

# 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/ Fitness Center building

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### The End in Mind -Stace Holland

A Vision of Success is one of the most important tasks in the operations of a business. Many businesses fail because they do not have a vision for what their business will look like when success comes. Stephen Covey states "begin with the end in mind".

Mission statements are a popular mechanism for organizations to state what they want their business to be and sometimes these statements become their vision. However, I believe most mission statements become meaningless words and sentences unless the employees really believe in the statement. If you would check the mission statements of many hospitals they will say something like, "provide high quality care at an affordable price". To me this sounds like a statement for a retail shop.

I went into healthcare to help people in need, and I believe we all went into this field because we wanted to create an atmosphere to care for hurting people. If you are working in healthcare and you have a different purpose, I encourage you to find a new career.

Those of us whom are called into this field want to provide great care and earn a living on the side. I believe when we provide great care the bot-

tom line will fix its self. The money will come as we show we are a great place to receive good care.

Therefore, the vision I have for LCHD is to be busy providing care. I envision acute care beds being full of sick people with nursing and other staff providing the great care people have come to know us for. I envision an ER full of hurting and scared patients. I mention scared patients because we have to understand that our education is different than most others. There are times when people become scared, when they feel ill or something is going on and they don't know what it is. When this happens the natural response is to visit an ER and get advice from someone you should trust.

I have experienced this myself. Many years ago my wife and I were laughed at when we took our 4 month old son to the ER. It was about 10 p.m. when we determined he was having a very hard time breathing. We were scared he was getting worse and couldn't breathe so we rushed to the ER. When we arrived we were met with disgust. The atmosphere made us feel unworthy and stupid. The negative atmosphere

wasn't created by words but with body language and actions. Communication was horrible and at one point I threatened to call the police. I was furious because all they did was take my son outside and allow him to breathe some cold air. I thought we were getting poor treatment due to not having any insurance and their feeling that this wasn't a true emergency. I was certain I was being treated different due to my circumstances and lack of healthcare education. I later learned the treatment received for my son was good treatment and I am happy to say it worked and worked rather quickly, but I will never forget the humiliation I felt.

The ER is one of the most important services we provide. **It is the front door to our hospital.** The way we handle our patients and the situation in the ER is very crucial for our image and success. We can either follow our mission or we can run off our business.

During the next few months we will be having many meetings and discussions about our mission, our vision, our ER and the way it should be ran and handled. I desire for the vision to be so real

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### New Bone Density machine at LCHD



Malena loves her new technology!

Malena Vitolas, Director of LCHD Radiology is excited to show off the new GE Lunar Digital IDEXA Bone Densitometry machine that has been recently installed here at Lynn County Hospital District. The scanner features the latest digital technology in the fight

Osteoporosis is a gradual thinning and weakening of the bones that can lead to bone fractures. Osteoporosis affects nearly one-half of all post-menopausal women, the largest group at high risk for osteoporosis. Malena states "This new digital densitometer measures bone mineral density, which relates directly to bone strength. In just 30

seconds this highly precise densitometer aids in identifying osteoporosis risk and in determining the effects of osteoporosis treatment." The procedure is painless and only takes a few minutes. Along with this machine GE donated a new portable Bone Density machine that was used at the recent County Wide Health Fair.



against Osteoporosis.

### County Wide Health Fair Held in the Hospital hallways.

On Thursday Oct. 11 the annual County Wide Health Fair was held in the newly updated hallways and lobby of Lynn County Hospital. Over 150 citizens worked their way up and down the hallways receiving free health related testing's and important health information.



The Flu Shot Brigade!



## Commitment to Care Committee

Your Commitment to Care Committee is hosting a Pumpkin Decorating Contest October 22nd thru 26th. Just let us know you have brought a pumpkin up to the campus' so it can be judged. Winners will be announced at the Pot Luck luncheon on Oct. 31st.

Our pot luck luncheon on Oct. 31st will be held in the meeting room. Bring your dish by 11:30. Also, on Oct. 31st staff are allowed to dress up but it must be an appropriate costume for work. We will have some little trick or treat-ers coming through.

