

HORSE SENSE

M E A T R Y L A U G H P N
M V J E L D D I F H R I R
L J I F O P E R A S E S A
A R E I D L O S Z I D T B
B M C Y T M H W A D A O H
A R I A H O S A E A R L S
C C K L W T A I L R T W E
W H I P M U S H R O O M L
W E E D N U O R A E U U F
F S O D O C O L L A R L A
B T B O X C W T H I E F N
M N W A R D T C A R T H C
A U B F C E E O E E A I I
N T E A N K W C R D Z D E
B L A N K E T R A I N E R
N Z N F E A T H E R S Y D

All the words in this puzzle can be preceded by the word: HORSE.

Around	Laugh
Back	Man
Balm	Meat
Barn	Mushroom
Bean	Nettle
Blanket	Opera
Box	Pistol
Brier	Play
Cart	Power
Chestnut	Race
Collar	Radish
Doctor	Rider
Drawn	Shoe
Fancier	Show
Feathers	Soldier
Fiddle	Tail
Flesh	Thief
Fly	Trader
Hair	Trainer
Hide	Weed

Check your debt level with the 50-30-20 formula

One Harvard Law School professor has come up with a formula that could help you manage your debt level.

Elizabeth Warren, who also co-authored *The Two-Income Trap: Why Middle class Parents Are Going Broke*, says this is how her 50-30-20 formula works.

The 50 percent of your take-home pay should cover your total monthly expenses, including your mortgage, credit cards, auto loan and expense, and the cost of running a home including utilities, health insurance, food, clothing, and child-care costs.

If you restrict these must-haves to 50 percent of your take-home pay, you can allot 30 percent to what Warren calls wants, the stuff you would like to have but could do without.

That would leave the last 20 percent to build up your savings account.

When you calculate your needs and wants and find that you don't have money left over to save, it's time to take action.

Interest and principle payments on credit cards are the main reason for going over your 50 percent level. Pay off your highest-rate credit card first. Continue paying at least the minimum on other cards until that is accomplished.

You might be able to get lower interest on that card or others. Customer Service reps may be able to get you a lower rate. Tell them that you are thinking of moving your balance to a card that offers lower interest rates.

With recent reductions in federal rates, consumers may soon see some lowering of credit card and other loan rates trickle down to them.

TYLER *Times*

A publication for the employees of Tyler Memorial Hospital

March 2008



Congratulations to the following employees who were **CAUGHT IN THE ACT: February:**

Carol McGuire
Kim Byrnes
Pat Holzchuh
Yvonne Lord
Frank Doyle
Donna Donnelly ✓
Jeff Lubin, MD
Diana Noreika
Ryan Canfield
Debra White
Mary Keller
Larry Lechleitner

✓ Denotes winner



What's Inside

- 3 Dose of Denise
- 4 Flushed With Pride
- 6 Voice Box
- 8 Puzzle Page

Carol Berry new VP Nursing

Denise Gieski, Tyler president and CEO, announced the selection of Carol Berry, RN, BS, MHA as the next Tyler Vice-President of Nursing during a recent department head meeting.

Ms. Berry began at Tyler in the ICU in 1978, following nine-years as a Certified Orthopedic Nurse Specialist. with Professional Orthopedic Associates. A few years later, she was named Nurse Manager of the Tyler Emergency Department. *(cont'd page 4)*



Michelle Williams, LPN

Tyler Employee of the Month

Like a diamond, Michelle Williams, LPN, Tyler Memorial Hospital January Employee of the Month, comes in a small package, but really sparkles.

According to her colleagues on the evening shift at Tyler, Michelle always has the time to help others and, though pint-sized at 4-foot, 8 inches, she is described as having a heart twice her size.

In one of the several nomination letters offered in support of Michelle for Employee of the Month, the New Jersey native, who moved to Pennsylvania at age four, was lauded as being an accomplished professional with excellent nursing skills, who is very friendly and caring to both patients and co-workers.

Living out a lifetime dream of becoming a nurse, Michelle has been associated with Tyler, on and off, for almost 20 years. "I love taking care of people, the whole range - from the very young to the very old," she said.



