

# THE REPORTER

October 15, 2006

Georgia Regional Hospital at Savannah

www.garegionalsavannah.com

GRH-S

## Hats Off to Unit 5



UNIT 5 WINS this quarter's 'Best Maintained' Unit Contest.

### Infection Control

Linda Rowland

**C**ongratulations are in order for Unit 5 at Georgia Regional Hospital-Savannah! They are the winners of this quarter's *Best Maintained Unit* Contest.

Competition was fierce this quarter, with 4.2 points between first and fourth place.

All four units worked very hard and are to be commended for a job well done.

The scores were so close before the last inspection that assistance was requested of Mr. Arthur Coleman, Director of Environmental Services. Mr. Coleman inspected the laundry and bathroom facilities and his scores were compiled with the scores of the Infection Control Nurse,

Linda Rowland, RN. Unit 5 had an overall score of 90.0% with Unit 6 coming in at a very close score of 87.5%. Third place was Lakeside Center with 86.6% and Fourth place goes to Unit 4 with an overall score of 85.8%!

Next quarter began on October 1, 2006 and will run through the end of the year. Inspections are made twice monthly by the Infection Control Nurse and various items are evaluated.

Continued on Page 4

### Features

Mall Clients Visit Conference	Page 2
Let EAC Listen	Page 3
The Biggest Loser	Page 6
Dear Dr. Li	Page 7

## Mall Participants Attend 15th Annual GMHCN Conference

Client Education

Lee Marsh

Participants of the Mall Treatment Program attended the 15<sup>th</sup> Annual Summer Conference sponsored by the Georgia Mental Health Network, Inc. The theme of the conference was *“Wellness and Recovery: Mind / Body / Spirit...”* The clients had the opportunity to network with other consumers on issues related to living with a mental illness diagnosis.

It was a bright sunny morning as the three clients exit the Recovery Care Unit to become one of many traveling I-95. The ride ended at the secluded resort of Epworth by the Sea. As we entered the registration line to receive our badges, conference bags and itinerary for the day, there were obvious signs of approval and amazement on the faces of the clients. We took our seats and listened to the presenters and a sense of *“I’m not alone”* illuminated throughout the room. The clients heard others with a mental illness diagnosis elaborate on their personal struggles to reach the point of recovery.

Greetings and updates were given by Ms. Gwendolyn Skinner, Director of DHR for MHDDAD. Ms. Skinner stated, “The system is in recovery, this is the time for change and every Region will receive their fair share. The “Needs of the Consumer” is the priority. The Division is not the enemy; it’s about providing service. If you believe it’s possible for people to recover, then do you believe it’s possible for the system to change?” She continued to elaborate on the accomplishments of this year and plans for the upcoming year.

Every year the conference attendees identify areas of concern and vote on the top five (5). The priorities affecting recovery are:

- Jobs and Employment
- Decent, affordable housing
- Flexible transportation
- Increase wages for peer workers
- Open access to affordable medications

The return trip was relaxed and unhurried, stopping for an early dinner and conversation to recap the experiences of the day. Clients remarked favorably to what they had seen and heard. They thanked staff members (Lee Marsh, Program Mall Coordinator and Gretta Green, Mall Assistant/ATL) repeatedly for the opportunity to attend the conference. It made a positive impact, forcing the clients to identify their strengths and use it in their personal recovery process.



## Who and What Goodwill Represents

Serendipity

Joyce Fraser

One day after I had gone over the clothing inventory at Serendipity I realized how short our inventory was in men’s pant sizes. I decided to go over to Goodwill and purchase as many pants that I could afford to donate for our clients. I gathered the pants and asked to speak with the manager; I was going to tell her that I was an employee of Georgia Regional Hospital and wanted to ask if I could get a discount for the clients.

The manager of the clothing department was not there so I called back later and spoke with Mr. William Oakley, Store Manager and he referred me to Mr. Steve Bellmoff, Donations Manager. Mr. Bellmoff asked me to visit and tour Goodwill. I met him one morning that week and he showed me around the facility. I never realized what Goodwill represented besides clothing, home goods and furniture. It totally amazed me at what all they offer the community. They have several contract work programs which include, a program called “2<sup>nd</sup> Chance,” a vocational rehabilitation for the traumatic brain injured persons, a custodial program for government and local churches, a contract with Gulfstream to package insulations for their jets, a contract assembling the lights that are mounted on the cross bars of the railroad crossings, also, old tee shirts, etc...that are damaged, they tear into rags and sell, and last but not least any of the clothing that does not sell they crate up and ship to needy foreign countries. I was extremely proud as well as amazed of who and what Goodwill represents!

