

STAT

Staying Together As a Team



Lynn County Hospital District



LCHD'S TOP 5 for 2012

- Expand Hospital Services
- Increase Communication
- Expand Indigent/charity care
- Remodel Hospital/ Up-grade ER
- Complete construction on new Family Wellness/Rehab Center building

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Being a Successful Communicator

Everyone of us could learn to communicate better and we have all heard the saying "If you want to be a successful communicator you must become a better listener."

Listening is the key and I mean really listening. In this day when we are always multi-tasking it really is hard to just listen. Mostly we just hear enough to cause a bell to go off in our heads and then begin formulating our response...and there begins the poor listening.

Why do we want to be better listeners do you ask? Good listening will

improve mutual understanding. It can keep you out of trouble. It may help in earning respect from your peers. And it can develop your own self-esteem and self-worth.

Below are some active listening skills you can put into practice.

Cut this section out and put it in the back of your name tag or tape it on your computer. If we all have a goal of being a better listener then the better communication will come naturally.

ACTIVE LISTENING SKILLS:

- Be Quiet.
- Listen to what is being said even if you don't agree.
- Allow time for the discussion .
- Minimize outside interruptions.
- Remember the goal is to listen, not to critic.
- Don't interrupt.
- Remain objective; don't get emotionally involved.
- Keep an open mind.
- Avoid direct questions & arguments about facts.
- Don't plan your response while the other person is talking.
- Be QUIET.

The new Family Wellness & Rehab Center is moving along great!



Walls are up, painting has begun and the locker rooms look fantastic!!





Malena Vitolas, RT

Radiation is a frightening word to many people, but humans are exposed to different forms of radiation every day.

Sources of radiation include cosmic rays from the sun, radioactive elements in the earth's crust. Natural sources contribute approximately 50% of the annual

radiation dose to the U.S. public. Medical uses of radiation, such as computed tomography and nuclear medicine procedures, represent most of the exposure to artificial or man-made radiation.

Each year, the average American is exposed to about 3 millisieverts (mSv) of naturally occurring "background radiation" from his or her environment.

By comparison, a chest x-ray delivers 0.08 mSv and a mammogram delivers about 1.0mSv.

**On next the newsletter:
"Are x-rays Safe?"**

Operation Claus!

On December 1st motorcyclist from around the area will converge on Lynn County Hospital to donate toys or cash to the Lynn County Christmas for Kids program.

This is a new event for us that we are co-sponsoring with the new Tahoka Area Chamber of Commerce.

Our hope is this will become an annual event to help support such a worthy cause.

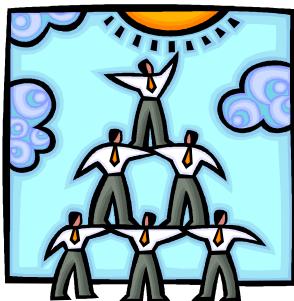
Christmas for Kids is in it's 24th year and has given Christmas gifts to up to 250 children in one year.

They motorcycle groups will stop off and have lunch in our parking lot

after they have donated their toys.

If you would like to be a Santa's helper on that day please stop by Julia's office and sign up. We will be helping give out he burgers and also taking up he toys.

The more the merrier!



Mel's Corner: Human Resources

We have two new employees— Brenda Tillman & Ashley Holly both in nursing.

JOB OPENINGS:

Night RN's-
Administrative Assistant

Let me just share this quote I found. "Gossip, jealousy, suspicion, and resentment are the most destructive ways that we look at each other; such negativity only serves to fracture our personal power." As employees

here at LCHD let's try to build each other up instead of breaking each other down.

Wishing you a happy and healthy Christmas season. ~Melissa

Commitment to Care

We had 19 employees decorate/carve pumpkins for our contest! They were all very spectacular.

Winners were:

Most creative: Nikki D.

1st Place: Lynnwood

2nd Place: Lab

3rd Place: Dr. Freitag's office. Congrats to all the winners!!

Door Decorating Contest~

This year we are going to try something new. Instead of doors we will be

making wreaths and displaying them throughout the facilities.

Individuals can pick a patient room door if they do not have an office door themselves. You MUST buy an over the door wreath hanger.

Jay & his team have worked really hard on the doors and we don't want to damage them.

Winners will be announced December 20th.

The Commitment to Care Committee welcomes new comers to our meetings.

The next meeting will be Thursday, December 6th at 8:30 am in the meeting room.



*Christmas Party
December 13th
6 Pm for all that RSVP'd*



Halloween Themed Pot Luck



Mummy weenie wraps
Yumm!



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At LCHD we strive for excellence in all that we do!

Leaders:

- ◆ Welcome ideas that are not their own.
◆ Are open to what others have to say without getting defensive.
◆ Make it ok for others to share ideas even if those ideas conflict with theirs.



December Birthdays

- 12/1 Mary Calvillo ~Nursing
12/3 Ginger Henry ~CS
12/4 Felix Perez ~Facilities Mgmt
12/7 Jessica Pesina ~Nursing
12/8 Melanie Moya ~Nursing
12/16 Jamie Bingham ~Facilities Mgmt
12/24 Leslie Owens ~Radiology
12/25 Frances Chancy ~Rehab & Fitness

Christmas Word Search

Words associated with Christmas are hidden in the puzzle. Can you find them all?

J C Z K F G C F Z R A T S B X Y H
M Q H W T J A R T A E F S H A A I
C D P R P M W S T V M D L F K R B
Y Z E Z I Y L N U T M X O R U E O
S E T L O S A U Z S E Y R U H I Y
Z U Y L Q S T G B L E P A I J N T
N S R B I K T M O X P J C T G D I
F J N D N G M P A R S U N C O E V
D D T O S G H C S S T E T A L E I
A W Y Z W T U T Y D N G W K E R T
A A M S R S O G S I E V O E L S A
C G S O D C H X T N S Z H W U K N
I O N R K L Z D C N E N O J Y I C
R W A I D M G N R E R D M R Q M E
E C N H S I P T L R P F X T C O Z
G G W Y Q W T S E V L E I U Y I Z
I H A I C I C L E S N A A Q P Y L

- CARDS
CAROLS
CHRISTMAS
DINNER
ELVES
FAMILY
FRUITCAKE
ICICLES
JESUS
LIGHTS
NATIVITY
NORTHPOLE
PRESENTS
REINDEER
SANTA
SNOW
STAR
STOCKING
TREE
YULELOG