"My favorite aspect is providing the real hands-on care, which allows me to get to know my patients," she emphasized.

Over the last six years, Michelle reports that she developed a real interest in geriatric nursing "I'm so impressed by the many interesting things our patients have accomplished in life," she said. "I don't think our culture always gives the elderly the respect they deserve," she noted. *(cont'd on page*

Patient Safety:

Brenna Evans, RN director of quality

The education for the Speak Up Campaign will be held on Friday, February 29 and Thursday, March 6. The times are as follows: 7:30 am, 8:30 am, 9:30 am, 10:30 am; 1:30pm, 2:30pm, 3:30pm, and 4:30pm.

I expect the sessions to be about thirty minutes or less. As mentioned on the flyers, this is for clinical staff only. See you there!

Flu season update

Kathy Ritter, RN
Infection Control Manager

The flu season in Pennsylvania and the rest of the country is peaking.

That in itself might not be so bad, however, the flu vaccine was not a good match this year. In a good year, the vaccine can fend off 70 to 90 percent of flu bugs. This year is not a good year.

According to the CDC, this year's vaccine has been effective in treating only about 40 percent of this year's viruses. Infections from an unexpected strain have been booming, and that strain is now the one that is causing the majority of laboratory confirmed flu cases in the nation.

The most recent data from the CDC reports that flu is widespread in 44 states. This is a significant increase from 31 states the previous week.

According to ER staff, there have been a number of recent ER patients presenting with high fevers, severe muscle aches and sore throats. These are classic flu like symptoms, so there is little doubt that the flu is present in Wyoming County.

Another distressing possibility is that the flu season will be peaking in March. This could

potentially mean that those people who were vaccinated very early in the season might not have immunity left from the vaccine.

I'm sure none of you saw this coming, but what can we do to keep ourselves safer and healthier in light of this rather depressing news?

□ Certainly, avoiding crowded areas where the flu can easily be spread from one person to another, may be helpful.

□ Also avoid touching your eyes, nose and mouth so you don't introduce the virus to areas where it can enter your body.

□ And last, but never least, either wash your hands frequently or use an alcohol based hand sanitizer.



EDUCATION UPDATE

Healthcare Provider CPR

April 10, 2008
Education Office
Whole Class:
12:30 a.m. to 3:30 p.m.
Test & Demonstration Only
8am - 11am (1/2hr increments)
Call 281 for appointment

Diabetes Information Day

March 10, 2008
Tyler Lobby
9 -11:30 am

Lunchtime Learning

Domestic Violence

March 5, 2008
Blue Room
11:30 a.m. & 12:30 p.m.
(Call 281 to register)

Colorectal Cancer

March 21, 2008
Blue Room
11:30 a.m. & 12:30 p.m.

Ovarian Cancer

April 3, 2008
Blue Room
11:30 a.m. & 12:30 p.m.

Speak Up Campaign

Mandatory All Clinicals

Blue Room
Friday, February 29 &
Thursday, March 6.
7:30, 8:30, 9:30, & 10:30 a.m.
1:30, 2:30, 3:30 & 4:30 p.m.



Tyler welcomed the following new employees in February:

Hayward, Scott
MICU

Dickinson, Zachariah
Dietary

Bankes, Donald
ICU

Berry cont'd

Ms. Berry is a 1966 graduate of Scranton State General Hospital School of Nursing and earned a BS from the University of Scranton in 1991. In 1994, the Dunmore resident earned an MHA (*Master of Health Administration*), also from the University of Scranton.

"Carol is a wonderful addition to our administrative team and I look forward to working with her in this new role," commented Ms. Gieski.

A member and past president of the Board of Directors of EMSNP (*Emergency Medical Services of Northeastern Pennsylvania*), an organization which oversees the pre-hospital emergency work of Lackawanna, Wyoming, Luzerne, Pike and Wayne counties, Ms. Berry is also a member of the Critical Incident Stress Management Team of EMSNP.

Known to the Tyler family as a very spiritual person, this accomplished professional serves on the Liturgy Committee of St. Mary of Mount Carmel Church, Dunmore and is also the coordinator of the church's Eucharistic Ministers.

