

Monday, December 21

"Most people are about as happy as they make up their minds to be."
-Abraham Lincoln



Topic of the Day: Holiday Appreciation Event

As we approach the holiday season, it's more important than ever to know that someone cares about you at work. To help spread a little extra holiday joy, the Service Excellence team is sponsoring an "I Care About

You" event on **Wednesday, Dec. 23**.

All staff are encouraged to stop by the cafeteria from **11 a.m.-2 p.m.** or outside of the coffee shop from **9-10 p.m.** to pick up a gingerbread man cookie* and an "I Care About You" card. Use these cards to write a special note to a team member expressing your appreciation and deliver the goody to him or her. Everyone should have a supervisor or someone at work they can call a friend. This is a perfect opportunity to let them know you care!

(* A gluten-free cookie option will be available.)

Affected Model Numbers

8 Series	7 Series
NET8	NET7
NET8N	NET7T
NET7T-C	PER7
PER8T	PER7C
PER8TR	PER7T
PER8TR-CN	PER7T-CO
PER8TVR	PER7T-U
PER8XTV	PER7TX137
PRF8T2	PER7-U
PRF8TT	PER7X148
PRO8	PRF7
PRO8T2	PRF7T
PRO8T2C	PRO7
PRO8T2MP12	PRO7C
PRO8T2MP12B	PRO7T
	PRO8TV
	PRO7TX183

Did You Know?

Some surge protection devices in our facility have been recalled for safety reasons. Please check the surge strips in your area and submit an online Facilities Management work request, including specific location, if you have any to be replaced.

To determine if your device is part of the recall, check the model number (listed first) and serial number (listed second) located on the bottom of the surge strip. The affected model numbers can be found in the chart at left. The two numbers that follow the first letter(s) in the serial number indicate year of manufacture. The units in the recall are numbered 93, 94, 95, 96, 97, 98, 99, 00, 01 or 02.

Closing

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

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, December 22

"The only time we waste is the time we spend thinking we are alone."
-Mitch Albom, author



Topic of the Day: Hand Hygiene Awareness

In recognition of Hand Hygiene Awareness Week, Employee Wellness challenged you to test your hand hygiene knowledge with a quiz. Those who submitted their completed quiz were entered into a prize drawing.

Congratulations to **Patty Emch**, Lab, **Diane Berkley**, Pharmacy, and **Tammy Barboza**, Service Excellence, on your hand hygiene know-how and your new UVA Culpeper Hospital T-shirt, hand sanitizer and band-aid carrier.

Plus, because we know it can be a challenge to put others on the spot when it comes to hand hygiene, Employee Wellness also requested your suggestions for approaching the topic.

Here are some of the great suggestions submitted thus far:

Submitted by Alisa Hutchinson, Imaging

- "Dr. _____, our hand sanitizer is back there ... I think you missed it"

Submitted by April Morrison, ED

- The phrase "gel in, gel out" helps remind staff to do this upon arriving in the room and exiting. There was a popular commercial that utilized the slogan, "Are you gellin?" so I sometimes use this as a way to break the ice with patients and family members. "Gel in, gel out" is the healthcare version of "Are you gellin?" Obviously we would do complete hand washing with cdiff patients, but for the majority of our patient population, the phrase "gel in, gel out" works well.

Submitted by Temple Coates, Rehabilitation Services

- "We will begin the procedure after hand hygiene."
- "Just to be extra careful, please sanitize your hands when you enter and exit"
- Demonstrate then gesture toward the hand sanitizer.

Submitted by Anonymous

- "We will begin as soon as everyone acknowledges they have performed hand hygiene."
- "You are welcome to see the patient after you wash your hands."
- "Please wash your hands before you enter."

Thank you to everyone who submitted ideas!

Did You Know?

All employees, W2 time is just around the corner, so please make sure Payroll and HR have the correct address for you. To make a change, you can complete a form in HR or log on to Doculivity. If nothing has changed, you don't need to do anything.

