

MedWestPress

an employee & physician centered publication of medical west

vol 7 issue 6 | 2016



A LETTER FROM KEITH PENNINGTON

As we continue our focus on patient satisfaction, I would like to share a letter with you that I recently received from a previous Medical West physician:

“My wife and I recently had the need to visit the new Medical West FED. The facility was beautiful and the care was excellent. She was also recently admitted to the hospital from the hospital ER. Again, the care was immediate, thorough and cordial. The care on the 5th floor was the same. I am very proud of Medical West Hospital and it’s FED.”
It is obvious that your hard work is

paying off and it is great to hear such positive remarks from our patients and their family members.

I would also like to recognize the following employees for their dedication to Medical West and to our patients. During our patient rounding sessions, the question “Has anybody stood out to you during your stay?” is always asked. These employees have specifically been mentioned by our patients (many more than once) and we want them to know how proud we are to have you on our team. You are truly making a difference.

3 East

James Everitt
Julie Smith
Eula Smith
Jamie Waits
Malea Kizziah
Laura Goodwin
Peggy Smith
LaQuita Ruffin
Dana Medders
Tanesha Hardy
Lauren McMurrey
Laura Carroll
Kristyn Schneider
Corrinthia Duff

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4 North

Brandy Britnell
Justine Vaughn
Charysse Hawkins
Alex Wilkins
Linda Smith
Juanita Duke
Wandesha Easter
Vanessa Christian
Valerie Collins
Regina White
Jamey Deadwyler
Stacie Clark
Rhonda Snow
Jennifer McClure
Geli Russell
Debra Cook
Danielle Heyward
Cindy Steritt
Angela Salter
Angel Cowlin

6B Psych

Dorothy Lewis
Arisa Rozell

6 East

Joanna Herring
Vanessa Miller
Tameka Murphy
Stephanie Williams
Margaret Alexander
Gloria Harris
Crystal Porter
Barbara Bambang
Susan Edwards
Janelle Lewis
Angela Archibald
Alisha Miskelley
Alicia Shadix
Trimaya Pasley
Stacy Melton
Minnie Kennedy
Jasmine Hollingsworth
Debra Smith
Cynthia Mack
Cheryl White
Amanda Thomas

ED

Zach Mabeus
Rebecca
Gina Rich

Education

Lee Lake

EVS

Shavonne Bishop
Nashanta Prince
Latesha Blevins

ICT

Kim Knight
Eugenia Phillips
Verdis Williams
Rachel Boone
Nora Barnett
Naomi Draper
Barbara Johnson
Tameka Bogus
Robin Burt
Heidi Alexander
Bonnie Harris
Bernice Bonner
Annette Escott
Veronica Lowe
Pam Bloodsworth
Gwen Johnson
Cindy Moore
Bridgett Boyd
Amanda Clevenger
Talisha Spann
Sheila Morgan
Lindsey Morris
Karen Holman
Jeannie Harris
Erika Gladden
Chantel Threatt
Brenda Dickerson

ICU

Chad Sherron
Gabby Rozell
Daniel Hubbard
Tasha Hutchins
Sloan Caudle
Brandon Pope
Ashley Moore
Tiffany Gay
Linda Holt
Leslie Bush
Kristy Williams
Cassie Gilreath
Carolina Willingham
Becky McGuire
Kimberly Shober

Imaging

Emanuel Eberhart

Medical Staff

Dr. Burch
Dr. Postma
Dr. Fuller
Dr. Feely
Dr. Workman
Dr. Rossman
Dr. Rogers
Dr. Moellinger
Dr. Holt
Dr. Denney
Dr. Azzam
Dr. Avsar

Physical Therapy

Sharon Giardina

Rehab

Carol Hutchins
Evette Morris
Kay Morrison

Wound Care

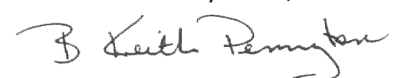
Carri Dill

Women's Center

Tawanya Schmitt
Tonya Troncalli
Mandy Franklin
Amanda Sourvelis

In the coming months we will update this list with even more names and departments. Remember that just because your department may not be directly involved with patient care, doesn't mean that you can't make a difference too.

