Patient Safety
TGMC RECEIVES TOP RECOGNITION

Keeping Medications Under Control
TGMC IMPLEMENTS SAFETY GOALS

Hurricane Preparedness
SAFETY IN THE HOME

Critical Care Team on the Move
Patient safety is to the patient experience at TGMC. This commitment to patient safety is one of the most important parts of the facility. From the time the patient arrives at TGMC, staff is dedicated to providing the best possible care and your safety. From labeling of common medicines to proactively seeking out and resolving safety issues, the hospital has taken extensive steps to make each patient’s visit to TGMC as safe as possible.

**TGMC Honored with National Safety Award**

Recently, TGMC was honored for this commitment with the 2007 HealthGrades Distinguished Hospital Award for Patient Safety, ranking the hospital among the best in the nation in terms of the safety of its patients. The three-year study reviewed non-federal hospitals nationwide examining the number of patient safety incidents. TGMC was the only hospital in the tri-parish region to receive the award and one of five non-teaching hospitals in the state to be chosen.

“We are honored to receive this national distinction,” said TGMC President and CEO Phyllis Peoples. “This achievement is truly a team effort and could not be accomplished without the commitment to patient safety that is demonstrated on a daily basis by each and every physician, nurse, health care professional and volunteer that is part of the TGMC team here at the hospital.”

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**From Housekeeping to Hematology**

TGMC’s Patient Safety Program is active across the medical facility. Dean J. Verret, Director of Strategic Business and Quality Development, described the scope of the safety program at TGMC as ranging from housekeeping and maintenance to bedside clinical patient safety.

“We’ve created an environment of care focusing on patient safety throughout the hospital,” he said.

Teamwork is paramount in this endeavor where employees across the hospital are involved in monitoring patient safety. “It encompasses everyone in the entire organization, not just the doctors and nurses,” said Verret. TGMC’s Patient Safety Committee works to identify high-risk areas or processes before they become a problem and communicates this information to senior hospital management.

When an incident or potential risk is reported, the Patient Safety Committee reviews, analyzes and develops new procedures to prevent a reoccurrence of the event. In addition to this committee, TGMC has a Quality Department devoted to patient safety issues. The Quality Department was restructured from positions in separate departments into one consolidated department that is an integral part of the team. “Quality measures play a large role in patient safety and looking at ways to improve, which is the goal of all hospitals,” said Verret.

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Once the patient is admitted, his/her identity is verified by all personnel by name and date to ensure accuracy.

Housekeeping ensures a clean, sanitary room for the new patient to reduce the risk of infection.

Bio-Medical Engineering is responsible for making sure all diagnostic and surgical equipment is working properly and efficiently to prevent false diagnoses and other errors.

At the time of admitting, patient’s ambulatory ability is assessed and documented to reduce the risk of falls during the hospital stay.

The patient’s status is not only documented on his/her chart, but also communicated between nurses at each shift change.

Orders for diagnostic and lab testing are written out long-hand to avoid confusion and ensure accuracy.
SAFETY – IT’S MORE THAN YOU THINK

Charles Schefferstein, TGMC’s facility manager, explained that the hospital’s safety areas include much more than examining rooms and operating suites. It also encompasses the hospital’s utilities, biomedical products and hazardous materials. “They’re all joined together,” he explained. “The campus needs to be safe. Safety is a concern for all areas of the hospital, from filtering of air coming into the hospital to the sanitary disposal of waste leaving the facility, every system must work together to keep patients, visitors and staff safe, and to maintain a healthy environment – even in extreme conditions such as hurricanes.”

The Safety Committee represents all hospital departments, from nursing and pharmacy to housekeeping and engineering, explained Schefferstein. By using this multidisciplinary approach, it allows different viewpoints to be shared on issues as the committee works together to find the best solution.

