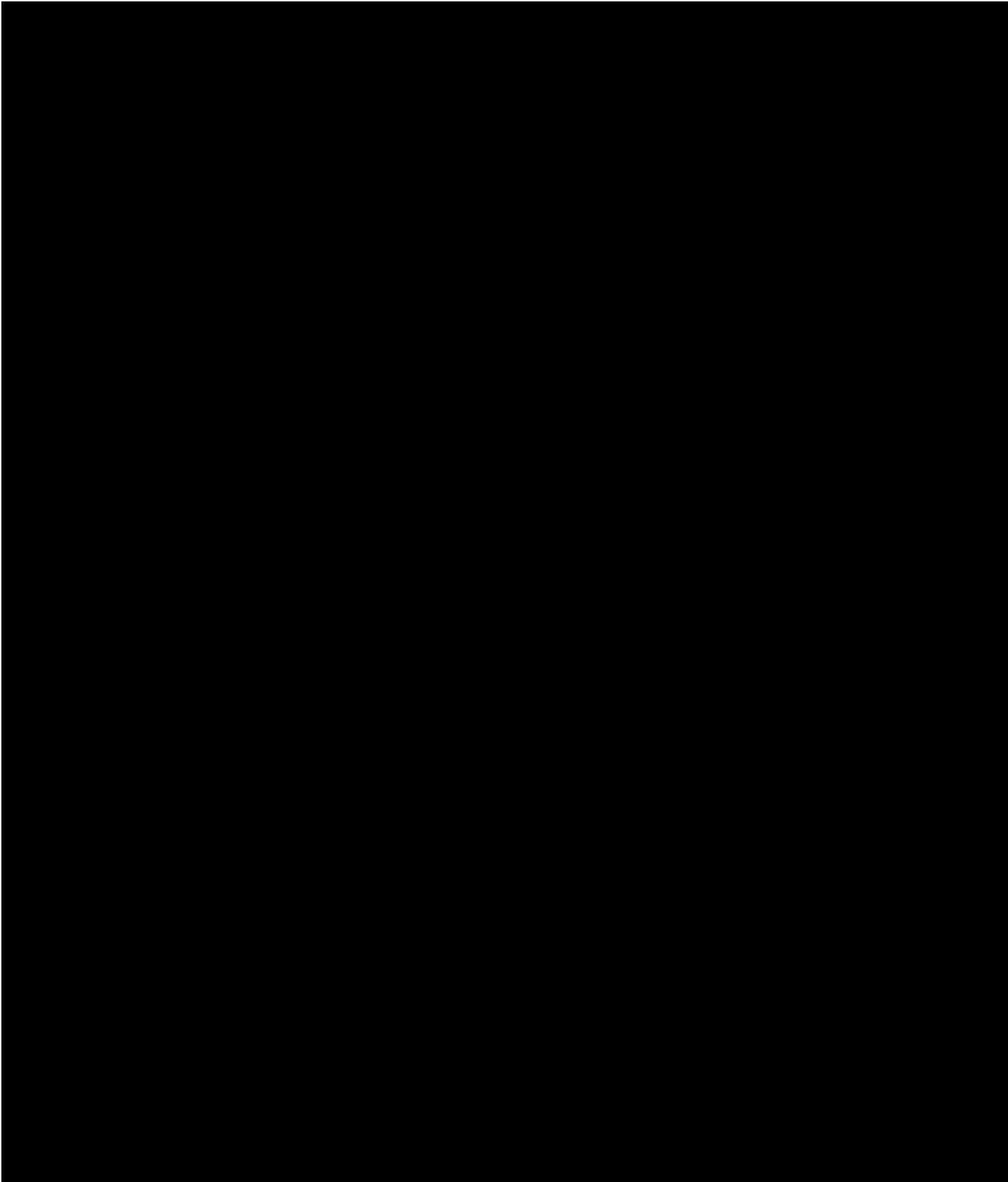


Note: This weekly newsletter is copied onto a pre-printed shell with the name, TUESDAY, alternating between blue and red so a new issue is easily spotted. It's a good example of a "cheap, quick and dirty" newsletter that gets news out to employees who don't have access to a computer.



