

THE NEURON FLASH

DECEMBER 2018

INSIDE THIS ISSUE:

MEET THE NEWBIES! 2

IMPROVING COMMUNICATION 2

SAFE HOLIDAY SEASON 3

HOLIDAY PET PICTURES 4

UPCOMING EVENTS AND INSERVICES 4

Shout out to **Jamie** and **Brianna** for holding down the entire Social Services Department for two weeks. Thanks to AT for helping with group coverage.

Great teamwork!



MAKE UP MADNESS!

IF YOU MISSED ANY MANDATORY IN-SERVICES...PLEASE STOP BY FOR A QUICK REVIEW! THIS IS FOR THE LICENSED NURSE ONLY!

WHEN: THURSDAY DECEMBER 6TH
TIMES: 0730-0930; 1PM-3PM; and 3:30PM-5:30PM

CHECK YOUR EDUCATION ATTENDANCE RECORD WITH HR!

REMINISCING AND LOOKING FORWARD

Greetings my fellow ANNI team members! What a year we have had so far in 2018! I'd like to take this opportunity to say how much I appreciate each and every one of you! Notice, I used the word team member, which may be defined as, "a person who works or plays on the same team as someone else". To me, this means we are all the same. Yes, we have different job titles and different job descriptions: however, the commonality is we work together to provide quality health care. This may sound cliché, but think about it... Think about what you do on a daily basis at Newport Bay Hospital. This place, your career, your job with ANNI is not by accident. I know for me it was fate; and I must say I am so happy to say I work for this corporation and hospital.

Team, we have been through so much in this past year. Your participation in the implementation of change makes a huge difference between success and failure. Have we had challenges? Yes. Has everything been good? No. However, what I can say is that we have faced each challenge with courage. I don't know about you, but I like success. Success does not mean you will always accomplish a set goal. Success simply means you tried to do our make something better than what it was.

In reminiscing, I would like to thank my leadership team: Toni, Rachel, Jamie, and Kaj. You all have a very special place in my heart. I will never forget your kindness and thoughtfulness during my injury. I would also like to acknowledge the charge nurses who support this leadership team: Chloe, Lani, Nadia, Jennifer L, Aimee, and Cheryl. I hold each one of you in high esteem as you are an extension of nursing administration. You are the example to follow when it comes to nursing leadership. Remember, you set the tone for your staff. Julio and Ubaldo, you make it happen! You are both amazing leaders! Thank you so much for your support!

In looking forward, there are so many opportunities for this organization and hospital to do great things. **First**, we must examine ourselves and identify personal goals which align with our professional goals. It is my opinion, both must be in sync if there is to be balance and contentment in one's life. **Second**, do not wait to be asked to help. If you have an idea, share it! **Third**, please do not hesitate to communicate with me or any staff in leadership. We are here for you and want to see effective and the best outcomes for our staff and our patients. I am looking forward to what 2019 has to offer! I hope you plan on coming along for the journey!

Merry Christmas, Happy New Year, and God bless each one of you!

Regina M. Butler, Director of Patient Care Services

NEW EMPLOYEE PROFILE :

Pamela Kennard, RN



Monica Rivera, RN



Jennifer Patterson, RN



Brianna Evans, SW



Michelle Salazar, CNA



**Michelle Conforti,
Discharge Planner**



HALLWAY TALK

What is your favorite thing about December?

"SWEATERS!" -Liz H

"It's one month away from my Birthday"- Carolyn M

"I enjoy the cold weather"- Julie B

"Home-made cookies and eggnog. I have the best home-made eggnog recipe!"- Dr. Baker

See back page for recipe

IMPROVING COMMUNICATION:

Communication is often one of the most underrated tools we have. Through good communication we can improve our work flow, outcomes for our patients, and even improve our whole teams' morale.

There are several ways we can improve our communication, but for now, consider the 7C's of Communication next time you interact with a peer, patient, physician, or family member.

**7Cs
OF EFFECTIVE
COMMUNICATION**

- ➔ **CLARITY**
Be clear with your message, keep it simple
- ➔ **CONCISE**
Least possible words is saves time for csender and receiver
- ➔ **CORRECT**
Accurate facts and figures, proper use of grammar, spelling and language
- ➔ **COMPLETE**
Must convey all the facts required by the receiver
- ➔ **CONSIDERATION**
Consider the audience and their requirements
- ➔ **CONCRETE**
Be definite and specific, not vague
- ➔ **COURTESY**
Think about the receiver, their viewpoint and be respectful

However you celebrate this holiday season, do it safely.



