

For Your Information

February 2008

Special points of interest:

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Silent Auction Held

A big *Thank You* to all employees who donated and participated in the silent auction held in the Mercy Family Conference Room on January 24th and 25th. The room was full of "treasures". We raised \$700 for Father Jack Davis' mission in Chimbote, Peru.



Since this will be an annual event, anytime during the year if you have knick-knacks, pictures, dishes, pots and pans, decorations, dolls, stuffed animals, or small upholstered furniture you no longer want, please bring your items to Ceya H. or Donna L. and we will store them until the next auction.

Community Events

Mercy Hospital participates in the Lake Region Safe Communities Coalition. Two events sponsored by this coalition include the Lake Region Community Fair and the Teen Maze. The Lake Region Community Fair was held on January 13 from 4-7:00 p.m. at the Lake Region State College. The intent of this fair is to showcase what the community has to offer the young to help prevent unsafe decisions. There were about 50 booths and approximately 300 people participating. It was well attended by the target audience, the young and their parents.

The Teen Maze was held on February 6th for the 8th graders in Devils Lake. The teens were given scenarios of unsafe decisions and then went to the various people they would have to see if those decisions were real, example, the Highway Patrol, the Emergency Room, counseling, the Juvenile Supervisor, etc. They met with these people and role played the event. All who participated felt it was very worthwhile. Mercy Hospital sponsored the Emergency Room nurse and a helper. These are just a few ways in which Mercy Hospital reaches out to the community.

Remember

Please report needle stick or body fluid exposures as soon as possible to either the coordinator or Joanne Almen, RN. You need to be seen in the ERI! Occurrence reports also need to be reported as soon as possible.

Go Red Event Held

Mercy Hospital employees were treated to samples of new heart healthy foods in the cafeteria as part of the Go Red event held on February 7th. Blood pressures and information on the Employee Health Program were also provided by Linda Walters. Jake Thompson, Physical Therapist, demonstrated how to do strength training exercises. Handouts were also available.



Barb F., Linda W., and Jake T.

NEW FACES AT MERCY ... PLEASE WELCOME THEM TO THE MERCY FAMILY!



Kim H., PharmD
Pharmacy, FT
Kim joined us 2/05/2008



Kim T.
Environmental Services, FT
Kim joined us 2/11/08

A note from the Employee Health Nurse

DRY, CHAPPED HANDS

During the winter our hands become very dry and chapped. Cold weather is the biggest contribution to dry skin. What you can do:

- ÿ Wear gloves when outside;
- ÿ Moisturize hands frequently at work and at home. Suggested products to use at home include: cocoa butter, Eucerin Hand Cream and/or Aveeno Hand Crème. Apply after hand washing since products soak in better if skin is wet. Apply at bedtime and wear light cotton gloves to bed to keep moisturizer on your hands;
- ÿ At work, continue to practice good hand hygiene. Lotions are provided for each department. If you need more lotion, contact me or Materials Management.

JOANNE ALMEN, RN, EMPLOYEE HEALTH NURSE

Healthy Employee Contest

Employees are urged to contact Cardiac Rehab to sign up for the Healthy Employee Contest which begins March 1st.

Cost to enroll is \$25 per person for a 1-year membership; and \$10 per month for employees who wish to exercise in Cardiac Rehab (employees must be participants in Healthy Employee to use hospital equipment).

Points will be assessed for:

- ÿ Fruits and vegetables
- ÿ Exercise
- ÿ Recordkeeping
- ÿ Goal setting and goals met
- ÿ Weight loss
- ÿ Attendance and education sessions

All money will be paid out to the participants in the above categories.

Contact Cardiac Rehab before
February 22, 2008, to sign up!

REMINDER

It is very important that Payroll and Human Resources have correct address, phone number, and emergency contact information for all employees. If your information is not current, please arrange to update it as soon as possible. Thank you.

**THE 2007 MERCY HOSPITAL
COMMUNITY BENEFIT REPORT HAS BEEN
PRINTED AND CAN BE PICKED UP AT THE
FRONT DESK.**



HCF Scholarships /Loan
Applications are available in the
Human Resources Office
(deadline 4/01/08).

FIRE IN YOUR AREA

R: RESCUE
A: ALARM
C: CONTAIN
E: EXTINGUISH

FIRE NOT IN YOUR AREA

Close doors/windows, Follow
your department's procedure.

Reminder

Lost and found items are now located
in the Admissions area. If you have an
item for lost and found, please bring it
to Admissions as soon as possible.

Calls regarding lost and found items
should also be directed to Admissions.

Mercy Hospital
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