"I am honored to be given this opportunity to serve Tyler in this new role," Ms. Berry said.

"I am proud of Tyler's excellent reputation for delivering quality nursing care and it is my intention to maintain and expand this very valuable asset," she emphasized.

"I sincerely enjoy and value Tyler's family atmosphere and I look forward to working with all departments to successfully meet the many challenges of the months and years ahead."

Campaign Update

Minturn Smith, campaign director

During February, Tyler employees contributed another \$1,000 to the Annual Appeal/Capital Campaign. This brings the total to nearly \$14,000. While the opportunity to receive a gift for your contribution no longer exists, you can still contribute and join the other employees who have made a commitment.

In February I made a presentation to the Tunkhannock Rotary. The club was very interested in our capital project activities. Also in February, the Women of the Moose made a \$500 contribution to the project.

Our two grant writers have been busy preparing letters-of-inquiry to numerous granting organizations. Some of these inquiries have resulted in grantors asking us to complete formal applications.

Our Wyoming County Planning

Michelle Williams (*cont'd from page 1.*)

"Growing older can be difficult; there are so many adjustments and losses to deal with," she added. "I think we should listen more and lecture less; the elderly have a lot to teach us about life."

A caregiver at home in Stevensville, as well as at Tyler, Michelle and her father care for her mother, who is a diabetic and has heart problems. "I do most of the cooking and other chores now," she said.

Not one to complain, Michelle seems to discover the joy that is waiting in every moment. She finds peace in her garden, which offers a cascade of color

Commission has signed off on our project. Last month they had several concerns that have now been addressed to their satisfaction.

Our architects and construction manager have been busy completing the last of the design work and estimating the project into logical phases.

Some time in mid March we should expect to have this important phase of the project complete. Bidding the project by contractors and subcontractors will be the next step.

We continue to receive strong support from our elected officials. I have been in contact with their offices and feel very encouraged by the commitment they express to make our project happen. Having the bulk of the finances in place is critical in determining the actual construction start.

and fragrance throughout the summer, as well as producing the occasional vegetable. Her other passion is for her dog, Blacky, a lab Michelle adopted as a pup seven years ago.

As an insulin-dependent diabetic, diagnosed a few years ago at age 30, Michelle also struggles with a chronic autoimmune condition. But for Michelle, life, with all its many challenges, is still a lovely journey, which she continues to share with all who know her.

The Tyler Employee of the Month receives \$100 and is eligible to be named Employee of the Year this April.

Every Wednesday in March, the Nutrition and Food Service Department will provide healthy snacks

for morning and afternoon breaks. Snacks will be in the cafeteria and will also be available for the afternoon and evening shifts. Please come and help us celebrate.



Voice Box:

Keep those comments coming

Snow Removal

Winter in NEPA is always a challenge and this year is no exception. Voice Box received two complaints in February regarding recent snow and ice storms. Comments were made that the parking lots were not being cleared early enough for those arriving to work or thoroughly enough to make it safe. Ron Coolbaugh, plant engineer responds below:

I would like to respond in the following manner as to the two complaints received concerning the parking lots.

Each storm is different and unique in that the starting and ending times, the amounts of whatever the precipitation is falling, and the temperature through out the storm.

We in Plant Engineering discuss the process we are going to use to follow the policy that best serves the visitors and employees.

I believe the Friday storm referred to started out as snow in the morning, changed to rain in the afternoon, and then turned cold that night.

We did plow the entrances and made a few passes though the parking lots during the early afternoon. Listening to the weather forecast we did not want to scrape the areas clean because of the possibility of the precipitation freezing when it made contact with ground, making it more slippery than the slush.

Maintenance did come back in that night and plow and cinder all areas because of the forecast of colder temperatures.

The second complaint I would like to address as follows. Maintenance personnel are on a rotating schedule. During the weekdays early shift starts at 6:00 am and the late shift is here until 4:00pm. Weekends and holidays the shift is 7:00 am to 3:30 pm. There is also a mechanic on call seven days a week.

Maintenance takes care of the areas during the day time hours and Security maintains the side walks and ER entrance during the 2nd and 3rd shifts, paying particular attention during the change of shifts.

