

Lanier Health Services Employee Newsletter

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February 2012

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Lanier Hospital Auxiliary

Lanier Health Services appreciates the Hospital Auxiliary for the recently donated wheelchairs and white boards. In 2011, the board volunteered 10,624 hours, which equates to approximately \$77,624. The Auxiliary also donated wheelchairs and paid for the Nursing Home whirlpool renovation.



Pictured above, left to right, Mary Lane, Ralph Bowers, Christine Simpson, and Bess Pittman.



Pictured above, left to right, Mary Lane, Clare Andrews, and Wiky Gladden.

OPEN HOUSE AT THE LANIER MEDICAL PAVILION

All Lanier employees are invited to attend Open House at the new medical complex, Lanier Medical Pavilion, on February 29th between 4:00 - 6:00 pm. The address is 267 Fob James Drive in Valley.

This is a very exciting time for Lanier Health Services, our employees, our patients, and our community. We hope that you will make plans to attend!

Valley Wide Health Fair
Saturday, March 31st,
8:30 a.m.—Noon
at the
Valley Community Center

W-2s can be received through employees' CPSI Electronic E-Stub Service. Contact Human Resources if you have any questions.

You Are a Winner
xxxxxxx
If your employee number is 02628 or 03394, come by Human Resources and pick up your free movie tickets.

GO RED FOR HEART MONTH!

February is Heart Month! We have several events planned to educate LHS employees. Please mark your calendars for the following dates:

♥ **Friday, February 3rd: National Wear Red Day**

Contribute \$5 to the AHA's Go Red for Women movement and wear red shirts and jeans to work on Fridays for the entire month. Look for our new red T-shirt designs for ordering.

♥ **Tuesday, February 7th: Mardi Gras "Skinny Tuesday" in the cafeteria**
Visit the cafeteria for heart healthy menu choices.
Come celebrate a "Healthy Heart".

♥ **Tuesday, February 21st: Free Employee Health Screening**
Cardiac Rehab from 8:30-11:30AM.

Have your cholesterol, blood pressure, blood sugar and body fat checked.
Participants names will go into a drawing for different prizes.

♥ **Purchase tickets for \$5 to wear jeans and red shirts each Friday in February.**

♥ **Purchase "in honor of" and "in memory of" red hearts for \$1 to be displayed in the hospital.**

♥ **All proceeds support the local American Heart Association.**

♥ **For questions call Diane or Brandy @ 1109**

New Nursing Home Director of Nursing and Quality Improvement/Infection Control Nurse

Stacie King has been promoted as the new Director of Nursing in the Nursing Home.



Miracle Lovelace has been promoted as the new Quality Improvement/Infection Control Nurse in the Nursing Home.



Lanier Health Services recently hosted a group of AJIN Korean student interns at the hospital. The interns actually spent time at Lanier's Nursing Home planting winter flowers in the patio garden for the residents to enjoy. The interns were given a tour of the nursing home and spent time visiting with the residents. Shown with the students are Cindy Brooks, Vickie Nelson, and Wiky Gladden.



February Birthdays!

Jackie Holt 1	Djuna Black 10	Sajauna Ross 18
Shandi Moncus 1	Amor Delusa 10	Melissa Williams 18
Sherry Johnson 2	Jane Bolt 11	Tana Gregory 19
Glenn Sillman 2	Minnie Green 11	Jan Taylor 19
Anthony Walton 2	Elaine Simmons 11	Ledetra LeRoy 20
Debbie Whittle 2	Debra Story 11	Dorothy Potter 20
Lana Wiggins 2	Kamisha Abner 13	Daphne Wright 21
Sheronica Bailey 4	Leslie Freeman 13	Pam Ross 22
Shani Garrett 4	Eric Hayslip 13	Bonnie Wood 22
Lucrezia Finch 5	Meagan Odom 13	Forrest Bonner 24
Vicky Jones 5	Michele Brumfield 14	Tela Danford 25
Joyce Wood 5	Brenda Sterling 14	Shylo Frederick 25
Vickie Daniel 6	Audrey Huguley 15	Wendy Gray 26
Wayne Avery 9	Mitch Reaves 16	Clara Pitts 26
Greg Gregory 9	Cathy Weldon 16	Pam Cannon 27
Michael Meacham 9	Ruth Maharry 17	Casey Roberts 28
Ellen Quinton 9	Vett Hill 18	Elizabeth Self 28
		Lisa Spradlin 28



**You are Invited to a
Retirement Reception for
Mrs. Bettye Toles**

**Friday, February 3, 2012
4:00 p.m. to 5:00 p.m.**

In the Hospital Cafeteria

Open Enrollment will be held February 1st – February 15th

Anyone interested in enrolling in or making changes
to the health, dental, or vision insurance
can stop by Human Resources at this time.

