

Monday, June 8

"You are never too old to set another goal or to dream a new dream." -C. S. Lewis, Writer

Topic of the Day: UVA Finds Link Between Brain and Lymphatic System

Last week, top-notch researchers at UVA Health System announced an astounding discovery, changing our understanding

of the lymphatic system. **Jonathan Kipnis**, PhD, director of the UVA Center for Brain Immunology and Gila, along with his team, identified what he says is the "very well hidden" location of the brain's lymphatic vessels near a major blood vessel in the sinuses. Research associates captured live imaging of the discovery, making it official. This connection between the brain and the lymphatic system could play an important role in research on a variety of neurological diseases, like Alzheimer's, multiple sclerosis and autism. Thanks to the hard work of UVA Health System researchers, revisions to medical textbooks will be coming soon. Congratulations to our affiliates, who are leading the way in medical science! Read more about it here, using this shortened link: bit.ly/1EZss5X.

Did You Know?

This week and next, UVA Culpeper Hospital will host Nursing Town Halls in the Board Room to encourage conversation between nurses and nursing leadership. Participants will discuss current trends in healthcare, specifically in patient safety and quality, and how these trends have an impact on nurses, both at our hospital and elsewhere. There will also be an update on the Clinical Ladder, followed by a Q&A session. We want to position our organization to be successful in the future.

The dates and times for Nursing Town Halls are:

June 8 at 11 a.m.

June 9 at 7:45 a.m.

June 9 at 2 p.m.

June 18 at 2 p.m.

Closing

What's most important for helping you perform your best today?

Who deserves recognition for having a creative idea or solving a problem?



Tuesday, June 9

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." -Marcel Proust, Novelist

Topic of the Day: Junior Auxiliary Program

At UVA Culpeper Hospital, we are fortunate to have the continued support of tireless volunteers year-round. During the summer, their numbers increase when the Junior Auxiliary Program starts. This program is an opportunity for teenagers to volunteer and gain valuable experience in the professional world before they graduate from high school. For those interested in healthcare careers, like **Omar Elbulok**, the experience is first step toward a bright future. To read more about Elbulok and the program, check out the next *Engage* issue coming out on **June 15** to your email inbox.

Did You Know?

With college costs rising faster than inflation, many students and their families need assistance paying for higher education. To help you save for this important goal, we are offering you a CollegeAmerica 529 plan as part of your benefits package. You can save for anyone — your children, grandchildren, nieces, nephews, friends, etc. Lincoln Retirement Representative **Steve Singer** will facilitate enrollment. To schedule an appointment, please contact **Karen Windland** at x5010 or email kwindland@culpeperhospital.com.

Closing

Do you have any information to share that will help your department work with other departments?

Whose feedback has helped you perform your job better?



Wednesday, June 10

"Humility is attentive patience." -Simone Weil, Philosopher

Topic of the Day: June is National Safety Month

As summer starts up, it's important to be careful as you enjoy the warm weather, holidays and outdoor activities. But it's also a good time to check in and make sure that you are being safe in other areas of your life. Common risks in everyday life — like prescription overdoses, falls or vehicle crashes — affect more people than airplane

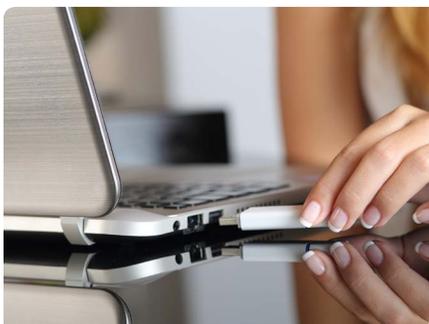
crashes, lightning strikes and similar occurrences. The National Safety Council has contrasted these two types of risks in an infographic, which you can see at this shortened link: bit.ly/1liWbhl. Being realistic about commonplace dangers can help you stay safe. Learn more to live longer!

Did You Know?

In 2015, the Muslim holiday of Ramadan starts on **June 17** and ends on **July 17**. During this time, healthy Muslims fast between sunrise and sunset every day. Those who are ill or experiencing medical issues are often considered exempt from the fast. Please keep the observation of this religious fast in mind as you encounter and treat patients, and give consideration to how it affects them. Thanks for being mindful of the needs of our diverse patient population and for helping us improve the level of care we deliver.

Closing

Is there an accomplishment your team has made that you'd like to discuss?
Has someone in your team made progress or learned a new skill?



Thursday, June 11

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." -Epictetus, Philosopher

Topic of the Day: USB Port Restrictions in Place

When staff plug smartphones and other personal devices into USB ports on UVA Culpeper Hospital computers, a number of things can happen: hospital equipment, like scanners, can get knocked offline; confidential information could be compromised; or hidden computer viruses could be unwittingly transferred. The No. 1 job of Information Systems (IS) is to protect our network and improve patient safety by safeguarding patient information.

To do this effectively, IS is making changes to USB accessibility on our computers, enforcing the Acceptable Use policy restricting the use of personal electronic devices for unapproved purposes. This enhancement to our information technology security protocol means that staff will no longer be able to charge personal electronic devices using our computers' USB ports. All other functions on USB ports will be blocked for non-hospital electronic equipment. Please remember to charge your devices at home before coming to work. Thank you for helping us improve security and patient safety with this change.

Did You Know?

Throughout the summer, we want to share the stories of some of our staff members honored at the Service Awards Dinner in May. We're spotlighting a few of our longest-serving employees in *Engage* in honor of their commitment to this institution and our community. Check out the next issue for a story on Bev Garrison.

Closing

Is there any departmental information you'd like to share?
Who would you like to recognize or acknowledge today?



Friday, June 12

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" -Mary Anne Radmacher, Writer

Topic of the Day: World Blood Donor Day

This Sunday, **June 14**, several international organizations are bringing awareness to a special kind of charitable donation — blood. There's always a need for blood donations in the U.S., but the good news is that more people are becoming regular donors, leading to an increase of 8.6 million voluntary donations from 2004 to 2012, according to World Health Organization. Whether you've donated for years or are simply curious about helping out, there's always more to learn about this worthy cause. Test your knowledge on blood donations with this American Red Cross quiz, using this link: rdcrss.org/1M6cf46.

Did You Know?

Starting this fall, UVA Culpeper Hospital will name a recipient of the Nursing Excellence Award in each clinical unit. A winner will be selected among these recipients for the Florence Nightingale Award. Read more about these new honors for nursing staff in the next *Engage* issue on **June 15** in your email inbox.

Closing

What news do you have for your team?
Who has helped you in some way at work recently?

Saturday and Sunday staff, please review this week's Huddles for the latest information.

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community and UVA.