Thanks for all you do,



Keith Pennington, CEO & President



Scale Back Alabama Update

Thank you to all who have continued to participate in Scale Back Alabama! We have officially lost 962 pounds - way to go!

Congratulations to our weekly winners:

Week 1: **Audra Patterson**, ED

Week 2: **Tena Thrasher**, OR

Week 3: **Rinda Stanley**, The Bessemer Clinic

Week 4: **Dannye Cunningham**, Coding

Week 5: **Cynthia Lowery**, Business Office

Week 6: **Lindsey Hill**, Clinic Services

Don't forget that weekly weigh-ins are every Wednesday from 7am until 12pm in the Employee Health Office. Each participant that has lost one pound or more since the previous week's weigh-in are placed into a drawing. You could be our next winner!



167 PARTICIPANTS.

Our Goal: Lose 1,670 pounds in 10 weeks.



BLOOD DRIVE APRIL 1



one employee.

one donation.

one chance at **\$1,000!**

It's Simple!

Each time an employee is able to donate blood at a Medical West sponsored blood drive, your name will be entered into a drawing. At the end of the year, 3 names will be drawn!

First Place - \$1,000

Second Place - \$500

Third Place - PTO Day

Can't donate? No problem. A friend or family member can donate in your name. Just fill out the appropriate form at the drive.

To schedule an appointment for our next drive on **April 1st**, please email caroline.dahlen@uabmw.org or visit www.redcrossblood.org.



Medical West Retirement Accounts

Come and learn about VOYA online access for your retirement account and any other questions you have about retirement will be answered.

When: March 24

Location: Civic Room

Times: 7:30am, 9am, 11am, 1pm and 2:30pm

March

EVENTS CALENDAR

Rumpshaker 5k

Saturday, March 19th
(Sloss Furnaces)

Join Medical West for a 5K and 1 Mile Fun Run/Walk benefiting Colorectal Cancer Awareness on Saturday, March 19th at Sloss Furnaces. For more information or to register, visit www.rumpshaker5k.com

VOYA Retirement Accounts

Thursday, March 24th
(Civic Room)

Come and learn how to access your retirement account online and speak to a VOYA agent.

Celebrating Doctor's Week

Monday, March 21st -
Friday, March 25th

Thank you to the physicians for your dedication and commitment to our patients and our hospital. We appreciate you!

Celebrating Patient Access Week

Monday, March 28th -
Friday, April 1st

Thank you to the Patient Access Team for your hard work and dedication to Medical West. We appreciate you!

March Birthday Breakfast

Thursday, March 31st @ 8am (Civic Room)

All employees with a March birthday are invited to join us as we celebrate your special day! Join us for breakfast and enter for a chance to win some great door prizes! Call ext. 8500 to RSVP.

Red Cross Blood Drive

Friday, April 1st from 7:30am -
12:30pm (Civic Room)

Join us for a Red Cross Blood Drive on Friday, April 1st from 7:30 am to 12:30 pm in the Civic Room. To schedule an appointment, visit www.redcrossblood.org or call ext. 8502. Walk-ins welcome!

YOUR HEALTH

a guide for a healthy YOU brought to you by the Medical West Health Rewards Program



Think Portions When Eating Out

Scale Back Alabama - Week 6

Dining out is an enjoyable way to spend time with your family or catch up with your friends. Plus, you get a break from cooking! You may feel a bit hesitant to eat out when you have a goal of maintaining or losing weight because, let's face it, restaurant and fast food options aren't exactly calorie free. But you don't have to let eating out ruin your goals. If you keep moderation in mind, you can still be successful in losing weight while enjoying your favorite restaurant foods! How is that possible? Use the helpful tips below to keep cravings at bay. Learning how to eat out in a healthy way is a must!

