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Letter From CEO, Rick Napper

Happy Hospital Week! Every year we get to celebrate hospital week which gives us a chance to recognize and thank our staff for all that they do for our patients and our community. Enjoy the events this week. You deserve it.

Leadership... With all the changes due to healthcare reform we need strong leaders in our organization now more than ever. I believe that the staff at MRHC is not ordinary, we are extraordinary. We can grow our own, create great leaders and succeed in an unstable environment. As we try our best to make sense of healthcare reform regulations, I know that one of the top priorities for our organization is the dynamics of the staff at MRHC. This will be a key to the accomplishment of our goals. From front line staff to department directors and managers, we are all leaders. You save lives every day and care for our community with compassion and southern charm. I know that the skills and knowledge partnered with the vision and behaviors of all of the employees our facility is something to be proud of. I ask you to continue our journey, take the next steps and learn the traits of great leaders. We can all benefit from this knowledge and collaborate in a team mentality.

The operational staff has worked extremely hard to hash out a plan for the next several years. We recently spent several days together developing new goals, objectives and strate-

gies to move MRHC in a positive direction. The upcoming years in the healthcare industry are going to be demanding and complex. Yet, all the while we have to remember to treat all of our patients with respect and outstanding patient care. I have complete faith that you will exceed our patients' expectations. Thank you for your continued belief in the MRHC Vision and Mission.

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

Sincerely,

Rick Napper, CEO



May is Mental Health Month

KNOWLEDGE IS POWER

When It Comes to Mental Health

Mental illness is more common than many people know. One out of five Americans will suffer from a mental illness this year. The good news is, many mental illnesses are effectively treated. And the evidence shows that healthy lifestyle choices can contribute to good mental health.

Mental illness is more common than diabetes, heart disease and many other familiar health conditions, yet people still don't know how to recognize mental illness, or how to get help. And despite increased understanding and acceptance of mental illness, stigma still exists, preventing people from seeking treatment for themselves, or for loved ones.

According to the National Institute of Mental Health, an estimated 26.2 percent of Americans ages 18 and older suffer from a diagnosable mental disorder in a given year. When applied to the 2004 U.S. Census residential population estimate for ages 18 and older, this figure translates to 57.7 million people.

Of the many things people can do to promote and maintain good mental health, perhaps the most important is managing stress. Experts agree that stress is not necessarily a bad thing. In fact, the short term stress that one feels when confronting an emergency is a healthy response to danger or threat. It is the low-level, long-term stress that comes from constant worry, unresolved conflict, fatigue or a demanding lifestyle that can affect mental and physical well being.

Everyone experiences stress differently. For example, some people find public speaking extremely stressful while others jump at the chance to have an audience. Some people welcome major life changes such as new jobs, or moving, while others dread them. The key is knowing what is stressful for you, and to decide if you can eliminate or decrease the stressful circumstances in your life or, if not, perhaps change how you think about them.

Other steps to improve and maintain mental health include taking care of your physical health. Proper nutrition, plenty of rest, exercise, and moderate caffeine and alcohol use will pay off in extra energy and an improved outlook on life.

Establish a regular meditation or exercise practice. Alone or with a group, taking time for yourself to relax and unwind is essential, especially if your regular routine is fast-paced and allows for little down-time.

Nurture your friendships. It's well known that the support and companionship of others enhance people's health and longevity.

Organize yourself. Prioritize tasks and don't over-schedule. Allow yourself the luxury of putting off one or two tasks until tomorrow.

Take the time to learn something new – a language, a skill, a hobby. Give to others. Volunteer for an organization that shares your values and interests.

Be kind to yourself. Recognize your gifts, celebrate them, and then extend that kindness to those around you.

Finally, awareness may be the most important consideration of all, both when treating mental illness or preventing it. If you, or someone you know is exhibiting signs of mental illness, pay attention and don't hesitate to ask for help.