The Commitment to Care Committee welcomes new comers to our meetings. The next meeting will be Thursday, November 1st at 8:30 in the meeting room.

### SAVE THE DATE:

**December 13th 6 pm.**  
LCHD Employee  
Christmas Party.



*Wilson's 100 Year  
Parade Float!*

## Bone Density Open House

On November 8th we will have an Open House to show off our new bone density machine. The Staff is encouraged to come at 5 pm for the tour with the public starting to arrive at 5:30. It is housed in Suite B.

## Maintain NO Gain!!

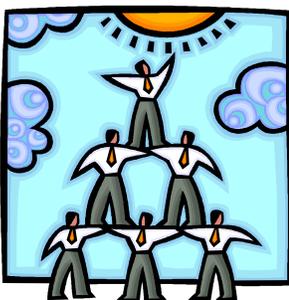
Texas AgriLife Extension is offering a program to help you maintain your weight throughout the Holiday season. If you are interested in participating talk to Julia Allen.

Statistics show that the average person gains 5 lbs during the holiday's and does NOT lose it.

## Diabetic Education

Also, on November 8th from 2 pm until 3 pm LCHD is hosting a Diabetic Education class for the public. The subject this month will be easy healthy snacks to keep your blood sugar under control. All are welcome- so spread the word to everyone you know who might benefit from this program.

## Mel's Corner: Human Resources



If everyone is moving forward TOGETHER, then the success takes care of itself. ~Henry Ford

We have one new employee— Jan Mayes has started working at the Rehab & Fitness Center. Make sure to give her a warm welcome when you meet.

Thank you everyone for cooperating with open enrollment. Things went very smoothly.

### Job Postings:

RN-nights  
CNA-nights  
Administrative Secretary  
Part-time Dietary

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*Success is never the  
result of  
spontaneous  
combustion... You  
must set yourself on  
Fire!!*



Lynn County Hospital District

PO Box 1310
Tahoka, Tx 79373

Phone: 806 998-4533
Fax: 806-561-4049
E-mail: jallen@lchdhealthcare.org

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



November Birthday's

- 11/4 Connie Braddock - Lynnwood
11/4 Shannon Hammonds - Family Wellness
11/4 Pat Hinson - Nursing
11/5 Carmen Chapa - Medical Records
11/7 T'auna Reed-Edwards - Nursing
11/16 Malena Vitolas - Radiology
11/18 Kisha Clement - Family Wellness
11/23 Terry Ceniseros - Dietary
11/27 Jay Forsythe - Facilities Management
11/29 Richard Bixler - Pharmacy



Stace sure got into the Spirit!

2012 Football STATS:
TTU 6-1 Tied for 2nd in BIG 12 with ... OU 5-1
UT 5-2 5th in BIG 12

The End in Mind -Stace Holland continued from page 1

that we have a hard time recognizing the success because we have envisioned that success for many months. I hope it becomes hard to tell the vision from reality. Brian Boitano, a gold medal champion ice skater in the 90's, had this to say about his dream, vision and practice. "Every day in the car going back and forth to the skating rink to practice, I visualized the skating arena, the audience, my costume and my performance. I saw the standing ovation, heard the thunderous applause raising the roof... I experienced every single emotion I had visualized... It wasn't until the medal presentation when I was standing on the podium that I realized I wasn't dreaming. I know because, "the Star-Spangled Banner" was being played at a much faster tempo than it had been in my dream. It was then, and only then, that I

knew this was the real thing. The dream had finally come true." During the Olympics Brian performed a task that had never been done before. He went on to say in his interview that he sat in the middle of the arena on the ice for many hours visualizing the routine and performing the very difficult jump. Therefore, when the Olympics came and he was performing it was like sitting on the ice visualizing the routine, knowing he could execute it instead of worrying about performing something he had never been done in front of the whole world. This is what I desire. I visualize the ER being so busy; when it does become busy we won't even realize how difficult it is to manage it. ~Stace