

Healthy Connections



MEMORIAL'S GUIDE TO HEALING AND WELLNESS • SUMMER 2016



Father knows best

Be a healthy role model for your kids

E AT YOUR VEGGIES. That's enough TV for one day. Time for bed.

When it comes to a child's well-being, dads want what's best for their kids. And while it's great to tell kids what's good for them, it's just as important to show them. Why? Because your everyday behaviors can have a big impact on your children's behaviors. Habits they learn from you can last throughout their lives.

Be a good role model for your kids by making these healthy choices:

1. Make safety a priority. Whenever a situation calls for safety, let your kids see you make the right move. For starters, always wear a seat belt every time you drive or ride in a vehicle and a helmet whenever you ride a bike or motorcycle. Make sure your kids do the same. And it almost goes without saying: Never drink and drive.

2. Feast on healthy fare together. Kids keep a keen eye on what you put on your plate. So be sure you eat plenty of fruits and vegetables.

If you're the main chef in the house, bring the kids in the kitchen with you. It's

a great way to spend time with them and to teach them about cooking nutritious foods.

Also gather everyone around the table for meals as often as possible. Research shows that kids consume more vegetables and fruits and less fried foods and sugary drinks when they eat with the entire family.

3. Help your kids get their move on. Show your kids that regular physical activity is a priority—and that family fitness can be fun. For instance, you might play ball, go on bike rides, or take walks or nature hikes together.

4. Get checkups. Teach your kids that real men see a doctor. Remember, you can't take care of your family unless you take care of yourself. Having—and seeing—a primary care doctor will help ensure that you get all the vaccines and screening tests you need to stay ahead of many diseases, including heart disease and cancer.

Visit www.fatherhood.gov for more hints.

Sources: American Academy of Pediatrics; National Responsible Fatherhood Clearinghouse; U.S. Department of Health and Human Services

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Men: Now is a great time to take control of your health! Have you had your annual checkup? To make an appointment, call 606-599-9955.





Extraordinary nurses at MMH honored with The DAISY Award

NURSES AT Manchester Memorial Hospital (MMH) are being honored with The DAISY Award For Extraordinary Nurses. The award is part of The DAISY Foundation's program to recognize the superhuman efforts nurses perform every day.

The first award recipient is **Latasha Williams, RN**.

Each quarter, a nurse will be selected by the DAISY committee to receive The DAISY Award. At a presentation given in front of the nurse's colleagues, physicians, patients and visitors, the honoree will receive a certificate commending her or him for being an extraordinary nurse. The certificate reads: *In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people.* The honoree will also be given a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.

"We are proud to be among the hospitals participating in The DAISY Award program," said Michael Stimson, chief nursing officer at MMH. "Nurses are heroes everyday. It's important that our nurses know their work is highly valued, and The DAISY Foundation provides a way for us to do that."

For more information on The DAISY Award or to nominate a nurse, please visit www.manchestermemorial.org

Confirmed once again: Manchester Memorial Hospital is a great place to work

Adventist Health System, which includes Manchester Memorial Hospital (MMH), has received the 2016 Gallup Great Workplace Award, created to recognize organizations for their extraordinary ability to promote engaged workplace cultures that drive positive results. This is the sixth consecutive year that Adventist Health System and all of its hospital campuses, including MMH, have received the award.

"We are honored to receive this recognition and share it with the more than 78,000 employees that make up Adventist Health System," said Erika Skula, President and CEO of MMH. "A highly engaged workforce allows us to create meaningful patient experiences and consistently provide high-quality, skilled and compassionate care."



MMH receives CuddleCot to ease grieving for bereaved families

MANCHESTER MEMORIAL HOSPITAL (MMH) has been donated its first CuddleCot by Amberly Pace, a registered nurse at the hospital.

Amberly independently founded the Kentucky CuddleCot Campaign in honor of her daughter, Emma Caroline Pace, who was born at rest on September 2, 2014. "Emma was taken from my husband and me almost immediately," said Amberly. "All we wanted was more time, and the feelings I had in having to part so quickly...I didn't want anyone to have to experience what I did that day."

The CuddleCot equipment comes in a box, like the one shown, with a cooling unit that is connected by a special, insulated hose to a cooling pad placed in a hospital bassinet. This cooling system allows for babies who have passed away to stay with their families instead of being

taken away to be cooled in a mortuary to prevent decomposition. This gives families who experience the loss of a newborn the choice to spend as much time as they would like with their baby, thus facilitating the grieving process.

The CuddleCot at MMH is only the third one in the state of Kentucky, and it will serve as a loaner to surrounding hospitals until they have their own permanent units.



Manchester Memorial Hospital hosts Gallup and Service Awards banquet

MANCHESTER MEMORIAL HOSPITAL hosted its second Gallup and Service Awards banquet at EKU Manchester Campus. The banquet recognized Best Practice and World Class managers, of which we had 10 and 15 respectively. Managers in the two groups were each given a crystal plaque with their name and recognition etched into it.

Along with these awards, employees showing long-standing service to the hospital were recognized and awarded as well. We were proud to recognize 750 combined years of service that evening, including three employees who have been with the hospital for 40 years! Those were Twila Asher, Barbara Ball and Craig Smith, to whom we would like to extend another huge congratulations and sincere thanks.



We appreciate our employees! ABOVE: Some of MMH's World Class managers; RIGHT: Some of our Best Practice managers; BELOW RIGHT: Live bluegrass music set a celebratory mood for the event; BELOW LEFT: Employees who have been with MMH for 40 years—Twila Asher, Barbara Ball and Craig Smith—with CEO Erika Skula.