As with all illnesses, the earlier a problem is diagnosed and treated, the better the outcome. With proper treatment, 70 to 90 percent of people with mental illness experience significant improvement in their symptoms and quality of life.

Be Aware of the Warning Signs

In Adults

- confused thinking
- prolonged depression (sadness or irritability)
- feelings of extreme highs and lows
- excessive fears, worries and anxieties
- social withdrawal
- dramatic changes in eating or sleeping habits
- strong feelings of anger
- delusions or hallucinations
- growing inability to cope with daily problems and activities
- suicidal thoughts
- denial of obvious problems
- numerous unexplained physical ailments
- substance abuse

In Adolescents

- substance abuse
- inability to cope with problems and daily activities
- change in sleeping and/or eating habits
- excessive complaints of physical ailments
- defiance of authority, truancy, theft, and/or vandalism
- intense fear of weight gain
- prolonged negative mood, often accompanied by poor appetite or thoughts of death
- frequent outbursts of anger

In Younger Children

- changes in school performance
- poor grades despite strong efforts
- excessive worry or anxiety (i.e. refusing to go to bed or school)
- hyperactivity
- persistent nightmares
- persistent disobedience or aggression
- frequent temper tantrums

National Mental Health Association

Announcements

Crossroads has some special events for Mental Health Month: Snax for Fax, Spa Day and several in-services planned.

Customer Satisfaction Awards for January, February and March are:



Theresa Hubanks, RN



Michelle Essary, Social Worker



Neal Moyers, Med Tech

Announcements

Hospital Week
May 9-13, 2011



National Nurses Day
May 12, 2011



Tobacco Free. Campus Wide.



EFFECTIVE JUNE 1ST, 2011



April was National Occupational Therapy Month

MRHC Celebrated National Occupational Therapy Month in April

What is Occupational Therapy?

"Oh, you help disabled people find jobs."

"You're an OT, isn't that like PT?"

Occupational Therapy (OT) is a health related professional that helps restore independence to a person's greatest potential whose life has been disrupted by physical injury/illness, aging ailments, psychosocial dysfunction, or children with developmental or birth defects (AOTA).

MRHC established Occupational Therapy as part of the rehab team in 1993. Our current OT staff includes four full time OT's, JuJuana Meeks, Maggie Pounds, Mary Jones and Johnna Smith, and two part-time OT's Perry Kennedy and Trista Smith.

JuJuana, Maggie and Trista provide OT services to the clients at MRHC outpatient rehab at the Community Service Complex. JuJuana spe-

cializes in OT rehab of the elbow, forearm, wrist and hand as well as shoulder injuries from trauma or disease. Maggie focuses on pediatric OT. She has earned certification in Sensory Integration and Praxis, which allows her to administer the SIPT (Sensory Integration & Praxis Test) to children ages 4 to 8 years, 11 months. She also utilizes her certification in Interactive Metronome with her pediatric patients to work on fine motor coordination, concentration and attention. Maggie and Mary also treat patients under the age of three through the MSDH First Steps Early Intervention Program, in both the home and clinic settings.

Mary, Johnna and Perry provide OT services for acute care patients to increase function and independence, therefore improving quality of life. This goal is met through performing basic activities of daily living (ADL's), therapeutic exercise and activities, functional transfers, adaptive equipment recommendations and patient/family education.





Announcements

Pictured below: Rienzi Middle School 4th graders for speech therapy presentations in Oct 2010.



May is National Better Hearing & Speech Month

Magnolia Regional Health Center's Speech Therapy Program is growing. We now have two full time Speech Language Pathologists, Tammy Rowland, CCC- SLP and Karen Breazeale, CCC- SLP and one part time therapist, Jamie Meeks, CCC- SLP. Combined they have a total of 50 years experience. All three therapists have Master's Degrees, hold Mississippi State Licensure and are nationally certified by the American Speech and Hearing Association (ASHA). Their certifications include Interactive Metronome and Vital Stim, Lee Silverman Voice Treatment and Deep Pharyngeal Neuromuscular Stimulation. We provide speech therapy services for patients across the lifespan, including inpatient therapy services and modified barium swallow studies at the main hospital campus, outpatient therapy services at Magnolia Community Health Center on Harper Road and home health services for adults and Early Intervention services for pediatrics through MRHC Home Health.

