

MedWestPress

an employee & physician centered publication of medical west

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A LETTER FROM KEITH PENNINGTON

This week the FED reached another milestone. To date, they have officially seen over 20,000 patients since the grand opening in May 2015. The entire FED team has impressed not only Medical West, but also our board members and UAB by their continued positive ratings and feedback. I am proud to share that in each of the evaluated patient experience survey areas, the FED scored above the 90th percentile. Take a look at their results!

Time in ED – 99	Courtesy Toward Family – 92	Explanation of New Meds – 99
Clear Discharge Instructions – 99	Doctors caring – 99	Staff Help with Pain – 99
Helped by visit – 96	Time with Doctors – 99	Comfort Asking Questions – 99
ED-Overall Rating- 99	Doctor-Overall Rating – 99	Informed About Delays – 98
Likelihood to Recommend – 99	Staff Urgency – 99	Staff-Overall Rating – 99
Door to Evaluation – 99	Coordination of care – 99	

I could not be more proud of these results and the staff for taking such pride in our newest facility and our patients. Keep up the great work!

Thank you for all you do,

Keith Pennington, CEO and President

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HEALTH

No time for exercise?
Try our 10 tips to stay active!



FAMILY

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Masquerade™

Experience the Frenzy!

**\$5 Jewelry
and Accessories
SALE**

Monday
July 25th
7 am – 6 pm

Tuesday
July 26th
7 am – 6 pm

Wednesday
July 27th
7 am – 4 pm

***Medical West
Civic Room Level C***

Sponsored by Medical West Auxiliary

Cash & Credit/Debit Cards Accepted

FRIOS Friday



EVERY FRIDAY FROM NOW UNTIL THE END OF JULY
NEAR VALET PARKING

11^{AM}-2^{PM}



July

EVENTS CALENDAR

Frio's Friday

Every Friday until July 29th (Valet Parking)
Frio's gourmet popsicles will be on campus every Friday until July 29th from 11am - 2pm. Cash and card accepted.

Masquerade Jewelry Sale

Monday, July 25th - Wednesday, July 27th
(Civic Room)

Join us for a \$5 Jewelry Sale on Monday, July 25th and Tuesday, July 26th from 7am - 6pm and Wednesday, July 27th from 7am - 4pm. Cash, card and payroll deductions accepted. Proceeds benefit the Medical West Volunteers.

Food Truck Wednesday

Wednesday, July 27th (Front Lawn)

Treat yourself to delicious, fresh seafood from local food truck, Off The Hook! The Off the Hook food truck will be on campus on Wednesday, July 27th from 11am - 2pm. Cash and card accepted.

July Birthday Breakfast

Thursday, July 28th @ 8am
(Civic Room)

All employees with a July birthday are invited to join us as we celebrate your special day! Join us for breakfast and enter for a chance to win some great door prizes! Call ext. 8500 to RSVP.

Sam's Club Membership Accounts

Friday, July 29th from 11am - 2pm
(Back of Cafeteria)

A member of the Sam's Club team will be set up in the back of the cafeteria on Friday, July 29th from 11am - 2pm to sell Sam's Club memberships. Join or renew at this event and get an exclusive offer!

Food Truck Wednesday!



No time for exercise? Try our 10 tips to stay active!

You found your keys. You found the motivation to clean out your closet. Now you've got to find 30 minutes in your day to get physically active — and there are plenty of easy, no-cost ways to do it.

Think you don't have time? You don't have to do all 30 minutes at once.

"Building physical activity back into our daily lives is one of the great public health challenges of this century," said Russell Pate, Ph.D., professor in the Department of Exercise at the University of South Carolina. "Our bodies were designed to be physically active, and they don't do well with long-term exposure to sedentary living. Lack of physical activity is a major risk factor for cardiovascular disease."

