

Leap Year

In a Leap Year, the calendar year is extended to have 366 days, adding February 29 to the year. This is done to put the calendar year into line with the length of the Earth's orbit around the Sun, so the seasons will always occur during the same months each year.

The calendar is 365 days long, unless the year is exactly divisible by 4, in which case the



extra day is added in February.

If the year is the last of a century, such as 1700, 1800, 1900, and 2000, then it is only a leap year if it is exactly divisible by 400.

This means, for example, that 1900 was not a leap year, but 2000 was.

Tyler Wing Offers
their Congratulations
to Joyce Klinges, RN
on Her Retirement
from Tyler.
We Will Miss You
Joyce!

Bug of the Month



Holy Hemagglutination! What's a virus need to do to get some respect? Seems like only chickens worry much about me, yet I'm a serious troublemaker every winter, and a very, VERY bad boy every 10 to 20 years --1918 and '19 were especially good years for me.

I wiped out the Germans at the Marne and, oh yeah, caused around 40 million global fatalities. They called that one a "pandemic" (not a colo-rectal reference), and guess what? A lot of smart seriotypes think I've got what it takes to do it again.

I am a cagey one, drifting and shifting, doing the achy-breaky each fall. Actually, with only one change of my 10 jeans, I can switch from annoying to deadly in a bird minute.

Just ask any chicken in Hong Kong if you don't believe me. And here's the best news (at least, for my alphabetical family): you can't

Kathy Ritter, RN, *infection control manager*

eradicate me! That's 'cause I bag Platinum status on AAA (Aquatic Avian Air), and reserve space with your close fowl associates (think bacon, Peking duck, gobble-gobble).

Oh sure, you can slow me down with the vaccine thing (psst, here's a hint: this is a mindful gig for your elderly and compromised) but you can't keep a good orthomyxo-mama down. Get a grippe 'cause I'll see you very soon... but first, name my most "Excellent" self, and my "Good" and "Average" family members.

The correct answer to last month's Bug of the Month was Malaria. Once again there was a tie for the correct answer. Meg in Radiology chose chocolate bugs as her prize. Melanie in Medical Records picked antibacterial hand lotion.

If you think you have the correct answer to this month's Bug please call Kathy Ritter at extension 242 or see her in person.

Remember, frequent handwashing or use of antibacterial gel is the best way to prevent infections!!!

Thank you to everyone who helped make the December Bake Sale for the Woodruff family a success. Tyler really is a great family! Here's hoping 2004 is a year of happiness and healing for Ed, his family and all of you.

TYLER *Times*

A publication for the employees of Tyler Memorial Hospital

January 2004

This Month

January 1

New Year's Day

January 19

Celebration of Dr. Martin Luther King Day



Happy Holidays

I would like to offer the best wishes of the season from all members of the Board of Directors. As you know, this has been one of many tough years that we have had to endure at Tyler. And once again, you all have maintained the highest level of care and service for our patients regardless of the financial hardship that this year has brought.

At the board's November meeting, we passed a resolution to award the staff a Christmas bonus. We clearly recognize that the Christmas bonus is not as large as your work this year deserves. It is beyond our means to provide you with that level of reward at this time. It was our goal to provide some level of acknowledgment to you of our recognition and thanks for your service. Unfortunately, we just aren't there yet. But we believe that we are on a path to get us there.

Some of you have already worked with various members of the Board of Directors on a project that we intend to use to develop additional sources of revenue for use in insuring the future of Tyler. We wish to express our thanks to you for your help in this project and we will continue to seek your input as we move forward along this path to Tyler's future. In fact, you should look for implementation of some of the suggestions you made that we believe can be immediately accomplished in the next few weeks. We intend this to be only the beginning.

The staff and management of Tyler remains its strongest asset and is an inspiration for continued hard work by the members of the Board of Directors.

Merry Christmas and Happy New year to all.

