

## Monday, August 10

"It has been said that 80 percent of what people learn is visual."  
–Allen Klein, Media Executive



### Topic of the Day: Kids Love Camp Med

It was another successful year for Camp Med, a five-day healthcare career exploration experience for rising 8th and 9th graders hosted by UVA Culpeper Hospital. The ten students chosen to participate in this

year's camp were guided through several hands-on activities and presentations in various departments around the hospital.

Read more about this fun learning opportunity in the second August volume of *Engage* coming out next week!

### Did You Know?

There's still time to finish the annual self-evaluation! If you haven't completed yours, be sure to do so before **August 14**.

The deadline for annual Core Compliance training has been altered, too. You now have until **August 31** to finish the NetLearning system tests.

Take advantage of the extra time to complete these tasks, but be sure to do so before the deadlines!

### 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?

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## Tuesday, August 11

"Though we travel the world over to find the beautiful, we must carry it with us or we find it not." –Ralph Waldo Emerson, Writer



### Topic of the Day: Toxins in Fish

In July, the *American Journal of Tropical Medicine and Hygiene* published a study on toxic poisoning from fish in Florida. The study describes the food chain — from large tropical fish, like grouper

and barracuda, to the smaller fish they ate, like the species called ciguatera. These smaller fish feed on microscopic algae. Researchers have identified toxins from the algae in the larger fish and are warning consumers to avoid eating these types of fish.

The journal calls ciguatera poisoning: "the most commonly reported marine food-borne illness worldwide." Symptoms range from diarrhea and nausea to neurological problems when consumed in higher doses. To read the study, click here: [bit.ly/1KT99Ee](http://bit.ly/1KT99Ee).

### Did You Know?

We're making changes to our retirement matching program. Starting in October, we'll match 100 percent of the first 4 percent contributed by employees. Beyond that, we'll match 50 percent of the second 4 percent for a total possible match of 6 percent.

If you'd like more information about the program, re-read our July *Engage* article, "Retirement Changes," using this link: [bit.ly/1T7Aamp](http://bit.ly/1T7Aamp). There you'll find a table explaining the contribution amounts you can receive by participating in the program!

### 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, August 12

"To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity."  
–Douglas Adams, Novelist



### Topic of the Day: Kelsey's Big Give

For some of our community members, the first Saturday in August is a day to give back and remember Kelsey Jean-Marie Orndorff, a local teenager who died in a

car accident in 2008. Carrying on Kelsey's legacy of giving to others, volunteers from "Kelsey's Big Give" have contributed their time to our hospital for this annual event over the past few years. This year, a team of 11 volunteers showed up to help with landscaping on our campus, trimming, planting, weeding and mulching to improve the appearance of our front entrance areas, as well as interior courtyard. More than 150 volunteers worked at 14 different sites throughout Culpeper County during this year's event.

Thanks to these volunteers for giving back to our hospital in this way. And a special thanks to **Cindy Fincham**, Facilities Management Coordinator, for serving as their day-of organizer. We're grateful to Kelsey's Big Give volunteers for their continued support.

### Did You Know?

Open enrollment is coming soon! From **August 17–29**, all interested and eligible employees are required to attend meetings about benefits offerings. We are moving our health plan to Anthem, so please attend a meeting to learn about the benefit changes. **New enrollment forms are required to maintain your health plan coverage.** Check your email inbox for more information from **Debbie Baker**, Benefits/HR Manager.

## 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, August 13

"Your own safety is at stake when your neighbor's wall is ablaze."

-Horace, Poet



### Topic of the Day: State Vaccination Laws

Over the past decade, the ground has shifted on the issue of children's vaccinations in the U.S. Due to a small number of parents who decline recommended immunizations for their

children, the nation has seen a spike in measles cases. In light of this trend, public health officials are working to educate parents about the benefits of receiving vaccinations, as well as the dangers of medical misinformation regarding immunizations.

As our country continues to address these issues, some states are taking a firm stance on requiring recommended vaccinations. Now California, along with Mississippi and West Virginia, restricts parents from claiming an exemption for their child at the doctor's office, except in cases where a medical concern exists, like significant illness, acute immunodeficiency or cancer. To learn more, check out this updated map showing the varying exemptions allowed in state vaccination laws on Slate.com using this shortened link: [slate.me/1MPp71o](https://www.slate.com/resources/infographics/galleries/show/all/state-vaccination-laws). The map shows that many states still allow for religious and personal belief exemptions.

### Did You Know?

Are you carrying your purse, briefcase or suitcase correctly? Being aware of how the weight of your bag or everyday item affects your body is important. Learn how to carry that weight safely by reading one of the American Occupational Therapy Association's fact sheets on ergonomic strategies here: [bit.ly/1KT4ORp](https://bit.ly/1KT4ORp).

## Closing

Do you need feedback from your team about an idea or initiative?

Who on your team has shown a level of interest and concern regarding your success?

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## Friday, August 14

"Kindness is the sunshine in which virtue grows." -Robert Green Ingersoll, Attorney



### Topic of the Day: Junior Auxiliary Ice Cream Social

To thank the teenagers who serve as Junior Auxilians each summer for their hard work and dedication, **Kim Stewart**, Education Liaison, likes to throw a party. The Junior Auxiliary Ice

Cream Social is an annual "open house" style event near the end of the summer, featuring a sundae bar in a relaxed environment. Stewart organizes the social for the late afternoon so parents have a chance to join their students for a sweet treat.

This year, more than 35 Junior Auxilians and parents celebrated the students' accomplishments. This event precedes a more formal awards reception in the fall, usually held over the school break in November.

We'd like to say "Thanks!" to these volunteers, too! We've enjoyed seeing your smiling faces around the hospital and hope you've enjoyed learning more about UVA Culpeper Hospital.

### Did You Know?

Trigger finger is when a bent finger locks in that position due to inflammation or swelling of a tendon. Activities that require repetitive gripping, like clipping with heavy gardening shears, can cause this condition.

## 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.**