I didn’t end up buying those pants from Goodwill. Instead, Mr. Bellmoff and I set up an exchange program. We may exchange clothing which our clients cannot use in return for vouchers which will allow us to find clothing at Goodwill that our clients need which we may be lacking.

This was truly a great experience for me, and interesting to find out more about programs in our community and who and what they represent.



EAC IS THERE TO HELP employees are welcome to voice their concerns through the Employee Advisory Council.

## Let EAC Listen

EAC

The Employee Advisory Council, (EAC), was recently established to have input on decision-making issues and to make recommendations to the Facility Leadership Team of Georgia Regional Hospital.

The EAC will make suggestions and/or recommendations regarding issues that affect the employees of Georgia Regional

Hospital at Savannah, Lakeside Center at Bloomingdale and the Community Group Homes. Each unit/department within the hospital has a designated representative on the Employee Advisory Council. These representatives are nominated by their Department Head.

In our first EAC meeting on July 26, 2006, an Employee Survey was suggested as a way to “gauge the pulse” of all fore-mentioned employees. As State of Georgia

employees, we all may at some time feel undervalued or unappreciated for a multitude of reasons. As members of the EAC, we want to know your concerns, issues or any problems that you may have or encountered. They may be present problems or past issues that you feel were unresolved or warrant attention. This is an opportunity to discuss our issues/concerns and then present them to the Facility Leadership Team. We may, in fact, be able to solve these issues.

To communicate any concerns, issues or problems please write them down, place in a sealed envelope and send to Laurie Evans, Co-Chair or Melissa Hutton, Recorder.

Or you may also give concerns to your EAC Representative.

**\*Note:** You **do not** have to include your name.

WRITTEN BY A  
UNIT 5 CLIENT  
to commemorate retirement

## A Tribute to Ms. Jeni Riggs

Unit 5

Unit 5 Client

To Georgia Regional Hospital's staff, nurses, HST's, and distinguished guest. It is an honor and a privilege to acknowledge the departure of one of America's finest; Ms. Jeni Riggs. With honor, and high degree of decoration we want to express our love, gratitude and appreciation for you. We all hate to say good-bye to Ms. Jeni. Jeni thanks for the years, the memories, and the love that you

gave us. And for sharing your beautiful smile that opened up our hearts. We are going to miss the love and joy that you shared with us. Love, devotion and thanks will always preside and prevail with you Ms. Jeni, forever. We thank you for your love, respect, outstanding credibility and commitment here at Georgia Regional Hospital at Savannah. You will be tremendously missed here at this hospital. Ms. Jeni, you are a wonder of the world,

you join the elite. You are in the 9<sup>th</sup> Wonder of the World classification. I want to emphasize that no one will ever duplicate your footsteps; you are an asset and inspiration to Georgia Regional Hospital. Your love and joy fills the air, you are an inspiration that sets the tone for every one. God loves you; you are a very special lady and a remarkable person.

Take care, we will miss and love you always!

## EAC Members

EAC

Members: Richard Mike, Sheila Boyette, Dr. Helen Gorini, Julie Smalls, Laurie Evans, Dale Bond, Michelle Williams, Kisha Young, Denise Kearse, Irene Albert, Joyce Fraser, Solomon Dillon, Mercedes Byrd, Beth Rawlinson, Rick Petrea, Jessica Scott, Chon Jernigan, Joyce Deal, Melissa Hutton, Sandy Pullman, and Deborah Wolfolk

The Employee Advisory Council has established a form that employees can complete to voice their concerns. The forms can be returned interoffice mail to Laurie Evans or Melissa Hutton, in order to remain confidential. Concerns can also be emailed or given to any of the council members to be addressed in the next Employee Advisory Council meeting.

ISSUES RESOLVED AT  
THE PAST MEETING

The issue of employees not being informed that outside workers will be in their work areas was addressed at the FLT meeting and prior notice will be given from this point on.

**Human Resources**

Human Resources would like to welcome new employees Dana Holmes and Lokia Maxwell.

