you more responsive to change.** The shifting dynamics of the workplace means that you need to adapt and respond to change, quickly. Resisting this can lead to undue stress. Recognizing and embracing flexibility will help you adapt to difficult situations more easily.

#### Advantages of Begin Flexible – from the Employer’s Perspective

**Being flexible signals that you value diversity in the workplace.** Diversification of the workplace is the new norm. Differing cultures, religions, and employee needs mean that today’s employer must accommodate diversity when it comes to working, thinking and interacting with others. Being flexible will enable you to accommodate the needs of your diverse workforce more readily.

**Flexibility is a good management decision.** Managers need to adapt to day-to-day shifts in workplace schedules – employee personal issues, an unexpected influx of work and more. Being flexible creates an environment where employers and employees can look at work and personal needs in a balanced approach, which is mutually beneficial.

**Being flexible is a win-win.** Being flexible with your employees is good for business. It builds employee trust and commitment, helps attract and keep key talent, as well as drives everyone to find solutions that work for all those involved.

Inside this issue:	
Family Wellness Center	2
Lab Knowledge	2
Emergency Medicine	3
Rehab & Fitness Center	3
Spiritual Care	3
Commitment to Care	4
Human Resources	4
August Dietary Menu	5

## Family Wellness Clinic– Melanie Richburg, DNP, FNP,C

Aside from avoiding your snooze button, it's time you make water a top priority each morning. While its importance is no secret, sipping water first thing in the morning that can significantly alter your day – for the better! Whether you're looking to lose weight or simply stay healthy, here are the exact reasons why water is crucial to your morning routine!

### Water Hydrates Your cells

After a long night's rest, it is common to wake up dehydrated. Hydration first thing in the morning is important, because it increases the rate at which new muscle and blood cells are produced. A hydrated body allows for a healthy flow of oxygen, allowing you to stay alert and energized.

### It Detoxes the Body

Water, especially lemon water, is a natural detox. Drinking water flushes out toxins and impurities. Not only does this keep you healthy, but it also leads to clear skin. Water purifies the colon too, allowing for the proper absorption of nutrients. While a plain glass of water is great, adding lemon increases the rate of urination in the body, maximizing enzyme function and stimulating the liver for detoxification.



### It Aids in Weight Loss

Consider water a wake-up call for your digestive system! Drinking water on an empty stomach in the morning boosts your metabolism heading into the day. In fact, research shows that an increase in water consumption leads to an increase in the rate at which people burn calories as opposed to storing them as fat. Water also fills you up,

curbing your appetite. Chances are that starting your day off with a healthy glass of water instead of a sugary latte will help you make smarter choices throughout the rest of your day.

### It Prevents Sickness

If you're getting sick often, it could be that you're not drinking enough water. Water plays a crucial part in maintaining a healthy lymphatic system. When this system is balanced, your body can properly fight off infection. Studies have also shown that dehydration leads to higher cortisol levels and, in turn, stress and sickness.

## Lab Update: Alex Toralba, MSMT, MT(ASCP)

### A Healthy Start: Reasons to Vaccinate Your Child

*from your laboratory neighbors*

**National Immunization Awareness Month** is a reminder that we all need vaccines right from the start and throughout our lives.

Immunization gives parents the safe, proven power to protect their children from deadly diseases before they turn 2 years old. Today's childhood vaccines protect against serious and potentially life-threatening diseases, including polio, measles, whooping cough and chickenpox. There are many important reasons to make sure your child is vaccinated:

- ◆ Immunizations can protect your child from 14 serious diseases.
- ◆ Vaccination is very safe and effective.
- ◆ Immunizations can protect others you care about.
- ◆ Immunization can save your family time and money.
- ◆ Immunization protects future generations.



Excerpts taken from NIAM 2014 Toolkit: *A Healthy Start – Babies from Birth to Age 2*

## Emergency Services: Bart Sanders, LC, NCEE

For the month of August, the hospital is launching a new Community Paramedic Pilot Program for Lynn County.

A Community Paramedic program is designed to be a mobile healthcare extension of the hospital filling healthcare gaps for the region.

Patients recently discharged from the hospital can benefit from a free in-home safety check performed by a paramedic in a preventative healthcare role.

The paramedic will assess the patient to ensure they understand their physicians care plan and avoid possible readmission to the hospital.

This pilot program will begin with Phase I on August 1<sup>st</sup> performing a community needs assessment and policy development. Phase II, I will begin my community paramedic college education and further researching grant funding. Phase III will be the launch of the full program in January 2015 to run for a year and it will then be reevaluated for program continuation.

I am excited to have the support and encouragement of the hospital administration and medical staff to offer this service to the residents of this region in the coming months as we lead the way in this evolving area of healthcare.

## Rehab & Fitness Center: Mike Green, PTA

Howdy, from down at the fitness center. We are going through a lot of changes right now. We have a new addition to our crew, Travis Armstrong. He will be in charge of the cardio/pulmonary rehab and will be overseeing the fitness center. We will also have a traveling PT, Holly Compton, is joining us beginning August 11th. She will be with us for a 3 month contract.

We will also be getting new equipment soon. Since we received the grant, we will soon be ordering the equipment and rearranging the fitness center a little. We are excited to get the equipment in and start utilizing it to help patients and help everyone get and stay fit.

## Spiritual Care: Pete Paniagua

Greetings LCHD Staff:

We are changing our schedule for our Non-Denominational Service and our Catholic Communion Service. Catholic Communion Service will now be held the first Wednesday of each month, from 12:25 to 1:55 Noon.

Our Non-Denominational Scripture Sharing Prayer Service will be the 3<sup>rd</sup> Sunday of each month, from 12:25 to 1:55 Noon.

We are hoping that we will soon be able to offer Spiritual Care at the Lynn County Jail. More information will be forthcoming.

May you and your families be richly blessed, as we strive to offer not only physical care and healing to our Patients and Staff, but also spiritual care and healing.

Deacon Pete Paniagua  
LCHD Chaplain





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## Commitment to Care

### Dates to Remember:

**Aug. 14th :** 3:30 Staff can come get some of the school supplies donated for their children

**Aug. 15th All Staff Fajita Luncheon** Noon in the meeting room

**Also on Aug. 15th Relaxation Day:** Sign up for your 10 min chair massage  
And we can wear “appropriate for work” jeans

**Aug. 26th: Hospital Blood Drive 3 pm- 7pm.** They are in desperate need of blood so please try and give this life saving commodity.



**Wear your Jeans too!**  
**Support what team you love.**

**Save the Date:** Lynn County Harvest Festival is Sept. 27th we will have a booth and will be looking for help.

## Human Resources

### Job Openings:

Registered Nurse – Nights  
Part-time Outpatient Speech and Language Pathologist  
Part-time Outpatient Occupational Therapist  
Physical Therapist for Outpatient and Swingbed programs  
Dietary Aide- Weekends only  
Housekeeping Full Time

### New Employees:

Jorge Rodriguez	Radiology
Virginia Silvas	Lynnwood
Eusevio Resendez	EMS
Kari Robinson	Fitness Center
Kcie Rodriguez	Lynnwood
Travis Armstrong	Cardiac & Pulmonary Rehab
Ann Pesina	Lynnwood