



## Education and Activities

For information call, ext.7074 or 7283

### March 6, 9:00 am – 2:00 pm

First Aid and CPR Class. Cost for the class is \$40.00 for both First Aid & CPR or \$25.00 for either CPR or First Aid. Classroom 3. Information or to register, call 304-487-7074.

### March 17, Noon – 2:00 p.m.

#### Continuing Medical Education

**Prehospital Burn Care** - Speaker: Kevin Bess, NREMT-P, CCT-P, Flight Paramedic-HealthNet Aeromedical Services, Charleston Area Medical Center. Classroom 3. To register and request lunch, call Kim Barnett at ext. 7074.

## Welcome To Our New Employees

**Elsie Allison**, Nutrition Assistant - Behavioral Health Pavilion

**Guyna Day**, Mental Health Tech - Behavioral Health Pavilion

**William Gomillian**, Nutrition Assistant

**Matthew Huffman**, Mental Health Tech - Behavioral Medicine Center

**Carolyn Lucas**, RN - ICU

**Yolanda Saunders**, Mental Health Tech - Behavioral Health Pavilion

**Christine Simon**, Nutrition Assistant – Behavioral Health Pavilion

**Adrienne West**, RN - 3-West

**Kimberly William**, RN - Behavioral Health Pavilion

**Pamela Woods**, Cook – Behavioral Health Pavilion

## Do You Know About This Employee Benefit?

PEIA offers a Weight Management Program through Princeton Health and Fitness Center. The year long program includes consultations with a Registered Dietician, Exercise Physiologist, and Personal Trainer. You also have full use of the fitness center, equipment, and all classes. The cost is \$261 per year which is less than paying monthly PCH dues at \$344 a year. If you would like to lose weight and body fat, reduce stress, improve endurance and strength, sleep better and decrease your blood pressure and cholesterol, this program can help. Are you ready to make a change? For information, call 304-487-7876 or call PEIA at 1-866-688-7439.

## Think About It

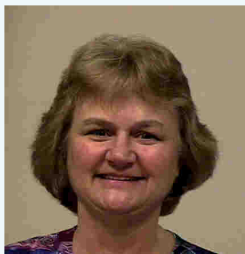
March is National Nutrition Month<sup>®</sup>, a time for reinforcing healthy and nutritious eating habits. The 2010 theme is “Nutrition from the Ground Up” which means choosing more fruits, vegetables, whole grains, nuts and beans to create a healthful eating plan. Current guidelines call for eating at least three whole grain servings per day where a serving is one slice of bread or ½ cup of pasta. For fruits, guideline varies with age and activity. An average amount is 2 cups per day or 2 pieces of fruit. When it comes to vegetables 2½ cups of vegetables per day is the minimum for most adults. If your whole grain, fruit and vegetable consumption is lagging behind, use this month to build your “Nutrition from the Ground Up.”

## For Health and Fun

The Nutrition Staff is cooking up some healthy fun in the Culinary Corner during the month of March. Look for some exciting culinary experiences to be presented so plan to stop by every Thursday to see what’s cooking. Jeanne Schmauss, Director of Nutrition Services, and the staff are planning for fun things to take place during National Nutrition Month. Find out how easy it is to make healthy and tasty food choices

## Thanks for the Savings

A big THANK YOU to Kevin Graham, Director of Plant Operations, and his employees who worked together to install a new washer in the laundry – a washer that can clean 450 pounds of laundry at a time! The guys worked off-hours to run the utilities so as not to disrupt the laundry schedule. By using PCH Operations Staff rather than an outside contractor to do this work, Kevin and his crew saved the hospital over \$10,000. Thanks to Danny Mitchem, Scott Spangler, Richard Sigmon, Terry Choate, Gary Woodring and Gary Clark. The money saved on this project means more dollars are available for patient care.



## Get To Know

**Kathryn Dooley, RN**  
**3-West Charge Nurse**

*Joined the hospital: June, 1978*

*Birthday: May 3*

*Family: Husband Richard, Daughter Lynsey and our dog Ginger, a Yellow Lab.*

*Job responsibilities include:*

Charge nurse for 3-West. Coordinate daily activities on the unit; communicate with the doctors, staff, patients, visitors and other departments to ensure quality care.

*How I help PCH to be the best place for patient care:*

Working together as a team. By continuing to serve PCH to the best of my ability and by working with other staff to do the same; to always be a good listener and adaptable to change.

*When I was a child, I wanted to grow up to be:*

I don't recall wanting to be anything in particular until High School when I decided I wanted to be a nurse.

*Favorite candy bar:*

Kit-Kat.

*Favorite toy as a child:*

Probably my baby dolls.

*Favorite "toy" today:*

My camera! And, while not a toy, I do love my playtime going to Zumba classes and going for walks.

*My first job was:*

A nurse at PCH after college graduation.

*Something few people know about me:*

I am a good listener; I love the outdoors and animals. I am very family oriented.

*What I do to have fun:*

I love to travel with my husband and family.

*How I represent Princeton Community Hospital in the community:*

Keeping a positive attitude about our hospital; informing others of the services offered by our excellent staff.

## Did You Know

Anyone over the age of 14 may become a Volunteer at Princeton Community Hospital. Our program gives volunteers the opportunity to help patients and visitors during a visit to the hospital and to provide needed services that support the staff and physicians at PCH. If you know someone who might have an interest in volunteering please tell them about the PCH Volunteers, a dedicated group that enjoys working together and making a difference in the lives of others. The first step is to complete a Volunteer Application. Pick one up at the Volunteer desk at PCH or call the Volunteer Program office at 304-487-7513.

## What is Occupational Therapy?

Plans are underway to provide increased Occupational Therapy services at PCH. Veronica Brooks, OTR provides these services. So what is Occupational Therapy? Basically it is the rehabilitation of the shoulder, elbow, forearm, wrist, and hand. Examples of conditions and injuries of the upper extremities include: fractures, amputations, arthritis, trauma injuries, dislocations, muscle strains and tears, tendon injuries, nerve injuries, fibromyalgia, wounds and scars, neuromuscular diseases or spinal cord and central nervous system injuries.

The occupational therapist's evaluation of the patient includes muscle strength, range of motion; sensory, cognitive or perceptual; vascular, skin or connective tissue assessment; and relevant past medical and vocational history. As part of the evaluation process, the therapist identifies psychosocial, environmental and other factors that may influence the outcomes of treatment. In addition they assess demands of the workplace and home, including care-giving roles and leisure activities in order to ensure that therapy is designed to produce a good outcome like returning to work or independent living.

Occupational therapy has a unique focus on the patient's ability to perform activities that they need or want to do related to independence in self-care, home management, work related tasks and participating in leisure and community activities. When looking at the entire patient, not just the injury or disease, it can mean teaching a patient how to use adaptive equipment, providing training that improves the ability to complete daily activities, or making changes in the home to conserve physical energy and improve quality of life.

For more information contact Kim Keen, Director of Pulmonary Rehab at ext. 5069, or Veronica Brooks at ext.7512.