

MedWestPress

an employee & physician centered publication of medical west

INSIDE THIS ISSUE

- SCALE BACK ALABAMA
PAGE 2
- PARKING REMINDER
PAGE 3
- EVENTS CALENDAR
PAGE 4
- THINK PORTIONS
PAGE 5
- COMPLIANCE CORNER
PAGE 6
- MEET YOUR COWORKER
PAGE 7
- 1 YEAR EMPLOYEES
PAGE 8
- PAT ON THE BACK
PAGE 8
- NEW YEAR BABY
PAGE 9
- JANUARY BIRTHDAYS
PAGE 10

A LETTER FROM KEITH PENNINGTON

A new year means getting a new, fresh perspective on the things that are important to us. Whether that means new healthy habits or resolutions to better yourself, we all look forward to a chance to start over – a chance to start fresh. At Medical West, it's a time to focus on a better us.

You may have seen the phrase #gowest on the back of the t-shirt you recently received. Wondering what that means? #gowest is a new initiative that's going to focus on the new us. It's going to focus on doing things the “west

way” from a professional standpoint. It takes a look at how we present ourselves not only to patients and visitors, but also to each other.

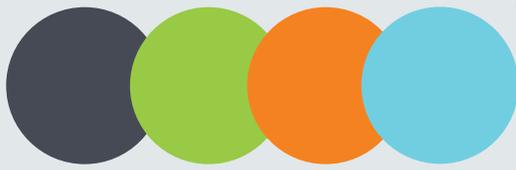
Are we greeting people with a smile and showing kindness every day? Are we treating our co-workers and each other with respect? Whether people come to us for their own personal health care, to visit a patient or for a business meeting with a staff member, our appearance and conduct can leave a lasting impression. We should always strive to meet the highest level of

professional standards in all we do and in the way we present ourselves.

I'm very excited to start this new initiative and look forward to sharing more about this program with you in February. Until then, thank you for all you do for our patients and community. This is going to be a great year. Go West!

Thanks for all you do,

Keith Pennington
CEO



YOUR NEWS

EMPLOYEE NEWS • EVENTS CALENDAR • SPECIAL ANNOUNCEMENTS



SAVE THE DATE

Join the State of Alabama and lose 10 pounds in 10 weeks

Weigh-In

Tuesday, January 21

7:00 am - 12:00 pm
in the **PDR**

&

Thursday, January 23

12:00 pm - 4:00 pm
in the **PDR**

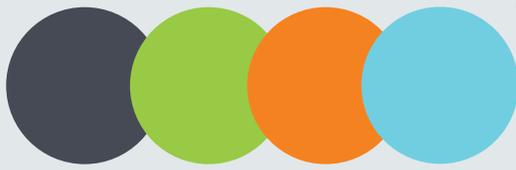


Weekly Weigh-Ins

Will take place on **Wednesdays** from
7:00 am - 10:00 am in **Employee Health**



For information on the statewide program, along with weight-loss tips and other resources, go to
WWW.SCALEBACKALABAMA.COM



