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Letter From CEO, Rick Napper

As you all may have heard or read in the newspapers, the Magnolia Regional Health Center Board of Trustees has been through a few recent changes. We now have 2 new members that have been appointed to the Board of Trustees. Please join me in welcoming Dr. Randall Frazier and Ms. Rebecca Spence to our Board. Dr. Frazier has been a member of the MRHC medical staff for many years and recently completed a term as Chief of Staff. Having physician representation on the Board is vital to the success of MRHC and his knowledge of policy and procedure from a physician perspective will be of great assistance in making decisions in the boardroom. Ms. Spence is the Assistant Vice-President/Shiloh Road Branch Manager of Regions Bank here in Corinth. As a local business person, Ms. Spence's knowledge of the financial world and also of community initiatives will bring a diversity that is needed to the board of a community hospital. We are excited to work with Dr. Frazier and Ms. Spence in their new roles on our Board of Trustees and we look forward to utilizing their skills and knowledge in the future.

With the appointment of the 2 new members of our Board, we have in turn lost 2 members, Mr. Malcolm Guyton and Dr. Darwin Wooten. Mr. Malcolm Guyton has served on the Board since 1995 and Dr. Darwin Wooten has served on the Board since 2005. When we heard the news, it was easy to reflect on the successes of Magnolia Regional Health

Center that have been accomplished during Mr. Guyton & Dr. Wooten's board member terms. I want to take this opportunity to thank each of them for their untiring service to our Board of Trustees and for their commitment to the Vision, Mission and Values of MRHC. Our Board of Trustees has become a strategic body that is looking to the future with the continued focus of remaining a stable force in our community, all the while continuing to be a huge advocate of you, the employee. We are honored that they were part of that success.

The Board of Trustees carry an enormous responsibility of overseeing the conduct of the hospital, accomplishments of its objectives and purposes and the discharge of its responsibility to the patients and to the community. The great work the Board of Trustees does is commendable.

As always, your loyalty to our facility is greatly appreciated. God bless you and your families.

Sincerely,

Rick Napper, CEO



SLEEP DISORDERS *and your mental health*

At least 40 million Americans experience chronic, long-term sleep disorders each year, and 20 million more experience occasional sleep problems. Mental illnesses such as depression, anxiety and substance abuse play no small part in the epidemic levels of sleep deprived people in the United States. Research is revealing how vital a good night's sleep is to our overall functioning and well-being. We should all make sure we get enough vitamin Zzzzzz.

Wake up America! It's time to give sleep the time and attention it – and you – deserve. Sleep plays a central role in our mental, emotional and physical health. Too many adult Americans either don't understand, or don't value, those eight to nine hours of rest our brains and bodies crave. That's right – eight to nine hours is the amount of sleep the average adult requires. Babies need 16 to 18 hours. School-aged children and teenagers need at least nine. Older adults, even though they often sleep fewer hours, require seven to nine hours as well.

Many behavioral health disorders can disrupt sleep. One of the most common symptoms of depression is frequent waking during the night or early morning waking. Anxiety disorders including Post Traumatic Stress Disorder, panic disorder and Obsessive Compulsive Disorder all interfere with normal sleep patterns by preventing or interrupting sleep. Finally, alcohol and other substances are common and often unrecognized culprits in the sleep deprivation picture. For this reason a thorough mental and physical evaluation is necessary to pinpoint the cause of a sleep problem.

People usually cycle through five phases of sleep: Drowsiness; Light Sleep; Deep Sleep; Slow-Wave Deep Sleep; Rapid Eye Movement, or REM.

Almost half of total sleep time is spent in the deep sleep stages, about 20% is REM sleep, and the remaining 30% is spent in the other stages. Infants, on the other hand, spend nearly half their sleep time in REM sleep.

During light sleep, we drift in and out of sleep and can be awakened easily. In deep sleep, eye movement stops and brain waves slow. In deep sleep stages, extremely slow brain waves appear and it is very difficult to wake someone. During deep sleep, some children experience bed-wetting, night terrors, or sleep-walking.

