

STAT

Staying Together As a Team



Lynn County Hospital District

Ways to Show RESPECT

When you want to be respectful, try to put yourself in someone else's shoes and behave in a way that shows you care. At its heart, being respectful means showing that you value other people's perspectives, time and space. Below are some practical applications.

Show kindness and courtesy. Being respectful starts with a basic consideration of other people's feelings. Ask yourself how you'd want to be treated in a given situation, and make an effort to treat other people that way. Treat everyone you encounter - strangers on the street, coworkers, classmates and family members - as an individual worthy of basic kindness and courtesy. Treating people with respect makes the world a much more pleasurable place for everyone! Here are a few ways to show kindness to others:

- ◆ Acknowledge people's presence. Make eye contact and nod or smile!
- ◆ Offer a seat to the elderly or handicapped.
- ◆ Hold doors for people who have their hands full.
- ◆ Greet people when you walk into work in the morning.
- ◆ Thank people who help you throughout the day, like the bus driver, restaurant server, doorman, cashier and mail carrier.
- ◆ Offer people food, water, or something else when you see a need that could be met.

Don't discriminate. Be respectful to everyone - not just people you know or those

you perceive as having a higher status than you. Many people save their respect for people upon whom they want to make a good impression, and they're rude to everyone else. But there is truth in the saying, **"You can judge the character of others by how they treat those who can do nothing for them or to them."**

- ◆ This means you should be as kind to those who aren't as "cool" as you as you are to the most popular people you know.
- ◆ Be kind to people you encounter throughout the day who aren't always treated with respect. For example, homeless people are often overlooked or treated rudely, but they deserve the same respect and courtesy as anyone else.

Listen when someone is talking. When you're having a conversation, being a good listener is a basic sign of respect. If you look bored or interrupt the person, you're showing that you don't really care what he or she has to say. Practice listening more intently and waiting until the person is finished talking before you respond.

- ◆ Making eye contact is a good way to show that you respect what someone is saying. Other body language cues can help as well. Face the person to whom you're talking and try not to fidget while they speak.
- ◆ Process what the person is saying instead of just absently nodding your head.

Our Mission Statement:

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

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Fitness Center & Physical Therapy

Come on out and get started on the road to Health!

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

- **The time of day is important.** Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to work out, especially if it's going to be scorching that day.

- **Wear loose, light-colored.** The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

- **Sunscreen is a must.** I use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

- **Stay hydrated.** Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every

15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.

- **Replenish** your electrolyte and salt intake while exercising. I like to use SUCCEED capsules—small, simple packs of sodium and electrolytes that keep my system in check.

- If you can, **choose shaded trails or pathways** that keep you out of the sun.

- **Check the weather forecast before you start your workout.** If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

- **Most importantly, listen to your body.** Stop immediately if you're feeling dizzy, faint or nauseous.

If you're looking for some specially designed clothing for working out in the sun, check out sunprecautions.com

Excerpt from "8 Tips for Exercising in Summer Heat" article for Active.com written by Joe Decker

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

June is Congenital Cytomegalovirus infection awareness month

Stats to share from your lab neighbors

CMV is the most common viral infection that infants are born with in the United States. About 1 in 150 children is born with congenital (present at birth) CMV infection. This means that in the United States, about 30,000 children are born with congenital CMV infection each year.

About 80% of (80 of every 100) babies born with congenital CMV infection never have symptoms or problems.

About 1 in 750 children in the United States is born with or develops permanent problems due to congenital CMV infection. In the United States, more than 5,000 children each year suffer permanent problems caused by CMV infection.

CMV Testing of Infants

Tests that detect the virus are used to diagnosis CMV infection at birth. A diagnosis of congenital CMV infection can be made if the virus is found in an infant's urine, saliva, blood, or other body tissues within 2-3 weeks after birth. Congenital CMV cannot be diagnosed if the infant is tested more than 2-3 weeks after birth.

Healthy infants are not routinely tested for CMV infection. If you find out that you became infected with CMV for the first time during your pregnancy, make sure your infant is tested for CMV as soon as he or she is born. Babies infected with CMV **after** birth generally are not at risk for problems unless they were born very prematurely and have very low birth weights. If your infant is diagnosed with congenital CMV infection, you should have his or her hearing and vision checked yearly.