YOU AND TGMC—WORKING TOGETHER FOR SAFETY

You and your family play a vital role in patient safety at TGMC. If a patient or family members report concerns, they become an active part of not only their own care, but also TGMC’s larger patient safety strategy. For example, taking an active role in your medications promotes safe care. For easy transition of care at TGMC from the home setting, patients are asked to bring a list of all medications or bring medicines in the original bottles for each visit to the medical center. Include over-the-counter medicines, vitamins and herals. Tell your doctor or nurse about any allergies or reactions that you have had to medicine in the past. Once compiled, this complete list will be available to all health care providers and adjusted during your visit to the medical center. Include over-the-counter medicines, vitamins and herals. Tell your doctor or nurse about any allergies or reactions that you have had to medicine in the past. Once compiled, this complete list will be available to all health care providers and adjusted during your visit by your physician. When you are being sent home from the hospital, you will be provided a list of medicines you should be taking, and how to take them, completing the circle of care.

For years TGMC has been recognized as the market leader in health care with the most advanced technology available in the region. The 2007 Distinguished Hospital for Patient Safety Award presented to TGMC, further accentuates the commitment to excellence and the high quality of care provided to patients by the clinical and support staff, each and every day, 365 days a year.

TGMC is the only recipient of the 2007 HealthGrades Distinguished Hospital Award for Patient Safety™ in the tri-parish region. Below, Jennifer Badding of HealthGrades, Inc. presents the award to TGMC CEO Phyllis Peoples.

The surgical team scrubs in and wears surgical gowns, masks, caps and shoe coverings before entering a sterile operating room.

Pharmacists, doctors and nurses create a check and balance system for prescribing and dispensing medication based on the patient’s condition and existing medications.

Occupational and physical therapy will advise the patient on extended therapy if necessary and how to recuperate safely at home prior to discharge.

A nurse will go over discharge instructions including medications and dosages before escorting the patient safely to his/her car. Case managers and/or social services staff will assist identified patients and their physicians in developing a workable, realistic post-hospital care plan.

Facilities Management keeps the heating and cooling systems working properly to ensure a cold surgical suite. Low thermostat settings as well as proper disposal of biomedical waste will help keep an operating room sterile.

Food services makes sure the patient follows proper dietary guidelines. Kitchen and prep areas adhere to Board of Health standards to prevent food borne illness.

PATIENT SAFETY AT TGMC

A TEAM EFFORT

Terrebonne General Medical Center
Keeping Medications Under Control

WITH NEARLY 300 BEDS OPERATING 24/7 for 365 days a year, Terrebonne General Medical Center averages approximately 98,000 doses of medications per month. With those numbers, when it comes to medication management and patient safety, it is all about control.

According to Chris Bonvillain, Director of Pharmacy Services at TGMC, most patients that come into a hospital are treated with some type of medication. This makes the safety of medication use one of the highest priorities for clinical staff members.

CONTROLLING THE PROCESS

“We want to control the medication process from start to finish, from the ordering, to the dispensing to the monitoring of medications,” said Bonvillain. “At TGMC, we have a highly trained staff, combined with the best processes, the best technology and the best software – that’s how you put together a safe medication program.”

One of the processes TGMC utilizes to ensure safe medication administration is the Failure Modes and Effects Analysis (FMEA) methodology. This methodology brings different hospital personnel, like pharmacists, nurses and doctors, together to find the points of medication processes where errors could occur. By identifying any weak points that could be in the system, the TGMC team can make the changes necessary to prevent the potential error from ever happening.

LATEST TECHNOLOGY ENSURES ACCURACY

In addition to improved methodology, there are also technologies in place at TGMC to ensure patient safety during every part of the medication process. Three tools currently in use at TGMC are the McKesson Star Pharmacy Information System, the McKesson Robot Rx and Omnicell medications dispensing cabinets.

When ordering medications at patient bedside, it is important to not only be accurate, but quick and efficient. Omnicell’s medications dispensing cabinets store and dispense medications at the nursing stations.

“This technology is like a drug ATM,” explained Bonvillain. “It is timely and ensures the nurse or physician is distributing the correct medication.”