Eat a healthy snack before going to the restaurant.

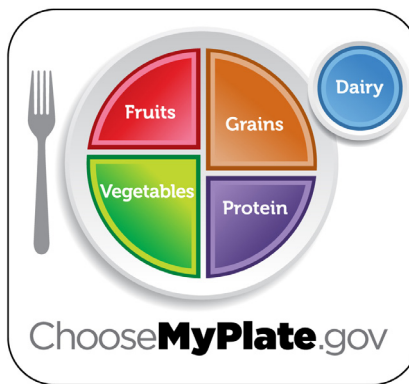
Eat a serving of almonds, some lean protein, whole grains, or a serving of fruit or veggies that are high in fiber to keep you from being extra hungry when you get to the restaurant.

Look up the restaurant menu and calories before you go - most are online.

Be assertive!

Don't be afraid to request less oil and butter or baked rather than fried or even opt to switch a high calorie side for a lower calorie one (For example order a side salad

with dressing on the side instead of the coleslaw that comes with the entrée). Also, if your friends or family are encouraging you to eat something you know is not within your calorie goals, don't be afraid to say no!



Practice portion sizes and picture the MyPlate.

Make $\frac{1}{2}$ of your plate fruits and veggies.

Make $\frac{1}{4}$ of your plate lean protein. Choose meat that is flame-grilled, broiled, steamed, baked, roasted or poached.

Make $\frac{1}{4}$ of your plate whole grains

Start with a lean protein and a huge helping of veggies

Drink Plenty of Water.

Measure out dressings and sauces.

Remember to ask for the dressing or sauce on the side. One serving is 1 tablespoon (about the size of your thumb) of regular dressing or 2 tablespoons of low-fat dressing (choose reduced fat or fat free

more often), lemon juice or vinegar.

Salsa is a great dressing alternative.

Limit mayonnaise-based salads such as tuna, macaroni, pasta or chicken salads.

Order dessert!

Fruit (without sauces) is an obviously healthy dessert choice but frozen yogurt and angel food cakes are also low in calories. If you want to indulge, split a high-fat dessert with a friend or the entire table!

Here are a few examples of what you can eat when eating out.

- Slice of pizza and a Greek salad
- Chicken caesar wrap and a fresh fruit cup 3-6 ounces of baked lean meat with a side of steamed veggies, a dinner roll or small baked potato and a side salad
- Turkey burger (with added low-fat Swiss or cheddar cheese) on a whole wheat bun with grilled veggies, corn on the cob and fresh cut fruit
- Grilled chicken with wild brown rice and steamed broccoli
- Whole wheat pasta with chunky marinara sauce and seared chicken breast
- Burrito bowl with lettuce, chicken, sautéed vegetables, black beans and fresh salsa

Rumpshaker 5k

Medical West is proud to sponsor this year's 8th Annual Rumpshaker 5K benefiting Colorectal Cancer Awareness. Join us this **Saturday, March 19th**, at Sloss Furnaces for an event that is a fun, family-friendly experience for all ages. For more information or to register, visit www.rumpshaker5k.com

Birmingham Heart Walk

The Heart Walk is the American Heart Association's premiere event for raising funds to save lives from this country's No. 1 and No. 5 killers - heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that's fun and rewarding for the entire family.

Medical West is a proud sponsor of this year's Heart Walk! Join us for the walk and help us meet our fundraising goal of \$15,000. Get with your Department Manager to see how you can get involved!



Saturday, June 11, 2016 · 8:00am

Uptown Entertainment District
2221 Richard Arrington Jr Blvd N
Birmingham, AL 35203



You've Got Mail

A Message From A Patient

"Thank you so much for the great care you gave my husband while he was in the hospital in December. The nurses did a great job taking care of the my husband and making him feel comfortable. You all were very caring and efficient. Thanks again."

