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Staying Together As a Team

Lynn County Hospital District



Our Mission Statement:

A compassionate group of professionals, committed to healing our communities.

7 Habits of Highly Effective People: Stephen Covey

For the next few newsletters we will be sharing Stephen Covey's 7 habits. This book was written 15 years ago but it is still very relevant for the workplace and for our personal lives. For the month of February let's choose to apply this one habit to our lives and see how much it can effect us and our coworkers.

Habit 1: Be Proactive

Your life doesn't just "happen." Whether you know it or not, it is carefully designed by you. The choices, after all, are yours. You choose happiness. You choose sadness. You choose decisiveness. You choose ambivalence. You choose success. You choose failure. You choose courage. You choose fear. Just remember that every moment, every situation, provides a new choice. And in doing so, it gives you a perfect opportunity to do things differently to produce more positive results.

Habit 1: Being Proactive is about taking responsibility for your life. You can't keep blaming everything on your parents or grandparents. Proactive people recognize that they are "response-able." They don't blame genetics, circumstances, conditions, or conditioning for their behavior. They know they choose their behavior. Reactive people, on the other hand, are often affected by their physical environment. They find external sources to blame for their behavior. If the weather is good, they feel good. If it isn't, it affects

their attitude and performance, and they blame the weather. All of these external forces act as stimuli that we respond to. **Between the stimulus and the response is your greatest power—you have the freedom to choose your response.** One of the most important things you choose is what you say. Your language is a good indicator of how you see yourself. A proactive person uses proactive language—I can, I will, I prefer, etc. A reactive person uses reactive language—I can't, I have to, if only. Reactive people believe they are not responsible for what they say and do—they have no choice.

Instead of reacting to or worrying about conditions over which they have little or no control, proactive people focus their time and energy on things they can control. The problems, challenges, and opportunities we face fall into two areas—Circle of Concern and Circle of Influence.

Proactive people focus their efforts on their Circle of Influence. They work on the things they can do something about: health, children, problems at work. Reactive people focus their efforts in the Circle of Concern—things over which they have little or no control: the national debt, terrorism, the weather. Gaining an awareness of the areas in which we expend our energies in is a giant step in becoming proactive.

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Lynnwood Assisted Living- Diane Osborne, ML

Team work is an important aspect to accomplish daily goals whether in a family or business. Team building is designed to bring out the finest in people and produce the best possible results by working together. It helps to create new relationships between people in the workplace and lets managers discover new skills that may not have previously been apparent when employees are simply exerting effort to meet the demands of their job description.

Research has shown how team building and specially planned activities contribute to the wellbeing, productivity and morale of employees that will lead to the success of a business. Not only is working together imperative toward accomplishing daily objectives but it is also important to building camaraderie amongst each other. One of the most significant facets of working together is communication.

What is communication? Communication is sharing information between two or more individuals.

If we fail to communicate effectively then something or someone may suffer. Failure to communicate effectively is the most common problem between individuals, whether the information was not clearly expressed, there was a lack of effective listening or the information was not given.

Learning to communicate and how to communicate is something that was a focus at a recent Lynnwood staff meeting. We discussed the importance of choosing your words and how they are expressed as well as sometimes how they affect others. Something that was shared is that communication is one of the first things that we teach our children. We teach them how to talk, what to say, how to play well with others, be nice, etc. Then we become adults we seem to forget some of those things. We should remember that we all are a team, even though we may not work in the same department(s), we are all here for the same reason – Taking Care of People.

Employee Spotlight: Mary Helen Barrientez, Business Office

Meet Mary Helen Barrientez. She is a valued member of the business office team. Mary Helen began working with LCHD in February 2004. She was honored at our recent Christmas party with her 10 year pin. Let's get to know Mary a little more.

Where were you born & raised? Tahoka Texas

What is your roll at LCHD: Charges and Registration

What is your favorite line in a movie?

“Nobody puts Baby in the corner!”

Where would you go on a dream vacation?

The Bahamas

What is your hidden talent?

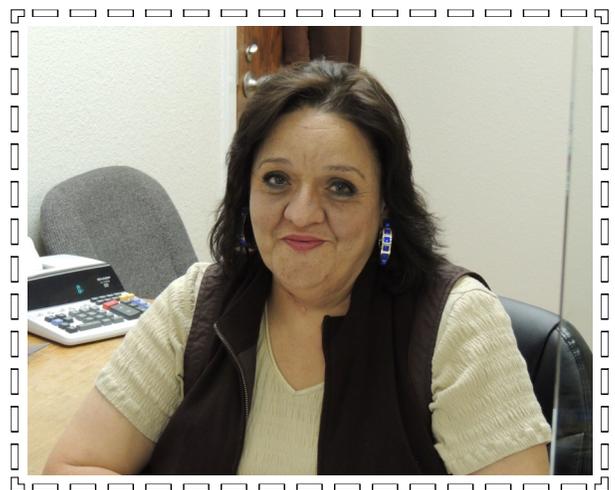
Singing out loud in the car-(really well)

If you were stuck on an island what three things would you bring with you?