**The AFLAC Representatives will be in the Cafeteria for
anyone interested in enrolling or making changes:**

Tuesday, 2/7 === 5am-2pm & 8pm-1am

Thursday, 2/9 === 5am-2pm & 8pm-1am

Saturday, 2/11 === 5am-11am & 9pm-1am

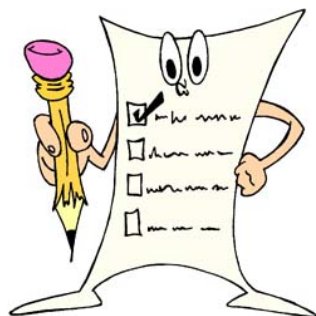
Monday, 2/13 === 5am-2pm & 8pm-1am

Wednesday, 2/15 === 5am-2pm & 8pm-1am

Saturday, 2/18 === 5am-11am & 9pm-1am

**The J. Smith Lanier Representative will be in the Cafeteria
for anyone interested in enrolling or making changes:**

Thursday, 2/9 === 6am – 1pm & 3pm-5pm





Notes from Dr. K

Advice from Associate Medical Director, Dr. Kathleen Bowen

New Year, New You . . .

The energy and excitement that comes with beginning a new year can be dampened by the sometimes forced, and often unachievable, New Year's resolution. The article about using **Behealthy.com** as a resource to achieve a new you this new year struck home with me. As a physician, I believe in the advantages these tools offer patients in starting the year off with realistic goals based on maintaining or achieving good health in 3 easy steps.

Step 1: Take the HealthQuotientSM (HQ). Go online and learn what factors can negatively affect your health. The website is confidential, secure and the HQ is easy to complete. Your results allow you to choose the areas of concern on which to focus. You can share the results with your healthcare provider and work together to achieve a healthier you.

Step 2: Create a Personal Health Record (PHR). Know what's going on with your health so you can make health decisions that fit your goals and time schedule. Information from your PHR can also be shared with your healthcare provider.

Step 3: Engage. Our online programs offer personalized recommendations to maintain or improve your health and live a healthier life. The online programs are simple and offer healthy solutions that fit your busy life.

Get started today and visit Behealthy.com. I wish you a successful, healthy New Year!

Get Healthy • Live Healthy
Be Healthy



A Positive Attitude for the New Year!



Life tends to bog us down with everyday events that can be stressful and affect our attitude. We struggle to balance work, family, finances and so much more. It can be difficult at times to maintain a positive attitude. Below are some simple steps to help change your mindset to be more positive this year.

- Smile and laugh often.
- Do what you love.
- Get plenty of rest.
- Exercise regularly.
- Take time for yourself.
- Surround yourself with positive people.
- While talking, use only positive words such as, "I can," "I am able," "it is possible" and "it can be done."
- Keep in mind that you can't please everyone.
- Read inspiring stories and quotes.
- Play board games with family and friends.
- Always sit and walk with your back straight. This will build up your confidence and inner strength.

Developing a positive outlook on life takes practice. Don't expect to embrace a positive attitude overnight. Make small changes and see how quickly positive thinking brings inner peace, success, improved relationships, better health, happiness and personal satisfaction. It's all about your attitude!

Be Healthy Recipe

Apple Sweet Potato Bake *Serving size: 6 servings.*

Sweet potatoes have all three of these antioxidants: vitamins A, C, and E! You can make this recipe without peeling the sweet potatoes or the apples.



Source: WebMD Recipe from the WebMD Weight Loss Clinic*

- 5 cups thinly sliced sweet potatoes (or yams), about 1 1/2 sweet potatoes
- 2 cups thinly sliced apples, such as pippin or Granny Smith (about 2 small)
- 1/4 cup dark brown sugar, packed
- 2 tablespoons reduced-calorie pancake syrup
- 1/2 teaspoon ground cinnamon
- 1/2 cup apple juice or orange juice
- 1/4 cup walnut pieces or chopped walnuts

Preheat oven to 375 degrees. In a large bowl, toss the sweet potatoes, apple slices and brown sugar together. Spoon into a 9x9-inch or similar-sized baking dish. In a small bowl, blend syrup with cinnamon. Stir in the apple juice. Pour evenly over sweet potato mixture. Sprinkle walnuts over the top. Cover baking dish with lid or foil and bake for 30 minutes. Remove foil and bake about 15 minutes longer (or until apple and sweet potatoes are cooked throughout).