Speech and language disorders can affect anyone at any age. Millions of infants, children and adults in America suffer from a communication or swallowing disorder. Whether it's a difficulty in swallowing or a disorder such as stuttering, delayed language, articulation or a voice problem, a person's ability to learn and interact with others can be affected. If you suspect you or a loved one may be experiencing a communication disorder or swallow-

ing disorder, consult a speech language pathologist (American Speech & Hearing Association).

As part of our efforts to encourage better speech and hearing, this past October we presented information on the importance of protecting your hearing and on hearing loss to fourth graders in Corinth and Alcorn County School District schools. According to recent statistics hearing loss is on the rise in the younger population and overall across our nation. Studies show that one in five teenagers have signs of some loss of hearing.

The children appeared very interested and asked great questions. Every student received educational materials and a pair of ear buds with instructions on when it is appropriate to use ear buds to prevent hearing loss.

If you know someone who could benefit from Speech Therapy services, please have them attain a referral from their medical provider. To schedule a speech therapy evaluation you may call outpatient services at 287-1400, inpatient services at 293-1400 and home health services at 293- 1405. We look forward to serving you and our community.

LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS		
Use hearing protection or avoid	140	• Fireworks • Gun shots • Custom car stereos (at full volume)
	130	• Jackhammers • Ambulances
UNCOMFORTABLE		
Dangerous over 30 seconds	120	• Jet planes (during take off)
VERY LOUD		
Dangerous over 30 minutes	110	• Concerts (any genre of music) • Car horns • Sporting events
	100	• Snowmobiles • MP3 players (at full volume)
	90	• Lawnmowers • Power tools • Blenders • Hair dryers
Over 85 dB for extended periods can cause permanent hearing loss.		
LOUD		
	80	• Alarm clocks
	70	• Traffic • Vacuums
MODERATE		
	60	• Normal conversation • Dishwashers
	50	• Moderate rainfall
SOFT		
	40	• Quiet library
	30	• Whisper
FAINT		
	20	• Leaves rustling

OCTOBER IS NATIONAL AUDIOLOGY AWARENESS MONTH AND NATIONAL PROTECT YOUR HEARING MONTH

American Academy of Audiology | 11730 Plaza America Drive, Suite 300, Reston, VA 20190 | 800-AAA-2336 | www.HowsYourHearing.org

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Service Awards Banquet May 12, 2011





Department Winners

INPATIENT WINNER: Women's Health / GYN

Score of 97.7 or 99%

OUTPATIENT WINNER: ASC

Score of 96.3 or 99%

Everyone was wonderful especially Sabrina Moore & Rita Holley. They are AWESOME and a great asset to your staff.

My nurses were all top notch! Very good work, care and attention. Loved Beth & Kristen!

I am a MRHC advocate. I always have had great care here and

that's over having lived in Corinth for almost 40 years!

Dr. Simpson is a magnificent doctor. I'd hold him up against any other!

Dr. Simpson is great! I also have great respect for Dr. Jacque the anesthesiologist! He has a great bedside manner.

INPATIENT

Everyone treated my family nice and wanted them to be comfortable.



Amanda Caldwell was wonderful!

Dr. Edmondson was wonderful.

Dr. Edmondson and the entire staff of the Surgery Center was great. They were so sweet and kind I will always choose to go back to the Surgery Ctr.

My doctor Jennifer Garrett & my nurse Mrs. Caldwell COULD NOT have nicer not more professional. I have told everyone that I know that this is the place to go.

Mr. Smith was well pleased with everything and has no complaints what so ever. He wishes to "thank" every one for all they've done for him.

Dr. Peery was the "best." Nurse who gave me the IV did a great job. Didn't even feel a thing. Blood work was great.