Food, clothes & toilet paper!

What is the one thing you want people to know about you?

I love my grandkids!! And that my family is my world.



Rehab & Fitness Center: Travis Armstrong, ACSM-CES, HFS, NSCA-CSCS

Exercise is too often associated with weight loss or physical appearance, when in-fact exercise is very beneficial for your brain as well. Did you know that regular exercise can improve learning and mental performance, help prevent and treat dementia, Alzheimer's and brain aging. Or that exercise actually reduces your sensitivity to stress, depression, and anxiety and improves your reaction time, mood and memory?

Exercise is a very effective medicine!

"If there is time to Facebook,
there is time to exercise.
It's not about "having" time,
it's about MAKING time."

-Anonymous

Fitness Class Schedule – Spring 2015

Monday: Tabata – 7:00pm – (30 min)

Monday: PiYo – 7:30pm – (30 min)

Tuesday: Zumba/Step Combo – 7:15pm – (45 min)

NEW Wednesday: Cycling – 6:00pm (45 min)

Thursday: PiYo Step – 7:15pm – (45 min)

Thursday: PiYo Pump – 7:15pm – (45 min)

Saturday: Cardio Kickboxing – 9:30am – (60 min)

Videos Available for Use ANYTIME: T25–
P90X–Insanity–Spinning Rides–BOSU Total Body Workout

Fitness Center Hours

Monday – Friday: 5:00am – 9:00pm

Saturday: 8:00am – 1:00pm

Emergency Medical Services: John Baker, EMT-P

On January 5, 2015 we began an EMT Basic class that will continue through April 24th. We have 18 students attending the class. Some of the students are from Post EMS and O'Donnell Fire Department. It's great that our area will have more trained personnel in first response in all these areas. We are excited to be able to grow our volunteer EMS staff with these additions. All of this education can only help our citizens in the care they receive.

There is interest for another class to begin in July 2015.



Spiritual Care: Pete Paniagua, Chaplin

It doesn't seem possible that we're already going into the second month of the New Year! Hoping everyone is staying focused and doing well with those New Year's Resolutions.

Our outreach ministry at the Lynn County Jail is going well. **We are still in need of more bibles.** If you have any you wish to donate, please contact me at Ext. 300. Also if you have any devotionals, magazines, etc. let me know and I will be glad to stop by and pick them up.

Thank you nurses and aides for being so helpful in working with me to accommodate our Pastoral Patient Visits. They are much appreciated by our patients, especially the morning visits. It is also very helpful and appreciated when the faith preference is imputed at the time of registration.

Working together as a team, we can make sure our patients receive spiritual as well as physical healing.



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Commitment to Care

Thank you to everyone who donated blood at our blood drive on Wed. the 21st!

Dates to Remember:

- ◆ Thursday Jan. 29th is the Super Bowl Luncheon here on the Hospital campus. 12 Noon. Bring your favorite super bowl snack and enjoy everyone else's. There will be a Dip contest so bring yours to participate.

We are always looking for new ideas for events and community outreach, so if you have an idea share it with one of the committee members.

Our next meeting is Feb. 3rd, 8:30am in the meeting room. New members welcome.

From Vera to the Nursing Staff

I would personally like to express the deepest gratitude to the incredible nursing staff at LCHD.

For the past month the staff has been working very hard and often sick. The level of illness among our staff has been unprecedented. The ER has been very busy with patients presenting with the virulent flu strain we are seeing this year and due to this our staff, despite the flu shot have been very ill themselves with many pulling extra shifts to cover. As we do not have a staffing pool to pull from, the same group covers it all and when 5 staff members are out sick during one 24hr period it is a tremendous burden on the rest.

Our staff also travelled in and out many many shifts during our "ice storm". They selflessly put themselves at risk to get to the hospital to carry their part of the load so others could go home to come back on the same treacherous roads.

The dedication shown this year was truly amazing and heartwarming to see and be a part of. I could not have asked for a better group of people to get us through a very rough start to our New Year.

And then we had the selfless group (Melissa, Denise, Monica, and Lisa) who went dumpster diving in the snow to retrieve a denture that had been thrown away hours previously and Yes, they were able to find it despite the nasty conditions. Cuddo's *Thank You Vera*

Human Resources

New Employees for January:

Margie Nino – Lynnwood
Sandye Dodson – Dietary
Patrick Ochoa – Nursing

Welcome to Tahoka Drug employees

Donna Brooks
Melissa Pedroza
Herlinda Garcia

Job Openings:

Pharmacy Manager (experience in retail, AP, ordering supplies and Quick Books)
Pharmacist
Registered Nurse—Nights
Part-time Outpatient Speech and Language Pathologist
Part-time Outpatient Occupational Therapist
Dietary Aide
Respiratory Therapist