Thanks are also extended to Lori Riddle and Chon Jernigan for their commitment and dedication to the Human Resources Department.

**Lakeside Center**

Congratulations are extended to Tom Coleman who was recently appointed by Mayor Otis Johnson (City of Savannah) to the Coastal Workforce Investment Board for a three-year term. The board offers city council members advise in the policy making process.

**Facility Police Department**

In recognition of an outstanding Facility Police Officer, Corporal Weaver has demonstrated his professionalism and fine strong work ethics. His initiative and always volunteering to help the hospital staff and the patients deserves recognition. This was also expressed by Nursing Supervisors, Admission Staff, and many more. Your dedication to the department and the hospital have been exemplary. Keep up the good work.

Smith, G.E.

Facility Police Lieutenant/Acting Chief

The Facility Police Department would like to remind all hospital staff to be mindful of their speed on campus, and to always look out for staff/patients when driving on campus.

**RHA's Office**

Congratulations to Bree Watson (daughter of Bonnie Watson) and dance partner Decho Kraev for their 5<sup>th</sup> place national championship ranking in Professional American Rhythm Ballroom dancing. The couple recently attended the prestigious United States Dance Sport Championships in Miami, Florida on September 6 where they competed against 26 couples from around the country. After scoring enough recalls in the quarter-final and semi-final rounds, Bree and Decho placed 5<sup>th</sup> out of the top six professional couples in the nation in the final round of competition. After the National Championships, they took a short trip to Bulgaria and have returned home to Arizona to gear up to go on to compete in the Professional World Rhythm Championships scheduled in November.

Lost and found  
items are  
reported to the  
Administration  
Building # 1  
Front Desk  
356-2103

**Hats Off Cont.**

Bonus points are given to the unit for employees having received their Influenza vaccine and their Hepatitis B series. Three employees are asked at random if they have had the vaccines. *If all three have had the vaccines*, the bonus points are added to the overall score for that inspection.

A brief side note that is worth mentioning here is Unit 5 has been plagued with three separate cases of MRSA this year. These cases have been controlled by the careful maintenance, including strict hand hygiene practices, of Unit 5. MRSA can be a nightmare in hospital setting and Georgia Regional Hospital-Savannah is no exception.

Unit 5 was also the recipient of last quarter's *Best Maintained Unit* contest. Congratulations are in order for LaTanya Thompson, RN, Nurse Manager of Unit 5 and all of her staff for an outstanding job.

To all of the units, "Keep up the good work".

# RECOGNITION

**WELCOME & CONGRATULATIONS!**

## Welcome to GRH-S

Shabeer Abubucker	Admissions
Andrew Clark	Admissions
Lillie Bennett	Environmental Services
Dana Holmes	Human Resources
Lakia Maxwell	Human Resources
Bridgett Berry	Juliette House
Samuel Featherston	Admissions
David Gerald	Sea Palm Group Home
Regina Kashian	Acute Care Unit
Jessica Williams	Juliette House

## Congratulations on your Promotion!

Sandra Green	Lakeside Center
--------------	-----------------

## Congratulations on your Retirement!

Jane McGibony	Lakeside Center
---------------	-----------------

## Faithful Service Awards

### 30 YEARS

Phyllis D. Loyd	Recovery Care
Mary H. Bell	Pharmacy

### 15 YEARS

Kevin Bland	Acute Care
-------------	------------

## Stars and Superstars

### Unit 6

The following staff were mentioned by clients on the August 2006 Patient Satisfaction Survey as “most helpful” to them. These surveys were completed by clients who were being discharged from Unit 6. STARS are staff that were mentioned by at least one to four clients. SUPERSTARS are staff who were mentioned by more than four clients. Thanks and congratulations to all of you.

