

Celebrate Breast Cancer Awareness Month!



# New Direction

## A chance to meet the hospital board candidates

A critical election is quickly approaching Nacogdoches County Hospital District Board of Directors, with four seats up for election on Nov. 6, 2018.

Questions come with elections and Memorial Hospital is giving voters the opportunity to ask any questions they might have for our potential board members. We're hosting two public forums for staff and community to meet the ten candidates. Both forums will be held in the Auxiliary Conference Center. The Precinct 2 & 3 forum will be on Tuesday, Oct. 16 at 4:30 p.m. and the At-Large forum will be on Thursday, Oct. 18 at 4:30 p.m. The time was specifically chosen to accommodate the time that a large number of employees get off work.

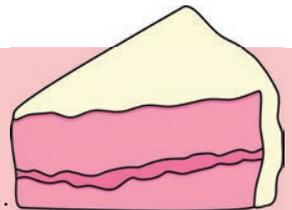
The first forum will feature the Precinct 2 candidates, Sean Hightower and Walter Lee Scott and Precinct 3 candidates, Brent Beal and Ryan Head. The second forum will highlight At-Large candidates, Joe Allport, Mary Ann Derby, Lisa King, Anita Kite, James Stockman and Leann West.

To prepare for these events, boxes have been placed in the Bright Café, lobby and by the time clocks for the staff and public to write down questions anonymously. Questions may also be submitted to bartonk@nacmem.org or through private message to the Nacogdoches Memorial Hospital Facebook page. The political forum planning committee will then select the questions asked. David Schaefer, director of pharmacy, will serve as moderator and will promote discussion among candidates within the 90 minute time frame of the public forums.

Election Day is upon us. Last day to register to vote is Oct. 9. Those elected on Nov. 6 will help determine the future of Nacogdoches Memorial Hospital.

## Breast Cancer Support Group will host annual bake sale

Memorial Hospital's Breast Cancer Support Group will host their annual bake sale in the Auxiliary Conference Center on Friday, Oct. 19 from 8 a.m. - 3 p.m. Proceeds from this event support survivors through the purchase of wigs, prosthetics and other materials.



## What's coming up at Memorial

Memorial Hospital Political Forums	Oct. 16 & 18	4 p.m.
Breast Cancer Support Group Bake Sale	Oct. 19	8 a.m.
Healthy Memorial Lunchtime Cooking Class	Oct. 23	12 p.m.
Memorial Hospital Board Meeting	Oct. 23	5 p.m.
Community Healthy Cooking Class	Oct. 25	5:30 p.m.
United Way Finale	Oct. 26	2 p.m.
Healthy Halloween	Oct. 28	3 p.m.
NICU Survey	Oct. 22-23	All day
CHC Mock Joint Commission Survey	Nov. 5-7	All day
Nac Half	Nov. 18	7 a.m.



## Free workout classes scheduled

Mon/Wed Boot camp	5:30-6:15 p.m.	Memorial Wellness Center
Tue/Thur Open Gym	3-8 p.m.	Cardiac Rehab
Thur Flow Yoga	5:30-6:15 p.m.	Memorial Wellness Center (Must RSVP to x-4124 to reserve a spot)

**Interested in a career at NMH?**

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

## Anticipating the run up to Nac Half

Nac Half is going to be an event you don't want to run away from. On Nov. 18 at 7 a.m., the annual Nac Half will challenge runners in either the half marathon, 10k or 5k, while giving our community the chance to volunteer.

For staff who would like to participate in the race, a special code is available for half off the registration fee. On the other hand, if cheering on the crowd of runners sounds more like your style, volunteer positions are open.

If you would like to receive the promo code, volunteer or have any questions, please call ext. 4194 or e-mail [crawfork@nacmem.org](mailto:crawfork@nacmem.org).

## Healthy Halloween is creeping up on us

Healthy Nacogdoches is hosting the third annual Healthy Halloween on Sunday, Oct. 28 from 3-5 p.m. at Festival Park. This event promotes healthy choices and fitness through games, prizes and so much more.

If you would like to volunteer or host an activity booth, e-mail [bartonk@nacmem.org](mailto:bartonk@nacmem.org) or call ext. 4124.

## Memorial to celebrate 90th Anniversary

In December, Memorial will turn 90. We think that deserves a celebration! A planning committee will meet soon to talk about how to best highlight this special anniversary. If you would like to be in on the arrangements, contact the community relations department at ext. 4124 or email [bartonk@nacmem.org](mailto:bartonk@nacmem.org).

## Bomar wraps up Rehab Week with annual Olympics

Recently Bomar staff and clients competed in the yearly Bomar Olympics to celebrate National Rehabilitation Week. They participated in multiple events, including a parade of cities, wheelchair races, ring toss, basketball and obstacle course.

## Don't forget your flu shot

A quick reminder to get vaccinated at the annual employee wellness fair. See times below for a time that's convenient for you to come to the Healthy Memorial Wellness Center (old hemodialysis center) for flu shots, TB skin tests, and N95 mask training. Families will receive flu vaccines in the Community Conference Room.

### Employees:

Sunday, Oct. 14	1 p.m.- 6 p.m.
Monday, Oct. 15	7 a.m.- 8 p.m.
Tuesday, Oct. 16	7 a.m.- 8 p.m.
Wednesday, Oct. 17	8 a.m.- 5 p.m.
Thursday, Oct. 18	8 a.m.- 3 p.m.

### Family only:

Monday, Oct. 22	3 p.m.- 8 p.m.
Wednesday, Oct. 24	3 p.m.- 8 p.m.

