



September 6, 2019

New Direction

Nacogdoches awarded silver ranking by Texas Healthy Communities

For the past four years, Memorial has been lucky to administer the Texas Healthy Communities Grant for the Nacogdoches community. The program was built to empower communities to make positive changes in where they live, work and play. Through an assessment of nine specific indicators, the community health department was able to evaluate if our project was moving in the right direction and helping the community in the ways outlined by the Texas Department of Health and Human Services. Environmental indicators include offering physical activity areas, healthy eating options, mother-friendly worksites and an evidence-based health curriculum in schools. Policy indicators include a 100% smoke free city smoking ordinance; an EMS system which maintains a rapid response time for cardiac events and treatment of stroke as a medical emergency in the community, with appropriate acute stroke treatment protocols in place.

Nacogdoches County was recognized at the honorable mention level at the start of the grant four years ago, but quickly moved to a bronze level award for two years after that. This year, the community health department is happy to announce that we've moved up to a silver level award.

"With encouragement from the state and working with local organizations through the Healthy Nacogdoches Coalition, communities like ours have been able to make positive changes to improve the health of its citizens," said Kim Barton, Memorial's director of community relations, community health and the Healthy Nacogdoches Coalition. "Nacogdoches fully met the expectations on several indicators, including nutrition, tobacco and cardiac and stroke response."

"There are dedicated and resourceful garden and food pantry groups at work in Nacogdoches, with some truly passionate volunteers carrying the torch to make sure no one goes hungry locally. We have active food pantries and a vital Meals on Wheels program making sure people are fed. We have a wonderful farmers' market. We also have strong gardening groups cultivating interest in all aspects of community gardening, especially in school gardening programs. Together, these groups have helped Nacogdoches meet the nutrition indicator."

The City of Nacogdoches has a comprehensive tobacco control program in place and the Nacogdoches County Emergency Medical Services has the required Advanced Life Support (ALS) vehicles with 12 Lead ECG capability covered, so those two indicators were also met.

"Locally, we've created new events like Healthy Halloween and Music on the Trail to encourage physical activity and highlight free places that are options for exercise. We've installed bike racks and fix-it stations throughout town to make biking an easier option for transportation and we've supported worksites to become mother-friendly for the sake of workers and their families. The Healthy Nacogdoches Coalition has also advocated for stricter laws against e-cigarettes and tobacco age restrictions," Barton said.

"There's quite a lot going on in Nacogdoches to help us live healthier, reduce risk factors and lessen the impact of diabetes, heart disease, stroke and obesity," she said. "We should all be proud of our community, because Nacogdoches has so much to offer residents in quality of life, healthcare and social support. It's a great place."



Food Truck Friday is back for fall season

By popular demand, Food Truck Friday will continue this fall, but with one small catch...instead of pay day Fridays, food trucks will be here on the opposite Fridays of the month, so a new shift can enjoy it.

New cardiac rehab director chosen

Marti Fowler was born and raised in Charleston, SC and furthered her education as a fighting Gamecock at the University of South Carolina, before working her way across the U.S. to finally join us here at Memorial for 15 years, most recently as the new manager of cardiac rehab.

The close friends she has made and the atmosphere of the town and the hospital are the main reasons she chose Nacogdoches. She is an experienced veteran in the field of cardiac medicine, having begun working in the field at the young age of 21. It's the only field she has ever worked in. Marti hopes to improve the already-fabulous cardiac rehab wellness program, especially Silver Sneakers.

Marti says she has a special bond with the hospital because it saved her life. Eight years ago, she was diagnosed with cancer, but credits Dr. Quinn Robinson and the incredible staff here with putting her on the road to recovery. This experience only increased her love for the hospital and put more passion behind her work.

Marti's favorite saying is, "Life may not be the party we hoped for, but while we're here we should dance."



Memorial volunteers meet, seeking new recruits

The volunteers had their latest meeting this week, discussing proposed changes to the rules, regulations and by-laws that govern the organization. Fred Niehaus, president of the volunteer group, is really pushing to get more volunteers active. Please tell your friends and family NMH is looking for volunteers to make the hospital run as smoothly as it can.



Security says safety first: Keep the blue doors closed!

Here at Memorial, safety is our number one priority, but it takes effort and diligence from all of us. For your safety, and especially the safety of our patients, please do not prop the doors open at night. The blue doors, known as the discharge doors, are locked by 10 p.m. and unlocked again at 5 a.m., but they have been discovered propped open several times recently.

If you need to go back and forth to your car, please park on the ER side of the hospital. We need to control after-hours access to a door with visibility, for safety reasons.



National Rehab Week slated for next week

Bomar Rehab is gearing up for their annual Rehab Week festivities. See the slate of events planned below.

Monday 9/16

Employee recognition

Tuesday 9/17

Bring your favorite snack day
Senior Center presentation:
"What Happens If You Can't Go Home"

Wednesday 9/18

Fun Hat Day

Thursday 9/19

Silly Sock Day
Open house for patients & families

Friday 9/20

Breakfast of Champions
Parade of Cities
Mayor Proclamation
Olympic Games

Correction on Healthy Memorial Open Gym days, times

In the last newsletter, we erroneously reported Healthy Memorial Open Gym as being offered Monday through Friday from 4 to 5:30 p.m., but access is actually 4 - 5:30 p.m. on Tuesday and Thursday and after 5 p.m. on Monday and Wednesday. Make sure you get there before physical therapy is locked up for the day and check in with community relations for safety protocols before you attend the first time.