

# New Direction

## Anjou Bice earns prestigious award at Woman of the Year banquet

The American Association of University Women is a non-profit organization that advances equity for women and girls through advocacy, education, and research. The AAUW held their 35th annual Woman of the Year banquet in April and recognized one of Memorial's team members for outstanding service in the healthcare field. Anjou Bice has worked as an outpatient physical therapist serving at Memorial Hospital for 20 years of her 22-year career.

Anjou emigrated to America from Jamaica as a child, and enlisted in the Army Reserves in 1984. She transferred to the Air Force in 1986, where she served as a dental hygienist, and was then deployed during Desert Storm. While in the military, she obtained her undergraduate hours prior to being accepted to and graduating from UTMB El Paso campus with a Masters in Physical Therapy.

Her Nacogdoches community activities include assisting in coaching girls' recreational volleyball, playing women's recreational volleyball and serving at First Baptist Church in Nacogdoches for six years, teaching preschool missions. She is the mother of two daughters - Asiya, 13, and Andraissah, 9.

Anjou holds BIG certification for Parkinson's Disease and Yoga Fit levels 1 and 2. She has been the recipient of several Wow Moments, but simply believes "this is just what we do."



Board member Farrar Bentley and his wife Mary Ann were on hand to congratulate Anjou Bice on the AAUW award.

## CEO to host employees at 'Town Hall' meeting

Gary Stokes, interim CEO, will soon play host to any employees interested in hearing what's happening at Memorial. Slated for May 14 and 16, each session will feature punch and popcorn, a door prize raffle and lots of opportunity for Mr. Stokes and his team to share the latest news and for employees to ask questions. This is the first round of planned quarterly forums.

### Town Hall Meeting Sessions

#### Tuesday, May 14

7:20 a.m.

11:00 a.m.

3:00 p.m.

#### Thursday, May 16

7:20 a.m.

11:00 a.m.

## We have an Instagram winner!

One lucky winner followed Memorial Hospital on Instagram and got a pretty sweet reward from doing so.

Hannah Fuller was picked to win the Coffee Spot gift basket recently for following the hospital, sharing our post and tagging three friends. Follow @nacmem on Instagram for the latest updates on hospital happenings.



**Interested in a career at NMH?**

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

## Auxiliary celebrates over 45,000 hours of service

In April, Memorial recognized the over 45,000 hours of hard work that our volunteers have given to the hospital through the years. Memorial's Auxiliary brings inspiration and hope to those who need it most by sharing their time and talents, and by giving back to the staff and patients alike.

Their support efforts have paid for a wide range of equipment and supplies in recent years, including the construction of our beautiful Auxiliary Conference Center.

Great friends and better memories are waiting, as a part of this excellent organization. If you or someone you know would like to give just four hours a week to be part of this dedicated group, contact the gift shop at ext. 8547 for more information.



## Communities Talk highlights underage drinking

Last week, trauma manager Kelle Harrison and Dr. James Redfield were among a group of panelists at a Nac-Can Coalition town hall meeting discussing underage drinking and the negative effects it causes for young people. The community posed questions for the panel to answer, bringing greater awareness to the Nacogdoches community on this issue. We appreciate Kelle and Dr. Redfield's commitment to helping Nacogdoches become a healthier community.



## Cooking class teaches low carb alternatives

The Healthy Memorial hands-on cooking class in April featured a theme of "carb busting" and focused on alternatives to foods that are usually packed with carbohydrates. Community members cooked almond flour and banana pancakes, cauliflower macaroni and cheese, "french fries" made of carrots and butternut squash and even a low-carb cauliflower crust pizza! Attendees took away new knowledge of healthier diet options, as well as a few goodies for some quick low-carb dinners at home. Join us for the next one!



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