

March 30<sup>th</sup> | Doctor's Day



Touching lives  
Showing compassion  
Providing quality healthcare...daily!

We appreciate you!

## YOU CAN PROTECT THE EARTH

Earth Day, April 22, is an ideal time to become more earth friendly and take action to make our planet a cleaner and safer place for us all to live.

As an individual, you can start with something as simple as picking up any trash you see on the ground and turning off the water while you brush your teeth or shave.

You can turn off appliances and lights when you leave a room and select energy efficient products for your home. You can make the right energy efficient choice by going to [www.energystar.gov](http://www.energystar.gov) and using the Energy Star program. Energy Star is the government-backed symbol for energy efficiency.

You can save energy by insulating your water heater and pipes, and having leaky refrigeration systems fixed. In good weather, hang your laundry on a line.

Planting a tree is a favorite way to celebrate Earth Day and while you are

busy planting a new tree, you can offer any leftover tree seedlings to your neighbors and friends.

Beginning a recycling program is an excellent way to commemorate Earth Day. Recycle your paper, plastic, glass bottles, cardboard, and aluminum cans. At the same time, you can investigate how to properly dispose of items such as paint, solvents, car batteries, motor oil, and pesticides.

As a companion to recycling, you could start a compost pile with leftover food and clippings.

When you go shopping always try to buy products with less packaging and look for packages made from recycled materials.

When you do your shopping, try walking or riding your bike instead of driving the car. Good for your health and good for the environment!

## IS YOUR DEPARTMENT DOING SOMETHING OF INTEREST ?

The Tyler Times is always looking for interesting activities and individuals to highlight in this publication.

Share the news of your department with your colleagues. E-mail your news and events, opinions to: [ggbnet@tylerhospital.com](mailto:ggbnet@tylerhospital.com) And be sure to check the hospital's web site for news between editions of the Tyler Times.

Ballots for Employee of the Month, past issues of the Tyler Times, Education programs, and more is available on the Employee Only section of [www.tylerhospital.com](http://www.tylerhospital.com).

---

## SICK KID ADVICE

When your child is sick and you wonder what to do, check the Children's Hospital of Boston's Web site. It has a new "My Child Has ..." feature.

You can list the child's symptoms (*coughing, sneezing, stomach ache, etc.*) and get information on common illnesses, tips on preventive care, and explanations of treatments and tests. [www.childrenshospital.org](http://www.childrenshospital.org) and see "My Child Has ...".

---

## Lady in Red

Lady in Red is an improved red variety of Salvia. It's a native perennial in southern states and is used as an annual bedding plant farther north. It was the 1992 All America Selections winner. It *requires full sun and well-drained soil. Lady has dark green foliage and produces brilliant red flowers and are favorites of both butterflies and hummingbirds.*

