



March 8, 2019

New Direction

JJ Sanders takes a stroll with former patient for January WOW

In our January WOW Moment, physical therapy tech Jamas "JJ" Sanders happened to be on the Second Tucker nursing unit, when she noticed one of her former patients walking out of his room. She stopped to chat with the patient and realized he was having a lapse in reality. Instead of calling a nurse or insisting the patient get back in bed, JJ asked him where he was going. When he responded "for a walk," she accompanied him for a little walk around the halls, then assisted him back to bed. The patient's daughter later overheard how busy the physical therapy department was and that JJ had to stay late that day to finish all her work. The daughter was so impressed with JJ's dedication that she nominated her for a Wow Moment. We're impressed with JJ's dedication too!



Diaper Derby to end Saturday at SFA/Sam double header

The championship round of Diaper Derby will be held between the women's and men's games this weekend as SFA basketball takes on Sam Houston State. Three racers, two of which are twins, will rally to the checkered flag in hopes of winning a prize package from SFA and Nacogdoches Memorial Hospital, including season tickets to the SFA sport of the parents' choice and a variety of donated gift cards. The three qualifying crawlers each already won a case of formula and a case of diapers.



HealthyWage weight loss challenge is back!

The state-wide 12 week weight loss program is back! Teams of five from businesses across Texas will try to work their butts off (literally) in order to become the team to lose the largest cumulative percentage of weight. The team with the biggest weight loss will split \$10,000, second place will get \$5,000 and third place will take home \$3,000. Not only is HealthyWage willing to pay for weight loss, so is Memorial! The top three weight loss winners from our hospital will win gift cards. For more information, contact Joanna Perez in the community relations department at ext. 4124. Sign up soon, because the fun starts on May 6.



Interested in a career at NMH?

Apply @ <https://www.nacmem.org/careers/all/>
Stop by Human Resources or call 936.568.8543

Alfreda Williams “wows” with great attitude, “Sugarfoot”

The WOW moment for February stems from one small event in a well-established history of excellence. Alfreda Williams, retail cook in the dietary department, was recently recognized by a co-worker for her do-anything-and-everything spirit when Alfreda took a load of garbage out to the dumpster, then stayed over her quitting time to clean up the entire area, just because it needed to be done. Alfreda’s dedicated, hard-working attitude shows up frequently and is widely recognized here at Memorial, since she joined our team in 2016.

Along with a friendly smile and an indiscriminately applied endearment (usually “Sugarfoot”), Alfreda charms everyone she meets. Anyone who goes through the deli line in the cafeteria knows Alfreda makes you feel important, which is exactly why so many people wait on her to wait on them.

Alfreda was stunned to realize recently that she had earned this WOW Moment, and our collective affection, by being a caring, passionate worker who never hesitates to go the extra mile and always treats people with kindness.

EAP offers legal, lifestyle, stress resources to staff

WorkLifeMatters is an employee assistance program available for all full time and part time Memorial employees, offered through the Guardian Life Insurance Company of America and Integrated Behavioral Health. WorkLifeMatters offers resources for healthy living, stress management, fitness and overall wellness.

Memorial employees have access to free counseling services online or over the phone 24 hours a day, 7 days a week. There are resources to help with family, such as assistance in parenting support, child and elder care, learning programs, special needs help and more.

They also offer help with a variety of legal and financial issues, help preparing a will by providing templates and 25% off a consultation with an attorney, help with taxes or debt and more. Visit ibhworklife.com or call 1-800-386-7055 to get started today.



Troop 161 monitors board meeting

Several members of Boy Scout Troop 161 joined us for the February board meeting of the Nacogdoches County Hospital District governing board. As part of a citizenship merit badge effort, the troop had the opportunity to witness the procedures of a formal hospital board meeting, as well as meet members of the board and executive leadership.



Recent relocations, renovations and repairs keep plant ops running

Memorial’s facilities management team spent several extremely busy weeks recently, relocating the business office to the third floor; dropping computer lines in preparation for that move; beginning renovations on two patient rooms; and cleaning up the mess from a hydraulic oil leak that required the removal of our wood laminate flooring. Luckily, the crew was able to save about \$1,500 by cleaning the laminate flooring and reinstalling it. They also saved the hospital \$5,000 by performing those computer drops in-house. The patient room renovations will involve furniture and equipment we already have in hand. The rooms have never been updated before now.



Eat your spinach! Quarterly blood drive set for March 20

The next quarterly blood drive will be Wednesday, March 20 in the Auxiliary Conference Center from 10 a.m. to 4 p.m. Help the hospital hit its donation target and start working on your hemoglobin levels. Eat iron-rich foods such as eggs, spinach, broccoli, beans, strawberries, raisins, dried peaches and apricots, enriched breads and pasta, ham, chicken, turkey, lean beef and pork, tuna and shellfish.