Here are some tips for getting active:

- **Get out the leash and walk your dog.** It's a great activity for both man and man's best friend. Your heart — and your pooch — will thank you!
- **Take your child for a brisk walk.** It's an excellent way to get some one-on-one time (or one-on-three, depending on the size of your brood.) Spice up your routine by exploring new neighborhoods or turning your walk into a scavenger hunt.
- **Mall walk.** Are you sweating (or shivering) at the idea of walking outside? Take a brisk stroll around your local mall instead. Window shop, people watch and give your heart a workout in a climate-controlled environment.
- **Join a team.** Pick an activity you love and round up some friends. Team sports can be fun — and keep you motivated and accountable.
- **Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your seat. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.
- **Tune into fitness during TV time.** Reject your inner couch potato. Walk, jog in place or use the treadmill at the gym while you watch your favorite 30-minute show.
- **Park and walk.** How many times have you circled the parking lot to find "the" spot? Spare yourself the stress and gain more energy by parking far away (or even in a remote lot) and walking farther to your destination.
- **Take the stairs.** The elevator may go up — but it doesn't make your heart rate climb. Take the stairs instead. You may huff and puff at first, but over time, your body will thank you.
- **Dance!** Do it in a ballroom, at a club or even in your living room. You'll burn calories and gain a new hobby.
- **Skip the cake, say goodbye to pie and take a walk after dinner.** You'll get a reward that's sweeter than dessert: more family time.



If these ideas don't work for you, find something that you enjoy. Ditching the excuses can be the first step to a healthier you. Of course, if you have an injury, talk to your doctor first to see if there's a low-impact exercise you can do or find out if you should wait until you're healed.

YOUR FAMILY

meet your co-worker • employee of the month • birthdays • pat on the backs



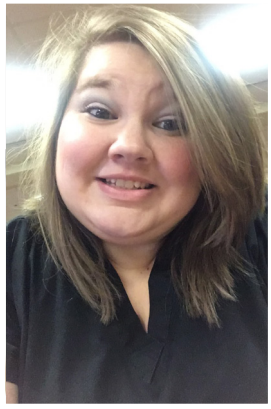
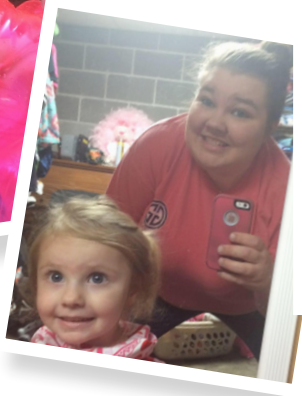
Meet Your Co-Worker

Brandi Jacks, Food Services

Brandi Jacks is a Cashier in the Food Services Department and has worked for Medical West for over one year. Brandi is from Hueytown, AL and graduated from Brookwood High School. In 2012, she received her certificate in Dental Assisting from Brookwood Dental Assisting Program. Prior to working at Medical West, Brandi worked at Milo's Hamburgers for three years.

Fun Facts About Brandi Jacks:

1. I have two awesome kids, Braylon and Kenslee.
2. I have a vinyl decal business on the side. ☺
3. My kids are Irish twins; born less than 12 months apart.
4. Yes, I still like to color.
5. I love all kinds of music, but country has to be my favorite.
6. I usually sing about everything.
7. I attend Solid Rock Baptist Church.
8. I have two Pekingese puppies, Ozzy and Sophie.
9. I have two siblings.
10. I enjoy reading, swimming, spending time with my kids and working on new stuff for my business.



Medical West Welcomes the Newest Members of Our Family!



Freddie Baker, 4N

Freddie is from Bessemer, AL, and will be joining us as a PCT. In her spare time, she enjoys shopping, baking, tumbling, reading and spending time with her mother.

Ja'Corine Bishop, Food Services

Ja'Corine is from Birmingham, AL, and will be joining us as a Food Service Aide in the Cafeteria. In his spare time, he enjoys drawing.

Brittany Blevins, E/S

Brittany is from Bessemer, AL, and will be joining us as an Environmental Services Assistant. In her spare time, she enjoys being with her son.

Rebecca Boyd, ER

Rebecca is from Brookwood, AL and will be joining us as a Patient Access Rep. She is married and has four children. In her spare time, she enjoys reading and spending time with her family.

Cheyenne Childress, ER

Cheyenne is from Woodstock, AL, and will be joining us as a Patient Access Rep. She enjoys camping, fishing and being with friends in her spare time.

