

THE NEURON FLASH

SEPTEMBER 2018

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FREE CEU'S!

American Neuro-Psychiatric Network is now certified to provide CEU's for our CNA's. The sign-up sheets will be posted on the HR door weeks in advance. Regina and Toni will continue to schedule morning and afternoon sessions to accommodate all schedules.

Here are the basics: All CNA's are required to complete 48 CEU hours every 2 years. You need a minimum of 12 hours in one year and you are allowed to take a maximum of 24 hours of CEU credits online. The remaining CEU's need to be earned in a classroom setting.

Regina and Toni will be giving 4 hour sessions, at which you can earn 4 CEU's for attending. BONUS: you can clock in for those 4 hours as well! So please sign-up and stay on track in earning your CEU's! That way you can renew your license on time without any problems.

NEW TECHNOLOGY

Coming soon—more laptops and tablets for documentation!

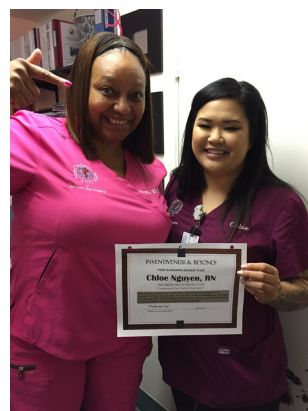
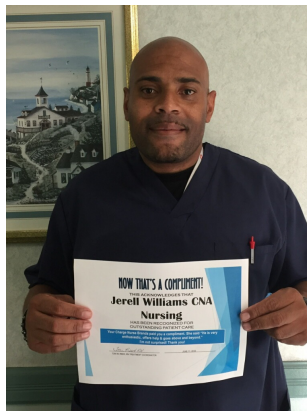
As we move onto the PCC platform a web based EMR we will be using laptops and tablets for our documentation.

The CNAs will have tablets to document ADLs in POC (Point of Care) within Point Click Care.

If you are not proficient on computers or tablets now is the time to learn. Help will always be given at NBH to those who ask for it.



TAKE NOTICE



PLANNING FOR RETIREMENT



Make sure you are signed up for our 401k program. Even if you cannot afford to contribute at this time.

ANNI contributes 5% of full-time staff's salary into their 401k account as part of the benefits we offer to FT staff.

See Astrid to sign up and get online access to decide how your retirement fund are invested!

NEW EMPLOYEE PROFILE :



Fun fact: Brittney loves camping! She started camping at 8 days old!



Brittney Roman, RN



Fun Fact: Catherine lived in Alaska for a year!



Catherine Arreola, RN

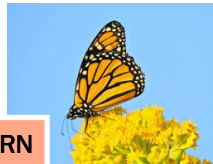


We are excited to welcome Ramona's Daughter, Veronica!

Veronica Garcia, LVN



Fun Fact: Christine raises Monarch Butterflies!



Christine Bell, RN

HALLWAY TALK

What is your favorite sports team?

Soccer

- Fernando: Chivas
- Suzanne: Tottenham
- Rudy: Chivas
- Jorge: Club America

Baseball

- Edgar: Angels
- Susy: Dodgers



Basketball

- Dexter: Lakers
- Lani: Warriors
- Tobi: Lakers
- Rocky: Lakers

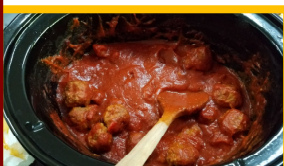
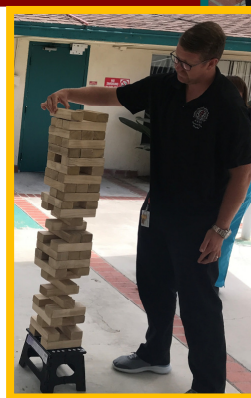
Football

- Rachel: Da Bears
- Christine: 49ers
- Genaro: Seahawks
- Becky: Rams



STAFF APPRECIATION - JUNE 2018 Cook off!

Carnival!



MANAGING STRESS



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"Frank just up and exploded. I hope I never get that burned out."