TGMC also houses the first McKesson Robot Rx in Louisiana. This state-of-the-art technology double-checks dispensing in the medication process. The robot receives information from a pharmacist after they have approved medications to be administered to a patient.

By using a barcode driven technology, a robot dispenses single-use doses for patient use with 99.9 percent accuracy. “This ‘Robotic Pharmacist’ virtually eliminates errors related to dispensing or ‘picking’ the wrong medication to send to a patient,” said Bonvillain.

By creating medication profiles of every patient, the McKesson Star Pharmacy Information System assists hospital pharmacists in this process. The technology allows the pharmacist to review medications to ensure the correct medication is being given at the correct time to the correct person.

“We are constantly looking at new technology,” said Bonvillain. “With patient safety in mind, we always have to look at what we currently have and what is available in the market to fit the needs of TGMC.”

PLAYING IT SAFE

Preventing adverse affects of medication and error through close monitoring and reviewing of patient treatment to ensure the utmost control is the key to medication management. The use of new technology and well-studied processes as well as the highly-trained and qualified staff of 13 pharmacists, including three clinical pharmacists and nine pharmacy technicians, provide the support necessary to administering patients the safest medication treatment.

“At TGMC, we have a highly trained staff, the best processes, the best technology and the best software – that’s how you put together a safe medication program.”
THINK AND ACT ON
Home Safety

A recent national survey conducted by Harris Interactive® on behalf of the Home Safety Council found that a majority of adults in the U.S. think about home safety often, but very few take action to make their home safer. Terrebonne General Medical Center wants to ensure that you and your family are thinking and acting on keeping your home safe from the five leading causes of home injury – falls, poisonings, fires and burns, choking/suffocation and drowning.

The following is a list of home safety tips from the Home Safety Council’s Hands on Home Safety campaign:

FALL PREVENTION:
Falls are the leading cause of home injury or death.
- Install grab bars in the tub and shower.
- Put in bright lights over stairs and steps and on landings.
- Make sure handrails are on both sides of the stairs and steps.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of the stairs, if babies or toddlers live in or visit your home.

POISONING PREVENTION:
Poisonings are the second leading cause of home injury.
- Lock poisons, cleaners, medications and all dangerous items in a place where children can’t reach them.
- Keep all cleaners in their original containers. Do not mix them together.
- Use medications carefully. Follow the directions. Use child resistant lids.
- Install carbon monoxide detectors near sleeping areas.
- Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area.

The five leading causes of home injury are falls, poisonings, fires and burns, choking/suffocation and drowning.

HOME FIRE SAFETY:
Fires and burns are the third leading cause of unintentional home injury or death.
- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them.
- Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

CHOKING & SUFFOCATION PREVENTION:
Research shows that choking/suffocation is the second leading cause of home injury or death for children under the age of 14 and the fourth leading cause overall.
- Keep coins, latex balloons and hard round foods, such as peanuts and hard candy, out of children’s reach.
- Place children to bed on their backs or side. Don’t put pillows, comforters or toys in cribs.
- Clip the loops in window cords and place them up high where children can’t get them.

Make sure children sit down when they eat, and coach them to take small bites.

WATER SAFETY:
Drowning presents a sudden and silent danger, yet according to the survey, less than half (49 percent) of U.S. adults actively supervise children when they are in or near water.
- Stay within an arm’s length of children in and around water. This includes bathtubs, toilets, pools and spas.
- Put a high fence all the way around your pool or spa. Always keep the gate closed and locked.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120°F degrees to prevent burns.

The Home Safety Council (HSC) is the only national nonprofit organization dedicated to preventing home related injuries that result in nearly 20,000 deaths and 21 million medical visits on average each year. For more information on ways to avoid injuries and protect loved ones in and around your home, visit www.homesafetycouncil.org.
TGMC: Putting National Patient Safety Goals into Action

First put into effect in January 2003 by the Joint Commission on Accreditation of Hospitals (JCAHO), National Patient Safety Goals were developed to maintain the focus of accredited organizations on the most critical patient safety issues.

