



February 23, 2018

New Direction

Healthy Memorial workout, nutrition classes start

Healthy Memorial fitness program made a big splash this week, with two beginner bootcamp classes in the old hemodialysis center, two circuit training classes in the cardiac rehab gym, two full afternoon sessions of open gym time and a heart healthy cooking demo in the Auxiliary Conference Center. Newbies Fitness Center on University Drive also offered a wide variety of free group fitness classes to our staff, including Zumba, Yoga, Balance and Strength, Bootcamp and Ripped.

Classes will continue for all interested employees, with the help of the SFA Lifestyle Medicine Student Association. Spouses and mature children are also welcome at Memorial based classes.

All employees who wish to take part in the program are urged to visit a physician or healthcare provider to determine if, and to what extent, they should participate in the program.

As a reminder - beginners' bootcamp class will be in the old hemodialysis center from 5:30 to 6:15 p.m. on Mondays and Wednesdays. Yoga mats, stability balls, small free weights and tension bands will be provided for those sessions.

Guided workout circuit classes will be in the cardiac rehab department during lunch on Tuesdays and Thursdays from 12 to 12:45 p.m. Team members will use the treadmills, stationary bikes and weights for workouts and can also enjoy an open gym from 1 to 6 p.m. on those days, staffing permitted. Please use the **outside** entrance to cardiac rehab to access the classes and gym, so as to not disrupt patient care in physical therapy.

The next nutrition class will be Thursday, March 29 in the Auxiliary Conference Center. We will show you how to "Go Further With Food." A four week hands-on diabetes cooking class is planned for April 12, 19, 26 and May 3. A detailed calendar was sent out recently. Contact community relations at ext. 4124 for more info.



Memorial goes red for Go Red Gala

Recently our Cardiac Rehab team helped with the second annual Go Red Gala, which is an American Heart Association fundraising event.

The goal was to raise awareness for women's heart health, with the proceeds benefiting the Go Red for Women campaign and the American Heart Association.

Several of our employees attended, along with some of our favorite heart patients.



Sign up for Corporate Challenge

Corporate Challenge teams are filling up fast! The annual city-wide competition will feature games and events that will be played in April. Staff and their spouses are eligible to represent Memorial.

Competition will feature 10 events, including golf, kickball, volleyball, futsal, bowling, table tennis, washers, dodgeball, women's mini golf and the Red Dirt Mud Run. Register in the Coffee Spot and call ext. 4124 for more information.



Mini golf team 2017

Interested in a career at NMH?

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

Memorial sparks interest in emergency medicine through LOT Crew demo

Recently Memorial hosted approximately 25 eighth graders from all over Nacogdoches County, through the Leaders of Tomorrow (LOT) program. The students got a hands-on look at emergency preparations our EMS and ER teams use to train for mass casualty incidents. EMS crews staged an automobile accident scene and students got to participate in the moulage process, applying makeup to several "victims" to make their mock injuries believable. In the field, students acted as paramedics, stabilizing and extricating their fellow student victims from the wreckage, then rode in the ambulance to the hospital where student "nurses" navigated the trauma process.



Memorial Diaper Derby championship, Cram the Coliseum slated for Saturday game

Memorial's final Diaper Derby is slated for halftime at the Jacks' basketball game Saturday night. If you haven't seen a race, it's time to enjoy the chaos of babies more interested in hugging and playing than in racing.

Saturday is also the annual Cram the Coliseum event. We've given out over 200 tickets to staff, so we'll see you at the game!