HAPPY KWANZAA

New Year's Eve

The Automobile Club of Southern California is offering its free Topsy Tow service during the New Year's Eve New Year's Eve, is available from 6 p.m. on Saturday, Dec. 31, to 6 a.m. on Sunday, Jan. 1, to help remove drinking drivers from the road.

The Auto Club urges party-goers to plan ahead for a sober ride or use a designated driver if attending a gathering. But if those plans fall through, motorists, bartenders, restaurant managers, party hosts or passengers of a drinking driver may call **1-800-400-4AAA** for a free tow home of up to seven miles. Callers simply tell the Auto Club operators, "I need a Topsy Tow" to receive the free tow and ride home. A regular Auto Club-contracted roadside service truck will be dispatched. The Auto Club's free service is unique in that it transports both the driver and the vehicle.



HOLIDAY THEFT

Theft overall tends to rise in the months of November and December. Best thing to do is to make sure you secure everything that you can. Lock up cars, trucks, and homes.

LEAVE THE LIGHTS ON

Thieves usually don't approach homes that appear to be occupied. Leave on outside lights at night (or set them with a timer) and when you leave the house during the day; leave on some of the lights inside the home to give the appearance that someone is home.



PACKAGE DELIVERY More and more people are purchasing gifts online and having them shipped to their home. With this trend, more people are having packages stolen right off their front porch. If you're expecting packages, request signature confirmation or have a trusted neighbor hold on to it for you.

COOKING HAZARDS A fried turkey is delicious. A fried house due to a deep fryer accident is not. Make sure you read the instructions on how to prepare your turkey safely and please, use the deep fryer **OUTSIDE** of the house.



DECORATION HAZARDS

Speaking of fires, Christmas tree fires can be devastating for what is normally such a beacon of happiness. If you have a live tree, make sure that it has water every day, and ensure that any lights you use are checked for breaks or exposed wires.

CREATIVE DISPOSAL Dispose of your presents boxes creatively - placing that 60" TV box outside on trash day after Christmas is just asking for trouble. Try and break down boxes and other packaging as to not give away the wonderful gifts your family received.

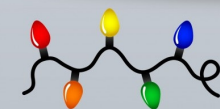


SOCIAL MEDIA

In today's inter-connected age, it's important to be very careful about what you share on social media. Be very careful about what you post and if you do decide to share your gifts, please make sure you don't have your location tagged to the post.

TRAVEL

If you're traveling to visit family or going on a holiday vacation, wait until after your trip to post about it. Have a good friend or neighbor check on your house every couple of days to give you an update.



DECORATIONS & LIGHTING

Make sure not to run extension cords through windows or garage doors. Just the littlest crack can expose a home to thieves.

WHO'S AT THE DOOR

Criminals can try and scope at your home posing as a delivery person or someone looking for charitable donations. Be cautious when talking to people you're unfamiliar with and don't let them in your home



We're on the web!
Americanneuro.com



AMERICAN NEURO-PSYCHIATRIC NETWORK, INC.

2999 Westminster Ave Suite 210
Seal Beach, CA 90740
Phone: 562-493-9389
Fax: 562-594-4419
E-mail: becky@americanneuro.com

STRIVING FOR THE BEST IN PATIENT CARE.

UPCOMING EVENTS

Newport Bay Hospital Holiday Luncheon

Provided by Beacon Healthcare Services

In the conference center Friday December 14th at 12:30pm

ANNI HOLIDAY PARTY!!
Wednesday, December 19th
2-5PM

Upcoming In-services

Hospital Wide- Wednesday 12/05/2018

Make-Up Madness- Thursday 12/06/2108

Harassment Prevention for Managers-12/12/2018

Initial CPI Class- Thursday 12/13/2018

CNA CEU classes will continue in January.

No sign-ups necessary.

Dr. Baker's "Best Home-made Eggnog" Recipe

- | | |
|--|---|
| 1. One dozen eggs (beaten separate, beat egg whites stiff) | 6. One quart of milk |
| 2. Add 2lbs of sugar | 7. Add 6oz of rum |
| 3. Add yolks | 8. Add 1/2 gallon of blended whisky |
| 4. One pinch of baking soda | Mix it all together and you are good to go! |
| 5. One quart of coffee cream | |

OUR PETS LOVE THE HOLIDAYS



"There is no better exercise for the heart than reaching down and lifting people up." - J. Holmes

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call : 1-800-273-8255