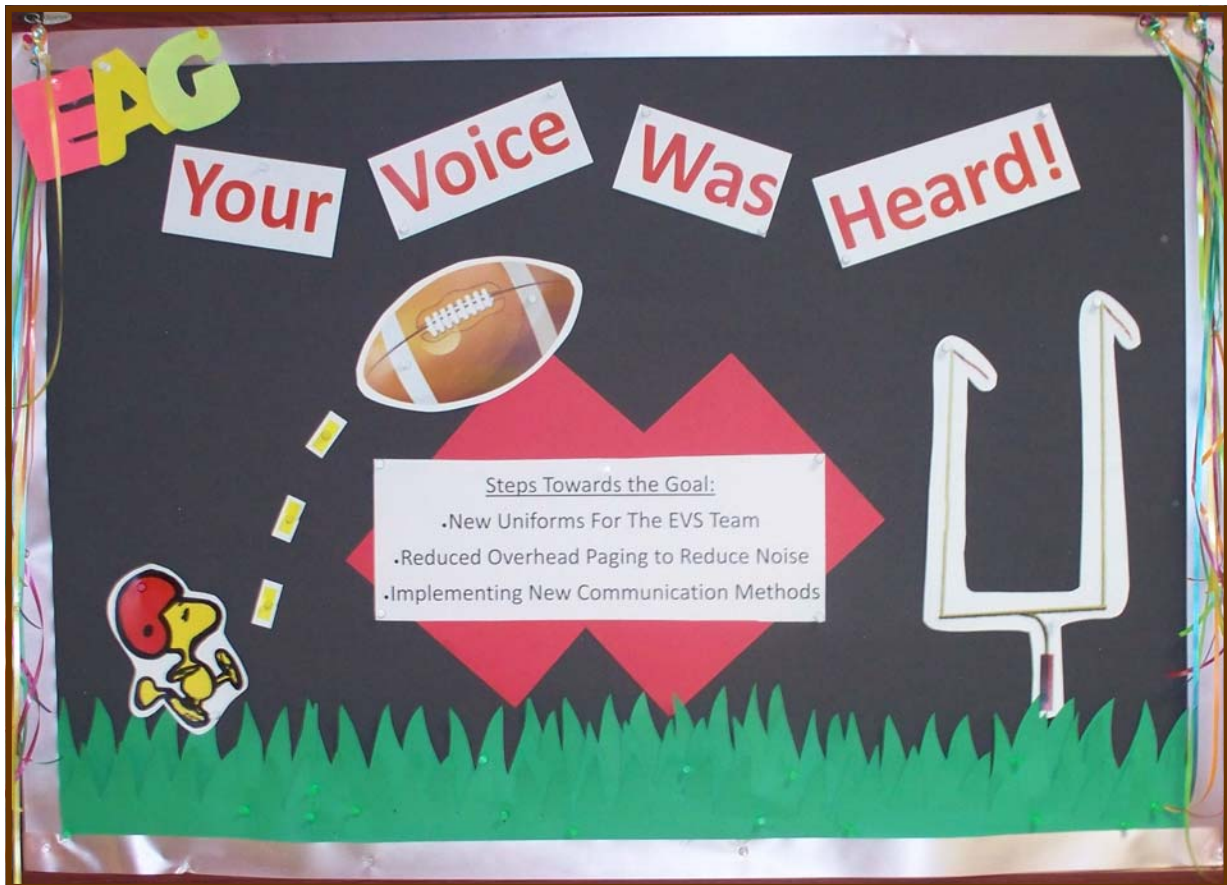




Your Voice Was Heard!!



Each year we ask for your participation in our annual Employee Engagement Survey. This year we had 83% of our associates take the opportunity to have their voice heard. The response was overwhelmingly positive and insightful!

We are proud to have an overall employee satisfaction rate of 91%. Additionally, action steps have already been put in place due to the responses from the survey. These are being

publicized on the EAG board in the main hallway of the hospital to keep you up to date on what Redmond is doing in response to the survey results.

The following steps have already taken place:

- New Uniforms for the EVS Team
- Reduced Overhead Paging to Reduce Noise
- Implementing New Communication Methods

Keep an eye on the board over the next few months. As new changes are implemented from feedback received on the survey, they will be listed on the board and the football will move closer to the goal.

As an associate of Redmond, your voice is highly valued. Thank you for taking the time to give your feedback on your place of work. Your insight is key in pursuing Redmond's goal of continuous improvement.

Redmond Inpatient Rehab, A Home Away from Home



Ann Miller and her husband,
James Miller prepare to go
home.

If you ask Ann Miller what she thought about her time in Redmond Regional's Inpatient Rehab department she could sum it up in three words; excellent, helpful and transforming.

