

checkmate

Strategic moves and the latest news
at Blount Memorial

Thursday, Feb. 2
Vol. 28, No. 3

Our Vision

A community where all individuals reach their highest potential for health.

Our Mission

To continuously improve the health and well-being of our entire community and to work in partnership with others who share the core values of Blount Memorial Hospital.

Our Core Values

Hospitality
Excellence
Advocacy
Leadership
Stewardship



Blount Memorial
Hospital

www.blountmemorial.org

Blood and Bone Marrow Drive

MEDIC Regional Blood Center and the Cooperative Appalachian Marrow Program will be sponsoring a MEDIC blood and bone marrow drive on **Friday, Feb. 10 from 10 a.m. to 6 p.m. in the hospital's auditorium.** To join the bone marrow registry, you only need to be between the ages of 18 and 60, willing to donate to any patient in need, and meet the health guidelines. Joining the registry involves a simple cheek swab. This particular drive is geared at finding a match for Sam Tucker, Blount County Sheriff's officer and Walland Elementary School resource officer. Officer Tucker has leukemia, a cancer of the bone marrow, and needs a bone marrow transplant to give him a second chance at life. Tucker is the son of Blount Memorial's Mary Tucker who works in education.

KUDOS

Karen Wilkerson is Blount Memorial's February employee of the month. A one-year employee of the hospital, Wilkerson works as an office coordinator in the environmental services department.

Her supervisor Chris Miller says, "Wilkerson has a wonderful work ethic and attitude and embraces the vision of Blount Memorial. She makes good decisions, is a good leader and is a huge asset to our department and to Blount Memorial.

"Wilkerson genuinely cares about every single request that comes across her desk and goes out of her way to make sure she follows every possible lead on trying to return lost and found items to patients and visitors. Additionally, she oozes customer service. For example, she recently crawled under a 'stuck' Blount Memorial bathroom stall door in order to 'free' a guest. That's an example of going the extra mile."

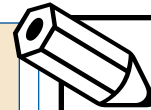
"Interacting with my co-workers is the best part of my job, as well as meeting new people and interacting with other departments within Blount Memorial," said Wilkerson.

Wilkerson enjoys gardening, reading, landscaping, taking drives through the mountains and exploring the trails, and spending time with her best friend, who also happens to be her sister.



Perfect Fit
AT BLOUNT MEMORIAL

On Monday, Feb. 13, Perfect Fit, a new shop featuring adaptive clothing, accessories and post-mastectomy supplies, will open on the second floor of the Cancer Center. The shop will be open from 8:30 a.m. to 5 p.m. Monday through Friday.



Put It In Writing

Send information for the next issue of Checkmate to the attention of editor Erin Freeman through in-house mailbox No. 5, by fax 977-5615, or via e-mail by 10 a.m. on Thursday, Feb. 9.

Well Checks Approved

The Blount Memorial Hospital board of directors approved well checks for the 23rd consecutive year. Employees in excess of 576 hours received 50 percent of the cash value equivalent of their accrued sick leave. Congratulations to the 252 employees who qualified.

Calling All Spellers – It's Spelling Bee Time

We're looking for two people to represent Blount Memorial Hospital in this year's 17th annual Adult Spelling Bee, which benefits the Adult Education Foundation of Blount County. If you're interested, the bee takes place on **Saturday, Feb. 25 from 10 a.m. to noon at Heritage High School.** Please call Jennie Bounds at ext. 5789 by Friday, Feb. 10 if you're interested in participating as one of our two spellers.



SAFETY HOTLINE
865-977-4677

Healthy Hint

According to Angie Tillman, director of the Weight Management Center, the best solution to lasting weight loss is often to make simple, realistic changes in one's eating and exercise habits.

Many people think that snacking is off-limits when it comes to a healthy eating and/or weight loss plan. That is definitely not true. In fact, the National Weight Control Registry, a long-term study of more than 5,000 men and women who have lost an average of 70 pounds and kept the weight off for years, shows that successful "losers" often eat an average of five times per day — typically three smaller meals and a couple of daily snacks.

Healthy snacks promote weight management by:

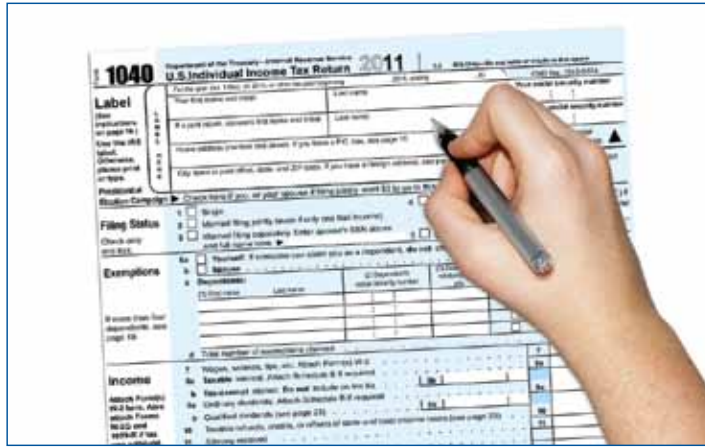
- preventing excess hunger between meals
- keeping energy levels stable throughout the day
- helping to prevent overeating later in the day
- adding needed nutrients to the daily intake of protein, fiber and calcium (if chosen correctly)

Things to look for in a healthy snack include correct portion size (ideally around 150-200 calories), high fiber, protein included, and try to squeeze in a fruit or veggie.



Six healthy snack options are:

1. Greek yogurt and berries
2. Apple slices with peanut butter
3. Whole-grain graham crackers with almond butter (and possibly a small bit of Nutella)
4. Popcorn and cheese
5. Homemade trail mix made with almonds, raisins and dark chocolate chips
6. V-8 vegetable juice and a cheese stick



Free Tax Preparation Continues

Free Volunteer Income Tax Assistance is available from Kaye Allen to Blount Memorial employees and their families for 2011 federal income tax preparation. Allen can assist with special credits for which you may qualify, including earned income tax credit, child tax credit and credit for the elderly. Additionally, free electronic filing (e-filing) is available. Employees should bring:

- Sales tax paid for autos, if applicable.
 - A copy of last year's (2010) tax return.
 - Social Security cards (or other formal proof of Social Security numbers) for all individuals to be claimed on the tax return.
 - All forms, including W-2 and 1099.
 - Information documenting other income.
 - Information documenting all deductions and credits.
 - Bank routing and account information (for those who want direct deposit of refunds).
- Please note that for married couples filing joint returns, both spouses must be present to sign the return.*

No appointment is necessary. Preparation will be available in the hospital's auditorium during the following times:

Saturday, Feb. 4, 8-11 a.m.

Wednesday, Feb. 8, 6-8 p.m.

Saturday, Feb. 11, 8-11 a.m.

Wednesday, Feb. 15, 6-8 p.m.

Wednesday, Feb. 22, 6-8 p.m.

Saturday, March 3, 8-11 a.m.

Saturday, March 24, 8-11 a.m.

Safety Tip

Consider this: Slip-and-fall accidents are the second-leading cause of on-the-job deaths, and they account for 10 percent of all nonfatal workplace injuries. Safe work habits, good housekeeping and commonsense precautions can make a major impact on the incidence of slips, trips and falls in the workplace. The Christian Brothers Services website offers these and other tips for reducing slip-and-fall accidents:

- Keep floors clean and dry. Immediately mop up spills.
- Post warning signs for wet floor areas.
- Clean one side of the passageway at a time.
- Keep aisles, walkways and exits free from obstructions.
- Have adequate lighting inside and outside.

