

# Friday Focus

a Weekly Newsletter of  
Comanche County Memorial Hospital

September 12, 2008

*We do it  
Well* corner

## SWAT wins prestigious Champions of Health award!

The Lawton-Ft. Sill Students Working Against Tobacco (SWAT) High School Team has been selected as the Champions of Health winner. The Champions of Health program, presented by health care leaders in Oklahoma such as, Blue Cross and Blue Shield of Oklahoma, the Oklahoma State Department of Health, the Oklahoma Hospital Association, and many others, recognizes Oklahomans who are working to make a difference in the health of their communities. The SWAT team is being recognized for their efforts in the Education and Awareness category.

The SWAT program, a component of the Tobacco Use Prevention Program at CCMH, consists of youth, grades 6-12, working together with the mission of uniting and empowering youth to resist and expose the lies of the tobacco industry while changing current attitudes about tobacco use. SWAT members are not against the tobacco user. They focus on preventing other youth from using tobacco by exposing the tobacco industry, educating the community

about the harms of tobacco products and the dangers of secondhand smoke, and advocating for policies that protect the public from the death and disability caused by tobacco use.

The fifteen members of this team volunteer more than 20 hours a month to tobacco control. Some of their projects include the month-long, interactive art exhibit "Tobacco's Effect on Our Community" at the Museum of the Great Plains and a "Tribute Wall" at Central Mall where people made tiles honoring individuals they know who have suffered because of tobacco use and encouraging others to quit. They have hosted two Legislative Breakfasts that were attended by our state and local legislators and during the spring and summer months they cleaned several local parks and collected the tobacco trash. They also presented information before the Lawton City Council regarding the dangers of secondhand smoke and the need for tobacco free recreational areas so children would not be exposed to secondhand smoke.

"These youth do what they do, not for honors, but because they are called in their hearts to serve and they understand that a chance to make a difference is the best award

of all," said Ashley Herring, Comanche County SWAT Coordinator. These kids are making a difference!

This Champions of Health award is the second time the team has been honored this year. The Lawton-Ft. Sill SWAT High School team was honored as the 2008 Youth Advocacy Group of the Year from the Campaign for Tobacco Free Kids. Team members traveled twice to Washington D.C. where, in addition to meeting with other national youth tobacco control leaders, they met with our representatives and senators to educate them about the importance of FDA Regulation over tobacco products.

The Tobacco Use Prevention Program is funded primarily through a Communities of Excellence grant by the Oklahoma Tobacco Settlement Endowment Trust Fund. If you are interested in learning more or becoming involved in the program, contact Sandy Foster or Ashley Herring at x7080.

*SWAT Team...  
You do it Well!*



## CCMH employees get dirty for March of Dimes

Mud, sets, and spikes were on the venue during the March of Dimes Mud Volleyball tournament last month. Two teams made up of CCMH employees were among some of the fierce competition, contributing to the cause.

The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. They carry out this mission through research, community service, education and advocacy to

save babies' lives. March of Dimes researchers, volunteers, educators, outreach workers and advocates work together to give all babies a fighting chance against the threats to their health: prematurity, birth defects, low birth weight.

We think our employees "spiked it well" by taking part in the March of Dimes event. Thank you for representing CCMH well in the community.

## Bits & Pieces

• IS Seminar – Join Information Services

September 24, 12 noon in Oakwood 1&2 for the bring-your-lunch seminar General Maintenance of Your PC. Help keep your PC in shape by learning how to delete internet cookies and history, defrag your computer and use TrendMicro Office Scan.

Cancer Centers of Southwest Oklahoma  
Spirit of Survival  
Wichita Mountain Wildlife Refuge Run

22 DAYS  
UNTIL  
RACE DAY!

SPIRIT OF  
SURVIVAL  
MARATHON

REGISTER NOW AT  
SPIRITOFSURVIVAL.COM

OCTOBER 4 - 5, 2008



Happy Birthday!

