

**Valentine Sale! Feb.14th**  
 The Auxiliary will have their "Sweet Sale" and SPARC will be selling flowers and balloons starting at 7:30 AM (for as long as supplies last)  
 Sales will be held at both Penn and AV

### BIRTHDAYS

#### February 12

Joshua, ORMICS  
 Marijean, Admitting  
 Shelby, Occ Health  
 Gina, Admitting  
 Judith, Med/Surg

#### February 13

Linda, Dietary  
 Karen, Recovery

#### February 14

Georgia, Progressive Care  
 Susan, Psyc Clinic  
 Kali, Home Health  
 Mary, HIM

#### February 15

Kay, Env. Serv.  
 Susan, Eddyville Clinmic  
 Mary, OR  
 Diane, OR  
 April, ER

Heather, Home Hesth

#### February 16

Nancy, Med/Surg  
 Sheena, Med/Surg  
 Cecile, SIROC

#### February 17

Alan, Plant Ops  
 Deborah, Nursery  
 Mendy, One Day Surgery

#### February 18

Dianna, WFC  
 Jean, IP Rehab Unit  
 Sherry, Dietary  
 Renee', OR  
 Patricia, Med/Surg  
 Tibitha, Nursing Admin  
 Bettyrae, Sp. Procedures  
 David, Administration



OTTUMWA  
 REGIONAL  
 HEALTH CENTER



**Home Care Associates of the Year**  
 Every year The Home Care Department recognizes three fellow associates for their work in different capacities. The awards this year went to (Left to Right) Ann Allender RN - Clinical Associate; Jeanette Lourens, Payroll/Data Entry - Clerical Associate; Sandy Dorman, Home Health Associte. Congratulations!



**Traveling Trophy goes to**  
 Reward and Recognize those in the EKG dept for raising patient satisfaction scores to a record breaking 88th percentile ranking. (left to right)Trenna Gibbs, Betty Schrader, Cindy Grant, Mandi Bennett, Deb McLeland and Ryan Ford.



Governor Chet Culver visited Ottumwa Regional last week to explain his budget plan for Iowa and to gain support for the proposed \$1 -per -pack cigarette tax increase. He commended ORHC on Our new McCreery Cancer Center and our being a tobacco free campus.



Tom Siemers introduces the governor



### February is Heart Month

On Thursday Feb. 22nd from 3-6 PM, Steph Ellis will be offering 15 minute chair massages to show one way of reducing stress. Stress is a risk factor for heart disease.

Information stations will also be available, to visit with health professionals.

- BP, Weight, BMI
- Pulse Oximetry
- SEIDA Tobacco Cessation Specialist
- Lynette Smith, Chief Clinical Dietician, will present "What You Can Eat with Heart Disease" at 6 PM

Appointments are \$10  
 Please call to schedule 684-2370  
 Cardiac Rehab - 2nd Floor

### Ottumwa Regional Health Center Occupational Health Clinic Presents:

### Occupational Drug Testing In Iowa

#### Supervisory Trainig - 2 Hour Program

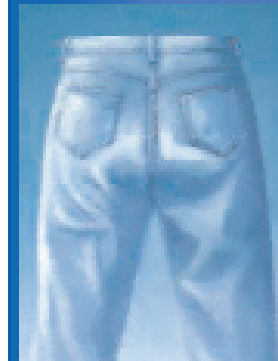
**DATE:** February 15th 2007 from 2 to 4:30 PM  
**PLACE:** ORHC Conference Rms A & B  
**COST:** \$200 per company

May send up to 8 individuals - \$25 for each additional person.

**Limited seating available**  
**Please register by calling:**  
**Monica Barker**  
**(Occupational Health Clinic)**  
**641-684-2300 Ext.4391**

Presenters will be Gayla Harrison, Attorney at Law Ottumwa, Iowa and Amanda McCreary-Carter, LMSW, CADC Family Recovery Center ORHC

**For Sale:** Farm table - 48"X30" with four chairs - \$100 - call 641-722-3715 or ext 2009  
**For Sale:** 1994 Ninja Kawasaki 250cc (blk) 9,056 mi., new tires, new battery. Female owned - \$2300 OBO call: 641-799-6561  
**For Sale:** Farm Fresh - Brown eggs \$1.00 /doz Call 680-2570 or 938-2033  
**For Sale:** 2001 Ford Explorer Sport 4X4, 53,000 mi, 6 disc CD player call Robyn X2927 or email rgriffiths@orhc.com



### Jean Day Friday Feb, 16th

\$5 will benefit the Sister Suzanne Pastoral Care Endowment Fund



**Magnet Hospital Force 13: Nurses as Teachers**  
 13.5 Established mechanisms are used effectively, efficiently and constructively to manage disciplinary conflict

Sheryl Tilus CNO

**What we do now:** Rounding for outcomes, support directors, Summits (ER/Radiology), Disaster planning, nurse/physician forums, LEAN, med reconciliation.