If Security feels that the entrances are becoming slippery they will call the on call person to come in and either plow

and or spread anti-skid material.

If the storm is going to end during the night time we have people start at 4:00 am when there is the least amount of vehicles to plow around in the two outer lots and outpatient parking lot.

When the 3rd shift personnel leave, the ER parking lot is then cleaned also. This way all areas are cleaned before the parking lots become filled with vehicles.

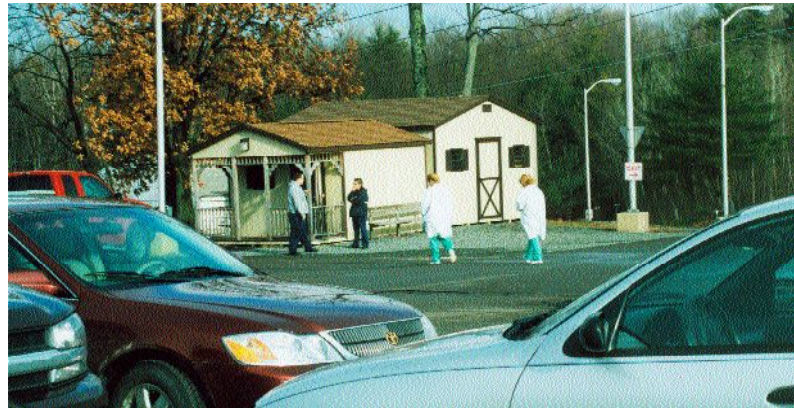
To help Maintenance in clearing the areas I asked in a Department head meeting to inform their staff to park next to other vehicles and park in the middle of the parking lot. This way the outside edge can be used to push the snow off the surface. This would be greatly appreciated and will speed up the process of snow removal.

This already has been a bad year for storms. Although there have been little or no accumulation, there where a lot of slippery conditions. We have used more salt, calcium, and antiskid this year than we have the past two years. The winter season is not over yet. Everyday is one more day closer to spring.

Over-Flowing Trash

A comment was received in Voice Box concerning the new outside trash containers. The writer suggested that the cans be emptied more often. Carl Androkitis, housekeeping manager responds:

A combination of inclement weather and an injury to the person who routinely empties our exterior waste containers caused us to miss emptying these containers for nearly three weeks. The containers have since been emptied and are scheduled be checked each Friday.



Employees enjoy Tyler's parking lot during warmer days. Snow days create challenges. Parking cars on the edge of the lots will help our crews clear snow more quickly.

Healthy Menu Choices

Two employees made requests concerning salad bar choices. One asked that a Fat-Free dressing be available every day. The second requested baked or broiled meats, such as grilled chicken, turkey or pork, be added to the daily salad offerings even if there was an additional charge. Sherry Sprague, nutrition manager answers:

We have been putting a light dressing on the salad bar. We will put a fat free dressing on.

We have been putting eggs, chopped turkey, ham and cheese on the salad bar. We try to alternate them.

FYI.

1 egg - 5 gr. of fat (high in cholesterol).

1 oz. chicken or turkey- 1gr. of fat

1oz. pork or ham - 3gr. of fat

1 oz. cheese - 8 gr. of fat light cheese -

3-5gr. of fat

1 TBS. regular salad dressing - 5gr. of fat

2 TBS. light salad dressing - 5gr. of fat

Where's Joyce?

An employee wrote asking why the front-page newspaper article featuring our own Joyce Enders, cardiac rehab nurse manager was not posted on the bulletin board. Gladys Bernet, director of public relations answers:

You are right. There was a three day delay in my getting Joyce's clip up. The truth is I do not receive a copy of the Advance at the hospital and I kept forgetting my copy from home. I apologize.

April 25, 2008

The Employee Recognition Dinner is Friday April 25, 6 p.m. at the Tunkhannock Fire Hall.

Music will be provided by Joe & Joyce Colletti of Crossroads DJ

What's up with that?

This is the first of an every-once-in-a-while column featuring trivial nonsense that readers find annoying or puzzling.