Coni Fievet-Crawford, Business Office

Coni is from Alabaster, AL, and will be joining us as a Billing and Follow-Up Specialist. She is married with four children, two of which are in the United States Navy. In her spare time, she is involved in the Exchange Club of Shelby County, as well as Facing Forward, a non-profit organization.

Patricia Eason, 3E

Patricia is from Birmingham, AL, and will be joining us as an LPN. She has eight grandchildren, and in her spare time, she enjoys attending church.

Jacqueline Griffin, Hueytown Health Center

Jacqueline is from McCalla, AL, and will be joining us as an Office Manager at our Hueytown Health Center. She is married, and in her spare time, she enjoys sports, boating and spending time with her nieces and nephews.

Tamika Harris, 4N

Tamika is from Birmingham, AL, and will be joining us as a Registered Nurse. She is married and has three children. In her spare time, she likes to read and plant flowers.

Sonia Hawkins, E/S

Sonia is from Detroit, MI, and will be joining us as an Environmental Services Assistant. She has two sons, a daughter and a grandson. In her spare time, enjoys watching Netflix, shopping, gardening and reading.

Tamekia Hood, ICT

Tamekia is from Boligee, AL, and will be joining us as an LPN. She has two children, Bryan and Briana. She enjoys being with her children in her spare time.

Christy Huffstuffer, Live Well Family Medicine

Christy is from Helena, AL, and will be joining us at our Live Well Family Medicine location as an Office Manager. She is married to husband Jacob and has one daughter, Adeline. In her spare time, she runs marathons and practices Crossfit.

Bridgette Jenkins, ICT

Bridgette is from Tuscaloosa, AL, and will be joining us as a Patient Care Technician. In her spare time, she enjoys spending time with her husband, Adam.

James Joiner, Coding

James is from Birmingham, AL, and will be joining us as an Inpatient Coder. In his spare time, he enjoys collecting music.

Alicia Logan, 4N

Alicia is from Tuscaloosa, AL, and will be joining us as a Registered Nurse. She is married with two children and in her spare time, she likes to travel.

Elyse Marable, Patient Access

Elyse will be joining Medical West as a Patient Access Rep. In her spare time, she enjoys photography and sports.

Emily McCoy, ICT

Emily is from Tuscaloosa, AL, and will be joining us as a Patient Care Technician. She has two sisters, one brother and four cats. In her spare time, she enjoys traveling.

Emily Miller, ER

Emily is from Alabaster, AL, and will be joining us as a Registered Nurse. She has one dog, Striker, and enjoys kayaking in her spare time.

Heather Pardue, ICT

Heather is from Columbiana, AL, and will be joining us as a Registered Nurse. In her spare time, she enjoys being with family and friends.

Cartina Phillips, E/S

Cartina is from Birmingham, AL, and will be joining us as an Environmental Services Assistant. In her free time, she enjoys spending time with her two kids.

Yennifer RuaVasquez, ICT

Yennifer is from West Blocton, AL, and will be joining us as a Monitor Tech. She is married and has two cats. In her spare time, she enjoys photography.

Jan Schumann, Rehab

Jan is from Farmington Hills, MI, and will be joining us as an Occupational Therapist. In her spare time, she enjoys spending time with her husband and two girls.

Briana Waldrop, ER

Briana is from Bessemer, AL, and will be joining us as a Patient Care Technician. In her spare time, she enjoys walking and playing with her dog.

MEDICAL WEST *congratulates our*

JULY 2016

EMPLOYEE OF THE MONTH



Roberta Seal's Food Services

CONGRATULATIONS TO ROBERTA SEALS FOR RECEIVING OUR JULY EMPLOYEE OF THE MONTH AWARD. ROBERTA EXHIBITS EACH OF THE MEDICAL WEST VALUES AND WE ARE HONORED TO HAVE HER AS PART OF OUR TEAM. THANK YOU ROBERTA FOR YOUR OUTSTANDING PERFORMANCE AND COMMITMENT TO MEDICAL WEST!



Thanks for reading this week's issue!

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.