

# THE VITAL TIMES

AT FAIRVIEW PARK HOSPITAL

DECEMBER 2011



*Merry Christmas to  
You & Your Family!*





... from Don's desk

## The Paradox of the Holiday Season



*Merry Christmas from Don & Fara*

Yes, it is once again “that” time of the year. It is the holiday season – Thanksgiving, Christmas, New Years – and all the fun and celebration that goes with the next few weeks. Therein lies the paradox. This time of year can also be very difficult for some, and in our business of caring for people, it is something we need to consider.

For most of us, Christmas - and the holiday season - is “the most wonderful time of the year.” It is a time for family, celebration, exchanging gifts, sharing elaborate meals, and making warm memories. Most of all, to me, Christmas is the celebration of the birth of Jesus Christ – when God became man and came to earth to save all of humanity. It truly is my favorite time of year.

Nevertheless, it is important to be mindful of those for whom the holidays are extraordinarily difficult. It is a time when the loss of a loved one is felt most deeply. For those struggling with depression and loneliness, the celebration and joy of the season only serves to exacerbate those feelings. Our hospital typically has many sick people over the holidays – some of whom may be experiencing serious and chronic illnesses. For those patients and their families, the holidays can be particularly difficult.

My goal in sharing these thoughts is not to make anyone feel depressed or guilty for celebrating the holidays. I only want each of us to be mindful of others who may be less fortunate or hurting for one reason or another. If each of us can seek someone else to serve; if we can find a way to make a difference in the life of a family or individual; if we can bring light into an otherwise dark situation – then our lives will be blessed and enriched in unexpected ways. Serving others is the only way we can fully experience the true meaning of the season. God served mankind – we should endeavor to do the same! Thank you for the amazing ways in which you care for our patients and their families every day. May God richly bless you and your families in new ways this Christmas and holiday season.



## DECEMBER 2011 EMPLOYEE OF THE MONTH

Sherry Robbins, RN, Quality/Risk Analyst, was recently named the December 2011 Employee of the Month. The employee of the month award at FPH is voted upon by the Employee Advisory Group and goes to the employee who shows dedication to the ideals and institutions of the I-CARE philosophy. Here are some of the comments about Don:

- Sherry is such a warm and positive person to work with.
- She is a compassionate person who truly cares about helping others.
- Sherry is an asset to the Quality Dept. and a joy to work with!
- Sherry is so helpful and considerate—she takes the time to really get to know people, and find out how she can help!
- Sherry contributes a vast wealth of knowledge to not only our department but to the facility overall.
- She exemplifies professionalism.
- She has a huge heart and will go out of her way to help anyone who needs it.
- She is a believer in “doing it right every time”!
- Sherry is kind-hearted, smart, generous, helpful and she treats everyone with unconditional compassion and respect. A true pleasure to work with, Sherry is also a friend that can be counted on.



*Sherry Robbins with Karen Freeman*

## One Proud Mama!



*Cody was recently featured on the front page of the Courier Herald!*

Cody Griggers, son of Allyson Jones, ER, was like most recent high school graduates looking for some adventure. For a graduation present instead of a car or cruise he chose the Extreme Seal Experience. The Extreme Seal Experience was started by a 20-year Navy Seal (SEa Air Land) The Navy Seals are a unique breed of warrior who conduct special operations constantly deployed throughout the world to protect our national interests. In this training Cody was exposed to grueling physical and emotional tasks including “hell” night on the second night. “That was probably the best part of it, says Cody. “You don’t think it’s the best part at the time, but afterwards you just want to do it again and again.” Hell night is a set of different exercises, continuous with no break, “you never give up, you go unconscious through part of it. It’s great, they really show you that you can do a lot more that you think you can.” Cody completed BUDS (Basic Underwater Demolition School), sniper training, repelled and jumped out of a helicopter. The Discovery Channel filmed this event and will air on the first anniversary of Bin Laden’s death.

Allyson, saying you’re proud, is probably an understatement. What an amazing accomplishment and we’re sure this is not the last time we’ll see Cody in the headlines.



## *Fairview Park Hospital Christmas Party/Prize Drawing*

You and a guest are invited to attend the Fairview Park Hospital Christmas Party!  
Come and enjoy food, fun & music!

**Friday, December 9, 2011**

6:00 p.m. - 11:00 p.m.

Oconee Fall Line Technical College DuBose Porter Center - Festive Attire

**There is a new band this year!!! U.S. Beat ~ The Southeast's Premier Party Band**

As always, we encourage our employees to fellowship together and enjoy the holiday fun. However, the safety of our employees is most important; please drink responsibly. As part of the Christmas Party we are also offering a Holiday Prize Drawing. Prior to the Christmas Party and all night during the party \$1 prize drawing tickets will be sold. What a deal – buy a prize drawing ticket and also get a drink ticket, or vice versa. Purchased drawing tickets will be redeemable at the party for soda and/or other 'festive' beverages. Due to budget constraints, there will be no free beverage tickets this year so be sure to bring plenty of cash. Bottled water will again be provided free of charge.