Mrs. Miller came to Redmond's Inpatient Rehab unit after over a month's hospital stay. She was unable to walk, extremely weak from a variety of health complications and fearful of what lay before her. However, after the first day her fears subsided and she began to feel right at home.

"From the clinical coordinator to each of the nurses, techs and therapists, everyone was so nice and encouraging," says Mrs. Miller. "I felt right at home here. They cheered me on the whole way and made the process fun."

Mrs. Miller went through nine days of rehab. Within a matter of days she was walking with a walker, participating in activities and smiling all day. Her husband, James Miller, and caretakers noted that after a few days of rehab she looked like a whole new person. Mrs. Miller no longer looked sick. She looked healthy, vibrant and happy.

Mrs. Miller did several hours of rehab each day. Her program included strengthening exercises for her back, arms and legs. She relearned how to function around the house and even painted pottery one day.

I would recommend this program to anyone," says Mrs. Miller. "The staff here goes the extra mile and makes you feel like family. I just can't say enough about Redmond's Rehab unit. Thank you so much for all you did for me."

A big congratulations goes out to Redmond's Inpatient Rehab team for their superior services and continually going above and beyond to care for and restore health to our patients.

The Facts of Influenza

As summer nears its end, it's a good time to brush up on the facts of influenza (the flu). At Redmond, we are proud of the work we have been doing to treat and protect our patients, employees and family members. While it is not clear what this coming flu season will bring, we are making sure plans are in place so we may continue to provide the highest level of care to our patients this fall. Read below for information about influenza and actions you can take to protect yourself from the flu.

Influenza is a contagious respiratory illness. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccination** each year. Every year in the United States, on average 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Symptoms of flu include:

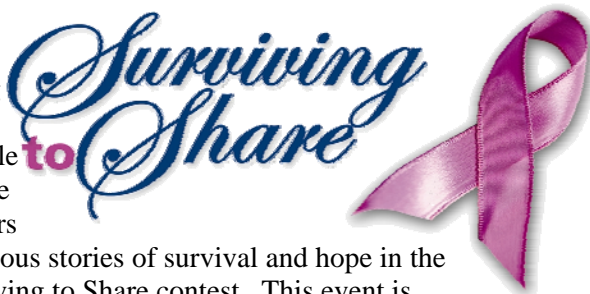
- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches

Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

Flu viruses are thought to spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**

All Redmond associates who receive their flu vaccine will get a Redmond pen stating, "I've had my flu vaccine" as a thank you for taking the time to protect yourself and others.

Redmond Regional Medical Center along with Polk Medical Center and Cartersville Medical Center invite breast cancer survivors



to share their courageous stories of survival and hope in the seventh annual Surviving to Share contest. This event is annually held in October in recognition of breast cancer awareness month.

Breast cancer survivors in Northwest Georgia are encouraged to write their story, including when they were diagnosed, their treatment timeline, support system, how they feel today, and any advice and encouragement they can offer to others facing the same battle. Participants are also asked to submit a candid photo of themselves and their families. Three winners and three honorable mentions will be selected. Winners and a guest will receive a two night getaway package to the historic Barnsley Gardens in Adairsville, Georgia.

The deadline to enter is September 21. Winners will be announced at a banquet at the Coosa Country Club on Thursday, October 15 that will honor all participants. Those who entered their stories last year, but were not chosen as one of the three winners, are encouraged to enter the contest again this year.

Entry forms are available at Redmond Regional, Polk Medical Center, The Hope Center, Cartersville Medical Center, WRGA and online at www.redmondregional.com. For additional information, contact Wanda Whitten at 706-802-3924 or Lisa Brown at 706-802-3732.

