



Monday Morning Briefing

Mendocino Coast District Hospital

Vol. 2, No. 10 Written by Raymond Hino, C.E.O.

www.mcdh.org

Date: April 28, 2008

Diabetes Prevention is the Topic for the Week's Community Lecture

April's community wellness lecture will be held on Wednesday, April 30 on the topic of "How to Prevent or Delay the Onset of Diabetes." It will be taught by Teresa McDonald, FNP, CDE. Some of the topics to be covered in the lecture include:

- How do you know if you have diabetes?
- What are the risk factors for developing diabetes?
- What are the most effective actions you can take to protect your health?
- Where can you get more information about pre-diabetes and diabetes care?

This is one of a series of community wellness lectures that are being presented by MCDH. Each lecture is held on the last Wednesday of the month from 6:00 p.m. to 7:00 p.m. in the Hospital's Redwoods Room. These lectures are provided at no cost and are open to hospital staff and to the public. Continuing education credits are available. Staff may apply for educational leave for attendance at the Wellness lectures.



MCDH To Recognize National Volunteers Week

April 27 to May 3 is National Volunteers Week. This is a great time to recognize all of our fabulous volunteers. This includes Volunteer Services (formerly the Auxiliary), Hospice Volunteers and our Chaplains. Please stop by to see the bulletin board in the main hallway with a new display honoring our volunteers. Thank you all, for everything that you do to make us a better healthcare organization!

MCDH Employee of Quarter to be Named at this week's First Friday

This Friday at 2:30 p.m. MCDH will be observing its monthly First Friday celebration with dessert and punch in the Employee Dining Room. This month we will be announcing the winner of the MCDH Employee of the Quarter award.



Annual Safety Fair Next Week

Next Monday and Tuesday, May 5-6, we will be holding the Annual Safety Fair for all employees. This is a mandatory requirement for all employees. Our Planning Committee has done a great job to make this an enjoyable event. This year it will be in a State Fair theme. The Safety Fair will be open from 7a-7p in the Redwoods Room on both days. One special feature this year will be the addition of a Customer Service session. This will be the first phase of our New Customer Service program. That presentation will be in the Neva Cannon room. Thank you to all the employees and volunteers that make this event possible. Due to the addition of the Customer Service station, it is expected that completion of the Safety Fair will take about 2-2.5 hr. As in the past, employees can come and go to complete all stations, but it is mandatory for all. Just like last year, we are making the Safety Fair available to our volunteers as well. However, volunteers are not required to go through all of the stations.



Upcoming Schedule of Events

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| May 2 | First Friday Celebration, 2:30 p.m. |
| May 5-6 | Annual Safety Fair |
| May 10 | Citizens Advisory Committee |
| May 13 | MCDH Employee Awards Ceremony |
| May 20 | MCDH Joint Finance and Planning Committee Meeting |