According to Dean Verret, Director of Strategic Business and Quality Development at TGMC, “We have found that if you have a problematic area and build these goals into your system of care, it promotes a safe, high-quality health care system.”

And TGMC took a look at each of the National Patent Safety Goals and developed a plan of action to ensure each goal is met:

**Goal #1:** Improve the accuracy of patient identification

TGMC uses two patient identifiers: patient name and date of birth. Each employee verifies both identifiers when working with a patient.

**Goal #2:** Improve communication among caregivers

TGMC does not use error prone abbreviations. Decimals were a good example of changes made to reduce the risk for medication errors. Now, TGMC uses 0.5, not .5 when referring to medicine dosages.

Employees also write down and read back, or repeat, all verbal orders and critical test results to reduce transcription errors. Also, critical test results are reported immediately to a responsible caregiver and documented in the medical record to reduce delays in the patient’s treatment.

Finally, TGMC gives staff an opportunity to ask and respond to questions about each patient. “We make sure employees have an opportunity to ask questions when changing shifts,” Verret said.

**Goal #5:** Reduce the risk of health care-associated infections

All health care facilities must follow the Center for Disease Control’s hand washing guidelines. At TGMC, employees wear a button that says “Ask me if I have washed my hands,” so a patient may ask an employee if they are prepared to care for them.

**Goal #6:** Reconcile medications across the continuum

TGMC is diligent when it comes to medication reconciliation. Upon patient admission to TGMC, the assessment nurse performs a medication history, storing a list of history available to all health care providers. The receiving nurse reconciles all admission medication orders against this list. The discharge nurse reconciles the medication history taken upon admission with the discharge medication orders, then notifies the physician of any discrepancies as needed. TGMC then communicates the patient’s discharge medication list to the next provider of care.
GOAL #3:
Improve the safety of using medications

To improve the safety of using medications, TGMC has taken steps to remove concentrated electrolytes from all patient care areas. In addition, the hospital has standardized and limited the number of drug and drip concentrations available.

TGMC has also developed a list of 10 drug combinations that are look-alike/sound-alike drugs utilized in the organization, to help better differentiate between similar medications and their potential interactions.

The hospital has taken steps to label all medications, medication containers such as syringes and medicine cups, or other solutions.

GOAL #4:
Reduce the risks resulting from falls

Something TGMC has always done is to assess the patient’s risk for falling upon admission, at the time of transfer or if there is a change in condition.

“Our latest effort with this goal is the Falling Star program,” Verret said. “If a patient has a certain score that puts them in the range of being at-risk for falls, we put a star on their door so any health care employee entering their room knows they are at-risk for falls – it’s just a communication device to increase their awareness.”

GOAL #7:
Encourage patients’ active involvement in their own care as a patient safety strategy

TGMC educates and communicates the means for patients and their families to report concerns about safety and encourages them to do so. From the JCAHO’s Speak Up Campaign, TGMC’s patients receive a brochure upon admission with a phone number whereby patients may call and report anything they feel is not safe.

“This encourages patients to share their concerns, so we can address it,” Verret said. “The whole goal is patient safety and someone addressing it along the way.”

See yellow box for more information regarding the Speak Up program.

GOAL #8:
The organization identifies safety risks inherent in its patient population

TGMC identifies patients at risk for suicide per hospital policy. Hospital staff evaluate and assess patients. In addition, TGMC has increased staff orientation and education about suicide risk factors and updated policies.

“Monitoring is a big factor,” Verret explained. “And family and friends are important in the process and how we educate them.”

The development and annual updating of the National Patient Safety Goals are overseen by a panel of widely recognized patient safety experts, as well as nurses, physicians, pharmacists, risk managers and other professionals who have hands-on experience in addressing patient safety issues in a wide variety of health care settings.