Closing

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

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Wednesday, December 23

"A positive attitude is something everyone can work on, and everyone can learn how to employ it" -Joan Lunden, Journalist



Topic of the Day: Holiday Pharmacy Hours

Please notify patients that our pharmacy and those around town will have different hours this holiday season. The UVA Culpeper Hospital inpatient pharmacy will be open at the following times this holiday season:

- Thursday, Dec. 24: 6:30 a.m.-8 p.m.
- Friday, Dec. 25: 7:30 a.m.-6 p.m.
- Saturday, Dec. 26: 7:30 a.m.-6 p.m.
- Sunday, Dec. 27: 7:30 a.m.-6 p.m.

Some of the local pharmacies are highlighted below. For a complete list, go to engage.uvaculpeperhospital.com/media/1549/holiday-hours-for-local-retail-pharmacies-1-1.pdf.

Target:	Christmas Eve – 10 a.m.–5 p.m. Christmas Day – Closed New Year's Eve & New Year's Day – 10 a.m.–5 p.m.
Wal-Mart:	Christmas Eve – 10 a.m.–6 p.m. Christmas Day – Closed New Year's Eve & New Year's Day – 10 a.m.–6 p.m.
CVS:	Christmas Eve – 8 a.m.–6 p.m. Christmas Day – Closed New Year's Eve – 8 a.m.–9 p.m. New Year's Day – 10 a.m.–6 p.m.
Culpeper Pharmacy:	Christmas Eve – 9 a.m.–5 p.m. Christmas Day – Closed New Year's Eve – 9 a.m.–5 p.m. New Year's Day – Closed

Did You Know?

Remember! The Service Excellence team is sponsoring a holiday appreciation event **today**, from **11 a.m.-2 p.m.** and from **9-10 p.m.** Stop by and pick up a gingerbread man cookie and special card to share with one of your colleagues.

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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Thursday, December 24

"It is more important to know where you are going than to get there quickly. Do not mistake activity for achievement" -Mabel Newcomer, Economist



Topic of the Day: Relay for Life

Thanks to you, the first fundraiser for the 2016 Relay for Life of Culpeper was a big success! With your donations and purchases of homemade goodies and crafts, our Relay team raised more than \$1,800 at this one-day event.

The UVA Culpeper Hospital Relay for Life team also gained some new members at the event – some were the lucky winners of prizes awarded as part of a sign-up raffle. Prizes included a candy sleigh donated by **Cindy Fincham**, Facilities, and other items contributed by the American Cancer Society. Plus, **Sharon (Sam) Gordon**, Medical Outpatient, was the lucky winner of the quilt raffle, which means she gets to take home the beautiful quilt sewn by **Diane Berkley**, Pharmacy.

Congratulations to the winners! And congratulations to our Relay team for hosting such a great event.

Interested in joining the team? It's never too early! Go to <http://main.acsevents.org/goto/UVACulpeperHospital> to register. The 2016 Culpeper Relay for Life of Culpeper will take place on **June 4-5**.

Did You Know?

In 2014, 40% of holiday shopping occurred online, according to Google. And \$2.4 billion dollars was spent online on Black Friday alone.

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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Friday, December 25

"Faith is believing when common sense tells you not to." -Fred Gailey, "Miracle on 34th Street"



Topic of the Day: Holiday Stockings

UVA Culpeper Hospital has a tradition of welcoming our December babies with a little something extra to spread some holiday cheer. These special deliveries not only receive a festive cap knit by our dedicated Auxiliary members, they also get stockings big enough to snuggle into.

Cindy Berryman, RN, a nurse with the Family Birth Center started this tradition when she arrived at UVA Culpeper Hospital 7 years ago. She makes each cotton and fleece stocking by hand. Read more in this week's [Engage!](#)

Did You Know?

Payroll deduction eligible employees may now contribute to the Lights of Love program by swiping their badge at the dining room cashier. Honor a friend or loved one by making a donation and adding a light to our tree. Names will be recorded in a memorial book on display throughout December and a card will be sent to the family being recognized.

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