OUTPATIENT

Dr. Jobe is a very fine doctor.

Angela was my pre op nurse. She is friendly, professional and very gifted at starting the IV. NO PAIN!!!

Customer Service Excellence Monitor

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

The April 2011 acknowledgements are:

Must be mentioned more than 5 times

# times mentioned	Name	Dept.
5	Afton Kelly	SDC

Must be mentioned more than 3-4 times

SILVER

# times mentioned	Name	Dept.
3	Jon Wadkins	ED
3	Terra McLemore	SDC
3	Dr. Johnson	
3	Dr. Schwectin	
3	Dr. Edmonson	
4	Dr. Graham	
4	Dr. Jacque	

Must be mentioned more than 1-2 times

BRONZE

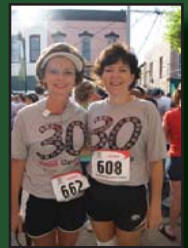
# times mentioned	Name	Dept.
1	Brad Murray	2 South/MICU
1	Amanda Meeks	2 South/MICU
1	Brad Lewis	3 Tower
1	Amanda Michael	3 Tower
1	Heather Lassiter	3 Tower
1	Elizabeth Willis	4 Tower
1	Coral Dawson	3 Tower
1	Jan Greene	3 Tower
1	Shannon Smith	3 Tower
1	Kathy Tracker	3 Tower
1	Sara Mills	3 Tower
1	Mary Lytal	3 Tower
1	Brittany Crowell	3 Tower
1	Nancy Webb	3 Tower
1	Jana Harville	4 Tower
1	Vickie Privett	4 Tower
1	Christina Kirkman	4 Tower
1	Devona Rooten	4 Tower
1	Debbie Chatham	4 Tower
1	Angeli Rickard	3 Tower
1	Amy Shirley	5 Tower
1	Ginger Robinson	5 Tower
1	Jackie Vinson	5 Tower
1	Gayle Moss	5 Tower
1	Patrice Gaines	5 Tower
1	Daniel Brown	5 Tower
1	Brandie Waddie	5 Tower
1	Kaylin Moore	5 Tower
1	Tracy Jones	5 Tower
1	Kristy Myers	5 Tower
1	Heather Williams	5 Tower
1	Cheryl Braddock	Anesthesia
1	Angela Higgs	ASC-Preop
1	Shirley Dees	Dietary
1	Nena Holland	Dietary
1	Mallory Brown	ED
1	Beth Young	ED
1	Kelly Hall	ED
1	Michael Marecki	ED
1	John Reeves	EMS
1	Rhonda Mitchell	Home Health
1	Hannah Taylor	Home Health
1	Brian Mitchell	Home Health
1	Judy Eaton	Home Health
1	Perry Kennedy	P-Rehab (OT)
1	Edith Mosley	Lab
1	Helen Clemmer	Lab
1	Debbie Bradford	Patient Access
1	Gayla Nix	Patient Access
1	Julia Cooper	Patient Access
1	Jessie Waldrep	Patient Access
1	Ashley Moore	Peds
1	Jennifer Cain	Peds
1	Manal Al-Qawwas	Radiology
1	Hope Harrelson	Radiology
1	John Herbert	Radiology
1	Justin Duke	Resident
1	Beth Bartlett	SDC
1	Alisha King	SDC
1	Sybilja Jacobs	SDC-OR
1	Phillip Prather	SDC-OR
1	Chad Poindexter	SDC-OR
1	Brad Laster	SDC-OR
1	Jennifer Mills	SDC-Post-op
1	Jodi Carter	SDC-Recovery
1	Brenda Bradley	SDC-Recovery
1	Taqua Moody	SDC-Recovery
1	DeWayne Parker	Security
1	Tommy Churchwell	Security
1	Buford Faqua	Serv. Exc. Ambassador
1	Sabrina Moore	Women's Health
1	Rita Holley	Women's Health
1	Kristen Walden	Women's Health
1	Beth Thompson	Women's Health
1	Donna Austin	Women's Health
1	Dr. Richardson	Women's Health
1	Dr. Lee	
1	Dr. Davis	
1	Dr. Gregory	
1	Dr. Foropoulos	
1	Dr. Chase	
1	Dr. McAlpin	
1	Dr. Herford	
1	Dr. Pratt	
1	Dr. Prather	
1	Dr. Norman	
1	Dr. Swanson	
1	Dr. Jones	
1	Dr. Combest	
1	Dr. Bauer	
1	Dr. Pernia	
1	Dr. Ross	
1	Dr. Garrett	
1	Dr. Hutchinson	
1	Dr. Jobe	
2	Heidi Brooks	
2	Jessie Harkey	
2	Amanda Caldwell	
2	Vic Salvaggio	
2	Dorian Ruedas	
2	Edith Boren	
2	Anna Palmer	
2	Jessica Latch	
2	Cindy Wolfe	
2	Regenia Wigginton	
2	Paula Meeks	
2	Liz Williamson	
2	Amy Mathis	
2	Dr. Batson	
2	Dr. Cain	
2	Dr. Peery	
2	Dr. Simpson	
2	Dr. Mohammad	
2	Dr. Frazier	

