

Employee Newsletter

February 2011



Message from Our New CEO, Michelle!!

Let me begin by thanking all of you for the warm and inviting atmosphere I have experienced since I have arrived. Everyone I have encountered has gone out of their way to make me feel welcomed. It's easy to see why Brentwood Meadows has received such high praise from patients and their families.

I am very excited to be joining such a wonderful team. Tonya's leadership ability is easily seen in the wonderful way everyone here works together to provide such excellent service. I am looking forward to working with you to make our facility the best it can be. 2011 holds great promise for Brentwood Meadows.

The next few months will be busy and exciting as we work to develop programs and add team members for our new unit. Feel free to offer your input and ideas as we strive to achieve the same level of professional service and comfortable atmosphere that's already been established. Once again thank you for the warm welcome.



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Welcome New Hire

Michelle Young
Business Office Assistant

February Is...

- ♥ American Heart Month
- ♥ Children's Dental Health Month
- ♥ AMD/Low Vision Awareness Month

- ♥ Eating Disorders Awareness Week is February 24 – March 1
- ♥ Give Kids a Smile Day is February 1st
- ♥ National Wear Red Day is February 6th
- ♥ National Donor Day is February 14th

Safety Spotlight



Construction on the new unit is moving along, with much progress being made daily. With progress comes large equipment and trucks. Please use caution in the parking lot, as you come and go. Some of the equipment is very large and the drivers may have a hard time seeing us as they move around. Please use caution and STAY SAFE!

Recipe of the Month – Angel Cake Surprise

Ingredients:

- 1 (10 inch) angel food cake
- 1 (3 ounce) package strawberry flavored gelatin
- 1 (15 ounce) can sliced peaches
- 3 bananas
- 1 (5 ounce) package instant vanilla pudding mix
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (20 ounce) can crushed pineapple, drained

Directions:

1. Break angel food or pound cake into bite size pieces. Put into a 9x13 inch pan (preferably glass).
2. Dissolve 1 package of flavored gelatin in 1 cup of water and pour over cake pieces, spreading to the edges of pan. Drain the peaches and pour the juice over the gelatin in the pan. Slice bananas on top of gelatin. Arrange peach slices on top of banana slices. If desired, add crushed pineapple.
3. Prepare instant pudding according to instructions on box and spread evenly over fruit.
4. Spread whipped topping on top of pudding. Try to keep the layers separate.
5. Refrigerate at least 2 hours before serving.

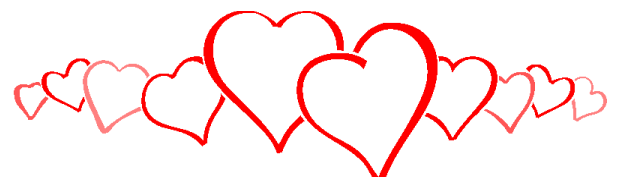
Nutrition Information:

Servings: 24
Calories per Serving: 166
Fat: 2.6g
Cholesterol: 0mg
Sodium: 224mg
Carbs: 34.9g
Dietary Fiber: 0.7g
Protein: 2.2g



Employee Spotlight – Wendy Gumbel

1. **Hometown:** Evansville, IN
2. **How long have you worked at Brentwood Meadows?** Since October 1, 2009
3. **Favorite part of working at Brentwood Meadows:** all of the wonderful people I have met and had the opportunity to work with
4. **Favorite food:** pizza
5. **Favorite beverage:** Sprite or sweet tea
6. **Favorite TV show:** GLEE
7. **Top 5 movies of all time:** I'm not a big movie person, so I will give my top 5 books: (not in order) Crime and Punishment, The Road, In the Woods, Les Miserables, East of Eden. Guilty pleasure: Twilight series ☺
8. **Favorite color:** Pink
9. **If I wasn't doing this, I'd be...** running an animal rescue/shelter.
10. **What was on your grade school lunch box?** Rainbow Bright
11. **Favorite type of music:** Pop, Country, Christian
12. **Favorite activities or things I do when not working:** reading, scrapbooking, card making, playing with my kids (2 cats, 1 dog), spending time with my family
13. **Something most people would not know about you:** #9
14. **The world would be a better place if...**there were no more homeless animals.
15. **If you could meet one person (living or dead), who and why?** Princess Diana, because she made a huge impact in the lives of ordinary people and is such an inspirational woman to look up to. "Helping people in need is a good and essential part of my life, a kind of destiny."



