

Happy Valentine's Day, Memorial!



February 7, 2020

New Direction

Memorial brings back cooking classes, teaching tips and techniques

We're back in the Memorial Wellness Center "kitchen" with exciting tips and techniques to spice up your meals in the new year. The most recent class covered the various types of knives used most by chefs and cooks and how to properly use and maintain them. Dietitian/instructor Vanessa Hooper also covered the importance of meal preparation and how to do it safely. Everyone left the class with a custom-made soup in a jar and hopefully some new information that they can apply in their own healthy kitchen.

The next healthy cooking class will be the Cardiac Rehab Cooking Class on Tuesday, Feb. 11 at 1 p.m. in the Auxiliary Conference Center. We'll be cooking up unique plant-based recipes. Employees and community members are welcome to attend, whether patients of Cardiac Rehab or not.



Employees need this important information about W-2

Employees who have the hospital's health insurance, will need to print their own FORM W-2C for tax purposes, because some required information failed to transfer to the new Paycom system during our recent transition from the old system. FORM W-2C can be found on your Paycom app: go to Payroll, Year-End Tax Forms.

If you need the form and are unable to obtain a printed version, please contact your manager or call payroll support at extension(s) 4604, 8530, or 4179.

Give a pint, get a pass? For one lucky donor - YES!

Memorial will host our next blood drive on Wednesday, March 18 from 10 a.m. to 4 p.m. in the Auxiliary Conference Center. Local water park, Splash Kingdom, has been generous enough to sponsor a raffle prize for a drawing of those who successfully donate. The raffle winner will receive a Splash Kingdom Family Four Pack which includes four general admission tickets and four option #1 meal vouchers.

Sherina serves up coffee, kindness and compassion

In January, the Wow Moment was awarded to 2nd Tucker nurse care tech, Sherina Argumon, based on a letter from a patient's family member. The letter said: "My mother had been admitted for several days. She is a nurse and not good at being on 'the other side' as a patient. Sherina was her tech for several days. Sherina went above and beyond to show my mother kindness and compassion. She has a positive attitude and really made my mom smile. She kept my mom's coffee cup full, which is a big deal for my mom."

The family member wanted to make sure that we at Memorial knew "Sherina has a kind heart and it doesn't go unnoticed."

We are proud of Sherina's dedication to her work and her patients and thankful she makes them feel at home.



Interested in a career at NMH?

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

Etta's consistency earns recognition from board

Etta Chapel, RN, was recognized by the hospital board for always doing an outstanding job, earning her January's Job Well Done. Etta began working at Memorial in 2004, starting on our 3rd Tucker med/surg unit, and eventually landing in ICU where she currently works.

Her department manager, Anne Williams, said "Etta is an employee that is extremely dependable, is never late, and does her work without complaining; in other words – she is easy to overlook! Etta is always pleasant and calm, no matter the situation. She is an exceptional nurse whose goal it is to make sure her patients get the best care possible. She anticipates the needs of her patients, and is also always available to help her team. Etta has great respect from the physicians she works closely with, and they trust her. When things get tough she is the go-to person, and her knowledge, expertise, and calm manner ensure that even the most critical situation is handled with confidence."

"Over the years Etta has been a preceptor to many nurses that are new to ICU, a task that she accepts with a smile. She is an excellent teacher, and does her best by not only teaching them critical thinking, but also her own good work habits," explained Anne. "With Etta as the preceptor, I feel very comfortable that things are taken care of. Etta is a big reason that our ICU has such a good reputation"

We appreciate you, Etta, for sharing your work ethic and smile with other employees and patients.



Security reminders:

Helping you keep financial info, hospital systems safe with Paycom

Just a reminder that Paycom will NEVER ask you to submit or change your account information through email. If you receive an email asking you to click on a link to change your account information please notify Norman Moore or James Turner, in the Memorial Hospital information systems department.

Paycom personnel will NEVER ask you for your password. If you receive a call from a Paycom representative and they ask for your password, simply hang up, as it is a scam.

Paycom will NEVER send you an email with a link asking you to log into their site. If you receive an email with a link requesting you to log into Paycom, it is a scam. The link will take you to a site that will attempt to infiltrate our systems or steal your information. Again, if you receive an email like this, notify Norman or James in IS!

Find out about our State of the Union!

Town Hall Meetings

Auxiliary Conference Center

Tuesday, Feb. 11

3:00 p.m.

6:00 p.m.

Thursday, Feb. 13

8:00 a.m.

11:00 a.m.

Information! Refreshments! Door Prizes!



Coffee Spot & Gift Shop

Pick up treats for your sweetheart

Shasta Wiley, cafeteria supervisor has created Valentine candy bouquets that are for sale in the Coffee Spot. Each includes a six pack of Dr. Pepper, Coke or Coke Zero and an array of sweets. They're only \$20, so make sure to stop by and check them out!

The volunteers also have a variety of gift ideas from flowers to candy to T-shirts and beyond. Hurry and place your order in the Auxiliary Gift Shop for a single rose, a full dozen or several options in between.



Toll-free Compliance & Ethics Hotline

1.800.427.7240