*William F. McDonnell,
Chairman, Board of Directors*

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Resolutions easy to make - hard to keep

New Year's Day brings the urge to change things. Our lives, our health, or things at work all make the list. But before getting carried away, experts tell caution us to decide whether we're making a wish list or real resolutions.

When it comes to things that are hard to do, like losing weight, the suggestion is to make only one or two resolutions. In reality, a person couldn't quit smoking, lose weight, spend more time with their kids and get organized at work all at the same time - even though she might want to.

A recent study shows that most people keep the top promise on their list, at least for a little while. And people who think seriously about their resolutions are more successful than those who come up with them at the last minute - as does **Carol Berry, ED manager**, who only starts thinking about resolutions on New Year's Eve.

What are some of the resolutions being made by Tyler folks? The most popular response to that question was: "I don't make resolutions anymore."

Mary Robbins, business office, said: "I just figure there's no sense making a resolution I can't keep." **Pat Milnes, business office, Becky Pilcher, Short Stay, Trish McKinney, RN, Judy Tylutki, RN and Kathy Ritter, RN**, risk manager, don't make resolutions anymore either. "Resolutions just don't work for me," Kathy said. "So why bother."

Pam Shields, administration, said that every year she tries to be better than the year before and do nice things for others. "This year I want to develop the vision to see the opportunities for helping others, she said."

Lisa Townsend, imaging, is committed to spending more quality time with her husband and son and finally finishing her new house.

The researchers found that people are more willing to do something good, like try to exercise more, than to give up something that's bad for them - like sweets.

That matches the Tyler results. **Dr. Daniel Williams** wants to exercise at least three times a week. **Linda Allen, dietary**, is going back on the Atkins Diet that was so successful for her last year. "I lost 15 pounds and now I'm ready to lose the rest," she said optimistically. "I also need to work on being less obsessive at work. I drive everybody here crazy because I let little things, that don't really matter, bother me too much. I'm hoping that 2004 will be my year," she added.

Barb Curtis, ward clerk, says that every year she tackles the weight thing and it never lasts. "This year I'm going to exercise five times a week and try, as I do every year, to be a better person" she said. **Vicki Ross, IM**, also wants to exercise more and maintain a healthier lifestyle.

Maureen Newhart, RN, is going to try and just keep going. Considering Maureen logged 500 hours of overtime in 2003 by working double shifts, that resolution makes sense.

Diane Waltermeyer, RT, plans to improve herself by concentrating on the little things in life more and **Yvonne Lord, RT**, shared a resolution a friend of her's makes every year. "My friend looks for the joy in every day and writes it on her calendar as a reminder" she recalled. "I like that idea."

Maria Thorne, volunteer manager has made some huge resolutions. "I'm determined to get my BA; I start classes on-line in January," she said. In addition, Maria will serve as a Tunkhannock Borough Councilperson this year and is pledging to do a good job for her town.

Gayle Gipson, RN, education manager, had the most finely tuned resolution: "I'm going to develop quicker, easier learning packets with fewer quiz questions," she stated very seriously. Now we get to hold her to it. **Peggy Hill, LPN**, has decided she wants one night out a month - just for herself. Good luck Peggy!

Columnist Ann Landers came up with a list of suggested resolutions, a few of which you might like to try, such as:

- * Lighten up. Ask yourself, "Will it matter a week from today? Or next year?"
- * Be a friend, we need each other.
- * Don't discourage a beginner.
- * Walk tall and smile more.
- * Don't be afraid to say, "I love you."
- * Don't give up your principles.

My own resolutions are to live more in the moment without regrets about yesterday or fears of tomorrow; and to make more time for fun.

But maybe Mary Ostrowsky, RN, sums it up best: "I want to stay happy and healthy and excited about the New Year," she said.

Whatever your resolution - or lack of one - that's good advice. Happy New Year Everyone!



Thank you to Diane Waltermeyer and Yvonne Lord, RTs, for decorating this year's Christmas tree. It is gorgeous!