**EMPLOYEES**

- Sept 13** David Elmore, Mitsko Thornton,  
Jennifer Underwood, Carol Walters
- Sept 14** Sharon Blanton, Leslye Brock,  
Georgianne Cregg, Kellie March,  
Amanda Merritt
- Sept 15** Subin Basukala
- Sept 16** Sarah Massey, Kathleen Naylor,  
Rocky Stone
- Sept 17** Ashli Parsons, Marguerite Pederson,  
Shantel Shackelford, Smith Steigleder
- Sept 18** Tamara Bennett, Donna Daugherty,  
Rebekah Dillard, Beth Lashley,  
Barbara Pereles, Diana Tinker,  
Heather Vela
- Sept 19** Adelle George, Cathy King,  
Karen Lawton, Linda Mallow,  
Michelle Rippetoe, Eva Stevenson

**VOLUNTEERS**

- Sept 15** Mary Ellen Freeman

# Friday Focus FEATURES

**AUTOMOBILES**

'62 VW Beetle - New 1600CC engine, clutch, flywheel, tires, brakes, electronics, interior & more new parts, too many to list. Call 583-8565.

09/12

'07 Toyota 4 Runner Sport - Charcoal gray w/same color leather interior, heated seats, sun roof, 15K miles, excellent cond. Call Sonia, 210-363-7988.

09/12

**PET**

For Sale - 3' light-colored corn snake, w/30 gal. locking lid tank & other supplies asking \$50. Call 512-2120 or 917-7666. 09/12

*Do you have something for sale? E-mail beydlerm@ccmhonline.com or fill out a form located under the Tell Me Why box located in the Dietary hallway. Personal phone numbers only; hospital cell phones, pagers or extensions cannot be listed.*

# Applause

**From Dr. Ousama Moammar, HOME Coordinator:**

"The first year of the HOME program was a mixture of doubts and uncertainties, but due to the collaborative efforts of many individuals who shared the same idea and vision with me, it was a year met with great success.

We, in the Hospitalist Group, recognized the need to expand the level of care provided to our patients. To do this, we needed to expand the level of knowledge that stands behind most decisions in our practice. That was the moment of the birth of the HOME program.

HOME has become, in one year, a very popular program. In fact, it has been popular from day one. The initial, positive response we received gave us hope and enthusiasm to continue our efforts in building and improving this program. I cannot emphasize enough how important everyone's participation and feedback is in making this program a long lasting one. It is a great pleasure to see that HOME has been listed on Oklahoma University's website as a major CME provider in this area.

Our future goal is to expand the HOME program and reach out to all physicians in the surrounding areas with the hope that we will help others improve their patient care and management.

I would like to thank Kim Holland, Director of Education and Edie Mathias, Manager of the Hospitalist Group for their exceptional efforts that helped bring this program into existence. I would also like to thank Randy Segler, CEO and all members of our administration for their ever-lasting support."

**From a Patient:**

"I was sitting here thinking about how grateful I am for the times your hospital has been there to help our family. In 1998, I had major back surgery and the next day my father passed away. The staff showed their concern and got me up and around again in spite of my sadness. They were so supportive and helped get me back on my feet. I ended up staying a few extra days. I will never forget their kindness.

A few years ago, my husband had a triple bypass. Again your staff showed superior support and professional excellence. The staff was very busy, but they always took time to explain things and let me be involved in his care, when they could. I feel certain that he wouldn't be here today if he hadn't been sent to CCMH. The hospital where he was initially taken didn't show anything wrong with him, but on a hunch, the doctor sent us to you, where he was found to have blocked arteries.

I want to say 'thank you.' to everyone from admissions to dismissal. We are very grateful to all of your staff, doctors and nurses. I believe in Comanche County Memorial Hospital."

## CCMH Foundation Jewelry Sale



Luxury You Can Afford

**September 23-24**

7:00 a.m. - 4:00 p.m.

Maple Room 1&2



Gold • Silver • Watches

Proceeds benefit the Children's Starlight Fund

Payroll deduct, cash & credit cards accepted

## Did you know...

in addition to CME credits available for physicians, nurses are now eligible for CE credits through the H.O.M.E. program?

# Celebrating Success

*Congratulations! We salute your achievement.*

**Carneli Jorge-Torres,  
Mariella Marrero &  
Afton Gilliland**

*graduated from the CCMH School of Medical Technology and are now employed as Medical Technologists.*