Here's a couple to start:

Why do people start a new role of toilet tissue when there is still plenty on the role?

Why, when you are on the phone and clearly in conversation, do people either try to talk to you anyway or stand next to you till you conclude your call?

If you have a contribution, please forward it to the PR office at: ggbernet@tylerhospital.com.



A dose of Denise

Denise S. Gieski, President and CEO

VP of Nursing

As was announced at the Department Head meeting of February 27, 2008, Carol Berry has been selected as the new VP of Nursing.

Carol has the education and experience to make her an excellent fit for the job. As you know, Carol has been the Acting DON since September and has been doing an excellent job. This is an exciting time for Tyler and I am anxious to begin work as a new Management Team.

Leadership

As I have worked at Tyler for over 21 years, many of you have experienced my "leadership style" firsthand.

I don't expect a lot to change in terms of how I interact with people. I have also made a commitment to being more visible. I am trying to visit specific departments, instead of rounding through the entire hospital daily. I am spending more time initially in departments that I have not interacted with a great deal in the past - like the Business Office and HIM.

For those of you that may not know me as well, I would like to share some things about me:

I believe that "serving" patients is the

Three words that can cause problems

There are people who do have a "way with words." They speak in prose, and they use clear words that everyone understands.

Even those who have the talent can be defeated when they inject "no," "but" or "however" into their statements. Whether at home or at work, those who use them can sabotage themselves. Consider these:

"I love you, but" (Never attach a complaint to a positive statement).

At work, it could be, "No, that idea won't work." Instead, give constructive ideas on what would work.

The third self-defeating word is "however," as in "That certainly has



most important thing we do. I believe that the "value-added" at Tyler comes from our employees.

I believe in fairness, honesty and consistency.

I believe that we should be kind and treat each other with respect.

I believe that people try to do their best - every day.

I believe in all of you - and your commitment to Tyler.

merit, however" This is a thinly veiled attempt to prove someone wrong.

Some people feel a need to be right all the time. No one is.



From flush to fabulous

Some people, perhaps people lacking imagination and a sense of humor – might think that a pen getting stuck in a toilet, which is followed by busted pipes that leads to a flood, might fit the definition of a small disaster.

Not so the nursing staff on Tyler's Med/Surg floor. Oh no; this group only saw a decorating opportunity.

Perhaps after watching too many episodes of Design on a Dime, this hardy band of medical professionals, encouraged by Darlene Drake, RN, med/surg nurse manager and led into battle by Patty Race, RN, evening supervisor, turned a standard –issue hospital bathroom into an exciting makeover – Tyler style.

Trish McKinney, RN donated a medicine cabinet and Patty contributed paper flowers, photos of birds, potpourri and shells. and Erika Bidwell, RN, put up the colorful border.

So on a cold mid-January weekend, the intrepid group turned a disaster of a bathroom into a dreamy retreat.

After two months of doing without a



Crammed into their newly-decorated bathroom are some of the evening shift employees responsible for the new look of the Med/Surg bathroom: : seated: Patty Race, RN, evening supervisor; Autumn Wells, RN and Teena Thatcher, LPN. Missing from photo are Judy Truesdale, nurse tech, Trish McKinney, RN and Michelle Williams,

staff bathroom, Patty reports that everyone is delighted with the results. "The bathroom is so pretty now that we leave the door open so we can admire our work," she added with a laugh.

Kozy Up

Though the temperatures outside still scream "winter" it's already springtime inside the Tyler Kozy Korner.

Mary and Edna invite everyone to stop by and enjoy the new Easter display featuring Walking, Squawking, Quakie Ducks, Easter Eggs with loads of bling and sparkle and an entire family of gund Bunnies.

Want to bring a little spring into your home? How about some new wind chimes or a beautiful reflecting ball for your window to catch the sunny days ahead?

The Kozy is your source for that last-minute gift, the perfect greeting card or flowers for a patient.

Along with the seasonal gift and dec-



Helen Reynolds and Beverly Marlatt are a few of the KK volunteers waiting to serve visitors.

orative items, the Kozy also carries loads of special holiday goodies, like chocolate eggs and jelly beans.