Nutritional information per serving: 128 calories
2 g protein 3 g fat (0.2 g saturated fat,
24 g carbohydrate 0.7 g monounsaturated fat,
24 mg sodium 2 g polyunsaturated fat)
2.2 g fiber Calories from fat: 21%.
0 mg cholesterol

Did you know?

Healthy ways to relax and renew the body

- Go for a walk. 
- Spend time outdoors.
- Call a good friend.
- Exercise regularly.
- Write in your journal.
- Take a long bath.
- Light candles. 
- Enjoy a warm cup of tea.
- Play with a pet.
- Work in your garden.
- Get a massage. 
- Read a good book.
- Listen to soothing music.
- Watch a comedy.

The Be Healthy newsletter is provided for general informational purposes to Blue Cross and Blue Shield of Alabama customers. Information contained in this newsletter is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay in seeking medical advice because of something you have read in this newsletter. Remember to check your benefits booklet for coverage information and limitations.

BeHealthy.com: New Year, New You!

The New Year is a great time to take advantage of the many resources offered at **BeHealthy.com** to help manage your overall health.

This secure website is personalized according to your lifestyle. Check out some of the resources available to empower you to become a better scholar of your own health:

HealthQuotientSM ■ Take this health assessment to learn more about your health and how to reduce health risks.

Personal Health Record ■ Keep your health information in one centralized location by creating a Personal Health Record. You can enter information or choose to have data from your claims automatically added to your record.

Lifestyle Improvement Programs ■ Enroll in one of the many programs and get step-by-step guidance to help you reach your goals. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Hospital Quality Comparison ■ Compare the number of patients, complication rates and length of stay for a variety of procedures at hospitals near you.

Health Trackers ■ Monitor your health with a variety of trackers for blood pressure, cholesterol, weight, stress and more.

Take advantage of these valuable resources by visiting **BeHealthy.com** and signing in to *myBlueCross*.

Exercise: The Bare Minimum

Most people know it's important to be physically fit, but a lot of us aren't sure how to achieve this goal. Research shows that regular physical activity can help prevent certain illness and diseases. Do your best to meet the minimum exercise requirements from the American College of Sports Medicine:

• Aerobic training

At least 5 days a week of moderate-intensity exercise for 30-60 minutes a day; or 3 days a week of vigorous-intensity exercise 20-60 minutes a day.

• Resistance training

A minimum of 2-3 days a week and 48 hours between sessions. Do 2-4 sets per exercise and 8-12 reps per set. Take 2-3 minutes of rest between sets.

• Flexibility training (stretching)

At least 2-3 days a week. Hold each stretch for 10-30 seconds and repeat each stretch 2-4 times.

• Functional fitness (Pilates, Tai Chi, Yoga)

Aim for 2-3 days a week for 20-30 minutes a day.



Get Healthy • Live Healthy


Be Healthy

Blue Cross and Blue Shield of Alabama is an Independent Licensee of the Blue Cross and Blue Shield Association.

Recipes featured in this newsletter are provided by WebMD Weight Loss Clinic. WebMD is an independent company.

Visit www.behealthy.com
for tools and information
for a healthy lifestyle.

February Education Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 1000-1200 IV Therapy Skills Lab	2	3 1100-1130 Bed Huddle Skills Lab	4
5	6 0800-1700 Blood Drive Classroom 1100-1130 Bed Huddle Skills Lab	7 1800-2000 Breastfeeding Class Classroom	8 0830-1430 Living with Diabetes Classroom 1100-1130 Bed Huddle Skills Lab	9 0900-1700 Preceptor Class Classroom	10 1100-1130 Bed Huddle Skills Lab	11
12	13 1100-1130 Bed Huddle Skills Lab 1230-1330 Auxiliary Meeting Classroom	14 	15 1100-1130 Bed Huddle Skills Lab 1000-1200 Detect, Test & Report Classroom	16	17 0900-1200 BLS-Renewal Classroom 1100-1130 Bed Huddle Skills Lab	18
19	20 0800-1600 NEO Classroom 1100-1130 Bed Huddle Skills Lab	21 0900-1700 NNO Skills Lab	22 0900-1700 Nursing Skills Skills Lab 1400-1700 BLS-Initial Classroom	23 0900-1700 FNA Skills Lab	24 0900-1700 CPSI Class Training Room 1100-1130 Bed Huddle Skills Lab	25
26	27 1100-1130 Bed Huddle Skills Lab	28	29 1100-1130 Bed Huddle Skills Lab			

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