YOUR NEWS

EMPLOYEE NEWS • EVENTS CALENDAR • SPECIAL ANNOUNCEMENTS

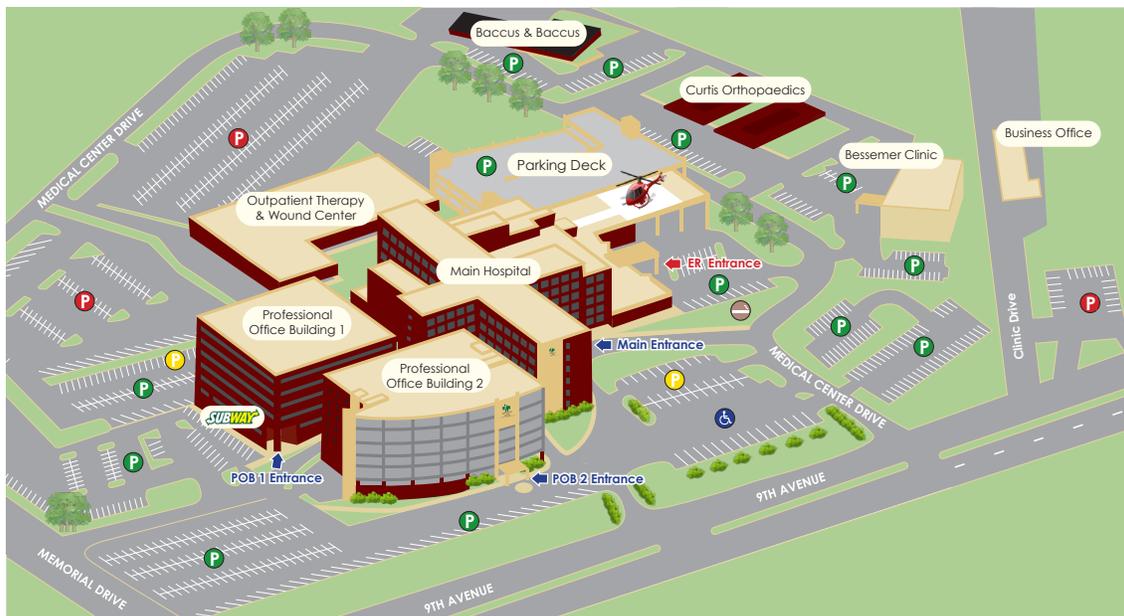
Parking Reminder

At Medical West, we put our patients and visitors first and we want them to realize that from the second they park their car at our facility. To ensure this happens, please follow these guidelines regarding employee parking:

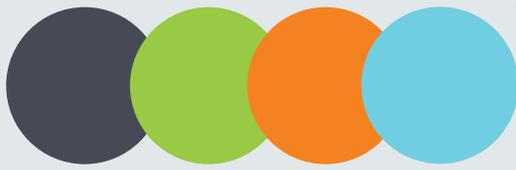
- Only park in the Employee Lots marked in **red** on the map below (Lots A, B and I)
- If you choose to park in the parking deck, **employees are prohibited from parking on Level 3.**
- The new parking lot directly behind POB 1 is reserved for patients, visitors and physicians only. Violators will be booted and fined.



Reminder to please **NOT** park in any space with the reserved sign pictured above. *These employees paid for these spots as a contribution to the American Heart Association. Violators will be booted and fined.*



Legend | Physician Parking Employee Parking Visitor & Patient Parking Handicap Parking Smoking Area



YOUR NEWS

EMPLOYEE NEWS • EVENTS CALENDAR • SPECIAL ANNOUNCEMENTS

JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 Nothing Bundt Cakes	8 Frutta Bowls	9	10 Payday	11
12	13	14	15	16	17	18
19	20 Anesthesia Week	21 Scale Back Weigh-Ins	22 Frutta Bowls	23 Scale Back Weigh-Ins	24 Payday	25
26	27 Scale Back Begins	28	29 Scale Back Weekly Weigh-In	30 January Birthday Breakfast	31 Senior Care Luncheon	



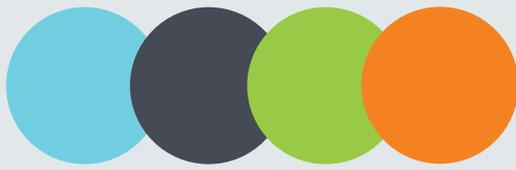
Department Weeks



Hospital Events



Employee Events



YOUR HEALTH

A GUIDE FOR A HEALTHY YOU

THINK PORTIONS WHEN EATING OUT

Dining out is an enjoyable way to spend time with your family or catch up with your friends. Plus, you get a break from cooking! You may feel a bit hesitant to eat out when you have a goal of maintaining or losing weight because, let's face it, restaurant and fast food options aren't exactly calorie free. But you don't have to let eating out ruin your goals. If you keep moderation in mind, you can still be successful in losing weight while enjoying your favorite restaurant foods! How is that possible? Use the helpful tips below to keep cravings at bay. Learning how to eat out in a healthy way is a must!

Eat a healthy snack before going to the restaurant.

