



March 9, 2018

New Direction

Hospital hosts heart month cooking demo for public, Healthy Memorial

Recently, with the help of Texas A&M Agrilife Extension service and the SFA Lifestyle Medicine Association, the hospital hosted a heart healthy cooking demonstration. Participants learned how to cook five mouth-watering recipes, including overnight oats with a berry compote, quinoa chicken salad, turkey and veggie chili, buffalo white bean hummus and peanut butter energy bites. Our next cooking demonstration is Mar. 29 and the topic is Go Further with Food. For more information call 4124 or email perezjo@nacmem.org.



Memorial welcomes new chief compliance officer Noella Crayton

Noella Crayton, our new chief compliance officer, is from Bossier City, LA, and went to school at Grambling State University, where she earned a bachelor's degree in nursing. She also graduated from Southern University Law Center with her law degree and University of Phoenix in Los Angeles with a master's of business administration, with a concentration in health care management.

With 29 years of experience in the healthcare industry, Noella has worked in a variety of fields, from bedside nursing to leadership, including risk management, patient safety, conflicts and mediation, adult education and compliance. She hopes to help our staff ensure compliance on a daily basis and at all times.

Noella lives by three philosophies in the workplace. 1. Accuracy lessens rework. 2. A little kindness goes a long way. 3. When all else fails, just smile.

Noella loves traveling, cooking, going to museums and festivals, reading and dancing. You should ask her about the TV game show she was on and the international magazine she was in. It was seen around the world!



Interested in a career at NMH?

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

Memorial serves as newest stop on Barn Quilt Trail

Kathy Wilcox, hospitalist navigator, generously designed, painted and donated a “barn quilt” that she made for the hospital recently. The wooden “quilt” will hang over the ice cream bar in the Bright Café and Kathy hopes it will become part of the Pineywoods Barn Quilt Trail in Nacogdoches County.

Quilt patterns on barns date back to colonial America as a way to celebrate family heritage. Designs were also believed to protect the farm and bring good fortune. Barn quilts served as an excellent way for travelers to find particular families or crossroads.

Barn quilts became popular again beginning in 2001, with quilt trails developing in most states, complete with online guides to help fans map locations and plan trips.

Thanks Kathy, for sharing your time and creativity with the hospital!



Working out the details with Healthy Memorial

Our worksite wellness program is in full swing, with a good number of participants hitting the new “gym” in the old hemo area. That area will soon have a sign proclaiming it the Healthy Memorial Wellness Center and we’ll not only be holding the Monday/Wednesday beginner bootcamp classes there, but also hosting the diabetes hands-on cooking series that will begin in April.

Attendance for our lunchtime Tuesday/Thursday circuit training in the cardiac rehab gym has not been as high as we had hoped.

“Our employees may not realize that they can come for whatever time they can manage and the trainer will help them adapt the workout to their available time. The trainer is also available until 6 p.m. on those days, so if noon just doesn’t work for someone’s schedule, they can pop in during the afternoon for whatever time they have,” said Kim Barton, community relations/community health director. “We want our staff to take full advantage of what the SFA kinesiology students are offering us. We also want this to be good training for those students. They need the interaction of working with clients in professional settings, so employees should take advantage of the fact that they have access to a personal trainer ready and willing to help them figure out a personalized workout routine. This is a great opportunity for them and us!”

The healthy cooking demo for this month will be Go Further with Food on Thursday, Mar. 29 at 6 p.m. in the Auxiliary Conference Center. RSVP to ext. 4124.

For more information about worksite wellness, call ext. 4124 or email bartonk@nacmem.org.



Memorial has two new AEDs in the hospital

Memorial is lucky to have two new automated external defibrillators (AED), one located in the front lobby, near the side entrance to the Auxiliary Conference Center, and the other on the center wall in the Bright Café. The AEDs were purchased through a grant from the Deep East Texas Regional Advisory Council.

Placed in two of the highest traffic areas of the hospital, these machines are very user friendly, with clear instructions so the lay person could use them if necessary. According to the AHA, studies have proven that immediate CPR and early defibrillation with an AED can more than double a victim’s chance of survival.



SAVE THE DATE: Swing FORE Hearts Golf Tourney, June 1, 2018!

Mark your calendar to help at the Fourth Annual Memorial Foundation Golf Tournament

Coffee Spot new spring hours: Monday- Friday 7 a.m. - 4 p.m.

Toll-free Compliance & Ethics Hotline

1.800.427.7240