During REM sleep, our breathing becomes more rapid, irregular, and shallow. Our eyes jerk rapidly in various directions, and our limb muscles become temporarily paralyzed. Alcohol and other substances, both depressants and stimulants, are known to interfere with REM sleep, affecting mood regulation, memory and other cognitive functions.

A complete sleep cycle takes about 90-110 minutes. The first sleep cycles of the night contain short REM periods and long periods of deep sleep. As the night progresses, REM sleep increases in length while deep sleep decreases. By morning, nearly all sleep time is in light and REM sleep.

So what does sleep do for us? Time spent sleeping is not wasted. While our bodies are inactive, our brains are very busy. During sleep the parts of the brain responsible for learning and memory are activated, hormones are released which affect growth, immune system function, tissue and cell repair, and metabolism.

Studies show that people who suffer from behavioral health disorders are often sleep deprived and, conversely, sleep deprived people are at a higher risk for depression, hypertension, heart problems and other behavioral and medical conditions.

Crossroads Center for Emotional Care
Magnolia Regional Health Center
611 Alcorn Drive, Corinth, MS 38834
1-800-365-1245 or 662-293-4280

Tips for a Good Night's Sleep

- ✓ Make sure you have a comfortable mattress.
- ✓ Keep your sleeping environment on the cool side.
- ✓ Stamp out light pollution with heavy curtains. Melatonin, a hormone associated with sleep, is produced in the dark.
- ✓ Get sunlight during the day. This regulates our sleeping and waking cycles.
- ✓ Quiet!!! Eliminate noises that may disrupt sleep.
- ✓ Stick to a regular sleeping and waking schedule -- even on weekends and holidays.
- ✓ Find ways to relax before bed and make relaxation part of your routine.
- ✓ Avoid big meals or lots of beverages before retiring.
- ✓ No napping after 3 pm and no naps longer than an hour.
- ✓ Avoid caffeine, nicotine and alcohol in the evening.
- ✓ Avoid medications that can disrupt sleep.
- ✓ If you do have trouble getting to sleep, don't just lie there and fret. Get up and do something soothing until you begin to feel sleepy and then try again.

You may have a sleeping disorder if:

- You feel sleepy during the day, or you fall asleep at inappropriate times.
- You take frequent naps.
- It takes more than 30 minutes, or less than five minutes to fall asleep at night.
- You have crawling feelings in your arms and legs only relieved by movement.
- Your bed partner observes your legs and arms jerk often while you're sleeping.
- You snore loudly, snort, gasp or stop breathing for short periods.
- You have vivid dreamlike experiences while falling asleep or dozing.
- You have episodes of sudden weakness.
- You can't move when you first wake up.

Announcements

March is Social Work Month!
Please, Thank our Social
Workers for all they do!

Crossroads Customer
Satisfaction Awards:



Jackie Burt



Michelle Essary



Customer Satisfaction Winners

Announcements

March is upon us and the year is already flying by. Your team is hard at work on the next "Standards" installment and we will soon be presenting "Ownership" as the fourth "Standard of Behavior". The way we see it, "Ownership", is a much needed requirement for being a productive part of the whole. No matter what you are a part of, be it a sporting team, church or organization like Magnolia, "Ownership" makes it yours and we tend to take better care of the things that are ours.

I hope you will be thinking of what "Ownership" means to you, and don't be surprised if someone comes up to you and asks you to share your thoughts. Even though Magnolia is a large multi-faceted organization, it will take each of us caring and taking responsibilities seriously to make this organization successful as we grow and serve the people of our community.

Team Standards



Strive for a Healthier You

72 Employees have started their journey to becoming Tobacco free since our Employee Clinic on February 16th . Anyone else needing to schedule an appointment may contact Michelle Canten in Employee Health at ext 1382.

Roadblocks to Quitting

Don't get frustrated if you haven't quit already. Many smokers haven't quit because there's something holding them back. Here are some of the roadblocks that keep people from quitting. Think about which of these roadblocks might be holding you back. Then, learn how to clear them away and continue your journey to becoming Tobacco free with support from your co-workers, friends and family.