### Stars:

- Agyemang, Kennedy Akuffo
- Bland, Kevin
- Carter, Robert
- Doyle, LaToya
- Givens, LaQuanna
- Gordon, Sarah
- Hash, Lonnie
- Johnson, Cynthia
- Jones, Kelly
- Keane, Holly
- Kearse, Denise
- Moultrie, Nancy
- Nixon, Dee
- Nixon, Sean
- Ortiz, Jesus
- Pellicano, Edward
- Pinkney, Leona
- Washington, Jeanette

### Super Stars

- Howell, Carmen
- Kelly, Reginald
- Lloyd, Wallace



A publication of the  
**Georgia Regional Hospital  
at Savannah**  
1915 Eisenhower Drive  
Savannah, GA 31406



### GRH-S REPORTER

Editor **Mariah Hay**      Asst. Editor **Joyce Fraser**

Regional Hospital Administrator  
**Charles Li, MD**

Division of Mental Health  
Developmental Disabilities  
and Addictive Diseases  
Distributed the 15th of each  
month for employees of GRH-S  
Reporter Phone; 912.356.2103

## Are You The Biggest Loser?

### Health

On October 2, 2006, Georgia Regional Hospital-Savannah began a new Employee Wellness Program. This program includes an exercise program, nutrition education, weekly weigh-ins and blood pressure monitoring.

The Wellness Program is open to all employees of Georgia Regional Hospital and DHR employees housed on the Eisenhower campus.

The purpose of the program is to improve the overall health of all staff members through dietary changes and moderate exercise. Through the Employee Health Program, it was discovered that many of our employees have Hypertension, Diabetes, problems with Cholesterol and are over 10% of their normal ideal body weight. Simple change made today can make a great difference in how we look, feel and see ourselves. These same simple changes can improve our overall health!

To be included in this program, you need to fill out a consent form in the Infection Control/Employee Health Office. There is a form that must be signed by your physician if you wish to use the exercise equipment located in the gym. During your visit to the Infection Control Office, you will be given instructions for using the gym, attending classes and other rules that apply to the program. Safety of everyone here on campus is extremely important. We ask that anyone using the gym sign up and have at least one other person with you when exercising. GRH-S Safety will provide increased rounds of the gym area during the times of 6 AM and 7 PM for the security and safety of all staff members. Use of the gym is allowed before work, during lunch and after work at no charge.

Employees are offered and encouraged to have weekly blood pressure evaluations and weekly weight-ins completed in the Infection Control Office.

From now until the end of December, the Wellness Program will be focusing on weight maintenance and not weight reduction. During the upcoming holiday season, the average person will gain 10-15 pounds. Our goal is to "MAINTAIN, NOT GAIN" during the last three months of the year.

Esther Burns, RD, will be providing nutritional counseling as requested. Ms. Burns will also be teaching Belly Dancing classes here on campus two afternoons a week.

For additional information, please see Linda Rowland, RN, in Building One, space 46 or call 356-2575. We want everyone to be involved with this program.

One other hospital in the Georgia Regional Hospital system has a program similar to ours. The biggest difference in our program and their program is totally free. You could join the gym down the street and pay a lot of money for the same thing. Come on out and join your GRH-S family get fit for the new year!

Who will be the "BIGGEST LOSER" here at GRHS?

WEEKLY WEIGH-INS AND BLOOD PRESSURE EVALUATIONS are an important part of monitoring your health.

## Activity Therapist Finds Artifact

AT

Rick Petrea

Activity Therapist, Rick Petrea is something of a history buff. He even taught art history at several local colleges and universities. Recently, while researching relics and documents from the American Civil War, he came across a receipt dated 25 April 1861. The document was regarding sending supplies to the Savannah Georgia Artillery stationed at Fort Jackson. Petrea quickly contacted the owner of the document and the Site Manager at Fort Jackson. They worked out a deal for purchase of the historical receipt, and the document is now in the fort's museum. Petrea received personal letters of thanks from both parties. Rick states, "I just felt that historical papers relating to Fort Jackson, and specifically to Savannah, should be in Savannah."





THIS LETTER FROM A FORMER PATIENT expresses her gratitude toward GRH-S

## Dear Dr. Li,

Editorial

Former Patient

I am a former patient at Georgia Regional Hospital at Savannah from January 5, until February 10, 2006. My mental diagnosis is schizo-affective disorder combined with post traumatic stress disorder.

This last visit of mine was the most beneficial that I have had from 21 or 22 hospitalizations in the last 29 years since I became ill.

To everyone who played a part in my recovery (all departments and programs) I want to say, "Thank You"!!

Without the kindness of the staff on Unit 6 (females), the cooperation of the patients and the patience rendered by the staff, I wouldn't be able to write this letter.

