

HGH Hotline

MAY, 2010

.....therefore however you want other people to treat you, so treat them.

A Publication of
Holdenville General Hospital
100 McDougal Dr.
Holdenville, OK 74848

FYI

BY BRIDGET COSBY, CEO

What an exciting month we have before us with the celebration of Hospital Week. The employee relation committee has done a great job in putting together events for the week, thank you to each of you for your time and efforts.

I would like to say thank you to all the employees and physicians of Holdenville General Hospital for making this such a wonderful place to work. It is truly inspiring to go out in the community and have people share their good experiences about the hospital. I remember the first several months that I came to work here and everyone was so kind and welcoming, those are the attributes that truly make this hospital special. In an environment that changes so much everyday, it takes really special people to adapt and continue to work for the better good of the community. As we

celebrate this week we should all reflect on the service that we provide each day and be proud of the work that we do.

This is the last month that Len will be with us, in his honor; we will be having a reception on Thursday, May 20th at 11:00 in the conference room to wish him well and to thank him for his time here with the hospital.

Hospital Busy with Community and Hospital Events

Spring Fling Events in the Park for Pre-Schoolers



April 22 we cooked and wrapped 320 hot dogs for the pre-school kids and their parents and teachers at Stroup Park. This is the fifth year the hospital has participated in the event. It is very enjoyable for the kids and participants and went very well again this year.

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Department Managers; Honor Ladies; Auxiliary

Employees, Department Managers and Administration joined forces to honor and thank our "Pink Ladies" during National Volunteer Week. The Pink Ladies do so much for the hospital donating their time and money for us. They help with our patients, buy equipment for the hospital and keep us going with their smiling faces.

Trisha Phillips	May 08
Sharon Griffith	May 10
Alicia Flick	May 11
Afton Brauning	May 15
Melissa Johnson	May 15
Linda Rains	May 15
Amy Hickerson	May 20
Murphy McDaniel	May 21
Nathan Harper	May 26



Pink Ladies-Making a Difference Every Day



BIRTHDAYS

New Faces

Welcome our new employees when you see them in the halls.

Jaime Bartschi, RN	PRN
Catherine Rompf, RN, Med/Surg	FT

Pamela Youngblood	May 04
Doug Powers	May 06

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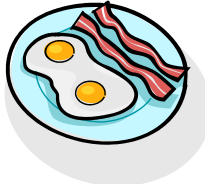
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HOSPITAL WEEK EVENTS

Monday 5/10/2010

FREE Breakfast in cafeteria
Game: to be announced (prize for winner)



Wear jeans for \$1.00

Tuesday, 5/11/2010

Game: Guess which Doctor these belong to (prize for winner)
Noon: Free Subway Sandwiches in cafeteria
Wear jeans for \$1.00



Wednesday 5/12/2010

Prettiest Baby Contest—Bring your own baby picture and will have contest for cutest/prettiest, most handsome baby. Employees will vote (prize for winner)
Ice cream social in cafeteria---1:30 p.m.
Wear Jeans for \$1.00



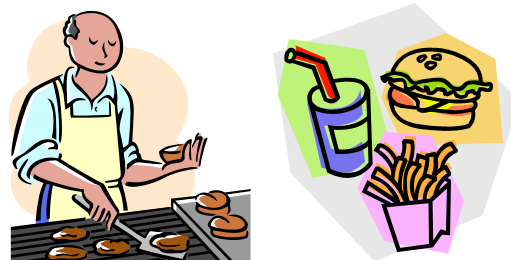
Thursday 5/13/2010

Celebrity look a like contest, Dress up like a famous person, prize for best look a like
Noon: Free Pizza in cafeteria.
Wear jeans for \$1.00.



Friday 5/14/2010

Wear your hospital shirts—Free jeans day.
COOK OUT in front side parking lot
Hamburgers/hot dogs and all the fixins.



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Pre-Retirement Health Insurance Seminar

Plan for your retirement and get all your Insurance questions answered.



Retirement Insurance

Where

Kiamichi Technology Center 301
Kiamichi Drive
Main Building
BIS Room
McAlester, OK

When: May 6, 2010

Time: 1:30 PM

All Insurance Coordinators and their employees planning to retire next year are invited to attend this very informative meeting. Reservations are not needed.

Presented by the Retiree Unit at 1-800-752-9475

OSEEGIB



Oklahoma State and Education

Employees Group Insurance Board

Nursing News

BY SHIRLEY ORR, DON

I recently read an article written by Barbara Engram and Nevela Allen which was published in the November 2009 issue of Nursing Management. The title of the article is *Five Tips for Climbing out of a Rut*. The article offered five tips to renew your energy and get out of your everyday rut.

All of us get in a rut sometimes. We begin to feel burned out and tired. It makes us impatient to patients, colleagues, and our families. Hopefully these five strategies will help us to deal with the burnout we all suffer from at different times in our lives.

1. Give your attitude an adjustment. The author reminds us that attitude is a matter of choice. Before you step through the door at work stop and check your attitude. Remind yourself why you chose a career in healthcare. Say to yourself "I do want to be here today because I want to make a difference in my patient's lives".
2. Set goals. Start with something simple. If you have been impatient, negative, or complaining, set a goal to cultivate patience, self-discipline, and kindness.
3. Take the lead to inspire teamwork. On a given shift, how often do your colleagues ask if you need help? How often do you offer to help? The next time someone needs a hand, pitch in. Not only will you be helping your colleague, you will be setting an example for others. Acts of kindness are contagious.
4. Focus on the positive. Change your "I can't" attitude to one "can do", "will do", and "glad to do". A positive attitude is contagious. Seek opportunities to learn so you can become better at what you do.
5. Be good to yourself. Get involved in something you enjoy. Find a new hobby, join a local club or volunteer to help with a cause you feel strongly about.

Remember, attitude is a matter of choice. Sometimes all you need to renew your energy is to change your outlook.