What is Service Excellence?

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

Announcements

2011 Coke 10K





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

CORPORATE COMPLIANCE AND ETHICS WEEK

The national Compliance and Ethics Week is May 1-7, 2011. We will be celebrating Corporate Compliance & Ethics here at MRHC at different times throughout the month of May. There will be information, contests and of course, PRIZES. We will also take time to reflect on our goal here at MRHC which is to provide services in compliance with all state and federal laws and regulations governing its operations, and consistent with the highest standards of business and professional ethics.

MRHC recognizes that we all share in the collective responsibility to uphold the Hospital's reputation; provide patient care while practicing ethical business behavior; meet rigorous professional standards; and comply with the laws and regulations that govern our work. As Martin Luther King, Jr. once quoted, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." Always make your decisions based on sound ethical principles.

As May approaches and we focus on Corporate Compliance and Ethics Week, let's remember our solemn commitment to our patients, to our community, to those government agencies that regulate the Hospital, and to ourselves, to provide the utmost in quality care to our patients, to practice ethical business behavior and to always protect the reputation of MRHC.

"Quality means doing it right when no one is looking." –Henry Ford



Strive for a Healthier You

Fitting Healthy Habits Into Your Hectic Life

There just doesn't seem to be enough hours in the day to accomplish everything you need to do. And it can feel like an added stressor when you are trying to integrate healthy habits into your already hectic schedule. For those trying to go tobacco free, it can seem like an even bigger added stress. But if you make time for healthy habits, you'll find yourself with extra reserves of energy that will lower your stress and help you get through life's challenges. Allowing you to continue to...
.....Strive for a Healthier You!

Here are a few things you can start doing right now to make healthy habits a relatively painless part of your daily routine:

1. Drink water throughout the day. You don't hear this nearly enough: water is an all-purpose wonder-substance. It's great for your skin, your digestive system, and circulatory system, and aids in weight loss and cellulite reduction. If you feel fatigued during the day, it's often because you aren't hydrated properly. Drink water throughout the day, sipping from a large bottle or glass. If you have it nearby, it's easy to remember. If you don't like the "taste" of water, keep a supply of lemon so that you can add a slice to your water – it cuts any bitterness, adds a bit of vitamin C and makes it taste more festive! Also consider Crystal Light flavor packets which can be added to your water. They come in many different flavors.
2. Cut back on the amount of soda and coffee you drink. Sugar and caffeine dehydrate you and create energy rushes followed by crashes, which are ultimately energy-depleting. Substitute with drinks like green tea or 100% fruit juice.
3. Replace high-sugar foods with low-sugar versions. Cutting back on the amount of refined sugar you consume helps reduce calories and weight gain and also helps you avoid the energy slumps that come from sugar withdrawal. Items high in refined sugar include most soft drinks, cereals, baked goods, and of course, candy and ice cream. Look for low-sugar or no-sugar versions

of these, or simply opt for healthy snacks instead.