New doctor joins Manchester Pediatrics Clinic

Barry Williams, MD, has joined the medical team at Manchester Pediatrics Clinic, and he is eager to serve you and your family. His message to parents is: "Your children deserve exceptional, personalized care. With us, they're not just a number."

Dr. Williams has over 12 years of experience delivering trustworthy, personal care. He offers well-child exams, sports physicals, screenings, immunizations, preventive medicine, care for acute illnesses and treatment for ADHD.

Dr. Williams received his medical degree from the University of Kentucky and completed his residency at the University of Texas, Houston. He is board-certified in pediatrics.

With family from Annville, Kentucky, Dr. Williams is happy to get back to a small-town lifestyle at our faith-based hospital. He joins Patricia Burke, MD, and Jayme Turner, APRN. Manchester Pediatrics is located at 94 Marie Langdon Drive in Manchester and can be reached by phone at **(606) 599-0396**.

For more information about our clinics and services, please visit www.manchestermemorial.org or call us at (606) 598-5104.

Want to quit smoking?

The Freedom From Smoking Program is offered free to the public at Manchester Memorial Hospital on a regular basis. This eight-week program combines nicotine replacement therapy products (patches, gum or lozenges) with a supportive group setting. Trained facilitators host the meetings.

Next class begins July 7; registration ends June 30
Creekview Meeting Room, Manchester Memorial Hospital
Please call **(606) 598-1095** for more information.

Martin County Home Health changes location

Martin County Home Health, one of Manchester Memorial Hospital's six home health offices, has moved. Its new address is 46 W. Main St., Inez, KY 41224. You can reach this office at the current phone number, **(606) 298-7748**, or at **(800) 377-6244**.

Dehydration

Summertime, thirsty time

DURING THE LONG days of summer, it's natural to think about watering your lawn and garden, the houseplants, and the pets. But what about your need for water?

Getting plenty of fluids every day is essential for good health. Water is in every cell in the body. It helps regulate body temperature, cushions and lubricates joints, protects sensitive tissues, and assists the digestive system.

Most people can meet their need for water by drinking when they are thirsty and consuming fluids with meals. But with hot weather, vigorous physical activity or an illness, your body needs even more water.

The need for hydration

You need water to replace what your body loses through everyday functions—such as sweating, going to the bathroom and exhaling. It's essential to replace lost fluids to avoid becoming dehydrated.

Among the symptoms of dehydration are dry mouth, weakness and dizziness. In athletes, dehydration may also lead to muscle cramps.

Being thirsty is a signal that your body is already on the way to being dehydrated. It is important to drink

fluids even before signs of thirst appear and to drink more than your thirst demands.

Getting plenty of fluids the healthy way

When quenching your thirst, take care in choosing what you drink. While beverages such as soda and sports drinks do contain water, they are also high in sugar and calories.

Along with water, other healthy choices for keeping well-hydrated include:

- Fat-free or low-fat milk
- Unsweetened, 100 percent fruit juices
- Unsweetened iced tea or coffee
- Fruits and vegetables with a high water content, such as watermelons, grapefruits, apples, lettuce, broccoli and carrots

When you do choose water, you can give it a kick by adding a wedge of lemon or lime.

Individual water needs vary widely, depending on factors such as physical activity, exposure to heat and age. Some people need to restrict fluids because of health conditions. Be sure to talk with your doctor about the amount of water you need each day.

Sources: American Council on Exercise; Centers for Disease Control and Prevention; International Food Information Council Foundation



Turkey club burger

Lighten up your traditional hamburger with lean ground turkey—less saturated fat without less flavor.

Makes 4 servings.

Ingredients

For turkey burger:

- 12 ounces 99% fat-free ground turkey
- ½ cup scallions (green onions), rinsed and sliced
- ¼ teaspoon ground black pepper
- 1 large egg
- 1 tablespoon olive oil

For spread:

- 2 tablespoons light mayonnaise
- 1 tablespoon Dijon mustard

For toppings:

- 4 ounces spinach or arugula, rinsed and dried
- 4 ounces portobello mushroom, rinsed, grilled or broiled, and sliced (optional)
- 4 whole-wheat hamburger buns

Directions

- Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
- To prepare burgers, combine ground turkey, scallions, pepper and egg, and mix well. Form into ½- to ¾-inch-thick patties, and coat each lightly with olive oil.
- Broil or grill burgers for about 7 to 9 minutes on each side (to a minimum internal temperature of 165 degrees).
- Combine mayonnaise and mustard to make a spread.
- On each bun assemble ¾ tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portobello mushroom (optional), and one burger.

Nutrition information

Serving size: 1 burger with toppings. Amount per serving: 299 calories, 11g total fat (2g saturated fat), 89mg cholesterol, 26g carbohydrates, 29g protein, 5g dietary fiber, 393mg sodium, 424mg potassium.

Source: National Heart, Lung, and Blood Institute

Getting social!

Interested in hearing daily health tips, seeing hospital event photos, reading about important health issues, and getting the latest hospital news quickly? You can follow us on Twitter or like us on Facebook. Or just visit our website for details.

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or email detailing your patient care experience. Excellent, good, bad, indifferent—let us know how we are doing!

Contact us Please write to:

Patient Satisfaction
Manchester Memorial Hospital
210 Marie Langdon Drive
Manchester, KY 40962
Or send an email via
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