- **I've already cut down—I don't need to quit.** Good. You've gotten started! Now, finish the job by quitting. Smoking in any amount hurts your health.
- **There's too much going on in my life.** Let's face it. We all have busy lives. There is no perfect time to quit. But the best time to quit is NOW! Join a Smoking Cessation class to learn how to deal with tension, fatigue, irritability, and other feelings while stopping smoking, talk with friends, or join a support group.
- **My friends will make it hard for me to quit.** Many people

tend to smoke more around their friends, and it can be harder to stop if your friends smoke. Learn how to get people to support you and how to say no if someone offers you a cigarette.

- **My spouse smokes. It would be too hard to quit with him smoking around me.** Tell your spouse that quitting smoking now is very important to you. Ask your partner not to smoke around you and not to offer you cigarettes.
- **I'll gain too much weight.** Many people do gain weight when they quit, but the average gain is only about five to seven pounds. A little extra weight is much better for you than smoking. And, you can lose that weight over time. If you exercise (even a little) and prepare yourself with healthy snacks, you won't gain much. In fact, you may not gain any weight at all.
- **I've tried before—I just can't quit.** Of course you can! Every smoker can quit. Did you know there are now more ex-smokers than current smokers in the United States? Think of your previous tries as "practice quits." Making the decision to quit and creating a plan will make it easier for you to stop. Millions of people have quit –

and you can, too!

- **I'll get too tense.** Some smokers say smoking calms them. In fact, smoking is really a stimulant. There are many better ways to calm down. One of the best ways is with exercise.

Now that you've thought about your roadblocks, you're ready to start getting rid of them. You can do it! Be open to learning ways of dealing with these roadblocks and you'll be on your way to becoming tobacco free.

Exercise... Improve Your Fitness as You Quit Smoking!

Exercise helps many people quit smoking. It can help you relax, and it can help you control your weight. Exercise can be as simple as choosing the stairs instead of the elevator, playing in the yard with the kids on a pretty day, or walking in the park after work. If you want to do a little more, but you're not used to exercise, try walking. Thirty minutes at a steady pace most days of the week is good for your body. You could also try jogging, biking, dancing, swimming, yoga, gardening or whatever you enjoy. In general, light- and moderate-intensity exercise is safe for most people. People who have preexisting conditions such as heart disease or diabetes should talk to their doctor before beginning any moderate- or high-intensity exercise.



Department Winners

INPATIENT WINNER: SICU

Score of 93.2 or 99%

Dr. Hutchinson & staff were fantastic and would recommend to anyone. The heart unit was very caring.

Could not have asked for better care. Terry Plunk, Haley Huggins were exceptional.

ICU First floor. Every one was marvelous, nurses, Ashley, Donna,

Terry were wonderful, Jade on 2nd fl. ICU.

Jerry Mitchell, Fran Kerby & Karen were spectacular.

INPATIENT

OUTPATIENT WINNER: ASC

Score of 94.7 or 94%

Dr. Jacque - very good & comforting Candee Switcher & Amanda were very nice & helpful.

Dr. Kerry was very informative & very polite & professional & thorough.

Candi / Dr. Jobe / all nurses took excellent care of me.

Gayla at the desk was wonderful. Bobbie the nurse that reg. us was great.

Dr. Armstrong was very kind and patient took time to explain the procedure and answer my questions. *Tammy and *Casey were wonderful - I couldn't have received better care.

My eye surgery went very well thank to Dr. John Shipp and the skills and information given to me by the nurses.



OUTPATIENT

Dr. Peery did a very good job.

Dr. Jeff is an exceptional doctor.

Dr. John Shipp was very helpful.

Customer Service Excellence Monitor

What is Service Excellence?

MRHC would like to introduce the Bronze, Silver and Gold for the month.

It is the Service that exceeds the needs and expectations of the customer.

