

Stat-Us

Happy Birthday!

- Nov 12 Barbara Long
Dane McDonald
Yvonne Barnes
William Navarro
Amie Jordan
- Nov 13 Meagan Barrow
Patricia Brown
- Nov 14 Richer Patterson
- Nov 15 Paula Elias
Pam Ballew
- Nov 16 Vanessa Wolgemuth
- Nov 17 Theresa Williams
Barbara Butts
- Nov 18 Connie Silver
- Nov 19 Sherri Williams
- Nov 20 Courtney Boerner
Larry Anstead
Deborah Francis
- Nov 22 Jennifer Dixon
Barbara Forbes
Wendy Harris
- Nov 24 Jonathan Hammack
Bobbie Glenn
Michelle Crawford
Eugene Benthall

Breast Exam Clinic

The first Roanoke Valley Breast Cancer Coalition breast exam and screening clinic held at Roanoke Clinic, Saturday, October 29 at Roanoke Clinic was a big success. The rainy, windy and cold temperatures did not stop 38 women from coming out for the free clinical breast exams. Of the 38 who were seen, 12 received screening mammograms in addition to the breast exams and 5 others were referred for follow up with a diagnostic breast exam for further evaluation. Halifax Regional, the Roanoke Valley Breast Cancer Coalition, and the Rural Health Group came together to sponsor the clinic which was well received by those attending. Participants cited lack of insurance as the primary reason for not getting mammograms. They stated they were very satisfied with the service received and the providers and would come again as well as recommend that others attend.

The medical providers performing the exams were: Dr. Sorensen and Dr. Robert from Roanoke Clinic, Sonya Bullock, PA, from Express Care, Dr. Tochukwu Agbata, M. D., a hospitalist at Halifax Regional, and Cassandra Owens, PA from Wildwood Clinic.

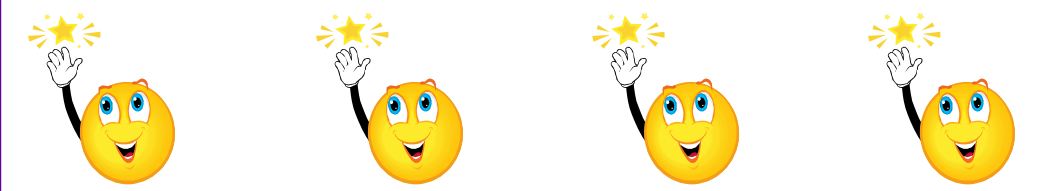
Audrey Hardy, MSN, RN, manager of Medical Surgical Nursing at Halifax Regional and Roanoke Valley Breast Cancer Coalition Coordinator who helped organize the event stated "we were very pleased with the turn out for screenings as well as the number of volunteers who showed up. If our efforts helped one person it was well worth the time".

The coalition is being funded by a grant from the Morehouse School of Medicine, the Southeastern US Collaborative Center of Excellence for the Elimination of Disparities, and the Legacy Project and is made up of agencies and community organizations providing breast care in the Roanoke Valley.



CALLING ALL REACT STARS!!!

Employees at Halifax Regional are the BEST at putting "Patients First". Recognize your fellow co-workers who you see acting as a REACT Star! Recognition forms are available on the intranet or you can simply call Cheryl Wheeler at 8289 or email her at cwheeler@halifaxrhc.org with your REACT Star name and briefly note what the star is being recognized for. REACT Stars will receive a REACT pin, certificate and name posted in the Stat-us.



"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

Maria Robinson

New Employees

Our newest team members completed General Orientation on Tuesday, November 1st and will be making their way into their new departments. Please offer them your warmest welcome and help them in any way you can as they acclimate to their new positions.

Pictured

Front Row (left to right):

Lisa Ingram - Food and Nutrition, Shaina Lewis - Physical Therapy

Back Row (left to right):

Dunn Nery - Physical Therapy, April Hamer - Wildwood Clinic, Lyndsay Boone - ECC, James Bould - Physical therapy and Codie Hicks - Registration



We're Coming to You!



Do you ever find it difficult to reach your Human Resources staff? We understand that can be frustrating and we are working hard to change that perception. Human Resources now has an office on the Ground floor of the hospital next to the Hospitalist office. A representative from HR will be present Monday – Friday in hopes to better accommodate you. Please view our HR Calendar on the Intranet to find out who will be in the office each day. The phone number for that office will be: 8151.

HR Calendar

This is a very busy time of year for Human Resources. We have numerous meetings in November and we know it can be confusing. For that reason, we have created an HR Calendar on the Intranet. It can be accessed as a quick link on the main page or you can go to our Departmental Web. It is titled "[HR Events Calendar](#)" This calendar will give you easy access to what is going on in HR. Check it out, we think you will like it.



Flu Clinics

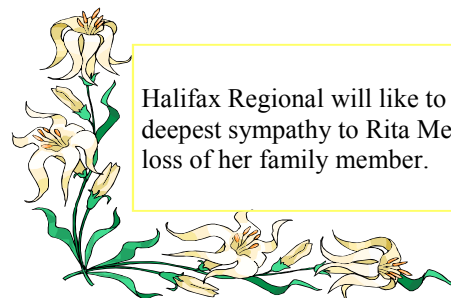
Date	Time	Location
November 21	4:00 pm to 6:00 pm	Auditorium
November 29	6:00 am to 8:00 am	Auditorium
November 29	1:00 pm to 4:00 pm	Auditorium
November 30	8:00 am to 3:30 pm	Employee Health/HR

All Employees must have received a flu vaccine in order to work after November 30, 2011 All Employees must have received a flu vaccine in order to work after November 30, 2011 All Employees must have received a flu vaccine in order to work after November 30, 2011

Just a reminder that the November 17th Act Day will run from 1200 - 1500. No appointments necessary for Ace Day...just be in the room prior to the ending time.



