

BIRTHDAYS

February 19

Lynn, Recovery
Andrew, Pharmacy
Dianna, IP Rehab

February 20

Judy, Med/Surg
Melissa, Compliance/Risk
Tara, ICU

February 21

Dinah, Home Care
Tammy, Env. Serv.

February 22

Cindy, Radiology

February 23

Hendrika, Phys Therapy
Carol, Eddyville Clinic
Sandra, Admitting

February 24

Sara, Phys Therapy
Jacqueline, Home Health
Carol, Progressive Care
Savanah, Dietary

February 25

Robin, Phys Therapy



Cardiology Lunch & Learn

You're invited to a lunch & learn program on
Anticoagulant Therapy.

Dr. Craig Clark of Iowa Heart Center will provide commentary of
the chart review presented by Dr. Robert Blommer of patients
presenting with coronary artery disease.

Monday, February 26, 2007
12:00 noon - 1:00 p.m.
Conference Rooms ABC @ ORHC
Lunch will be provided with a reservation.

RSVP to Becky Helgerson
684-2740 or ext. 2740 or
bhelgerson@orhc.com

Dr. Craig Clark is the latest member of Iowa Heart Center to hold cardiology clinic at
their new location on 2nd floor of the Ottumwa Clinic. He is certified in cardiology and
echocardiography.

**This educational opportunity is open to all physicians and
ORHC associates/clinicians who care for cardiac patients.**

We look forward to this interesting review.
Please RSVP today!



Reward and Recognition went to the
Information Systems Department for being
named the best support department for the past
quarter.
Front row: Left to right- **Scott Garrett, Jamie
Gauld** Second row: **Alison Lipe, Kathy
Canaday, Tom Siemers, Bob Frisbie, Vicky
Perdue** Third row: **Mike Gates, Jay Larson,
Aaron Young, David Recupero**



At a surprise retirement party,
Gene Palm was awarded a clock to
remind him of his time spent in the
Plant Operations Department for the
past eleven years. Pictured: Ray
Brownsworth VP General Services
presents Gene the retirement gift.

Mental Health Tip of the Week

Brought to you by ORHC's
Behavioral Health Department



Mental health is as important as your physical
health and needs to be looked after.

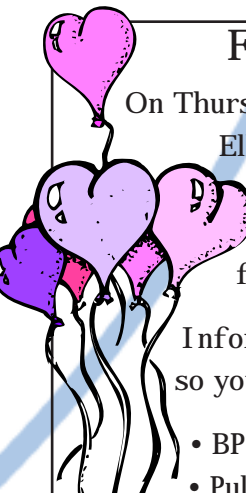
We want to share some tips to help you
protect and nurture your mental health and the
mental health of others.

If you would like to talk to someone, EAP is available at
extension 3222.

Staying both mentally and physically healthy during
the winter months can be challenging. Long, dark
nights combined with the pressures of bills from the
festive season and the winter blues can take its
toll on your well-being. What can you do?

Walk in a Winter Wonderland

To improve your mood, wrap up warm and
get outside! Spending time outdoors in the
fresh air is calming and helps lift mood. Get out for
a walk or get into the yard for a game of snow
football with the kids.



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 reduc-
ing stress. Stress is a risk factor
for heart disease.

Information stations will also be available,
so you can visit with health professionals.

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

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

CLASSIFIEDS

For Sale: Farm table - 48 X30 with four chairs -
\$100 - call 641-722-3715 or ext 2009

For Sale: 2002 Jayco fold down camper. Air, furnace,
very clean, storage unit, exterior shower, exterior gas grill
\$6200. Call 682-5738

For Sale: Farm Fresh - Brown eggs \$1.00 /doz
Call 680-2570 or 938-2033

For Sale: Baker's rack \$10, computer armoire \$30,
and patio furniture set \$10. All are OBO. Can email acol-
lett@orhc.com or ext. 3034



Mid Morning Magazine
Thursday 8:30 A.M

Dr. Jay Heitsman

Will be the featured expert as he discusses
Children - Ear, Nose and Throat
Awareness



**Magnet Hospital Force 14:
Professional Development**

14.1 A continuous learning
environment is evident

What we do now: Tuition, Continued education
reimbursement program; partnership with the
University of Iowa, certification RN to BSN,
nurse intern program, Healthstream (CEUs),
Audioconferencing, Studer Group, clinical lad-
ders, preceptor program, IHA scholarships



Sheryl Tilus
CNO