The February 2011 acknowledgements are:

Must be mentioned more than 5 times

Must be mentioned more than 3-4 times

Must be mentioned more than 1-2 times

SILVER

BRONZE

# times mentioned	Name	Dept.
5	Belinda Prather	Women's Health

# times mentioned	Name	Dept.
3	Brenda Hopkins	Women's Health
3	Celisa Comer	Women's Health
3	Kristin Walden	Women's Health

# times mentioned	Name	Dept.
1	Kelsey Glenn	2 South/MICU
1	Meredith Stacy	2 South/MICU
1	Amanda Meeks	2 South/MICU
1	Ashley Wildmon	2 South/MICU
1	Donna Blakney	2 South/MICU
1	Jade James	2 South/MICU
1	Jerry Mitchell	2 South/MICU
1	Karen Kingen	2 South/MICU
1	Amanda Humpers	3 Tower
1	Dianne Linton	3 Tower
1	Terry Harris	3 Tower
1	Chad Sanders	4 Tower
1	Debbie Chatham	4 Tower
1	Elizabeth Willis	4 Tower
1	Jesse Harkey	4 Tower
1	Kaleena Tynes	4 Tower
1	Mary Ann Clardy	4 Tower
1	Andrette Morrison	5 Tower
1	Jan Greene	5 Tower
1	Kaylin Moore	5 Tower
1	Monique Patterson	5 Tower
1	Sara Beth Armstrong	5 Tower
1	Sarah Smith	5 Tower
1	Sherry Patterson	5 Tower
1	Cheryl Braddock	Anesthesia
1	Angela Higgs	ASC
1	Bobbie Case	ASC
1	Casey Evans	ASC
1	Tammy Lambert	ASC
1	Diane Baldwin	Dietary
1	Anna Palmer	ED
1	Edith Boren	ED
1	Edward Evans	ED
1	Sonya Butler	ED
1	Tila Johnson	ED
1	Trina Nelms	EKG
1	Judy Eaton	Home Health
1	Penny Stephens	Home Health
1	Lori Jernigan	Lab
1	Gayla Nix	Patient Access
1	Josh McCahill	Patient Access
1	Patty Loncar	Patient Access
1	Tasha Emily	Patient Access
1	Vicki Morrow	Patient Access
1	Brandy Lowery	Pediatrics
1	LibbyMichael	Pediatrics
1	Stacy Mitchell	Pediatrics
1	Jodi Carter	Recovery
1	Tiaqua Moody	Recovery
1	Amanda Kerr	SDC
1	Amy Mathis	SDC
1	Beth Bartlett	SDC
1	Janie Gray	SDC
1	Jennifer Burcham	SDC
1	Sylvia Taylor	SDC
1	Leigh Devore	Serv. Excellence Ambassador
1	Haley Huggins	SICU
1	Jodie Roberts	Transport
1	Alyssa Fortune	Women's Health
1	Jill McNair	Women's Health
1	Dr. Armstrong	
1	Dr. Chase	
1	Dr. Downs	
1	Dr. Gregory	
1	Dr. Hsu	
1	Dr. Hutchinson	
1	Dr. Jacque	
1	Dr. Jobe	
1	Dr. Johnson	
1	Dr. Marta Hans	
1	Dr. McAlpin	
1	Dr. Pizzimenti	
1	Dr. Prather	
1	Dr. Pratt	
1	Dr. Pratt	
1	Dr. Senf	
1	Dr. Stephenson	
1	Dr. Swanson	
2	Fran Kerby	2 South/MICU
2	Vickie Privett	4 Tower
2	Amanda Caldwell	ASC
2	Candee Switcher	ASC
2	Holley Arthur	Cath Lab
2	Tammy Spencer	Dietary
2	Hannah Taylor	Home Health
2	Aubrey Morelock	Pediatrics
2	Terra McLemore	SDC
2	Ashley Talley	SICU
2	Chad Garrett	SICU
2	Mark Johnson	SICU
2	Megan Hill	SICU
2	Ronny Ward	SICU
2	Terry Plunk	SICU
2	Beth Thompson	Women's Health
2	Kayla Huggins	Women's Health
2	Melissa Qualls	Women's Health
2	Natalie Timbes	Women's Health
2	Rita Holley	Women's Health
2	Dr. Buchannan	Women's Health
2	Dr. Foropoulos	
2	Dr. J. Shipp	
2	Dr. McKinney	
2	Dr. Peery	



