

Monday, August 17

"The road to a friend's house is never long." -Danish Proverb



Topic of the Day: New Seminar Series

This Wednesday, **August 19**, we'll kick off the first installment of our new Seminar Series with Culpeper Baptist Retirement Community. The first speaker will be **Wahid M. Baqaie, MD**,

a local board-certified orthopedic surgeon and fellowship-trained spine surgeon.

We welcome everyone to the 45-minute seminar, which will take place in the main building of Culpeper Baptist Retirement Community at 12425 Village Loop in Culpeper. Refreshments will be served at **5 p.m.** and the seminar begins at **5:45 p.m.** Please invite family and friends to join us for this free event.

Did You Know?

Open enrollment starts this week! From **August 17-29**, all interested and eligible employees are required to attend meetings about benefit offerings. We are moving our health insurance plan to Anthem, so please attend a meeting to learn about the benefit changes. **All employees must complete new enrollment forms to maintain health insurance coverage.** Check your email inbox for more information from **Debbie Baker**, Benefits/HR Manager.

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?

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, August 18

"When you are kind to others, it not only changes you, it changes the world." -Harold Kushner



Topic of the Day: Benefits Overview on Transamerica

UVA Culpeper Hospital offers employees the opportunity to purchase permanent life insurance through Transamerica. Permanent life insurance provides death benefit protection and builds

cash value, while giving you the flexibility to change the face amount or premium amount. The insurance is portable, which means you can continue to pay for coverage even if you change positions or employment. Coverage is available for employees, their spouses and dependents. For enrolled employees, HR will mail the plan policy and arrange for your premiums to be deducted from payroll.

Representatives from Transamerica will be available **today** and **Wednesday, August 19**. They will return on **Wednesday, August 26**. Be sure to stop by the lobby outside the cafeteria to ask questions about enrollment.

Did You Know?

Interested in giving your nails and skin a boost? Biotin helps the body to metabolize carbohydrates and fatty acids. Biotin-rich foods include egg yolks, fish, cauliflower, nuts and legumes.

Closing

What's most important for helping you perform your best today? Who deserves recognition for having a creative idea or solving a problem?

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Wednesday, August 19

"Life, whether social or business, is a bank in which you deposit certain funds of character, intellect and heart; or other funds of egotism, hard-heartedness and unconcern.... You can draw nothing out but what you have put in." -Emily Post, Etiquette Expert



Topic of the Day: Benefits Overview on LegalShield

LegalShield offers two separate plans to assist employees with legal issues. The first is a comprehensive legal plan for phone consultations with the provider law

firm on home purchases, will preparation, property disputes, child support, bankruptcy and much more. The second, called IDShield, provides the employee and family with monitoring services for credit, social security numbers and bank account fraud. This plan offers notifications and unlimited access to identity consultation services, including data exposure or breach safeguards. If a compromise occurs, they will begin restoring your identity exactly the way it was.

Representatives will be available at various times during open enrollment to answer questions and process enrollment.

Did You Know?

Please be aware this **Saturday, August 22**, the steam plant will be down for scheduled annual boiler plant maintenance from **7 a.m.-5 p.m.** This affects the hospital and all surgical areas, and will restrict service for steam, hot water and heat sterilization. Steam sterilization will only be available for emergency Operating Room cases. The outage may cause temperatures in the building to cool in some areas.

The Facilities staff will also repair the floor in front of the Decontamination Room at that time. Please be advised that this area will be inaccessible from **Friday night, August 21, to Saturday night, August 22**.

Closing

What progress has your team made recently that you'd like to discuss?

Has someone in your team made progress in a particular area or learned a new skill?

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Thursday, August 20

"You were not born a winner, and you were not born a loser. You are what you make yourself be." -Lou Holtz, Coach



Topic of the Day: Women Work Better In Warmer Offices

Scientists who study biophysics and energy consumption recently found that women require higher room temperatures than men to work comfortably.

The research, published in the journal *Nature*, shows that women have a lower metabolic rate while at work in a standard office environment. This new information coincides with the fact that, on average, women have more body fat than men. Together, this means that women feel most comfortable working in office temperatures closer to 77 degrees Fahrenheit. Men, on the other hand, prefer the office to be 72 degrees Fahrenheit.

Most offices in the U.S. tend to keep the temperatures near 72 degrees Fahrenheit. For nearly a century, building managers and others have seen this as the standard temperature. However, this number was based on studies of male metabolic rates in the 1930s, as explained in this NPR story. To read more, click the shortened link here: n.pr/1NOZbkE.

Did You Know?

One of our success stories is featured in this week's volume of *Engage*! Be sure to check out Patty Grimm's road to recovery with the help of therapists at UVA Culpeper Hospital Rehabilitation Services at Powell Wellness Center. Learn how our team played a part in her victory to start walking again after a major car accident.

Closing

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

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Friday, August 21

"Nobody can make you feel inferior without your consent" -Eleanor Roosevelt



Topic of the Day: Benefits Overview on Aflac

The insurance company Aflac offers a range of products that can fit most budgets. They can provide you and your family an extra measure of financial protection and pay cash benefits directly to you. Find out how

Aflac benefits coincide with your current insurance plans, including a new Hospital Advantage plan, which can help with out-of-pocket costs from hospital stays.

Stop by the lobby outside the cafeteria during open enrollment to speak with an Aflac representative about the plans available. If you have a question regarding your current Aflac plan, be sure to take advantage of this opportunity!

Did You Know?

Sunday, August 23 is Health Unit Coordinator Day, so we'd like to share our appreciation! These team members take care of day-to-day administrative operations and help keep our clinical staff focused on patient care. Thanks for all you do!

Closing

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

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