Eat a serving of almonds, some lean protein, whole grains, or a serving of fruit or veggies that are high in fiber to keep you from being extra hungry when you get to the restaurant.

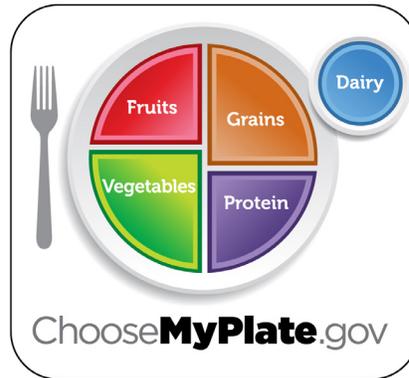


Look up the restaurant menu and calories before you go - most are online.

Be assertive!

Don't be afraid to request less oil and butter or baked rather than fried or even opt to switch a high calorie side for a lower calorie one (For example order a side salad

with dressing on the side instead of the coleslaw that comes with the entrée). Also, if your friends or family are encouraging you to eat something you know is not within



your calorie goals, don't be afraid to say no!

Practice portion sizes and picture the MyPlate.

Make $\frac{1}{2}$ of your plate fruits and veggies.

Make $\frac{1}{4}$ of your plate lean protein. Choose meat that is flame-grilled, broiled, steamed, baked, roasted or poached.

Make $\frac{1}{4}$ of your plate whole grains

Start with a lean protein and a huge helping of veggies

Drink Plenty of Water.

Measure out dressings and sauces.

Remember to ask for the dressing or sauce on the side. One serving is 1 tablespoon (about the size of your thumb) of regular dressing or 2 tablespoons of low-fat dressing

(choose reduced fat or fat free more often), lemon juice or vinegar. Salsa is a great dressing alternative.

Limit mayonnaise-based salads such as tuna, macaroni, pasta or chicken salads.

Order dessert!

Fruit (without sauces) is an obviously healthy dessert choice but frozen yogurt and angel food cakes are also low in calories. If you want to indulge, split a high-fat dessert with a friend or the entire table!

Here are a few examples of what you can eat when eating out.

- Slice of pizza and a Greek salad
- Chicken caesar wrap and a fresh fruit cup 3-6 ounces of baked lean meat with a side of steamed veggies, a dinner roll or small baked potato and a side salad
- Turkey burger (with added low-fat Swiss or cheddar cheese) on a whole wheat bun with grilled veggies, corn on the cob and fresh cut fruit
- Grilled chicken with wild brown rice and steamed broccoli
- Whole wheat pasta with chunky marinara sauce and seared chicken breast
- Burrito bowl with lettuce, chicken, sautéed vegetables, black beans and fresh salsa

source: www.scalebackalabama.com

MEDICAL WEST compliance corner

New Year's Resolutions for a Compliant Workplace

As we start the New Year, many of us have already thought about New Year's resolutions to better ourselves over the next twelve months. However, have you thought about resolutions, what to do and what not to do in the workplace to help us stay compliant? If you haven't already done so, here is a list of some things to think about.

- Gifts, gratuities, or other items of value (collectively referred to as "gifts") must not be given to patients if such gifts will likely influence the patient to seek or continue to seek health care services from Medical West.
- Refrain from engaging in giving any gifts, gratuities, or other items of value to anyone in exchange for patient referrals.
- Ensure that all patient billing claims completely and accurately reflect the health care services provided, as documented in the medical record.
- Understand the nature and sensitivity of patient information that is documented in the medical record which makes privacy, confidentiality and security of protected health information (PHI) a priority for our patients. Therefore, understand your role in maintaining the confidentiality of PHI and compliance with privacy laws.
- Report any activity that is in violation or potential violation of any state and/or federal law, Medical West policy, or the Medical West Code of Conduct to either the Compliance Department or via the Compliance Hotline.

Compliance issues can be complex and identifying a suspected violation may not always be easy, so ask yourself the following questions:

- Does the action comply with the Medical West Code of Conduct?
- Does this action comply with Medical West policy?
- Does the action violate state or federal regulations? If you are not sure, ask the Compliance Officer.
- How would the action be seen by your family, friends, patients, and/or the community if published on the front page of the newspaper?