MRHC Foundation

Tribute Garden Naming

Opportunities

Magnolia Regional Health Center Foundation, Inc. provides charitable support to Magnolia Regional Health Center and similar non-profit organizations in Alcorn County in order to improve the health and wellbeing of the people of Corinth, Alcorn County and the surrounding region. Through the generous support of our donors, we work to ensure that current and future programs that will assist patients at our facility receive the funding and support which they deserve.

Our Foundation offers individuals an opportunity to create a permanent impression on the Corinth community by taking advantage of one of the many naming opportunities available within the beautiful Tribute Garden located at The Cancer Center at Magnolia. This soothing garden which was dedicated on June 1, 2009 offers patients and their families a place overflowing with peace, comfort, and encouragement. Naming opportunities within the resource center are also available through our Foundation.

Corporate Compliance Corner

HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT (HIPAA)

The Department of Health and Human Services Office of Civil Rights stated "We are committed to promoting and encouraging compliance with HIPAA rules through education, cooperation and technical assistance . . ." Violations are enforced on a complaint basis by said Department. The government may impose civil and criminal penalties for violations of HIPAA. Each HIPAA violation by an entity can, at a minimum, result in civil monetary penalties of \$100.00 per violation with a cap of \$25,000, with additional penalties imposed if the organization is not doing their best to protect patient information. Additionally, if an employee intentionally and/or maliciously discloses or receives protected health information (PHI) in violation of HIPAA, he/she can be fined up to \$250,000 and imprisoned for up to ten years.

We, at MRHC, are doing our best through education, cooperation and technical assistance to achieve compliance with HIPAA. Every reported incident of an alleged HIPAA violation is investigated with appropriate action taken.

The five most frequently cited allegations are:

- Impermissible use or disclosure of an individual's protected health information
- Lack of adequate safeguards
- Refusal or failure to provide the individual with access to his/her records
- Disclosure of more information that is minimally necessary
- Failure to obtain a valid authorization for a disclosure

HIPAA Safeguards

Do:

- Use shred boxes for all trash containing PHI
- Turn computer screens away from view of visitors or unauthorized persons
- Log out of computers when not using them
- Keep file cabinets locked which contain PHI
- Limit patient information on white boards
- Avoid leaving patient charts unattended
- Keep surgery and procedure schedules in a drawer not easily seen by visitors
- Keep low voices when discussing patients
- Report privacy concerns when identified

- Talk to patients privately when possible
- Access only required PHI to perform job duties
- Complete HIPAA training
- Receive and review periodic reminders regarding privacy and security

Don't

- Share computer passwords
- Discuss patients in public areas inside or outside of the facility, such as cafeterias, elevators, restaurants or shopping malls
- Allow visitors, family members or others to view and/or have access to PHI in your area

"Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not."

- Oprah Winfrey



March Birthdays

01

Charles Hathcock
Angela Maldonado

02

Jodie Roberts
Jeffrey Underwood
Miriam Edgeston

03

Paula McCalister

04

Leigh Ann Epperson
Nathan P. Kennedy
Susan Darwin
Linda Austin

05

Sara S. Cooley
Tila Johnson

06

Elizabeth Matlock
Jennifer Lynn Manus
Desiree Brook Haugh

07

Evelyn Mathis
Deanna White
Laura Davis
Vincent Salvaggio
Katrina Taylor
Ransom Jones

08

Shannon Essary

09

Holly Baugus
Brenda M. Ford
Sandra Griffin
Rhonda Lynn Mc-
Morris

10

11

Melanie Press
Andrette Morrison
Michelle Shelly
Julie Benson
Thomas Davis
Tina Harvey