John Baker, NREMT-P~EMS Director

Well, it is hard to believe I have been here almost three months. I am excited every day to work with such a great group of people. When I decided to go to paramedic school, I planned on staying a volunteer and keep my project manager job in Lubbock. Things changed, and now I drive two minutes to work instead of twenty-five. Enough about me, except to say thank you for the warm reception, when I started.

As you may all know, we lost Seth to Lubbock Fire, at the end of May. We wish him the best. Traci Jolly has joined us full time at the Fitness Center, and running calls from there. Traci takes EMS call from the Fitness Center during the day. Traci's husband, Bobby has rejoined the service, after a six year absence. He has been great to help with night and weekend calls. Micah is primarily helping Bart Sanders in the ER, until the 911 phone rings.

We have received a grant for fluid refrigerators and new cardiac monitors on the trucks. This new equipment is already in service. With that equipment, 1901(which is under the carport) will be upgraded to a mobile MICU, like our other two ambulances.

We are looking to hold an EMT and advanced class, sometime this fall. If you are interested, or know someone who might be, please contact Bart or myself.

Last, but not least, we have implemented our "Nurse Ride-Along" program. This gives the nurses the opportunity to see the pre-hospital care, given by EMS. Come see me if you would like to try it out.

Here to serve, 24/7 day or night EMS! ~John

Diane Osborne, Director : Lynnwood Update

Lynnwood has been hosting a Key's to Healthy Living Series which contains topics that affect the Geriatric population. Wendy Scott, Lynn County Extension Agent, presented information regarding tips to Healthy Eating in April and then ideas to make Exercise a regular part of the day in May. Who knew that chair exercises could be so strenuous?

Layne, Audio technician from Hearing Aid Technologies, presented in June "Hearing: Being in tune with the World around you". Layne will be at Tahoka every quarter to perform hearing screenings for the general public and to do routine hearing aid maintenance. Call Lynnwood to schedule an appointment.

In July Shannon Ramos, Lubbock area representative for the Alzheimer's Association, will be presenting "Keys to a Healthy Mind". Dementia/Alzheimer's is the 6th leading cause of death for those ages 65 and older with two-thirds of those diagnosed being women. This is a progressive, degenerative disorder that attacks the brain's nerve cells, resulting in the loss of memory, thinking and language skills, and behavioral changes. Contrary to beliefs it is not a normal part of aging. Some studies show that an individual can boost their brain power by keeping mentally active. New research shows that it is important to do something that is mentally challenging and provides a broad stimulation both mentally and socially. This indicates that when we are inside our comfort zone that we could be outside our enhancement zone. She will provide information which should stimulate our minds and add a valuable key to our key ring.



The staff and resident's at Lynnwood look forward to hosting programs that will benefit the people of Lynn County. Watch for more events that may interest you or someone you know.



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Colton Holland: Intern Update

June 1st, 2014 marked my one year anniversary working for Lynn County Hospital District. It has been a true blessing to have this opportunity to learn and grow my knowledge and understanding in a hospital operating setting. Every department I have been through has been so welcoming and inviting to teach me there process on a daily and monthly basis. It has been exciting to see how claims go through at the clinic and then sent to the clearing house from our business office. Sometimes they work great with little stress and sometimes they are denied and sent back for us to alter and try again. This residency is for 18 months, so I am excited to spend the next 6 months learning more and experiencing everything there is to offer.

Commitment to Care



THANK YOU!!!! The Diabetic Walk was a great success!! We hope to make this a yearly event so make plans to participate next year.



Dates to Remember:

July 4th Fireworks on the Lawn: Bring your lawn chairs or blankets; set up on the lawn and watch the fireworks we are going to shoot off! The plan is to start shooting off at 9:45 PM. Family is invited.

Aug. 3rd Pool Party 6-9PM ~ Tahoka Pool. This is a family event. The hospital will be cooking burgers and hot dogs with the staff bringing the sides. Remember to bring your own lawn chairs. We will again have the homemade ice cream contest. If anyone has a better way of voting please let your Commitment to Care member know.

Human Resources

Job Openings:

- Exercise Physiologist – Cardiac & Pulmonary Rehab
- Registered Nurse – Nights
- Part-time Outpatient Speech and Language Pathologist
- Part-time Outpatient Occupational Therapist
- Certified Medical Assistant – Family Wellness Clinic
- Physical Therapist for Outpatient and Swingbed programs.
- Part-time Fitness Center Associate – 5PM to 9PM MWF & 5PM-8 PM TT also every other Saturday .



New Employees:

Regina Fabella Lab

Welcome her when you see her!