YOUR FAMILY

meet your co-worker • employee of the month • birthdays • pat on the backs



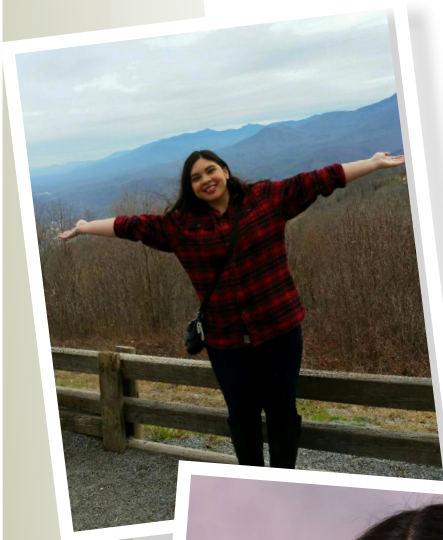
Meet Your Co-Worker

Lindsey Hill, Clinical Coordinator

Lindsey is from Hoover, Alabama and has been a part of Medical West for 7 months as a Clinic Coordinator. Prior to Medical West, Lindsey was a Volunteer Coordinator at UAB Hospital.

Fun Facts About Lindsey:

1. I graduated from UAB in August of 2015 with my Bachelors in Healthcare Management (Go Blazers!)
2. I was on the UAB Women's Rifle Team all four years of college and was the Captain when the team got cut last year with the football and bowling teams (Don't worry, they are all back now!)
3. I am a huge *Star Wars* and *Harry Potter* fanatic.
4. I love to go hiking in my free time.
5. My family goes on vacation to Disney World every year.
6. My favorite places to visit in the United States are Charleston, SC and San Diego, CA.
7. I am half Filipino.
8. My favorite genre of music is Alternative Rock.
9. I took a lot of classes while I was at UAB but my favorite class I took was a music appreciation class that focused solely on The Beatles and their contribution to the music industry.
10. My favorite exercise classes to go to are Dance Jam and Zumba classes because I love to dance.



MEDICAL WEST

congratulates our

MARCH 2016

EMPLOYEE OF THE MONTH



Michelle Miller
Operating Room

CONGRATULATIONS TO MICHELLE MILLER FOR RECEIVING OUR MARCH EMPLOYEE OF THE MONTH AWARD. MICHELLE EXHIBITS EACH OF THE MEDICAL WEST VALUES AND WE ARE HONORED TO HAVE HER AS PART OF OUR TEAM. THANK YOU MICHELLE FOR YOUR OUTSTANDING PERFORMANCE AND COMMITMENT TO MEDICAL WEST!



YOUR FAMILY

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YETI Cooler Raffle

Benefiting Charles Mayes

Charles Mayes, a Surgical Technician and Medical West employee for over 20 years, recently suffered a stroke and is unable to return to work. The Surgical Services Personnel are holding a fundraiser in his honor. Raffle tickets are being sold for \$5 each and can be purchased from any Surgical Services Personnel.

Two lucky winners will win a Yeti Hopper 30 or a Yeti Roadie 20!

Drawing will be held on **Friday, March 18th**.



Pat On The Backs

Recognizing Ted Rusby

We would like to recognize **Ted Rusby**, our February Employee of the Month winner, who graciously donated his meal tickets that were part of his Employee of the Month reward to provide lunch for his department. This is why he meets the requirements of the Employee of the Month. Ted, thank you for your generosity and dedication to Medical West!

Congratulations!

Congratulations to **Pam Autrey** on the birth of her new grandson. Dalton Gray Mathis was born on Tuesday, March 1st at 5:28pm and weighed 6 lbs. and 13oz. Congratulations to Pam and her family!



Thanks for reading this week's issue!

If you have a Pat on the Back or a special feature you would like to see in our next issue, please email it to caroline.dahlen@uabmw.org.