

New Direction

Memorial well represented in community involvement

We had quite the presence this past week at charitable events, including the American Cancer Society Dancing with the Nacogdoches Stars and the United Way Kickoff Fiesta.

American Cancer Society - Candace McGuire, director of administrative services for the Nacogdoches Memorial Professional Group and Michelle Key, family nurse practitioner at the Care First Clinic, both served on the planning committee for the event. This was Candace's second year on the planning committee; Michelle actually competed in last year's contest, dancing with Dr. Donald Cagle.

Necia Young, medical lab tech, served as one of the judges. She has a Bachelors of Arts in Dance Studies in Communities from Texas Women's University.

Several department directors chipped in to sponsor a table for the Saturday night event, which featured a Roaring 20s theme.

Mark your calendar for Saturday, Aug. 15, 2020 for next year's Dancing with the Nacogdoches Stars, if you're interested in attending and contact Candace or Michelle, if you interested in volunteering or would like to represent Memorial Hospital as a dancer!

United Way - On Tuesday night, several of the same crew represented Memorial Hospital at the United Way Kickoff Fiesta. The hospital's United Way fundraising committee will begin meeting shortly. If you would like to help with the effort, please contact Katy Crawford, ext. 4194, or Kim Barton, ext. 4124, to volunteer.

Last year, thanks to a rocking fun lip sync contest that raised awareness, our campaign pledged over \$26,000, busting our \$18,000 goal.



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Stop by Human Resources or call 936.568.8543

Employee health team screens glucose at NISD back-to-school convocation

Employee health nurse Athena Johnson headed up a team that provided blood glucose screenings, educational materials and dozens of free glucose monitors to the Nacogdoches Independent School District's annual employee convocation. In preparation for each new school year, teachers, bus drivers, support staff and facilities workers are all required to attend training meetings. The workshops are kicked off with a health and information fair. NISD employs over 1,000 people, so our team saw a huge number of people.



Healthy Memorial settles into new workout, hands-on cooking class schedules

Our Healthy Memorial fitness classes will not be overseen by instructors for the time being. Instead, we offer our cardiac rehab facilities for anyone that wants to work at their own pace and independent of an instructor. Participants will need to be briefed on some safety protocols, however, so contact the community relations staff at ext. 4124 for details before utilizing the gym.

Best time to access the gym is between 4 - 5:30 p.m., Monday through Friday, before the physical therapy department leaves and locks up for the day. For safety reasons, working with a buddy is recommended. The prerequisite safety training will cover the cardiac rehab department requirements for locking up, code blue buttons and treadmill cut off switches.

Healthy Memorial will also help you make dinner time easier, with hands-on community healthy cooking classes held in the Healthy Memorial Wellness Center from 5:30 - 7:30 p.m. on the dates listed below. Space is limited, so RSVP to perezjo@nacmem.org or ext. 4124 for classes like our recent Quick Meals & Kitchen Tricks.

Our lunchtime quick cooking classes will continue, but that schedule has not been finalized. More details will follow.



Healthy Memorial Hands-On Community Cooking Classes

Nov. 7	Diabetes Series
Nov. 14	Diabetes Series
Nov. 21	Diabetes Series
Jan. 9	Resolution Revolution
April 2	Eating Around the World
May 7	Fresh is Best

Wake Up Stroke case study presentation offered to clinical staff next week

For years, Memorial has focused heavily on protocols for treating ischemic stroke patients who have a definite "last known normal functioning time," striving to have treatment initiated within three hours. Wake Up Stroke, a program that addresses the newest diagnostic and interventional treatment options for the population who literally wake up with stroke symptoms, will be presented on Wednesday, Aug. 28 in the Cafe Conference Room from 12 - 1:30 p.m. to enhance those efforts even further. Interested patient care staffers are encouraged to attend.

The case study format (following a patient from EMS to Rehab) is being brought to us by the fixed wing transport folks from Dale Aviation and Medical Air Rescue Company (MARC). Plan to stay for the entire presentation for optimal learning and to earn continuing education credit, but you can come and go if necessary.