It is every workforce member's responsibility to report a violation or a potential violation. Remaining silent and failing to report a violation or potential violation may result in disciplinary action. It is understandable that some employees may be hesitant to report any suspected violations out of fear of retaliation. As a result, Medical West has established a non-retaliation policy to encourage employees to report suspected violations. If you would like to make an anonymous and confidential report of suspected illegal or inappropriate activity, the Medical West Compliance Hotline is always available by dialing 1-800-340-5877.

**REPORT
IT!**

IF YOU OF KNOW OR SUSPECT A BREACH INCIDENT: WHAT SHOULD YOU DO?

REPORT IT! If you know of or suspect a breach of PHI or personal information, it is your obligation to report the incident to **Eugena White, Compliance Officer (481-8735)** or to the **Compliance Hotline (1-800-340-5877)**.

YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

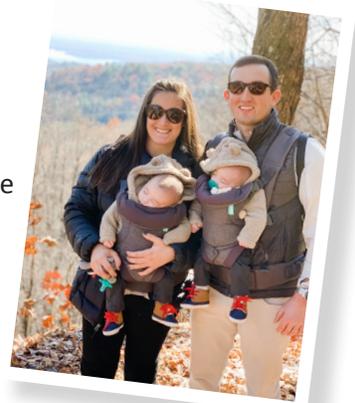
MEET YOUR CO-WORKER CHRISTINA BUNN, MARKETING

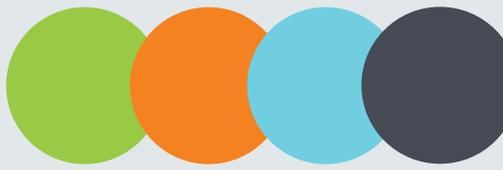


Christina Bunn is the Director of Marketing and has been with Medical West for over ten years. Originally from Alabaster, Christina received her Bachelor of Science in Communications from the University of Alabama. After graduating from Alabama in 2009, Christina started her career in Marketing at Medical West.

Fun Facts About Christina Bunn:

1. I have been married to my husband Rusty for four years.
2. I have 4-month-old twin boys named Joseph & Lucas.
3. My first child is our 4-year-old Cavapoo named Ridley. He's the best big brother!
4. My sister-in-laws are twins too. They are both nurses - one works at the FED!
5. My family has an Italian Sausage Business. Arnone's Italian Sausage - "Try It Once, Love It Forever!"
6. My sister worked at Medical West before I did. I've been here 10 years as of this past October. Time flies!
7. I love being creative and have an invitation business on the side.
8. I used to do wedding calligraphy on the side but retired once I realized we had twins on the way!
9. I HATE being scared or watching scary things on T.V.
10. My husband wanted to surprise me with his proposal so he proposed to me at the one place I would have never guessed- at work!





YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

Congratulations to our 1 Year Employees!

Congratulations to the following employees for reaching milestones of dedication and service to Medical West. We appreciate you!

1 Year Employees

Nakia Ayers	Isaac Johnson	Edward Youn	Kelly Mann
Laura Barrett	Tesia Okai	Cindy Adams	Cristi Rhodes
Amanda Draper	Molly Reeves	Kylie Billups	Kristi Richardson
NeAndra Giles	Tracy Smith	Kathleen Drew	Donald Tucker
Jackson Goodwin	Raismesha Thomas	Riley East	
Jason Hancock	Brittany Tipton	Sharon Elam	
Claudia Johnson	Ramona Yarbrough	Ashley Goff	

Pat on the Back

The staff of 4 North recently received a positive comment from a patient.

“You treated me like I was as important as a friend or family member. You truly care for your patients and it shows. I appreciate all that you did for me. I have a deep respect for what you do and the passion you bring to your work. You deserve to be in a comic book for saving lives just like all the other super heros.

You are all amazing! I wish each of you a wonderful Thanksgiving, as I am thankful for you!”