12

Destiny Vick
Jason Coley
Thomas Sweat

13

Tracy Cornelius
Amanda Barnett
Britni Glidewell
Nena Holland
Gary Walker
Shirley Curtis

14

Kathy Dixon

15

Missy Breland
Keaton Farris
Harold Barnes

16

Kimberly Mills
Marcy G. James

17

Laura Devaughn
Chelsey Hawn
Oneka Richardson

18

Miriam L. Story
Leigh Anne Dials

19

Deborah J. Kirk
Janet Manley
Darren Lynch
Michael Lutz
Lindsey Dodd
Tammy Rowland
Melita Dunwoody
Darren Ramoutar

20

Gregory Lindsey
Brian Mitchell
Regenia Brown

21

Jetta McAnally
Teresa Lautenbach
Rebecca O'Brien

22

23

Catherine Lambert
Vickie Lambert
Charity Youngblood
Lisa Henson

24

Tabitha Andrews
Pamela Holder
Casey Humphries
Patty Loncar

25

Amanda H. Trent
John Wood
Rhonda Mitchell
Leigh Gardecki

26

Vicky Crum
Marsha M. McNair
Virginia Mansel
Christy McCrary
Janie Tensley

27

Jimmy Harkey
Mary C. Jones
Ashley Sanders

28

Whitney D. Butler
Tyler Peters
Shirley Dees
Angelia Mays
Sandra McAlpin

29

Christi B. Rousseau

30

Jessica Nooner
Sylvia Cooper
Kristin Walden
Stephanie Owens
Lucretia Gardner
Rhonda Wilkins

31

Heather Jo Sharp
Scotty Trollinger
Angeli Rickard
Anna Palmer
Joanie Vaughan



April Birthdays

01

Misty G. Kipp
Barbara Rhoads

02

Brooke A. Miller

03

04

John Hebert
Angelia Richardson
James Hindman

05

Cassandra Dodson
Sharon Carter
Amanda Ham

06

07

Neal Moyers
Patricia Hammett
Kelly Hall
Sara Clemmer
Whitney Spencer

08

Rebecca Strachan

09

Alicia D. Schryer
Virginia Brown
Heather Rhodes
David Nanney
Ginger D. Wood

10

Tina Wallin
Candee C. Switcher
Andrea Harris
Angela M. Nowlin
Scott Thomas
Michael Peery

11

Elisa Puckett

12

Candice Whitaker
Terra McLemore

13

Anna Erwin
Jacy D. Mitchell
Rick Bridges
John Rose
Jeffery Ellsworth

14

Shannon Voyles
Angela Vanderford

15

Tammy Copous
Brenda Bradley
Marilyn McKinney
David Stutts

16

Candy McCarter
Melody Brown
Robert Stephenson
Tony McAfee
Felicia Powers
Deonne Henry

17

Sharon Koon
Sylvia D. Taylor
Shirley Embrey

18

Christie Bradley
Andrea McAllister
Rachel B. Estep

19

Stephanie Butler
Jerry Williams
Ryan B. Whitley
Adisen M. Cooper

20

Renate Howard
Amy Jo Johnson
Sammy Shelly

21

Brad Murray
David Reynolds
Raina Robertson

22

Amanda Paige Michael
Kimberly Hoyle
Cindy L. Mills
Brandi Smith
Brenda Park
Marcie Ford
Wade Moore
Phyllis Crabb

23

24

Sasha Burress
Ronnie Gray
Andrew Howard

25

Tonya L. Gunn
Caryn Pickens
Sandra K. Hunt
Cara Beth Mitchell
Elisha Thompson

26

Terry Plunk

27

Ruth Ann Glissen
Tina Reddell
Katrina Ramos

28

Tobey Essary
Richard Reeves
Cherry Gifford
Cynthia Inman

29

Amber Haney
Kayce Hayes

30

Alicia J. King
Travis Brent Mills
Christopher Spencer
Michael Marecki
Heather Lee
Wendy Hurley

31