### Look at what you might win!!!!

40" flat screen LCD TV (1080p Full HD)  
Sony Boom box with IPOD Docking station  
Shop Vac 5 gallon Wet/Dry Vac  
Charcoal Smoker  
Coffee Pot

Portable DVD Player  
Bedding Set  
2 Swarovski Crystal Necklaces  
Glass Beverage Dispenser  
Cookware

Tickets are now available for pre-sell in Human Resources. They will also be available at the Christmas Party. Each ticket will be \$1. You do not have to be present to win – so buy your tickets now.

Remember, there will be no free beverage tickets this year  
so be sure to bring plenty of \$ cash \$.

\*\*\*\*\*Employees that will be working at the hospital that evening  
will be treated to pizza.\*\*\*\*\*

**THIS IS WHAT IT'S ALL ABOUT...**

*This letter was received after a patient, not from the area, came to our facility for care in an emergency situation...*

Dear Jamie, Faye, Paige, Leigh Ann, Daniel, Lawana, Dr. Watson & Dr. Bangiyev, and the staff of the CCU at Fairview Park,

This single card was not large enough to express my thanks for the exceptional care and kindness shown to my dear friend \*\*\*\*\*. Each of you, in your turn, did your best to make certain \*\*\*\*\*'s time in your care was as comfortable as possible.

A special thank you to Dr. Watson, Faye and Jamie who were there to assure that \*\*\*\* was able to pass on to his reward with dignity. My father expressed concern for the emotional toll on each of you, while commenting that \*\*\*\* could not have been in better, more caring hands.

Thank you too for the care and consideration you showed me and all of \*\*\*\*'s friends as we struggled to accept that we had lost our friend. It may help to know that he spent his last morning in the woods doing what he enjoyed most. He spent his last days among a group of talented, dedicated folks who showed him compassion and love, having never heard his voice or see him smile or laugh.

My thanks to a truly exceptional group of people! \*\*\*\* would have been proud to call you friends!

Sincerely,

Friend of recent patient

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Kim,

I just wanted to say THANK YOU for a fantastic delivery last weekend. How great it was to see you walk inot our roon and know you were going to be our nurse. Everything was so smooth. Thanks for your calming presence and support. Little \*\*\*\* \*\*\*\*\* is so tiny and perfect - \*\*\*\* family complete. We shouldn't be coming back to the 2nd floor again, but we enjoyed our short stay this past weekend. You are great at what you do, Kim. Hope those 7 nights in a row weren't too bad! We sure were glad to have you there!

Recent patient

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The room and bath were spotless when I came in. Thank you for being so thorough! Every person we met on the hospital staff has been extremely pleasant and professional. This is my first stay at Fairview and I am really glad that I chose to come here. Thank you for the wonderful car and attention I received from all of you - Bless you All!

Recent patient

## UNITED IN HOPE

Thank you to all of the 128 employees who have donated \$26 or more to the United in Hope Fund campaign for 2012. These 128 employees have pledged to donate \$18,727 to be used for the HCA Hope Fund and the local United Way.

Why do we support the Hope Fund? As HCA employees, serving others is at the heart of what we do. What started as a simple act of kindness following the 2004 hurricanes has now evolved to become the HCA Hope Fund ... a non-profit public charity supported by HCA employees to help HCA employees. The goal of the HCA Hope Fund is simple: to help employees and their immediate families who are affected by an extreme financial hardship as a result of a disaster, extended illness/injury, or other special situation. All requests for help are kept confidential.

Why do we support the United Way? We believe the United Way is an excellent choice for people who want to leverage the United Way's knowledge of community needs.

Congratulations go to our Grand Prize drawing winner of the IPOD Touch – Jackie Robinson, Lead Tech in Radiology.



## 2011 Electronic W-2!

Employee elections to receive the 2011 W-2 electronically must be made by midnight on Dec. 28, 2011. To make an election to receive your W-2 Electronically, ACCEPT the terms and conditions when they are presented to you during E-Stub log in. If you have already made your election, no further action is needed.

### To view your current election status:

Login to E-Stub

Click on "My Profile" on the left side of the screen " Scroll down to the W-2 Election section

Your current election status will be outlined with a date and time listed below of the last election update

### To make a change to your current election status:

Login to E-Stub

Click on "Change My W-2 Election"

You will then be presented with Terms and Conditions to accept if you want to receive your 2011 W-2 electronically

Only employees with an election status of YES at midnight on Dec. 28, 2011, will receive a 2011 W-2 electronically.

NOTE: If you have elected to receive your W-2 electronically, it is important that your email address in E-Stub is correct so that you will be notified when your W-2 is available. Validate your email address by clicking the "Send Test Email" link to the right of your email address in your E-Stub profile and verify receipt of the test email.



## Respiratory Therapists!

Respiratory therapists can be found in the ED delivering life-saving treatments, in CCU managing ventilators for the critically ill or providing treatments to our patients with asthma, pneumonia and many other respiratory conditions. They can also be found assisting with deliveries of newborns. Please join me in celebrating all the respiratory therapists with a big THANK YOU for their contributions to our hospital.