Some of my efforts landed me on the mountaintop of success, fairly gloating over our fine marks. Then

again I was deep down in the lowest valley, head hung in humiliation over the failures made. But, no matter how deep the valley or how bad the failure there was the reaching hand of a sympathetic staff member, the words of encouragement and friendly advice, until I again was climbing toward the goal of my recovery.

I'll never forget the staff members. The true "blue ribbon" ones include, Ms. Cynthia Johnson, HST1, (morning shift), Ms. Sharon Bellinger, HST2, (evening shift), and Ms. Veronica "Ronnie" Cook, (night shift).

I also was pleased with Dr. Kim. He was the first Georgia Regional doctor I had in September 1992. At that time, he (to me) had a harsh sounding voice.

This 4<sup>th</sup> visit to Georgia Regional has taught me that he's well improved on his medical qualifications. And, he also has a

sense of humor. He juggled some medication around until he found the ones to suit my condition. As the old Virginia Slim commercial stated, (he's come a long way baby).

I also simply adored Dr. Helen Gorini. The 3<sup>rd</sup> time of my visits, I had group therapy in her care. I got more out of the sessions this time around. At that time (1996) she was in private care in Savannah. Her hairstyle changed since that time, but her professionalism has never been better.

I'll never forget the faith that the staff members had in me. I thank them for doing so. I want to assure all of them that I appreciate their caring and sharing that I received. They did not show partiality to me or other patients. I shall try to prove worthy of their trust.

I bid every Georgia Regional Hospital employee in all departments, and in all programs that carry out the mission and vision, a hearty, THANK YOU. Thank you for enjoying my efforts, laughing with me in my fun, and sympathizing with my mistakes.

Thank you for helping me to recover. If I require another hospital visit and could choose the facility desired, I would choose Georgia Regional Hospital at Savannah!!!!!!

On the whole, I base the value of my recovery at Georgia Regional a 10 plus on the scale of 1 to 10!!!

-A former "Satisfied" patient



## Life Lesson #1 (Part one of five)

Editorial

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello." I've never forgotten that lesson. I also learned her name was Dorothy.

## Spotlight On Human Resources

### Human Resource Department Contact Information

For HR questions, please see below for the contact person:

912-356-2022 (Phone)  
912-356-2740 (Fax)

**Dana Holmes, Personnel Technician 2**—Employee Benefits, Workers Compensation, Leaves of Absence, Faithful Service Awards and Retirement

**Chon Jernigan, Personnel Technician 2**—Recruitment and Selection, ID Badges and Employee Exit/Clearance Process

**Lakia Maxwell, Personnel Technician 2**—Payroll, Transactions, DHR Debit Cards, Employee Self-Serve and Verifications of Employment

**Lori Riddle, Personnel Transactions Manager**—Payroll, Transactions, Accrued Leave Issues, Unemployment, DHR Debit Cards, Employee Self-Serve and Verifications of Employment

### Please submit your questions and/or topic suggestions!!

Please submit questions and suggestions via e-mail or interoffice mail to Dana Holmes in the Human Resource Management Department before the 20<sup>th</sup> of the each month. We will discuss the suggested topic or answer your question in the next issue of the Reporter (no names will be used).

### HR

Jamekia T. Powers  
Dana Holmes

### Important

This year the 2007 enrollment period will offer a common web portal, [www.oe2007.ga.gov](http://www.oe2007.ga.gov). You may make benefit selections and/or changes to your Flexible Benefit options and State Health Benefit Plan using this website. Also all necessary forms, booklets, brochures, and instructions will be available to you via website. These include the *You Decide!* booklet, Flexible Benefits Department Guide and the State Health Benefit Plan (SHBP) Employee Health Decision Guide.

The website will be available Tuesday, October 10-Wednesday, November 8, 4:00am to Midnight. Thursday, November 9, 4:00am to 4:00pm. The Help Desk will be available from 8:00am to 5:00pm (excluding Saturday and Sunday). 1-800-264-3941

You will be able to access the system multiple times, however, once open enrollment ends employees will not be allowed to make any changes (unless you have a qualifying event) until the 2008 plan year.

All employees who have health coverage must answer the tobacco surcharge and/or spousal questions (if your spouse is covered). If you do not answer these questions you will pay these surcharges for all of 2007 Plan Year unless you experience a qualifying event. Please answer surcharge questions truthfully. You will also be subject to retain the same coverage options.