Halifax Regional will like to express our deepest sympathy to Rita Medlin for the loss of her family member.



Benefit Meeting Notification

This meeting serves primarily to orient new employees of the benefits available to them; however, if you are a current employee and have questions or wish to express concerns about your benefits, you may attend this meeting as well. Human Resources will hold these meetings twice a month for an hour in the auditorium.

Dan Knox with VALIC and Mike Henry from Wellington Benefits (for Voluntary Benefits) will also be available during these meetings.

Listed below are the dates and times for the benefit meetings.

BENEFITS MEETING SCHEDULE

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
November 14, 2011	7:30 AM	Auditorium
November 28, 2011	2:00PM	Auditorium
December 12, 2011	2:00PM	Auditorium
January 9, 2012	2:00PM	Auditorium
January 23, 2012	7:30AM	Auditorium
February 13, 2012	2:00PM	Auditorium

New Employee Assistance Program

Bensinger, DuPont & Associates (BDA) is our new EAP provider. BDA is a national provider dedicated to promoting healthy outcomes for the workplace, employees, individuals and their families. They are available 24 hours a day, 7 days a week.

This EAP provides ***no-cost, confidential assistance*** for any issue that may be bothering you or your family members. No problem is too big or too small to contact the EAP.

Whether you have a specific, short-term issue or a longer-term concern, a BDA Clinician is available to provide support, help resolve problems, and make referrals to the right resources to help you with your unique situation. Figuring out solutions to these problems can be hard, but BDA's trained professionals (all with master's degrees in mental health) can help you sort out the issues and work through them.

Clinicians can help with the following:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Depression Stress Management | <input checked="" type="checkbox"/> Anxiety |
| <input checked="" type="checkbox"/> Family Conflict | <input checked="" type="checkbox"/> Relationship Problems |
| <input checked="" type="checkbox"/> Financial or Legal Concerns | <input checked="" type="checkbox"/> Alcohol or Drug Addictions |
| <input checked="" type="checkbox"/> Problem Gambling | <input checked="" type="checkbox"/> Parenting Concerns |
| <input checked="" type="checkbox"/> Child or Elder Care | |

For more complex and/or longer-term problems, your BDA Clinician can refer you to meet face-to-face with another professionally trained clinician. Your face-to-face session(s) will help you better understand the problem that is affecting you and guide you in resolving it. In addition, your EAP Clinician can refer you to services within your health insurance benefits or to community resources/self-help groups if needed. Referrals are also available for specialized resources for elder or childcare, legal, or financial questions.

Visit their website to find out more: <http://www.bdaeap-online.com/> **Password: Plus**

Benefits 101

Mark Your Calendars

There are several changes taking place with your benefits this year and we want you to know what's going on. We have scheduled meetings for you to learn about what benefits are being offered and to give you an opportunity to ask questions. Representatives from the companies below will be presenting at these meetings. Services provided by each of these companies are listed below for your reference. We hope that this will help you make educated decisions during the open enrollment period and encourage all employees to attend. ***Remember, all employees must re-enroll this year.***

VALIC: Retirement * *Effective 1/1/2012, employees that currently do not contribute to their retirement will be automatically enrolled to participate at 3%. They will need to opt out if they wish not to participate.*

WELLINGTON BENEFITS: Flexible Spending, Vision (*new plan, **Community Eye Care**), Cancer, Accident, Critical Illness, GAP, Supplemental Life

ACS BENEFITS: Medical, Dental

PRE-PAID LEGAL: Legal advice (excluding employment law)
If you are interested in this benefit, these meetings will be your only opportunity to enroll.

LINCOLN FINANCIAL: Short Term Disability, Long Term Disability, and Life Insurance

Below are the dates and times of meetings. All meetings will be held in the Auditorium.

Provider	Date	Time
Wellington Benefits	November 11, 2011	7:30am, 11:30am, 2:30pm, 3:30pm
Wellington Benefits	November 14, 2011	11:30am, 2:30pm, 3:30pm
Pre-Paid Legal	November 15, 2011	7:30am, 9:00am, 10:30am, 12:00pm, 1:30pm, 3:00pm
Valic	November 28, 2011	7:30am, 8:30am, 9:30am, 10:30am, 11:30am, 12:30pm
Valic	December 12, 2011	7:30am, 8:30am, 9:30am, 10:30am, 11:30am, 1:00pm, 2:00pm

It's that time of year again! "Hold the Stuffing!"



Get your team ready for this
8 week competition!

November 21st – January 11th

Gather a team of 2 or more, choose team captain, and a team name

Sign up by November 15th with Clinical Nutrition by emailing team information to lcarroll@halifaxrmc.org or call 8035 or 8283

Weigh-in at the beginning and at the end of the program (Required that all team members weigh at the beginning & end)

The Team with each of its team members
maintaining their weight
(no more than 2 pounds over the beginning weight)
during the competition **WINS!**

Beginning weigh-in times

Tuesday November 15: 1:00-3:00 pm and 5:00-7:30pm

Thursday November 17: 6:00-9:00am and 11:00am-2:00pm

Monday November 21: 11:00am-2:00pm

Final weigh-in times

Thursday January 5: 11:00am-2:00pm

Monday January 9: 6:00-9:00am and 11:00-2:00pm

Wednesday January 11: 5:00-7:30pm

Weigh-ins will be located in the Registered Dietitians office in Room 619



This picture shows what food has been collected for the Annual Food Drive. We only have **7 days** left!
Please help!!