Gladys Bernet

Skip the cruise control on slick roads. The AAA says turning off cruise control when it's raining or snowing is just common sense. Not only do you have greater control without it, disengaging cruise is an extra step to take if you are losing control of the car.

Most vehicles call for tapping the brakes to disengage. When it's raining or the road is slick with snow, that can be dangerous, especially at high speeds.

The danger on roads covered with snow or ice is obvious. On rain soaked roads, it might not be as apparent. At 60 mph, there can be total separation of the tire from the pavement when it's raining, a situation called hydroplaning. Even new tires can lose significant traction when there is water on the road.

On wet and snowy roads, the AAA recommends:

1. Slow down and turn off your cruise control.
2. Avoid hard brakes and sharp turns.
3. Stay in the tracks of the car in front of you and increase your following distance.

A Minute with Milligan

A new year and a new start! What a year it has been for many of us as we face the daily pressures of the job, the home front, the events in our children's lives and the economic situation that we find ourselves in.

There are of course other events that make up where we live, what goes on in our community and then the external forces of the outside world.

Just think, in one year we invaded Iraq, caught Saddam, had tax reductions and watched in horror as two men went on a killing spree in the Washington DC area and were finally caught.

Most of these events are viewed on TV from the safe armchair of our home, but then again just think of the anguish experienced by those among us with a child, relative, or friend in Iraq in facing danger every day.

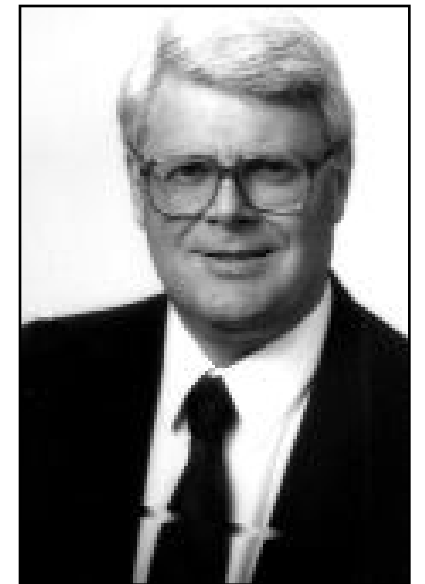
Reflecting on these events reminded me what a difficult year many of our staff have had in dealing with these and other events and yet they keep on providing the same, great service to our patients and neighbors.

As I have visited with staff over the last few weeks, the phrases, "I'll be glad to see this year over" or "Maybe next year will be better" or "It was so bad this year, things can only improve, are heard over and over.

Hope springs eternal and God certainly provided us with that hope as we prepare to care for our community during the coming year. It is in this spirit of hope, faith, and perseverance evident in our staff, that Tyler will meet the challenges of the year ahead.

A recent reminder of our staff's dedication, faith, and perseverance was demonstrated during the early December snow storms. When I listened to two employees talk about the fact that they stayed over the weekend of December, 14, I was very impressed.

I could not have been more proud of **Debbie Spickermen** as I listened to her describe her activities and how she was working with little or no sleep from the day before. To know that we have such



dedicated loyal members of our hospital family, who give up so much to care for patients - I don't think this could be found in any other organization. It is with a very grateful heart that I recognize that we have such special people working with us every day of the week.

There were of course other employees who stayed over or came in early and extended themselves to make sure our patients received care. Some of these employees are: **Becky Pilcher, Lil Clapper, Janet Shalata, Betty Santamour, Viola Strohl, Mary ostrowsky, Rheagan hugo, Annette Kennedy and Linda Ferguson**. If I missed anyone, I apologize.

With dedication, such as that shown by those named above, it makes me so proud to be a part of this great organization.

On behalf of myself and the board of the hospital, I extend my personal thanks to one and all for your efforts on behalf of our hospital, patients and community.

It is with this faith, hope, dedication and perseverance that I know that - once again - Tyler Memorial Hospital and its family, will meet the challenges awaiting us in 2004.

Happy New Year to all!

Bill Milligan