You will need to obtain two confirmation numbers. (1) Flexible

### Employee Self-Service

Please remember to keep a record of your password, security questions, and make changes to your benefit selections. Please be mindful unless you have a qualifying change in status you will be locked into your benefit selections for the entire plan year (January 2007-December 2007). Please review your information, and select your benefits. Every employee will be required to go online to select his or her benefits, even if there are no changes.

Benefits options and (2) Health Insurance selections. There will be no increase in health premiums and no changes in benefits. Please read and compare all employee benefit information before confirming to ensure accuracy.

**2007 Benefit Plan Year Highlights**  
All employees (new hires included) are required to participate in the open enrollment. Employees will only access one website, [www.oe2007.ga.gov](http://www.oe2007.ga.gov) to confirm and/or make changes to both Flexible Benefit options and Health options

Beginning January 1, 2007 the Health Savings Account (HSA) will be available to all State Health Benefit Plan, High Deductible Health plan enrollees. Employees will be assessed a \$3.00 monthly service charge for the administration of their HSA. Employees who separate from service may retain their HSA, through J.P. Morgan Chase & CO, for an increased monthly charge of \$5.00.

Employees will have an additional 2 1/2 months to spend the money in their Health Spending Account. This means they can be reimbursed for eligible medical expenses incurred through March 15, 2008. Employees have until May 31, 2008 to send their claims

forms to SHPS for reimbursement. All mailed claims must be postmarked by May 31<sup>st</sup>. Claims may also be faxed to SHPS at 1-866-649-2219.

When you add a dependent and the Plan requests dependent verification documentation you must provide this information. Failure to provide this information on a timely basis may result in the dependent not being covered until the following Open Enrollment or a Qualifying Event occurs.

Full-time students whose verification documentation is not submitted timely will not be eligible for coverage until the following Open Enrollment or a Qualifying Event occurs. Information will need to be submitted before coverage ends at age 19 and each subsequent year to keep the student's eligibility active. If coverage lapses due to verification documentation, you will not be able to add the student until the following Open Enrollment.

You have 31 days from the date of a Qualifying Event or the date of the request for coverage, whichever is later, to provide Qualifying Event documentation and/or dependent verification documentation.

To request the addition of an eligible dependent, submission of

# THIS MONTH

the request to State Health Benefit Plan must be made within 31 days prior to or after the Qualifying Event.

Entry of your selected options indicates that you agree to the Terms and Conditions and understand that this is a binding salary agreement for the duration of the 2007 Plan Year.

You can participate in the Open Enrollment process from any computer (that has internet access). Each work area has a designated computer that is available for your use to participate in the Open Enrollment process. Please see your supervisor for more information. Also, computers in the Human Resources Department are available for employees who require computer access. If you need additional assistance, please contact Dana Holmes, Benefits Coordinator at 912-356-2022, for an appointment.

**Two Percent (2%) Salary Increase**  
The Performance-Based Salary Increase available to eligible employees who receive a Met Expectations or Exceeded Expectations will be effective on January 1, 2007, and will be reflected on your January 15, 2007 payroll check.

### FREE Computer Classes

The Live Oak Public Library System offers a variety of computer classes to the public. The following courses would be very beneficial for employees who are beginners: Introduction to the Internet, Windows, and E-mail. The public library system also offers introductory, intermediate and advanced courses in Microsoft Word, Excel and PowerPoint. For more

information, please visit their website at: <http://www.liveoakpl.org/Classes.htm> or call the main branch at 912-652-3600.

The St. Joseph/Candler African-American Health Information & Resource Center (AAHIRC) offers various computer courses at their mid-town location. For additional information, please call (912) 447-6605.

### Charitable Contributions

The 2006-2007 State Charitable Contributions Program will run from October 1, 2006 to October 31, 2006. This year's theme is "Building Better Communities Together—BY SHARING." DHR's campaign goal is 100% Participation. All employees should have received a pledge form from your leave keeper (if not, see your leave keeper for a blank pledge form). Please review, complete and return to the Business Office before November 3, 2006.