"I'm learning how to relax, doctor — but I want to relax better and faster! I want to be on the cutting edge of relaxation!"

- Make yourself a cup of tea
- Make your seating comfortable
- Get a standing desk
- Stretch your body
- Keep your desk area tidy
- Take a walk during the lunch break
- Drink water
- Bring healthy snacks
- Keep a cozy sweater on hand
- Get up once in a while

UNIFORM CHANGES

You asked and we listened! Immediately following Staff Appreciation week 2018 our Management team decided to relax our uniform policy by allowing staff to wear black pants along with their regular uniform top. To help make this transition all floor staff were given a new pair of black scrub pants for the annual Staff Appreciation gift. We hope you all enjoy the extra flexibility in your uniform choices.

Please remember that you still need to be wearing your designated color uniform tops with your name and our company logo when you report for work.



INCIVILITY IN THE WORK PLACE

In August, we were extremely lucky to have Regina's preceptee, Vicky Crawford, RN, present to our entire staff regarding incivility in the work place. Topics she covered were different forms of incivility, bullying, being disrespectful, and even isolating other staff members.

We want everyone here at ANNI and Newport Bay Hospital to treat one another with respect.

Respect includes consideration for other people's privacy, their physical space and belongings; and respect for different viewpoints, philosophies, physical ability, beliefs and personality.

In order to earn the respect of others, one must first have respect for themselves. One must recognize they are a person worthy of respect. They refrain from making jokes or negative remarks that demean their abilities, skills or other aspects of them. They don't make jokes or negative comments about the ability, skills or other attributes of others. One earns respect by giving respect to ones self and to others.



This was a mandatory inservice. If you missed this great presentation please contact the HR office to schedule a time to review materials and videos.

Do you know the difference?

Reporting	vs.	Tattling
Purpose it to keep people safe	vs.	Trying to get someone in trouble
Need help from management to solve	vs.	Can handle by self
Important	vs.	Unimportant
Harmful, dangerous, threatening	vs.	Harmless situations
Behavior is purposeful	vs.	Behavior is accidental

We're on the web!
Americanneuro.com



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STRIVING FOR THE BEST IN PATIENT CARE.

UPCOMING EVENTS

This year, we will be having themed potlucks at the end of each month at 12pm. We encourage other shifts to participate too!

<u>Sept 28th</u> Mexican	<u>Oct 26th</u> Chili	<u>November 15th</u> Thanksgiving food
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Upcoming In-services

Hospital Wide 09/05/2018

Chloe's Holds & LPS In-services (more dates to come!)

We are posting the sign-up sheets for CNA CEU In-services on the Human Resources door! You can choose between a morning and an afternoon session on the selected days, so keep a look-out and sign up!

ALL ANNI ASSOCIATES

MANDATORY GENERAL MEETING

WEDNESDAY SEPT 12TH @ 3:30PM-5:30PM

THURSDAY SEPT 13TH @ 1:00PM-3:00PM

FRIDAY SEPTEMBER 14TH @ 0730AM-0930AM

PERSONAL ACHIEVEMENTS AND ANNOUNCEMENTS

Regina's Niece & God-Daughter



Gabrielle just graduated from junior high school! She has good grades and made the drill team at her chosen high school! Regina is so proud of her!

Becky just started her own company using heat transfer vinyl to create custom t-shirts, baby onesies, and funny maternity shirts. She's also takes custom orders. Check them out at www.riverhorseph.com



**River Horse
Print House**

Jeff Greenwood



Jeff, inspired by his time at NBH as a unit clerk, graduated nursing school on June 2nd. He officially received his license on August 6th and has joined our staff as an RN.

He is now pursuing his BSN to further his experience and his career.

Maria gave birth to a beautiful baby BOY! Damian Giraldo was born August 8th, weighing in at 8lbs, 2oz. Congratulations Maria, now come back because we all miss you!



Halloween

Wednesday October 31st
Costume contest
Prizes will be awarded.
Muaahahahaha!!