4. Stock up on healthy, portable snacks. When you are grocery shopping, pick up bags of baby carrots, string cheese, nuts, fresh and dried fruit, single serving packs of applesauce, yogurt, wholegrain crackers, peanut butter, turkey jerky, etc. Having healthy portable snacks around will help you avoid bad vending-machine, convenience store and fast-food options. Read some more portable snack ideas.
5. Take the time to plan healthy meals for the week. Spend 15 minutes or so to map out your meals. Keep it simple. Then, when you shop for groceries, make your purchases based on the meals you will make during the week. This will help you avoid relying on less healthy take-out or fast food choices. Learn even more grocery store tips.
6. Purchase frozen, ready-to-cook ingredients. Frozen fruits and vegetables have high vitamin and mineral content because they don't sit around losing these nutrients for long before they are preserved. Although you'll want to keep plenty of fresh fruits and vegetables around, it's great to have frozen produce available for quick meal additions and smaller servings. Also, some grocery stores offer frozen boneless chicken breasts and a wide variety of seafood items in resealable packages. These are great for quick, healthy meals.
7. Pack your lunch the night before. You'll have given yourself the gift of extra time in the morning and you will assure that you have a healthy meal during the day. Don't forget to pack snack items so you can avoid the vending machine.
8. Cook double batches of whatever you're cooking. When you prepare dinner, especially on weekends, cook extra and freeze to use for another dinner or lunch. Then, you'll have a healthy meal ready to go when you are.
9. Give yourself some slack. If you are stressed out about preparing healthy meals every day, use what some experts call the "80/20" rule in your eating. If 80 percent of what you

eat is healthy, then allow yourself to take it a little easier for the remaining 20 percent. You and your diet will survive.

10. Fit in exercise whenever you can. Experts recommend that adults exercise a minimum of 30 minutes three times per week. Aim for this amount, but don't kick yourself if you can't meet this goal. Any amount of exercise is better than none. No time to go to a gym? Build a stock of exercise tapes – many have routines that you can complete in 20-40 minutes. Use hand weights or do crunches, leg-lifts and lunges while watching television. Or invest in an exercise bike – you can pedal while catching up on your reading. Think of what would be most interesting to you and what best fits your schedule and budget.
11. Take a walk break during the day. Even 20 minutes can make a difference in your energy level, plus it gives you time to clear your head. If you walk with a friend or colleague, it also gives you time to socialize.
12. Whenever possible, walk. Increase the amount of time you can walk, versus sit or drive. It doesn't take that much extra time to park a bit farther from the store entrance, or to make a personal visit to a colleague rather than phoning, instant messaging or e-mailing.
13. Get enough sleep. Even if you gain more time in your day by cutting back on sleep, you will be less effective throughout the day, as your energy level and cognitive functioning will be reduced. Insufficient sleep also makes you more susceptible to illness. By getting enough sleep, you become more efficient during the time you are awake.

Begin integrating some or all of these habits today. Make them part of your normal routine. You'll be surprised at how little time is involved and how much better you'll feel! For those of you already on your journey to a healthier you, we congratulate you on your lifestyle changes. With these strides toward a healthier you, we hope you are breathing easier, feeling better and enjoying each day with more energy. Continue Striving for a Healthier You!