## Happy Birthday November!

Nov. 1	Mary Ann Noonan Melissa Pope	Nov. 15	Ron Chapman Jammeicia Howard
Nov. 2	Sean Nixon	Nov. 16	Toddrick Stevenson Sharon Judson Sebra Davis-Jones
Nov. 3	Henri Drayton Shirley Murchison Shirley Roberts	Nov. 18	Sandra Ligneel
Nov. 4	Stephanie Ellis Shirley Murphy	Nov. 19	Amy Harvey Rodica Holloway Richard Mike
Nov. 6	Alexander Fields	Nov. 23	Arnie Correa Lea Higgins
Nov. 8	Jane Jennings	Nov. 25	Delores Howell John Prather
Nov. 9	Joyce Morris	Nov. 26	Beverly Grant Mildred Miles
Nov. 11	Thelma Heyward	Nov. 27	Louise Wright
Nov. 12	Joyce Fraser	Nov. 29	Kathleen Brown
Nov. 13	Erma Bordus		

IF YOU DO NOT WANT YOUR BIRTHDAY INCLUDED IN THE REPORTER PLEASE NOTIFY EDITOR TWO MONTHS PRIOR TO PUBLISHING. THANK YOU.



## Help Avoid Overtime

GHR - S

Overtime is only used when there is no other means to provide the staff coverage. Help keep our budget balanced by following overtime guidelines;

- Overtime can only be justified by vacant positions and staff on leave, such as medical leave.
- Before using overtime, managers need to seek other resources to provide coverage, such as moving staff from one unit to the other.
- Use overtime for only the hours needed, not the whole shift.
- Whenever possible, comp time should be used for overtime instead of payments.
- Should not ask staff to work double-shift regularly. It is not safe for the consumers as well as staff.

## Powers Promoted to HR Director



### Human Resources

Please join me in congratulating Ms. Jamekia Powers on her recent promotion as the new Personnel Officer for the Human Resources Department at Georgia Regional Hospital at Savannah. Effective September 1, 2006, she replaces Ms. Angela Cowart who retired December 1<sup>st</sup> last year. Ms. Powers started working at the hospital in Human Resources on 6/2/03 as a Personnel Tech II and

was later promoted to the Assistant Personnel Officer on 11/1/05. Please give her your support and cooperation as she heads the Human Resources Department for the hospital.

- Dr. Charles Li

## Risk Management Presents New Training

### Risk Management

The Risk Management Department will be conducting training on Critical Incident Reporting (CRI's). This training will be scheduled at a later date for all staff. DHR/MHDDAD (Department of Human Resources and Division of Mental Health, Developmental Disabilities and Addictive Diseases) has implemented new policies, which went into effect on October 1<sup>st</sup>. This training is to insure that all staff is aware of the requirements for reporting critical incidents.

The purpose of the policy from the DHR/MHDDAD is to maintain a safe and humane environment for the consumers, and to prevent abuse, neglect and exploitation of consumers. The DMHDDAD uses a standardized process for reporting and investigating deaths and critical incidents that involve consumers being served by the DMHDDAD in State Hospitals and Community providers.

The training will cover Category I and Category II incidents. Category I incidents are: unexplained death (including suicide), (allegation of) physical abuse, (allegation of) neglect, (allegation of) staff to consumer sexual assault or sexual exploitation, (allegation of) consumer to consumer sexual assault or sexual exploitation, medical errors with adverse consequences, seclusion or restraint resulting injury requiring treatment beyond first aid, or suicide attempts that result in medical hospitalization.

Category II incidents are: death (other than unexplained), (allegation of) verbal abuse, (allegation of) financial exploitation, consumer who leaves the grounds of a state hospital or community program without permission, seclusion or restraint resulting in injury requiring minor first aid, vehicular accident with injury while consumer is in a state vehicle or is being transported by community or hospital staff,

incident occurring at a provider site which required intervention of law enforcement services, criminal conduct by a consumer, consumer to consumer assault resulting in injury requiring treatment beyond first aid, consumer to consumer assault with injury requiring minor first aid, medical hospitalization of a consumer at a state hospital (including state operated community programs) or community residential program, or consumer injury requiring treatment beyond first aid.

The Risk Management Department at GRH-S has the responsibility for entering critical incidents and death information into a database. This training is important to staff and they will be informed of the importance of the role they play in completing the initial Incident Report, and the importance of providing clear and precise information. We look forward to seeing you at one of our training sessions that will be scheduled by the Risk Manager.