2nd Quarter Best of the Best



Heather Bollen, Central Scheduling

Dale Carpenter, OR

Barbara Garner, Quality

Christine Newberry, HIM

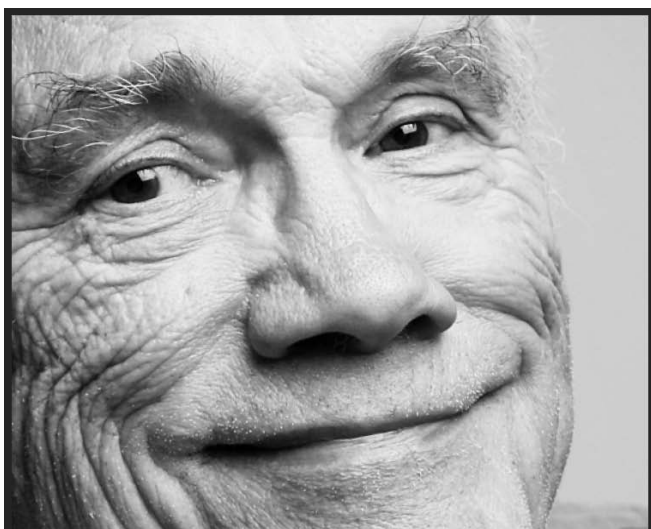
Allison Rogers, Occ Health

Opal Schlicht, Nursing

Glenda Sherby, Business Office

Selena Tate, 3rd Floor

Wendy Young, Education



HealthyMinds | Energetic Spirits

Senior Enrichment Center

It's never too late. Discover how to handle life's challenges and find joy once again. We can help.

For More Information, Call

(678) 246-2156



Did You Know?

The Senior Enrichment Center is a program at Polk Medical Center that is focused on providing counseling and education to the Senior Adults of the community as they seek ways to cope with difficult life changes.

This Medicare based program offers the community outpatient mental health services to those who are challenged with the changes and stress that comes naturally during the transitions in their lives.

Referrals are from physicians, family, and friends who have become concerned about their loved ones. The program offers free pre-screening assessments and transportation on the days of service.

The treatment team consists of a Medical Director, Primary Therapist, RN/Program Director and Unit Clerk/Transportation Coordinator. Dr. Kenneth Genova is the Medical Director and is a Board Certified Psychiatrist. Dr. Genova lives and works in LaGrange where he operates the West Georgia Psychiatric Center.

To learn more about the Senior Enrichment Center, call 678-246-2156.

Kidz Corner



Congratulations to the Following:

- Hannah Murray and the Rome Rockets 10 and under Fast Pitch Team. They placed 3rd in State at Woodstock in July. Hannah is the granddaughter of Teresa Goss of Respiratory.
- Megan Schlicht, daughter of Opal Schlicht of Nursing, and Cory Farrow on their recent marriage on August 15, 2009.

Café Roma will have a Special Meal for 9/11 remembrance:

- Grilled Chicken or Pork BBQ
- Chips & Slaw
- Brownie
- fresh fruit bowl

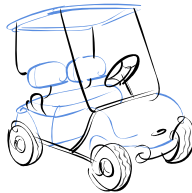
The cost is \$ 3.72 for visitor and staff and free of charge for all firefighters, police, and first responders.

HOC Golf Tournament Friday, October 9, 2009

Save the date for Redmond's 4th annual Heart of the Community Golf Tournament. The tournament will be held at Stonebridge Golf Course and will begin with a boxed lunch at 11 a.m. and a shotgun start at 12 noon.

For more information or to sign up, simply fill out a registration form that can be found at RedmondRegional.com under news and events or call Lisa Brown at 706-802-3732.

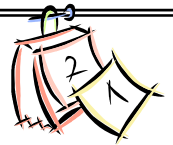
Online registration is also available by visiting:
www.golfinvite.com/HOC2009



Buy, Sell, or Trade:

- **For Sale:** 1987 Glasstream Bass Boat 15 ft. with 1972 - 65HP Johnson motor and trailer, trolling motor, and 2 new batteries. New plugs and water pump. \$2000. Call 706-234-2365 or 706-766-1951.
- **Free to a Good Home:** Two female bobtail kittens, one gray & white, one calico. Born 7/7/09. Call Kim, 678-986-4620.
- **For Sale:** 1999 Ford Explorer Sport, 157,000 miles, \$1800. Call Toni, 770-543-9464.
- **For Sale:** Singer Touch and Sew sewing machine with upright cabinet \$500. Please call Beverly at 706-204-8509.
- **For Sale:** Appollo drum set for, \$200. Call Leah, 706-378-8387 before 9 p.m.
- **For Sale:** Coach Handbag, navy blue. Like new. Retail price \$300. Asking \$130. Call 706-802-8724.
- **For Sale:** 4BR/3BA house in Adairsville. 2 1/2 car attached garage with fenced yard approx 1 acre. Large pool with double decks. \$129,000. Call 770-773-9641.

Save the Dates...



- Sept. 10 – Compassionate Friends 7 p.m. CR B
- Sept. 11– AngioScreens Rehab LL
- Sept 14- Cancer Support 6 p.m. CR A
- Sept 21- Bosom Buddies 6 p.m. CR B
- Sept. 22– Employee Forum 3:00 p.m.– 5:00 p.m.
- Oct. 9– Heart of the Community Golf Tournament
- Oct. 15– Surviving to Share
- Oct. 24– Associate, Volunteer & H2U Garage Sale

The Redmond News is published monthly by the Marketing Department.

Lisa Brown, Editor