

# STAT

## Staying Together As a Team

### Lynn County Hospital District



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

#### Optimism : *Sharon Esonis, Ph.D.*

With the advent of the Positive Psychology movement, there has been a great deal of increased interest in the topic of optimism. Voluminous and robust research has brought wonderful news indeed for Life Coaching and the field of psychology in general.

Not only does an optimistic approach provide amazing benefits, but it can be learned by anyone... yes, even by dyed-in-the-wool, life-long pessimists! Optimism has been shown to generate improved physical and mental health, longevity, performance excellence, creativity and success in attaining goals and dreams. According to Professor Martin Seligman at the University of Pennsylvania, optimism has even played a significant role in the outcomes of professional sports and Presidential elections.

Learning the strength of optimism through Life Coaching is a powerful way to find your Positive Path. In my professional training and experience, I have become convinced that working with clients on the cognitive and behavioral components of optimism can be life altering. The process is enjoyable with results often occurring within a short time frame.

What is this promising elixir? **Optimism is a belief system with three major components: first**, the belief in your own power to make your life and your future better; **second**, the belief that negative events in your life are not permanent, personal or pervasive; and **third**, the belief that positive events in your life are permanent, personal and pervasive.

Permanent refers to the lasting effects of an event. If you make a mistake, fail at something, run into an obstacle or encounter some misfortune, do you tell yourself that this is not going to go away or change, that this problem is permanent? Or do you, as the optimist, tell yourself that this is a temporary state of affairs? If something positive happens, do you tell yourself it is temporary, or as the optimist,

you tell yourself that it will have a permanent and positive effect on your future?

Personal refers to your interpretation of who is responsible for the event and why it happened. If you are besieged by a negative event, do you believe you are a victim or that you brought this terrible thing upon yourself? Or, as the optimist, do you believe bad things happen to everyone, that your response to them is what will make the difference in the future? If something positive happens, do you tell yourself that this is a fluke, or as the optimist, do you tell yourself that you had a lot to do with this welcome occurrence?

Pervasive pertains to your belief about how other parts of your life will be affected by the event. In the case of a negative event, do you believe this will have a counterproductive influence on other aspects of your life, or as the optimist, believe that the effect will be related only to the area in which it occurred? If a positive event occurs, are you convinced that the results will only be beneficial to this specific part, or as the optimist, do you think that the sunshine will spread throughout your life?

Optimism is about positive, can-do beliefs, expectations, choices and strategies, about knowing you are responsible for your life and that you have the ability to be effective on your own behalf. The optimist learns all he can from adversity and then propels himself forward toward his goals and vision. The optimist takes credit for the things he has accomplished, savors the victories, and utilizes them as fuel for the ongoing journey of dreams and discovery.

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## Fitness Center & Physical Therapy

### Fitness Center Class Schedule:

**Mondays: Tabata 6PM & Pilates 6:30PM**

**Tuesdays: Zumba 6PM & CrossSculpt 7PM**

**Saturdays: Kickboxing 9:30AM &  
Core/Buns&Thighs 10:15AM**

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

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

### **Ten things you should know about Medical Laboratory Testing**

from your laboratory neighbors

#10: Home testing kits are useful but may not be as accurate as tests performed in an accredited laboratory

If you perform testing using a home test kit, be sure to follow the directions exactly or the results may not be reliable. For more information go to [www.labtestsonline.org](http://www.labtestsonline.org).



If you are doubtful of the test result, consult your provider for him to decide if you may need to have a test run by the laboratory.

\*\*Brought to you by the Promotion of the Profession Committee of the American Society for Clinical Laboratory Science.

## Human Resources

### New Employees:

Kim Billingsley: FNP,C ~ER

Shaquitha (Kitty) Sanders~ Housekeeping

Lisa Segovia~ Housekeeping

Lisa Barrientez~ Lynnwood

Brenda Palacios~ Lynnwood

Kaitlyn Reno~ Nursing Tech

### 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

PRN Nurse Aides - Lynnwood Assisted Living

## Bart Sanders, BS, LP, NRP ~Director of Emergency Services

So Proud to be here with such great people. Here are a few things happening in the Emergency Services Department.

- ◆ The ED/Hospital was re-designated as a Level IV trauma facility this month!
- ◆ EMS is being integrated into the ER as part of the ER Team to assist nursing.
- ◆ EMS has upgraded 3 of their portable cardiac monitors to the new Zoll "E" series monitors that include end-tidal CO2 monitoring with waveform capnography – the 'gold standard' in patient monitoring.



- ◆ We have also added 2 of these monitors in the ED and hospital as well as a new Veinlite which helps locate deep veins that otherwise may be difficult to locate.

Just wanted you to know. I am really happy and proud to offer this cutting edge equipment to the residents of this region. -Bart



NEW trees for Family Wellness & Rehab Center!  
HAPPY One Year Anniversary!



Optimism:  
A bright attitude can help us reach our full potential!!

## Medical Records ~ Carmen Chapa

All is going smoothly here in MR. The implementation of ICD10 has been pushed back to October 2015 instead of October 2014. But we will continue to stay on task with the ICD10 training.



Did you know we have a FB page? Like us @ Lynn County Hospital District. We have 180 likes and our goal is to get to 200 by the end of June! We want this page to get out information about events we are hosting or helping with. So Let us know if you have something you want posted. Thanks!



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## Nursing

**You're a nurse? That's cool. I wanted to do that when I was a kid. What do you make?**

**"What do I make? - I make holding your hand seem like the most important thing in the world when you're scared.**

**I can make your child breathe when they stop.**

**I can help your father survive a heart attack.**

**I make myself get out of bed at 5am to make sure your mother has the medications she needs to live.**

**I work all day to save lives of strangers.**

**I make my family wait for dinner until I know your family member is taken care of.**

**I make myself skip lunch so that I can make sure that everything I did for my patient is documented properly.**

**I make myself work weekends and holidays because people don't just get sick Monday through Friday.**

**Today, I might save your life.**

**I make a difference, what do you make?**

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## Commitment to Care



 American Diabetes Association.

Our Walk is June 12th 6PM Here on the hospitals main campus.

Walkers who let Julia know by Thursday of this week (June 5<sup>th</sup>) can get a t-shirt from the event. A sign-up sheet is by the time clock at the hospital campus for employees to use. If you are at another campus; just email Julia and I will put you on the list.

The walk can be as short as 15 mins or you can take the longer route through the neighborhood.

We will have IntegraCare here cooking hamburger lettuce wraps and with fixings for participants along with fresh fruit and water for the walkers. There will be information booths and other activities on our lawn.

We would love to make this a family event so sign them all up.

(strollers welcome)

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