

Monday, December 28

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." -Ben Franklin



Topic of the Day: Mind Your Scents

What may be sweet smelling to you can be a health hazard for others. In fact, more and more people today have fragrance allergies or sensitivities that can range from mild to severe. Thus, for the protection of our patients and staff, UVA Culpeper Hospital has a policy (HR Policy #611.0) that prohibits scented cosmetics, lotions, perfumes, aftershaves, colognes, soaps or the smell of smoke.

To ensure you are doing your part to adhere to this policy, please take a look at the list below of items that should be avoided or bought in unscented varieties:

- Shampoo and conditioner
- Hairspray
- Deodorant
- Cologne and aftershave
- Fragrance and perfume
- Lotions and creams
- Potpourri
- Industrial and household chemicals
- Soap
- Cosmetics
- Air freshener and deodorizer
- Oils
- Candles
- Diapers
- Garbage bags

It is important to remember that some products claiming to be "scent free" may have only masked the scent by use of an additional chemical. Be sure to research the product carefully if using scented products around those who are sensitive.

Did You Know?

On Dec. 3, Virginia Attorney General Mark Herring attended the Culpeper Community Prevention Conference, "Addressing the Heroin Epidemic," where he presented a new video titled "Hardest Hit." This documentary shows the significant impact heroin addiction is having not only in Culpeper, but across the Commonwealth of Virginia. The video addresses how communities must work together to solve this epidemic. Watch the video at: <http://bit.ly/1OLKv52>.

Closing

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

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 29

"Write it on your heart that every day is the best day in the year." -Ralph Waldo Emerson



Topic of the Day: Get to Know: Tammy Barboza, Director of Service Excellence

We're excited to announce the promotion of Tammy Barboza, Director of Service Excellence. She did a great job in the Marketing Department and we are thrilled to have her serve in this new role.

How long have you worked at Culpeper Hospital?

One year: 11 months in Marketing and almost one month in my current role.

What interested you in this position? Taking part in the entire experience of patient and family visits at our hospital; listening and learning in order to serve as an effective liaison.

What did you want to be when you were a child? An adult!

Tell us about your family. I have one child, a son named Corey who is 29. We have lived in Culpeper for nine years. I am from Massachusetts originally.

What's the one food you can't live without? Olives.

What's your favorite pastime? Acting in theatre and film. I find it both exciting and challenging to portray a character unlike myself. My characters have included a mobster's wife, a blind woman and an undercover detective.

How would your best friend describe you? Three adjectives straight from my BFF: "accomplished, energetic and motivated."

What's something that most people don't know about you? I played in racquetball tournaments during my teens and twenties.

What's the last picture you took with your phone? The flowers at my church's altar, in honor of my mother's birthday.

What's the craziest/most adventuresome thing you've ever done? Obtain my motorcycle license, without ever having been on a motorcycle previously.

What tops your bucket list? A trip to Portugal to learn more about my family ancestry.

What's the best compliment you've ever received? That I care.

If you could meet anyone, past or present, who would it be and why?

My father's baby brother, Joel. He died before I was born. I would love to have known my Uncle Joel.

What cheers you up? Actions of the heart

What's your favorite book, movie or quote? The last stanza of the poem

Invictus, "I am the master of my fate; I am the captain of my soul."

If you could live anywhere, where would that be, mountains or beach?

Near mountainous sandcastles at the beach.

Which season is your favorite? Any season that doesn't include ice or snow!

Please make sure to say hello to Tammy and congratulate her on her new position!

Did You Know?

The Weather Channel reports that, according to preliminary data from NOAA's National Centers for Environmental Information (NCEI), at least 2,475 record daily highs were tied or broken across the U.S. during the first 16 days of December. But if The Old Farmer's Almanac is accurate, we'll still see snow in our area in January.

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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Wednesday, December 30

"Live as if you were to die tomorrow; learn as if you were to live forever."

-Mahatma Gandhi



Topic of the Day: Science Breakthrough of the Year

On Tuesday, Dec. 17, the journal Science unveiled its pick for 2015 Breakthrough of the Year, an award that recognizes a momentous scientific discovery,



development or trend. The winner: a genome-editing technique known as CRISPR invented at UC Berkeley, which opens the door to deliberate editing of the DNA of human embryos. UVA School of Medicine also made the list of finalists this year, coming in third among People's Choice voters for the discovery of a lymphatic system in the central nervous system.