May Birthdays

01

Sabrina Moore
Debra Kirk
Marilyn Vanderford
Tara Spencer

02

Monique Patterson
Timothy Marlar
Amanda Kerr
Wanda Carper
Lydia T. Atkins
Shannon Glidewell
Jonathan Hill

03

Lauren Dunahue
Kristie Nanney

04

Alyson N. Spires
Christina Kirkman
Shanice Holland

05

John Keith Davis
Amanda Meeks
Kimberly Johnson

06

Dana M. Knight
Lisa G. Spencer
Labrette Crump

07

Genelle Pernia
Mary B. Stafford
Rachel McLemore

08

Michelle Brooks
Lauren A. Norman
Jade E. James
Nicole Roach
Diane Chapman
Belinda K. Thompson

09

Hannah E. Beckham
Phildred Hughey
Jamie C. Leitschuh
Margaret Pounds

10

Cheryl Pardue
Debbie Homan
Amanda L. Brown
Jed Dixon

11

Keven Barber
Theresa Honeycutt

12

Theresa Leeth
Jamie L. Walker
Tina Johnson
Liza Butler
Shaye Hollins

13

Sydney Mitchell
Clint Randall Green
Missy B. Rhodes

14

Diane Evans

15

Dimple McEwen
Hannah W. Taylor
Bonita Strong

16

Valerie J. Youngblood
Tyler Gray

17

Tabatha Harrison
Brooke V. Meeks
Joanna T. Terry
Jill Tays
Mary Lynn Eubanks

18

Valerie Tutor
Marquetta Trice
Lisa Jones

19

Sheila G. Trollinger
Sonya Wyke
Blakley Fowler

20

Melanie C. Luce
Cory Jones
Ronald Strom

21

Mallory B. King
Stephanie R. Dillon
Bonnie Peters

22

Kathy D. Thacker
James Skelton
Adrian M. Figueroa
Raymond Seay

23

Anna Janzen-Lancaster

24

Teresa Tucker
Michelle Canten

25

Catena Alred

26

Barabara Williams

27

April Dunn
Audra Jones
Vanda S. Lee
Hershel Dale Dees

28

Amanda Hindman
Wayne McAlpin
Mary Catherine White
Amanda J. Finley

29

Maralyn Taylor
Sheriel Martindale
Morgan Crosby

30

Susan Carrington

31



June Birthdays

01

Emily Lauderdale
Mishesta McDonald
Jerry Miller

02

Ronny W. Ward
Stephanie Devore

03

Jody E. Lambert
Keith Barnett
Paula E. Smith

04

Allison Beene
Heather Lindsey
Lori Null
Wayne Redwine
Marissa Cruz
Don Lloyd

05

Jennifer Stuart

06

Karen C. Jackson

07

Brandy Lowrey
Christopher K. Hopper
Misty Cobb

08

Kaylin Moore
Leanna N. Huff

09

Leanna Brooke Martin
Michael Cooper
Wendy Butler
Mary Anne Clardy
Andrea L. Huddleston
Timothy D. Young
Linda S. Southard
James Gilmore

10

Cynthia Morton
Barbara Beavers

11

Dianne L. Linton

12

Jared A. Carter
Jennilyn McDaniel

13

Chad Poindexter
Debbie L. Jones
Jennifer L. Martindale
Judith Kelley

14

Michelle Hurt
Marla Shettles

15

Miriam Trullet
Brittany Crowell
Kimberly G. Fielding
Ashley Carter

16

Sonya Jowers
Terry Harris
Ingrid Rea

17

Kristan Berryman
Jason J. Terry
Roy Norman

18

Susan Coleman
Teresa Roberts
Galina Shalimova
Bobbie Case
Pamela Moss
Fallon Thompson

19

Leisha E. Westbrooke
Amanda Mills
Cissy Altman

20

Chad Garrett
Robert Rogers

21

Laura Tucker
Mildred Gasaway

22

Jennifer Mills
Linda Kay Dixon
Tabatha Pace
Jessica L. Wheeler

23

Tonya Gardner
Debra Simning
John Lentz

24

Carlotta Rees
Kayla Stutts

25

Amberly Tidwell
Heather Johnson

26

Jeffery Thornton

27

Angela Avent

28

Jacqueline Burt
Tricia Tomlinson
Kayla D. Lambert
Vera Riddles

29

Rita Holley
Linda Crowson
Janis Switcher
Stephanie Saine

30

Jessica Harkey
Bethany Young
Katie Reeves
Amy Langston