

Waist Management Challenge: Participant's Guide

The Healthcare District has created a new get healthy challenge for all employees. The first meeting/weigh-in for the weight loss challenge or weight maintenance challenge was held on Wednesday, June 1st in the Dimmick Room. The program began with an initial weigh-in to get a starting weight.

In order to participate, there was an initial \$20 buy-in. All fees/money that are collected throughout the program for the weight loss challenge will be given to the top "winner(s)" of the weight loss challenge and the \$\$\$ collected for the weight maintenance challenge will be given to the top "winner(s)" of the weight maintenance challenge.

Throughout the program there will be email messages of encouragement, mid-point weight checks, group activities, and other special programs and incentives.

Weight loss or maintenance should be the result of healthier eating and exercise habits. Please, no diet pills (herbal or prescription appetite suppressants, metabolism enhancers, etc.), laxatives, colonics, or water pills (diuretics) unless prescribed for a medical condition such as high blood pressure, etc. We are on the honor system. If you choose to join the program, please participate in a healthy and fair manner.



Criteria for "winning"

At weigh-out, subtract your final weight from your initial weight to determine any weight lost or gained. The program coordinator will calculate weight changes and determine "winners." If you missed the start of the challenge, but are still interested in participating in either challenge, let Hunter know so she can make arrangements.

**Everyone who participates
Wins better health!**

Employee Discounts

All full-time and regular part-time employees of the Southern Humboldt Community Healthcare District ("SHCHD" or "District"), and their immediate family members (husband, wife, child) are eligible for specific healthcare discounts.

When a hospital employee or their immediate family member has an insurance covered, medically necessary procedure or service performed at Southern Humboldt Community Healthcare District, all remaining co-pay, co-insurance, and deductibles will be waived. All insurance payments will be applied to the account and any remaining co-pay, co-insurance, and deductible amounts as determined by the explanation of benefits will be adjusted from the account using an employee adjustment code.

When an employee has primary insurance other than the Southern Humboldt Community Healthcare District's, it will be the employee's responsibility to provide their employee number or a copy of their employee badge at time of registration. The staff will document what method was used for verification. All insurance payments will be applied to the account and any remaining co-pay, co-insurance, and deductible amounts as determined by the explanation of benefits will be adjusted from the account.

- Hunter Tucker

Human Resources Manager



Kudos to our star employees

Thank you to everyone who submitted KUDOS! And thank you to everyone here at the District for all of your hard work, it has not gone unnoticed.

This month's KUDOS winner is Steve Salazar, LVN. Steve's winning KUDOS was submitted by Julie Moore, Clinic Manager.

Julie wrote, "KUDOS for helping me with O₂ tanks in the clinic. You saved my day!"

Thank you Steve for being a super hero and saving the day! Stop by the Human Resources office to pick up your \$25 gift card.

Runner-Up KUDOS:

To Jodi, "KUDOS for being all around awesome! Always willing to help others and always so kind! Your rock and we are happy you found us!" from Bre

"KUDOS for Mona (x-ray) for filling in all the missing shifts while Lora (me) was injured. Thanks for being such a great team number and going above and beyond!!" Lora Simone

** Thank you to everyone who submitted KUDOS this month. Keep them coming! Who knows... maybe next month the KUDOS winner will be someone you nominated! **

-Hunter Tucker

Human Resources Manager



Summer Rec. 2016 Registration FORM
Southern Humboldt Family Resource Center



Child's Name _____ Birth date/Age _____

Street Address _____ City & Zip _____

Parent/Guardian Information:

Name _____ Relationship to child _____

Daytime Phone () _____ Evening Phone () _____

Name _____ Relationship to child _____

Daytime Phone () _____ Evening Phone () _____

Emergency Contacts (please list at least two)

1) Name/Relationship _____ Phone # _____

2) Name/Relationship _____ Phone # _____

3) Name/Relationship _____ Phone # _____

4) Name/Relationship _____ Phone # _____

Does child have special allergies, medical or behavioral health needs?

Days and times you expect your child to attend 9-3pm:

Week 1	Tuesday July 12	Weds. July 13	Thursday July 14
Week 2	Tuesday July 19	Weds. July 20	Thursday July 21
Week 3	Tuesday July 26	Weds. July 27	Thursday July 28

Payment on sliding scale base

Amount we can contribute per week \$ _____

Signature _____ Date _____

Space is limited! RETURN This Form To:
Family Resource Center
Fax 923-3793, Phone 923-1147

Office use only: _____ Date received _____ Entered _____

***Ages 5-12 *Activity Schedule to come!!**

Healthcare from the Heart 2016!

Last month we celebrated Hospital Week, May 9-13. The theme this year was "Healthcare from the Heart" and I believe that the theme was very fitting for all of our staff here at the Healthcare District who truly seem to care about every patient, family member, and visitor that walks through our doors.

I'd like to thank this year's Hospital Week Committee, they all worked really hard to ensure that there was a fun activity every day for all the staff. They did an outstanding job putting together all the fun activities for the staff and organizing the BBQ lunch and ice cream sundaes. A special thank you goes out to all the staff who participated in this year's activities. I hope everyone enjoyed Hospital Week as much as the committee enjoyed putting it together.

If you have not picked up your Hospital Week gift, please stop by the Human Resources office to pick it up or send Hunter an email and she will arrange to make sure it gets delivered to you.

-Hunter Tucker
Human Resources
Manager

Did you know SHCHD is on Facebook? You can find us at: Southern Humboldt Community Healthcare District.

Facebook is now our go-to site to provide SHCHD updates and announcements to everyone in our SoHum and beyond. You will find announcements related to the clinic, hospital, skilled nursing facility, and the Family Resource Center. If you haven't liked us already, please do and encourage family, friends, neighbors, and patients too!

Safety Reminders!

Here are few tips on how to stay safe at work and inbetween.

1. Remember to check your windows, latches, blinds, computers, lights, doors, and personal items before you leave work.
2. If something doesn't look, smell, or feel right, let us know. We are here to help.
3. Please lock your vehicles when not attended. There have been some losses reported recently.
4. If you work at night, ask us to walk you to your vehicle after your shift is over. We are more than happy to assist you.
5. Contact the Security Team for any questions or suggestions.

- Southern Humboldt Community Healthcare District Security Team