-Rob Ward, RN



## InfoSec Communication: The “Naughty” and “Nice” of Online Shopping

*Shop Safely Online this “Black Friday”, “Cyber Monday”, and Every Day*

### Key Points to Remember

Online shopping scams exist but can be decreased by shopping smartly and securely. If it sounds too good to be true, it probably is. Trust your gut when shopping online. Search the Internet to learn more about shopping scams.

CNNMoney.com reports that “an estimated 152 million people are expected to shop over Black Friday weekend, up 10% from last year” and Cyber Monday sales for 2011 “are projected to hit a record \$1.2 billion”. That’s a lot of shopping!

Here are some scams and tips to be aware of and follow if you plan to shop online.

### The “Naughty” - Shopping Scams

Below are just a few of the scams that cyber criminals hope you will fall for this holiday season (and all year long!).

**Fake Ad scams.** Avoid clicking on ads—especially on Cyber Monday. Type in the website you want to shop from.

**Gift Card scams.** Used, counterfeit and fraudulent gift cards are being sold on auction websites.

**Free Shipping scams.** If the retailer says that in order to get free shipping, “you need the code. Before we give the code, you have to re-enter your information” (like your credit card number.) You should never hand over your credit card information or social security to get a secret code.

**Phishing scams.** Be leery of e-mails or text messages you receive indicating a problem or question regarding your financial accounts. Fraudsters often use the hot items of the season to lure bargain hunters into providing credit card information.

**“I’m away from home” Scammers.** Posting information on social networking sites that lets others know you are “away from home” could be dangerous. People, even those you know or are “friends” with, could see your post and decide that it may be a good time to rob you. A quick online search can easily turn up your home address and a map right to your front door.

### The “Nice” – Shopping Tips

Follow these tips to decrease your chance of being scammed online:

**Avoid clicking links in emails.** Type the site’s address directly into your address bar. Learn how to catch a “**PHISH**” at Atlas Keyword: PHISH.

**Shop at secure sites.** Seeing a lock on the page doesn’t make it secure. Make sure that the page where you enter your credit card information is *https*. Read the website’s privacy policy. Know what they intend to do with your personal information once you hand it over. If the site doesn’t have a privacy policy, don’t shop there.

- **Shop with legitimate businesses.** Confirm the online seller's physical address and phone number in case you have questions or problems. If you can’t find one on the site, don’t shop there. Purchase gift cards directly from the merchant.

**Pay by credit card.** If you pay by credit or charge card online, your transaction will be protected by the Fair Credit Billing Act. Under this law, you can dispute charges under certain circumstances and temporarily withhold payment while the creditor investigates them. Find out what your credit card company’s policies are for reporting issues.

**Print or save records of your online transactions.** Be sure to include the product description and price, the online receipt, and the emails you send and receive from the seller. Read your credit card statements as you receive them; be on the lookout for charges that you don’t recognize.

Above all else, beware of something that sounds too good to be true.

# December Birthdays

- 2 - Michelle S. Smith
- 3 - Rita Holoway, Kelly Steckelberg, Willie MaeStuckey
- 4 - Maria Hall, Crystal Miller
- 5 - Kristy Christian, Jackie Robinson
- 6 - Pam Anderson, Jay Hendley
- 7 - John Ivey
- 8 - Brenda Dixon, Daniel Mullis
- 9 - Janet Coxen, Derick Garner, Jessica Hasty, Daren Plummer, Laurie Sumner
- 10 - Patricia Alligood, Allyson Brown
- 11 - Adrienne Braddy
- 12 - Renita Russell
- 13 - Kristina Boles, Heather Garner
- 14 - Chris Adams, Misty Chalker, Debra Lucas
- 15 - Teresa Crosby, Carol Jones, Tonya Smith
- 16 - Allyson Jones, Tosha Robbins, Genea Shepard
- 17 - Mandy Bates, Greg Bines, Michelle L. Smith
- 18 - Ann Freeman, Katie Hammock
- 19 - Chrel Duffie, Jean Floyd
- 21 - Don Avery, Joyce Chappell, Mark Lee, Don Whirl
- 22 - Elise Rotramel
- 23 - Elizabeth Calhoun, Stephanie Wood
- 24 - Stephanie Curry
- 25 - Lisa Foster, Melissa Neal, Chelsea Brown
- 26 - Elizabeth Bailey, Holly Brett
- 27 - Shannon Allison
- 29 - Valerie Hart, Bertha Vickers
- 30 - Jason Hendricks, Marla Johnson
- 31 - Bethany Banning, Tracy Brown

## Dates to Remember

### December

9 - Employee Christmas Party

25 - Christmas

### January

HAPPY NEW YEAR!

## Employee Milestones

Congratulations to:

- Tess Godfrey on her recent promotion to Practice Manager at Fairview Medical Group Orthopaedics. Heather Hewitt, North Florida Division Physician Recruiter, will be handling physician recruitment at Fairview Park.

Our Condolences to:

- Shannon Rowland in the loss of her grandmother.
- Keri Justice in the loss of her grandmother.