New merchandise is added regularly as the existing items are snapped-up. We always have something new!

Stop by ad visit soon. Our staff and volunteers look forward to serving you and welcome your comments and suggestions.

Mary and Edna

Over fifty?

March is Colorectal Cancer Awareness Month

One type of cancer is preventable, predictable and treatable

It's a scary word. Cancer can seem to strike out of the blue. But one type, colon cancer, is predictable, preventable and treatable.

❑ To predict it, consider how you eat. The western style diet is high in fat, calories, meat, and sugar. Fats may reach the colon in an undigested form where they can produce substances that damage the colon lining.

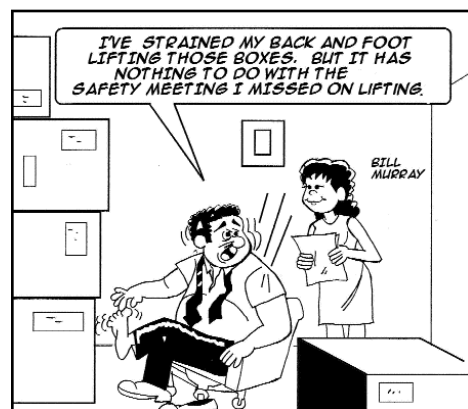
The western diet has high concentrations of meat. That may lead to constipation, which is a factor in colon cancer.

❑ As with almost any disease, smoking is a risk. It transports carcinogens to the colon. And studies show the polyps of smokers are larger.

❑ To keep your colon healthy, eat the same foods that are good for your heart including fruits, vegetables, lean meat in smaller quantities, and plenty of whole grains and other foods with a high fiber content.

❑ If you approaching age 50 or are beyond that point, schedule a colon cancer screening. By age 50, one in four people have colon polyps which could become cancerous, according to the National Foundation for Cancer Research.

❑ Polyp removal is an easy procedure which can often be done at the time as a colonoscopy.



Limit email forwarding

Too much email forwarding is making today's workers less productive says Basex, a technology science organization.

For many years, they have named a product or person of the year in technology. Instead, for 2008 they have chosen the problem of the year, "information overload." The problem continues to grow.

Basex analysts say workers get disoriented each time they stop to reply to an email or answer the phone. They spend 10 to 20 times the length of the interruption trying to get back on track.

Sleep well, live longer

Doctors at the Sleep Health Centers in Boston report a study that shows getting less than six hours of sleep a night increases the risk of dying. During the next eight years of the study, dying of heart-related diseases increased by 110 percent. That's more than double.

It makes sense, they say. When you sleep, your blood pressure drops, your heart rate drops, and the heart doesn't have to work as much. The optimum sleep time reported was six to nine hours.

Sleeping more than nine hours a night was also risky. It increased the risk of death from non-cardiovascular causes by the same percentage.

Most dangerous hours

Researchers at Carnegie Mellon University find that the riskiest time to be on the road is between midnight and 5 a.m. The safest time is between 8 a.m. and 9 a.m. Teens are in school, and traffic is too heavy to drive fast.

PLEASE JOIN US FOR CARDIAC REHABILITATION COMMUNITY AWARENESS OPEN HOUSE

Sunday, April 6, 2008

1:00 to 4:00 p.m.

Serving the Tyler community for over a decade
Heart-healthy refreshments

❑ Come and learn about Cardiac Rehabilitation and who can benefit from Cardiac Rehabilitation.

❑ Tour the facility; see the equipment & meet the staff.

❑ We will offer:

✓ Blood pressure screening

✓ Pulse Ox

✓ Self-assessment checks.

✓ Heart-healthy information available on:

Exercise and your heart

Heart disease risk factors

Healthy heart diet

What is blood pressure?

When is your blood pressure too high?

Understanding cholesterol.

Warning signs of a heart attack.

Warning signs of a stroke.

Call Joyce Enders at 270 for more information.

Bring your friends and family.

Volunteer of the Year

Do you know a special volunteer who always does a great job for you or who consistently does an excellent job for Tyler?

Nominate that deserving volunteer for

Volunteer of the Year!

Nominations due to Susan Reese, volunteer director

by March 15.