Medical Center



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Tsunami Relief

An e-mail from HCA CEO Jack Bovender brought news that HCA employees donated \$250,000 to disaster relief efforts in Southeast Asia. The Company matched this figure dollar-for-dollar, sending it to Habitat for Humanity International for long-term rebuilding efforts. These funds are in addition to the one million dollar corporate donation to the American Red Cross for their initial tsunami relief efforts. "I extend a deep and sincere thank you to all of you who reached out a hand in support of the hundreds of thousands of individuals victimized by this natural disaster," he wrote. "We continue to keep the affected individuals, and those assisting in the relief efforts, in our thoughts and prayers."

Anthem news

Diagnostic Imaging Leader Connie Pruitt passes on this information of interest to those of you covered by Anthem health insurance: Effective August 1, 2005, Anthem is re-structuring its authorization policy to require pre-authorization for all elective CT, PET and MR scans, and high-end nuclear studies. This will not include inpatient, ER or urgent care visits. Watch for news from Anthem explaining this change and be aware that after August 1 you run the risk of Anthem denying your claims if your physician does not obtain pre-authorization via Anthem's health services review team.

No fooling!

April 1 is National Walk to Work Day. If you live too far away to walk that Friday, consider parking at a Richlands business or church (ask first) and walk from there. Still too much? Pick one of our parking spots farthest from the hospital, or across the street. This summary of a report prepared by the World Health Organization might give you the incentive to participate:

It is reported that 60 percent of the world's population is not physically active at levels that promote health. According to the World Health Organization, sedentary lifestyles carry a hefty medical and economic price tag and rank among the top ten causes of death and disability worldwide, accounting for at least two million deaths and 22 percent of heart disease. Of all major chronic disease deaths in the United States, 23 percent are related to sedentary lifestyles. Sedentary lifestyles also increase all-cause mortality and double the risk of cardiovascular disease, obesity and type 2 diabetes.

More prevalent than excess weight and cigarette smoking, sedentary lifestyles are the leading behavioral risk factor for cardiovascular disease. Simply defined, physical activity means bodily movement that expends energy above the normal metabolic rate. This applies to activities of normal daily living, as well as structured exercises. Today, almost 75 percent of US adults get little or no exercise or are not physically active at levels that promote health. Given the clear benefits of increased physical activity and exercise, start treating life as an investment and choose to overcome your obstacles and get moving! – *WHO Global Strategy on Diet, Physical Activity and Health*

Delicious fun

March is National Nutrition Month and our dietitians have planned a delicious and fun day to help you get a taste of healthy eating. Heart-healthy items on the Bistro menu for Wednesday, March 23, include: Anna's Salmon Cakes, Inside-Out "Fried" Chicken; Home-Fried Potatoes, Vegetable Stir Fry and Apple Crisp. (Recipes will be available, too!) There will also be a nutrition quiz, with the lucky winner walking away with (in?) one of those luxurious terry robes from the Women's Center.

et cetera

Welcome to our newest employee, PBX Operator Tammy Stiltner. We're glad you're here, Tammy! If you have any questions, please don't hesitate to ask any one of us. 📧 **13 new LPNs** graduated March 18, following the excellent training they received here at CVMC. 📧 **Please give blood** this Wednesday, 9:30 am - 4 pm, when Marsh Blood Services will be here. Flip over this page and read the first article for additional information about this drive. 📧 **Nominations due:** March 28 is the last day to nominate the next Employee of the Quarter. If you would like to resubmit a nomination from last quarter, or want a Frist Award nominee to be considered for Employee of the Quarter, just let any member of the Employee WOW Team know. You can reach Leader Lynne Brown at 6226. 📧 **Coming up:** The Employee Service Awards Dinner will be held Thursday, May 12, during National Hospital Week.

And finally...

If I have learnt anything, it is that life forms no logical patterns. It is haphazard and full of beauties which I try to catch as they fly by, for who knows whether any of them will ever return? – *Margot Fonteyn*

What's up?

Published the first and third Tuesday of each month. Send your news to:
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