

STAFF NEWSLETTER

Mission Statement: Enhancing the lives of people with developmental disabilities by providing them with responsive services and supports.

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EMPLOYEE of the MONTH



 Christie Nace
 Assistant Habilitation Manager- Catherine Street
 February 2009

Christie came to Hope in April 2006 as a Habilitation Staff II at Catherine Street. She worked in that position until she was promoted to Assistant Habilitation Manager at the Catherine Street site in June of 2008. She has been working in that position since then.

Christie was nominated by her then assistant manager Lavern Cohen. Lavern commented, "Christie is always willing to help out with whatever is needed. She spends time doing things with the individuals that they enjoy doing even on her days off. She will take her last dollar to buy things for the individuals if she thinks it will be beneficial to them. Christie does things to help our individuals feel good about themselves and as independent as they can be and she is always pleasant".

Dan Taylor, Habilitation Manager at Catherine Street, stated "Christie is a caring person, always flexible with her schedule and offering her time to serve the individuals. She always is upbeat during her shift and the individuals truly love her. Christie is an asset to Hope Enterprises, Inc.". This nomination was supported by her Program Director at the time, who stated "I concur with this nomination. Christie is a positive member of the Catherine Street team".

Christie is an active member of her church, the Christian Church of Cogan Station. She loves reading books, needlepoint and spending time with her family. She has two cats that reside with her. Christie is very outgoing and enjoys sharing her life with the individuals. She is AHM at her site and is learning new phases of her title. She always has good ideas for the individuals to get out in the community and explore what Williamsport has to offer. The individuals truly love her and always wait for her arrival to the site. Christie is described as a true country girl and down to earth, fun-loving person.

Christie, thank you for your enthusiasm with our individuals. We appreciate your dedication and service to Hope Enterprises, Inc.

Staff Birthdays

February					
Carrline Barney	Trans	6th	Tammy Yourish	Tule Street	10th
Stephanie Crossley	CSP/CMSU	6th	Bryan Bubb	S. Highland St	10th
Clarence Shaffer	Truck Driver	7th	Rebecca Hovenstine	Ames Place	11th
Darryl Worthy	Northway Rd	7th	Richard Predix	CMSU	11th
Ashlie Sitler	CSP/CMSU	7th	Marcella Rachau	1925 Mahaffey	13th
Betty Haas	IHW	7th	Dave Wojtowicz	CMSU	14th
Jeannie Ulmer	ELP	8th	Donna Casper	NCES	16th
Angeline Lyons	Palmer Hill	8th	David Closs	Custodial	16th
Ruth Shepperson	CSP/CMSU	8th	Gwen Muldrow	Reed St	17th
Christine Ulrich	CSP/CMSU	8th	Carolyn Wert	CSP/CMSU	17th
Deb Eisenhower	BRC	9th	Martha Stroble	Voc Rehab	18th
Diane Preston	Nottingham Rd	9th	John Schneider	Custodial	19th
Karyn Sorbera	Reed St	9th	Kathryn Mercurio	Third Ave	19th
Sonya Erdley	CMSU	9th			



CONGRATULATIONS

Hailey Hawkins and her fiancé, Barth Carson, will be married on 02/14/09. Hailey won a contest through the magazine Brides.com and the prize is a Wedding at the Empire State Building. Check out her wedding on Brides.com.



ATTENTION ALL STAFF

Based on agency policies (I.J. Rights, Safety, and Health Policy Safety, IV.A.1.b. Accident Prevention and Safety Plan, and IV.A.1.a. Safety Committee Purpose Statement and Operating Guidelines), staff are asked to review the policies, the enclosed "Safety Alert" document and, as indicated, report any situation which is apparently unsafe to staff and/or individuals and submit the document to their supervisor. Thank you!

SHAPE UP PA

Shape Up PA starts this week! The Wellness Committee encourages staff to participate in this and other "get fit" programs. This year, Hope will not be providing any incentives for staff. If you are interested in this program, please contact Kris Ottaviano at 326-3745, extension 1209 for more information. Deadline to register with Kris is 02/20/09.

EAP—February 2009—Make Your Hospital Stay A Healthy Experience

Chances are that you or a family member will be hospitalized in the coming year. Typically, patients entering the hospital are in a vulnerable state and may not be thinking too clearly, particularly "first timers." But fortunately, a practicing physician and educator, Gail Gazelle, M.D., has recently penned a thought-provoking booklet that advises how to take charge of one's hospital stay. *Don't Leave the Hospital SICKER Than You Went In! A Doctor's 106 Tips for a Healthy & Safe Hospital Experience* offers sage advice from Dr. Gazelle, an Assistant Professor of Medicine at Harvard Medical School and staff member at Brigham and Women's Hospital in Boston. Among her many insightful suggestions:

Tip #4: Pick an assertive person to be your advocate. Doctors can be intimidating. The white coat and busy schedule can make you feel like the doctor has to attend to matters that are more important than you. Remember, you are important! Choose an advocate who is assertive and not afraid to ask questions.

Tip #23: Always bring a list of all medications you are taking, both prescription and over-the-counter. You may be due for one of your medications or there could be interactions between what you are taking and a new Medication doctors want to start.

Tip #32: Never give your dentures, hearing aids, eyeglasses or other personal appliances to hospital staff. These items frequently get lost. You spent time and money having these fitted and you should not risk losing them.

Tip #43: Request and write down the name of anyone entering your room. You will find that many people enter your room—doctors, doctors-in-training, medical students, nurses, nurses' aides, food handlers and other hospital employees. You have a right to know who is coming and going and why they are there. The person who mentioned something important might be the one whose name you forget. We all forget details when we are under stress.

Tip #44: Record all interactions with doctors and nurses. Unfortunately, mistakes and miscommunication can occur. By keeping track, you will be in a better position to retrace your steps.

Tip #57: Do not be afraid to speak up if you don't understand what's happening or what the doctor is saying. Medical language can be very complicated and it's easy to get confused. You deserve to have things explained in a way that makes sense to you.

Tip #59: Make sure your privacy is respected. Whenever there is a discussion of important or sensitive information, ask for a private room to meet in.

Tip #67: Ask the nurses and doctors if they have washed their hands. While it may seem impolite, just tell them that you have a germ phobia! At some hospitals, all employees wear buttons that say, "Ask me if I have washed my hands." They do this to empower you to ask.

Tip #75: Ask questions about every test your doctor proposes. Does the test require any special preparation? Will the test be painful? Are there possible complications that the test can cause? The more information you have, the better prepared you can be.

Tip #84: Don't let the doctor operate on the wrong side of your body! This sounds obvious but sometimes it happens. Make sure you know which side of your body needs the surgery. On the day of the surgery, you and your advocate should remind everyone involved in your care which side this is. Even if you feel like you are being a pest, it is worth it to make sure you don't have surgery on the wrong side of your body. © 2007 by Gail Gazelle, MD

To learn more about Dr. Gazelle's publications and services or sign up for her "Free Tips Newsletter," go to www.MDCanHelp.com. And remember that before, during and after your hospital stay, your EAP is available 24/7 to provide you with supportive stress relief counseling.