## Weigh Your Knowledge of Weight Loss

1. Weight gain is caused by excess;
  - a. Water
  - b. Air
  - c. Calories
  - d. Sugar
2. Fiber makes you
  - a. Feel fuller and eat less
  - b. More regular
  - c. Have lower blood cholesterol
  - d. Have a lower risk for certain cancers
  - e. All of the above
3. Most fast and processed convenience foods (packaged mixes, snack foods etc) are
  - a. High fat
  - b. High sugar
  - c. High salt
  - d. VERYHIGH CALORIE!
  - e. All of the above
4. Which has more calories per teaspoon?
  - a. Meat
  - b. Sugar
  - c. Oil, Butter, Margarine
  - d. Fiber
5. Empty Calorie Foods
  - a. Are foods with just calories, no other nutritional value
  - b. Unlimited because they won't make you gain weight
  - c. Don't weigh anything.
  - d. Good for you because there is nothing in them to hurt you.
6. To lose weight, you need to
  - a. Burn more calories than you take in.
  - b. Exercise regularly
  - c. Drink plenty of water
  - d. Eat a healthy diet
  - e. All of the above
7. Empty calorie simple sugars (or simple carbs) are found in
  - a. Sweetened drinks, sodas, sweet tea, HiC, Fruit drinks etc
  - b. Pastries, cookies, cakes, pies, donuts, honey buns etc.
  - c. Candies, gum, jelly, jam etc.
  - d. All of the above.
8. High fat foods are
  - a. Fried foods
  - b. Many snack foods like chips, cookies
  - c. Full fat dairy foods like cheese, whole milk, cream, butter
  - d. High fat meats like sausage, luncheon meat, spam, hamburger
  - e. All of the above
9. The recommended healthy diet has
  - a. Up to 3-4 servings of low fat dairy foods
  - b. As high as 5-8 servings of veggies. (not fried or buttered)
  - c. As high as 4-6 servings of fruits (not juices)
  - d. All of the above

### Answers:

1. c. In spite of all the TV ads, fad diets, pills, potions and promises; weight gain is caused by consuming more calories than the body burns in a day.
2. e. Fiber acts like a sponge, holding water and making you feel fuller. That and certain fibers (like those found in oats) will bind with fats to help carry them out of the body. And by increasing gut motility, will help in reducing the chances for certain types of cancer.
3. e. Fast, processed and convenience foods all have certain traits in common that make them popular. To make them taste 'better' they have more fat, more sugar, extra salt. And because they often come in extra large portions too, they are extremely high calorie.
4. c. Fats (oil, butter, margarine, bacon etc) are super condensed, 'storage' foods and they have about 9 calories a gram. Carbohydrates and proteins all have about 4 calories a gram.
5. a. Empty calories are just that....empty of any nutritional value other than just calories. Foods that are all sugar or all fat, but no source of fiber, vitamins, minerals or protein are considered 'empty'. OK in small amounts, but not as a large daily component of a lifestyle.
6. e. It sounds complex, but it's easy. You simply need to expend a few more calories every day than you consume. Helping you do this will be regular exercise to increase your calorie output, keeping yourself hydrated and eating a wide variety of foods.
7. d. Simple sugars and starches are those sources of carbohydrates with little to no nutritional value and fiber. Complex carbs are the way to go....always choose whole grain breads, cereals etc. Eat pieces of fruit instead of drinking juice and load up on fresh veggies.
8. e. Full fat dairy products, luncheon meats, processed meats, sausage, bacon, most snack foods and chips are high fat. As well as fried foods. Again, in small amounts or as occasional choices, acceptable in an overall lifestyle, they do carry a lot of calories.
9. d. Again, all of the above. Long term health and weight loss has been seen in those who ate from a wide variety of food groups, moderated excess and empty calories and increased their fiber, complex carb, fruit, vegetable and low fat dairy intake.

MARK YOUR  
CALENDER!

# Bath and Beauty Fair

*Something for everyone  
on your holiday  
shopping list!*

*Nov. 30 and Dec. 1 in the  
Gym from 9 am to 6 pm*

*Sponsored by the EMS Team  
Proceeds Benefit the  
GRH-S Foundation*



*Invite your friends and family!*



Georgia Regional Hospital  
at Savannah

1915 Eisenhower Drive  
Savannah, GA 31406