

## Monday, June 29

"Always have old memories, and young hopes." — Arsène Houssaye, Author



### Topic of the Day: Birthday Chairs for Special Volunteers

People of all ages volunteer with the Culpeper Hospital Auxiliary — including 90-year-olds! To recognize the especially impressive dedication of these seniors, the Auxiliary has a tradition of putting named brass plates on the bar seats of the hospital's Coffee Shop. This summer, they are honoring two Auxiliaries with these "birthday chairs." **Helen Sturgill**, born on June 4, and **Mildred Brinson**, born on July 5. If you'd like to stop by

and give these special volunteers your congratulations, please join the Auxiliary in the Coffee Shop on **July 1** at **11 a.m.** for Sturgill's celebration and on **July 3** at **1 p.m.** for Brinson's. Cake will be served and all are welcome to attend.

### Did You Know?

The label of "superfoods" applies to certain food items because they contain high concentrations of essential nutrients, like antioxidants, omega-3 fatty acids, protein or fiber. To learn more about superfoods, check out this video on the Penn State Hershey Project Health site, using the shortened link: [bit.ly/1e61SIT](http://bit.ly/1e61SIT).

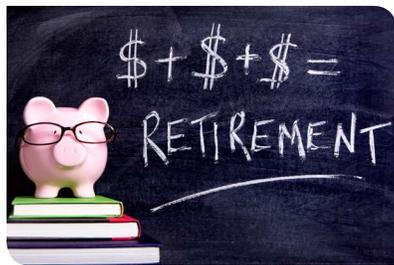
### Closing

Are there any goals you need to prioritize as a team today? What's something positive that a team member has done for you in the past week?

*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. Proud to be a part of UVA.*

## Tuesday, June 30

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it" — Michelangelo, Artist



### Topic of the Day:

#### Retirement Changes

Starting in October, employees participating in our retirement benefits will be pleased to see an increase in the employer match percentage. We are offering this enhancement to be

consistent with the terms of the acquisition by UVA last fall.

We believe that adjustments to our retirement benefits demonstrate commitment to employee well-being, since retirement savings tend to have the greatest impact on the most employees. Check the

next *Engage* issue, coming out on **July 6**, for more details about this change.

### Did You Know?

Being careful to keep your summer food safe from bacterial growth is usually as easy as following this advice: keep hot food hot and cold foods cold. But did you know the bacterium *Listeria* can grow at refrigeration temperatures? For tips from the USDA to protect yourself from deadly foodborne illnesses, see this shortened link: [1.usa.gov/1MEVIVO](http://1.usa.gov/1MEVIVO).

### Closing

What will you accomplish at work today that will leave you smiling? Is there a colleague who sets the bar for finding ways to improve work effectiveness?

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## Wednesday, July 1

"What do you get when you cross a joke with a rhetorical question?" — Anonymous



### Topic of the Day: Humor and Medicine

At UVA Culpeper Hospital, we know that having a good attitude and being able to laugh is important for our patients and staff. This spring we honored nurses who lift the spirits of others with our "Nurse Clown" award, a Nursing Superlative.

Today on International Joke Day, we hope you enjoy some uplifting humor. Please remember to keep your jokes clean. Humor that is inappropriate for

the workplace includes:

- "Gallows" humor, or jokes and comments that treat serious topics in a light manner, like medical conditions, diagnoses or mortality
- Jokes about race, religion, creed, national origin, age, gender, sexual orientation, disability, marital status, socioeconomic status or similar personal information

We hope you can share some laughter with colleagues, patients or loved ones today!

### Did You Know?

Welcome to new staffer **Jessica Gelsler**, our Patient Experience Coordinator! Gelsler will be working in process and system improvement, as well as service recovery, to ensure that we're providing complete care for our patients and attending to all of their needs.

### Closing

Are there any organizational changes that are affecting how you do your job?

Is there someone at work who inspires you to do your job better?

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## Thursday, July 2

"A ship in port is safe, but that's not what ships are built for."  
— Grace Hopper, Computer Scientist and Inventor



### Topic of the Day: Independence Day Celebration Reminders

July is here! As you prepare for your Fourth of July festivities, be safe as you enjoy the holiday.

As in years past, UVA Culpeper Hospital will be an in-kind sponsor of this year's July 4 Festival of Culpeper at Yowell Meadow Park. Our volunteer crew will be on-site 3-10 p.m., offering:

- A canopy tent for those seeking shade
- Giveaway items to promote the hospital
- First aid supplies or medical attention, if needed

The day begins at 8 a.m. with the Freedom 5K Race and ends around 9:15 p.m. with fireworks. For a full schedule of events and related information about the festival, visit [culpeper4thofjuly.com](http://culpeper4thofjuly.com).

Remember, Culpeper County restricts most types of objects commonly referred to as "fireworks," so it's best to check the law before you buy. For a quick reference on what's legal in your county, read this 2014 list of county guidelines provided by WUSA9, using this shortened link: [on.wusa9.com/1mFOTvP](http://on.wusa9.com/1mFOTvP).

### Did You Know?

We'd love to hear your feedback about the online employee newsletter *Engage!* Please send your comments to us at [engage@culpeperhospital.com](mailto:engage@culpeperhospital.com).

### Closing

Do you need feedback from your team about an idea or initiative?  
Who has shown a level of care for your success in your team?

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## Friday, July 3

"The most exhausting thing in life is being insincere." — Anne Morrow Lindbergh, Author



### Topic of the Day: Gallup Results

We've only received preliminary data about the results from our Employee Engagement Survey, but so far, the news is very positive! Our hospital scored highly for participation and engagement, which means that we have a lot to be proud of and celebrate. Thanks for your hard work and honest feedback!

Gallup will finish analyzing our responses and send departmental reports out by mid-July. Watch for a celebration event on **Tuesday, July 7**.

### Did You Know?

Medical researchers are looking for a definitive link between dental health and heart health. There is mounting evidence to suggest that heart disease may be partially due to poor oral health. It's a reminder for all of us to take good care of our teeth and gums!

### Closing

Is there an issue you'd like to raise for group discussion today?  
Is there a staffer whose positive attitude has cheered you up?

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