SPEAK UP PROGRAM

TGMC has also adopted the national Speak Up Campaign that was introduced in March 2002 by Joint Commission, a national accreditator of health care facilities. The campaign urges patients to take a role in preventing health care errors by becoming involved and participating in your health care team. Speak Up urges the public to:

Speak up if you have questions or concerns, and if you don’t understand, ask again.
Pay attention to the care you are receiving.
Educate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan.
Ask a trusted family member or friend to be your advocate.
Know what medications you take and why you take them.
Use a hospital that has undergone an on-site evaluation based on established state-of-the-art quality and safety standards, such as TGMC.
Participate in all decisions about your treatment. You are the center of the health care team.
AS PART OF ONGOING EFFORTS TO improve patient safety, TGMC has implemented Rapid Response Teams to reduce the number of potential cardiac arrests, as well as unplanned transfers to the Intensive Care Unit.

The initiative originated with the Institute for Healthcare Improvement, as the number one priority of its “Save 100,000 Lives Campaign.”

“This is such a great idea,” said Dean Verret, Director of Strategic Business and Quality Development at TGMC. According to Verret, the Rapid Response Team basically consists of two people, a critical care nurse and a registered respiratory therapist, who rush to the bedside of a patient showing signs of going into cardiac arrest. Working with the primary nurse, the Rapid Response Team’s goal is to prevent that patient from going into cardiac arrest. The Rapid Response Team quickly brings assessment and management skills to the patient before he or she becomes unstable or requires emergency transfer to ICU.

WATCHING FOR WARNING SIGNS, RESPONDING IMMEDIATELY

Verret pointed out that the Rapid Response Team is not meant to replace the physician; neither does it push the primary nurse to the side. “This is truly a team effort. Our nurses are trained to look for early warning signs that a patient might go into cardiac arrest or that a patient’s condition may be deteriorating. Warning signs can include patient complaints, a change in breathing, a change in the patient’s heart rate and/or a change in his or her mental state.” The team assists the primary nurse in communicating the patient’s condition to his or her physician and assists with the transfer of the patient, as needed.

Rather than waiting for a Code Blue – meaning the patient has gone into cardiac arrest – the floor nurse can dial one number that activates a beeper system. The Rapid Response Team gets the call and immediately goes to the patient’s bedside – or wherever the patient is. The Rapid Response Team does not replace the Code Blue procedure but is meant to stabilize the patient prior to a Code Blue event. Intervention can come as much as six to eight hours before the patient would actually have gone into cardiac arrest. National studies have suggested that Rapid Response Teams are effective in improving patient outcomes.

PREVENTING CARDIAC ARREST, SAVING LIVES

After initially testing the Rapid Response Team concept this past spring, TGMC implemented Rapid Response Teams hospital-wide, beginning in June. During the test phase, in every case in which the Rapid Response Team was called, the patient had a positive outcome, meaning that they received the critical care they needed to prevent going into cardiac arrest.

TGMC has approximately 50 critical care nurses, and there is a Rapid Response Team assigned to each shift. “Right now, we have our most experienced critical care nurses on the Rapid Response Teams,” Verret said, “but nursing is also about mentoring, and the goal is to get all of our critical care nurses rotating on the teams.”

While TGMC’s use of Rapid Response Teams is in the early stages, the program promises to increase patient safety. According to Verret, the end result of the Rapid Response Teams is to reduce the number of cardiac arrests, and ultimately save more lives.

Working with the primary nurse, the Rapid Response Team’s goal is to prevent the patient from going into cardiac arrest.
And the
winner is...

TWO TGMC NURSES RECEIVE AWARDS FROM SIGMA THETA TAU

Teresita McNabb, RN and Cindy Hitt, RN were recognized for their excellent work in nursing by the Xi Zeta chapter of Sigma Theta Tau International Honor Society of Nursing at Nicholls State University. McNabb received the Nurse Leader Award and Hitt received the Nurse Clinician Award. The awards were presented during Sigma Theta Tau’s “Excellence Awards 2007” Banquet and Spring Program held at Nicholls State University on May 3.