Thank you to the staff of 4 North for making a difference. We appreciate you!

YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS

First Baby of the New Year

The new year is off to an adorable start as we celebrate one of the first babies born in 2020 at Medical West. Baby girl Tamsin was born on January 3rd at 12:51 pm weighing 5 pounds and 6 ounces. Congratulations to the happy parents, Elizabeth and Joshua, on the newest addition to their family!



Pat on the Back

The staff of the **Women's Center** recently received positive feedback from the parents of the New Year baby on Facebook.

Thank you to the staff of the Women's Center for making a difference. We appreciate you!

YOUR FAMILY

MEET YOUR CO-WORKER • EMPLOYEE OF THE MONTH • BIRTHDAYS • PAT ON THE BACKS



IT'S YOUR BIRTHDAY

and we want to celebrate!

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JANUARY 1: Nakia Ayers, Penny Segrest, Kimberly Sims; **JANUARY 2:** Nicole Cueno, Tanya Moore; **JANUARY 3:** Pamela Garner, Karrie Sawyers, Allison Standridge, Carneta Wormley; **JANUARY 4:** Miranda Ackley, Megan Chatham, Amanda Draper, Ethel Spence; **JANUARY 5:** Christina Bunn, Keith Pennington, Roberta Seals; **JANUARY 6:** Joy Beard, Latoya Bolden, David Cheng, Harveen Sodhi, MD; **JANUARY 7:** Wyvern Wallace; **JANUARY 8:** Barbara Bradley, Terri Lynn, Joshua Glass, Logan Myrrick, Matthew Warren; **JANUARY 9:** Quran Crowell, Hannah Pierce; **JANUARY 10:** Tierol Dunn, Sheilah Hull, Ja'Marcus Johnson, Sonya McDonald, Emily Morrison, Rick Player; **JANUARY 11:** Shenevayln Cousette; **JANUARY 12:** Tamara Amison, Barbara Bramberg, Jessica Busby, Karen Northcut, Taylor Reichard; **JANUARY 13:** Timothy Puckett, Lateda Thompson; **JANUARY 14:** Richard Davis, Tessia Tammon, Britinie Foreman, Gena Wood ; **JANUARY 15:** Grover Carrell, Audrey Goldsmith-Kennedy, Anna Lockhart, Maryse Pierre-Louis, Smantha Richards; **JANUARY 16:** Tiffany Brown, Brittant Horton, Jamey Mears, Donna Ware; **JANUARY 17:** Jon Dancy, Linda Dejamette, Yvette Madison, Jeannine Vaughan; **JANUARY 18:** Kerry Dunn, Kayla Williams; **JANUARY 19:** Gwen Frederick, Paul Koger, Whitney Pardue; **JANUARY 20:** Charles Gonzalez, Claudia Johnson, Anita Kimble, Sabrina Patrick, Laura Polland; **JANUARY 21:** Barabara Valentine-Miller; **JANUARY 22:** Pamela Acker, Leigh Banks, Tonya Dedmon, Breanna Rogers, Maizie Smalley, Mary Waters, Kevin Williams; **JANUARY 23:** Shirita Jackson, Lynn Nash, Kelly Thompson, Mandy Vance, Eugena White; **JANUARY 25:** William Bryant, Kelly Mann, Taylor Williamson; **JANUARY 26:** Tamar Brown; **JANUARY 27:** April Harris, Brittny Lewis, Kathryn Mitchem, Kisha Nettles-Tippins; **JANUARY 28:** Marlene Dyal, Patricia James, Claire Long, Zachary Mabeus, Kyle Vanderford; **JANUARY 29:** Elyse Dujon, Rebecca McGuire; **JANUARY 30:** Nan Cathers, Latisha Grady, Stephanie Reato; **JANUARY 31:** Taylor Allen, Tilyn Butler, Alicia Day, Regina Gaskey, Clark Gray, MD, Shannon May

Thanks for reading this issue of Med West Press!

If you have a Pat on the Back or a special feature you would like to see in our next issue, please email it to caroline.dahlen@uabmw.org.