According to a UVA Health System press release: "UVA researchers Jonathan Kipnis, PhD, and Antoine Louveau, PhD, overturned decades of textbook teaching when they discovered previously unknown vessels connecting the brain directly to the lymphatic system. The finding redrew the map of the human lymphatic system and struck down long-held beliefs about how the immune system functions in the brain. The discovery could have profound implications for a huge array of neurological diseases, from multiple sclerosis to Alzheimer's disease."

Read more at: <http://bit.ly/1OCpslq>

Did You Know?

The IRS has released the retirement employee benefit maximums for 2016. Maximum employee contributions to the 403(b) plan remain unchanged at \$18,000 per year (\$692.31 per pay period). For employees turning age 50 in 2016, there is a catch-up contribution option of an additional \$6,000, for a total employee annual contribution of \$24,000 (\$923.08) per pay period. This also remains unchanged from 2015.

Don't miss the opportunity to start saving or increase your savings and take advantage of your employer-matching contribution. One-on-one guidance from our Lincoln retirement advisor, Steve Singer, is available. Please contact **Karen Windland** at **x5010** to schedule an appointment.

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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Thursday, December 31

"Don't cry because it's over; smile because it happened." -Dr. Seuss



Topic of the Day: Security Is Our Responsibility

As we kick off a new year, we want to draw attention to important steps you can take to help keep our hospital safe from cyber attacks and our patients' privacy in tact. According to **Shawn Lambert**, Exchange Administrator, we have processes currently in place to ensure that we are being proactive in our efforts to prevent computer viruses and other breaches of our network. However, email scanning and regular system assessments are only part of the equation. We need each of our staff to be aware, to take precautions and report any issues that may arise. In Huddles over the next few weeks, we'll be highlighting some of these important reminders, starting with:

- **Never give out your passwords to anyone.** This includes coworkers, your spouse or Information Systems staff. In the event of an emergency, the Helpdesk can change your password. If a colleague needs access to a hospital computer, do not provide access to your account. Have him or her speak to his/her Director about getting access (see Policy 1122.0 Information Access Control). Note: no one ever has a need to know your personal password.
- **Choose strong passwords.** The best passwords are a minimum of eight characters and contain uppercase letters, lowercase letters, numbers and special characters. They should be easy for you to remember, but difficult for others to guess. (Please reference Policy 511.0, User Accounts and Passwords, for further details.)
- **Don't open unknown email attachments.** If you're not familiar with the sender, do not open, download or execute any files or email attachments. These attachments could contain viruses, which can be disguised as PDFs, Word documents or other innocent looking files. Also be careful of embedded web links. The link could look legitimate, but when you look closer, it goes to an unknown web site. If you are

unsure, contact the Helpdesk. "We are always happy to help," says Lambert.

If you have a question or concern related to system security within the hospital, please contact **Shawn Lambert** at X5791.

If you have a question or concern related to system security within the hospital, please contact the Helpdesk at **X4361**.

Did You Know?

More than 1 billion people will tune in to watch the ball drop in Times Square tonight, according to History.com. But 22 percent will be asleep before midnight! Wishing you a safe and happy New Year's celebration!

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, January 1

"Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life. Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever." -Neil Gaiman, author



Topic of the Day: Here's to Another Great Year!

As we look back on this past year, we have so much to be proud of. We earned our 7th consecutive grade A score from Leapfrog, an independent company that evaluates hospitals on their quality each year. We've expanded our cancer services. We've welcomed two new UVA practices, UVA Orthopedics Culpeper and UVA OB/GYN Culpeper. We've completed our ED

expansion, welcoming hundreds at the grand opening in March. And soon, we will become part of a new joint operating company called Novant Health UVA Health System. With this new company, we can expand our services further and extend our reach into northern Virginia, allowing us to provide greater access to services and to continue to provide the right care, at the right time, in the right place.

We owe all of our accomplishments over the past year to the skill, compassion and dedication of our staff. Thank you for all you do to make our hospital great!

Did You Know?

The key to setting achievable goals for your New Year's diet resolutions? It comes down to five small changes you can make today to eat healthier. Find out what they are in this article located on the UVA Club Red site: <http://bit.ly/1SckAsD>.

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.