A new community outreach initiative of Terrebonne General Medical Center, Team Terrebonne is an employee-driven program to help channel hospital and employee volunteer resources into worthy civic and nonprofit organizations in the region. According to Phyllis Peoples, president and CEO of TGMC, “Team Terrebonne will make a difference in our community by combining resources and partnering with other organizations that have similar missions to make a strong community service program.”

Team Terrebonne is comprised of civic-minded employees, administrators, physicians, board members and volunteers of Terrebonne General Medical Center who are dedicated to improving quality of life and promoting healthy lifestyles in our community. Team Terrebonne members seek to lead by example and to use their energies, talents and compassion to make our area Louisiana’s best place to live, work and raise our families.

Community groups and persons wanting more information about Team Terrebonne may call 1.888.543.TGMC or visit the Team Terrebonne section on the hospital’s website at www.tgmc.com.

Team Terrebonne’s first major community initiative was The Courier presents the TGMC 5-K Run for Excellence. TGMC President and CEO Phyllis Peoples estimates the Team will be involved in as many as 30 major civic, charitable and educational projects in 2007.
Hurricane Season is Here, and the people of Southeast Louisiana know all too well just how devastating and disruptive a hurricane can be. And while there’s not much anyone can do to avoid a hurricane, short of evacuation, there are some ways to be better prepared and to enhance safety in and around the home before, during and after landfall.

- Make a plan: will you ride out the storm or will you evacuate? Alert friends and family as to your plans and provide contact information.
- Have a disaster supply kit on hand packed with the items below.

If you stay home and the power goes out, keep these safety tips in mind:
- Use only flashlights for emergency lighting – do not use candles.
- Turn off electrical equipment that was on when the power went out.
- Do not use a generator inside your home or garage. Carbon monoxide poisoning can be fatal.
- Do not open your refrigerator or freezer more than is necessary. A full freezer can remain cold for up to 48 hours.
- If the power is out for more than 24 hours, pack milk, meat, eggs and other perishable foods in a cooler with ice.
- The majority of injuries during a hurricane are cuts caused by flying glass or other debris.
- Board up windows or close hurricane shutters before landfall.
- Stay inside during the hurricane.

Flooding can contaminate the local water supply, and drinking contaminated water can cause illness.
- Use bottled water that has not been exposed to flood waters.
- Do not eat any food that may have come in contact with flood waters.
- Flood waters may contain fecal material or agricultural or industrial waste – wash hands often and don’t allow children to play in flood waters.
- If you have open cuts or sores that are exposed to flood waters, wash them with soap and water and apply antibiotic ointment to avoid infection.

If using a chain saw during cleanup efforts, read the owner’s manual.
- Wear a helmet, safety glasses, hearing protection, cotton or leather gloves, chain saw-protective chaps or pants (UL Listed) and a pair of chain saw-protective boots with steel toes.
- Do not over reach or cut above shoulder height.
- Check chain brake frequently.
- Make sure chain saw carburetor is properly adjusted.

Above all, use common sense before, during and after a hurricane. Avoid downed power lines, don’t drive through flooded areas and stick to your plan – be safety-minded at all times.

TGMC has a detailed hurricane preparedness plan that goes into effect 72 hours prior to projected landfall. The plan is meant to ensure the utmost safety for both patients and employees at the hospital. TGMC will only treat the most severe cases that have previously been admitted before the hurricane preparation plan goes into effect. Note that TGMC is not a hurricane shelter. To arrange accommodations for special needs patients, you can call the Office of Public Health at 985.449.5015.

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### Disaster Supply Kit

- Bottled Water – 1 gallon per person per day for 3-7 days
- Food – enough non-perishable items to last 3-7 days
- Blankets and pillows
- Clothing – including rain gear and sturdy shoes
- First Aid kit, medicines, prescription drugs
- Toiletries and moist wipes
- Flashlight and batteries
- Battery-operated radio
- Fully-charged cell phones
- Cash and credit cards
- Keys
- Toys/books/games
- Important documents in a watertight, resealable plastic bag
- Tools
- Full fuel tanks in your vehicles
- Pet care items
BRIGHT BEGINNINGS

Mommy & Me
Monthly
A group designed to offer mother-to-mother support in a fun and positive environment. Bring babies!