February is American Heart Month

Life's Simple 7 from the American Heart Association:

1- Get Active

Finding time in our overscheduled lives for exercise is a challenge for all busy Americans. Especially for those who are parents or are working full-time or both. But the benefits far outweigh the sacrifices it takes to carve out that time. So no more excuses! Take an active role in determining your future. You deserve to give yourself the gift of living well with good health.

2- Control Cholesterol

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. It's normal to have cholesterol. Cholesterol is an important part of a healthy body because it's used for producing cell membranes and some hormones, but too much cholesterol in the blood is a major risk for coronary heart disease (which leads to heart attack) and for stroke.

3- Eat Better

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there regarding healthy eating. With all the differing opinions, it's best to get informed from credible sources, so you can make smart choices in your diet for long-term benefits to your heart and health.

4- Manage Blood Pressure

Hypertension is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet, about 21% don't even know they have it. Of those with high blood pressure, 69% are receiving treatment, yet, only 45% have their blood pressure controlled.

5- Lose Weight

Among Americans age 20 and older, 145 million are overweight or obese (BMI of 25.0 kg/m² and higher). That's 76.9 million men and 68.1 million women. This is of great concern especially since obesity is now recognized as a major, independent risk factor for heart disease. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes.

6- Reduce Blood Sugar

The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. In fact, adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes.

7- Stop Smoking

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

Patient Comments

"Staff was very supportive, professional, and respectful. Care obtained here was excellent. They tailored my care to mental health issues. I would recommend this program to others needing help with mental issues or addiction issues. Very pleased with my stay."

"They are great people and very patient, not one single tech or nurse refused or did not go out of their way to take care of me"

"I came in not knowing who I was, and now I've regained the self respect and confidence in myself that I had lost"

"Jo, Jessica, Andrea, Jenn, Don = awesome"



Employee Relations Upcoming Events

Kudos Corner – January Highlights

"Byron, Jenn & Amy: Great job working as a team and providing great care for our patients on 1/16/11...You are all AMAZING."

"Thank you Sam for cleaning my windshield of ice & snow ☺"

"Bryan B. Love your work ethic. Glad you are a part of the team!"

"Amanda, Thank you for all your help with activities. Your ideas and personality are a plus on the unit."

"Jo – I appreciate your positive attitude and motivation on the unit ☺"

February 1st – 11th Valentine's Day Candy-Grams On Sale

You may purchase these for a coworker, spouse, or children. If you need yours Friday to take home, please have your order in by Wednesday, February 9th. Coworker orders will be taken until Friday, February 11th and will be delivered Monday, February 14th or the next day that the individual works.

Thursday, February 10th – Carry-in

Monday, February 14th – Valentine's Day

Sweetheart Sundaes will be sold in the cafeteria from 2-4PM for \$2.

Friday, February 25th – Jeans Day

Entire Month of March - Food Drive for Tri-State Food Bank

Find which group you belong to below and bring in the items designated. The group who brings in the most items will win a pizza party!

Nurses – Canned Food Items (vegetables, fruit)

PCAs – Cereal, Pasta, Grains (flour, corn meal)

Therapists and Medical Staff – Cleaning Supplies (detergent, fabric softener, bleach, paper products)

Dietary and Housekeeping – Snack Foods (candy, crackers, cookies)

Administration and Reception – Health/Beauty Items (shampoo, conditioner, soap, cosmetics, dental care items)

Tuesday, March 8th – Social Worker/Therapist Appreciation Day

Join us in appreciating our wonderful social workers and therapists!!!

Thursday, March 10th – Carry-in

Saturday, March 12th - Run of Luck

Join us in this 7k race to support Soles4Souls, Caring Paws Rescue, and the Evansville Christian Life Center Shelter. Registration is \$20 before March 5; \$25 after March 5.

February Birthdays:

11th – Michelle

16th – Pam

19th – Dean

21st – Jerry

February Anniversaries:

9th – Kelson

26th –Melissa