ESP [ Especially for Special Parents ]
Monthly
Parenting series for parents of children 5-17 years of age in association with Steps to Success.

Parenting Tips for Dads
Quarterly Class
A great program just for dads who want to gain more knowledge in the responsibilities and demands of parenting.

HEALTH & WELLNESS

Diabetes Screening
Monthly – By appointment
Screening includes checks for blood pressure and irregular heartbeat; tests for cholesterol and glucose; and references for those who test high. Cost: $10 per person. Must be over 18.

Kidney Options
Monthly
An educational class for persons facing dialysis or possible transplant.

SHIPP
Monthly
FREE health insurance information for Medicare recipients.

SUPPORT GROUPS

Resolve Through Sharing
Quarterly
For families who have lost a child before or immediately after birth.

Bosom Buddies
Monthly
A support group for breast cancer survivors.

Look Good, Feel Better
Every other month
Makeovers for cancer patients by a licensed cosmetologist.

CHADD
Monthly
A support group for families of children and adults with Attention Deficit Disorder.

Diabetes Support Group
Quarterly
Class that provides support/help with daily coping skills and educational information for diabetic patients and their families.

Alzheimer’s Caregivers Support Group
Monthly
Educational support group for caregivers.

Multiple Sclerosis Support Group
Monthly
Information and resource group for MS patients. This support group also teaches coping skills relating to the symptoms of MS.
Double TAKES

BETTER LIVING THROUGH HEALTHY ADVICE

Outdoor activities are a great way to stay fit and healthy. However, these activities can increase the chances for injuries and accidents. Whether you are bicycling, hiking, or running, here are some basic tips to keep you and your family safe while enjoying the great outdoors.

**Bicycling**
- Always wear a helmet.
- Always wear gloves to prevent hand chafing.
- Always wear a water-proof sunscreen with a SPF of 15 or higher.
- Try to avoid riding at night.
- When riding at night use head lights, tail lights, and wear reflective clothing.
- Always ride with traffic in the outside lane.
- Obey all traffic laws.
- Check brakes and wheels for dry rotting.

**Hiking**
- Stay alert of your surroundings, obstacles on the trail could cause injury.
- Make sure you have the proper tools needed such as walking stick, appropriate footwear and/or a flashlight.
- Pay special attention to weather forecasts prior to your hike.
- Always obey all rules and posted signs.
- Leave a copy of your itinerary with a responsible person.
- Pack emergency signaling devices and a first aid kit, in case an urgent situation arises.
- Replace running shoes every 300 to 400 miles.
- Wear synthetic fiber socks to help evaporate moisture and prevent blisters.
- Wear lightweight clothing for easy evaporation of moisture.
- Set realistic running targets.
- Always wear appropriate footwear.
- Always run in the mornings or evenings when temperatures are cooler.

**Running**
- Drink fluids 30 to 45 minutes before running and 1 cup every 10 to 15 minutes.
- Use waterproof sunscreen with a SPF of 15 or higher that protects against UVA and UVB rays.
- Replace running shoes every 300 to 400 miles.
- Wear synthetic fiber socks to help evaporate moisture and prevent blisters.
- Wear lightweight clothing for easy evaporation of moisture.
- Set realistic running targets.
- Always wear appropriate footwear.
- Always run in the mornings or evenings when temperatures are cooler.

Remember, heat is a major factor in most outdoor injuries and accidents. If you start to feel dizzy, nauseated, chills, or stop sweating, cease all activity and find shade. Also, start drinking water or any fluid replacement drink. Failure to do so could result in a heatstroke. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes such as confusion, delirium, and unconsciousness. They also include dry, red, hot skin.