



Meals program volunteers who attended the Jan. 13 reception included (from left, seated) Shirley Ems, Gloria Patrick, Billie Crist, Clyde McKinney, Mary O'Donnell; (from left, standing) Andy Cosentino, Mary Chou, Mary Kessler, Berniece Tatum, Lucille Burttschell, Peggy Schurtz and Jean Kelley.

## Meals Made With Care Program Honors Volunteers

**S**wenny Community Hospital has a home-delivered meals program called "Meals Made With Care" (a take-off on the hospital's logo that says "You'll Know We Care.")

For \$3.25 per meal, a person can get a hot, midday meal delivered within the Sweeny Hospital District, Monday through Friday, excluding holidays.

The recipients sign up through Sweeny Hospital Home Health, and volunteers deliver the meals. There are no age or income restrictions, but most of the folks are either elderly or in need of help for some reason, such as recovering from surgery, or undergoing chemotherapy ... whatever. The meals are billed

monthly, and sometimes the person paying is a friend or relative of the recipient.

On Jan. 13, the hospital hosted a reception for these volunteers, who currently include Lucille Burttschell, Mary Chou, Andy Cosentino, Billie Crist, Shirley Drabek, Shirley Ems, Jean Kelley, Mary Kessler, Marie McDonald, Clyde McKinney, Gloria Patrick, Peggy Schurtz, Berniece Tatum and two new volunteers, Martha Webb and Mary O'Donnell.

If you know someone who needs home-delivered meals, call Home Health at 548-3388. Anyone interested in volunteering to deliver meals should contact Shirley Ems at Ext. 1578.

### Birthdays

#### January

- 1 Wandalon Bryant  
Rossana Tirado
- 2 Christine Christensen
- 3 Ranonda Wells
- 8 Karen Waddell
- 11 Dorothy Hamlin\*
- 13 Frank Knezek
- 14 Melissa Karst
- 15 James McGuire  
Betty Bruce\*
- 16 Jerri Morris\*  
Delicia Woodard
- 17 Charmaine Harvey
- 23 Mamie Sanchez
- 28 Jenny Johnson



#### February

- 1 Arlene Leshner\*
- 7 Glenn Richard
- 9 Sonja Clepper
- 12 Mike Mader  
Mark Rademacher
- 15 Jack Brumley
- 17 Merle Carpenter\*  
Mattie Lee Jordan\*
- 24 Paula Gutzman
- 26 Mike Ganz
- 27 Brenda Benoit  
Kathey Richard
- 28 Nikki Tolbert  
Christy Warner

\*Auxiliary

#### New Employees

- Katie Fine, Purchasing



## CALENDAR

**Tuesday, Jan. 24**

### Board of Directors

Monthly meeting. Public invited.  
Agenda posted in the lobby.  
6:30 p.m.  
Conference Room

**Wednesday, Jan. 25**  
**Help The Lab**

The SCH Lab needs volunteer donors to help establish normal ranges for certain blood tests. If you're healthy and not on any "significant" medication, you may donate a small sample of blood.

In exchange for your time and patriotism, you get your choice of the following free blood tests: cholesterol, HDL (fasting), LDL (fasting), triglycerides (fasting), CBC, glucose (fasting) or high-sensitivity CRP.

Where: SCH Lab

When: Anytime between  
7 a.m. and 4 p.m.

(Real patients served first.).

**Wednesday Feb. 15**

**& Friday, Feb. 17**

### Basic EKG Recognition



Fundamentals of EKG rhythm strip recognition. Pre-registration required. Call Ext. 597. Free to SCH employees \$25 to others 3-5 p.m.

SCH Conference Room

**Tuesday, Feb. 21**

### SCH Auxiliary Salad Buffet, Fashion Show & Raffle

Buffet tickets are \$10 each, raffle tickets are \$1 each or 6 for \$5. Available from any Pink Lady or in the SCH Gift Shop.  
11 a.m. to 1:30 p.m.  
Sweeny Community Center

## Mouse Cookies A Hit At Christmas Cookie Exchange

### Peanut Butter Christmas Mice

1 c. creamy peanut butter  
½ c. butter (no substitutes) softened  
½ c. sugar  
½ c. packed brown sugar  
1 egg  
1 tsp. vanilla extract  
1 ½ c. all-purpose flour  
½ tsp. baking soda  
½ c. peanut halves  
4 T miniature semi-sweet chocolate chips  
60-66 pieces black shoestring licorice (2 inches each)

In large mixing bowl, cream peanut butter, butter, sugar and brown sugar. Beat in egg and vanilla.

Combine the flour and baking soda;

gradually add to the creamed mixture. Refrigerate for 1 hour or until easy to handle. Roll into 1-inch balls. Place 2 inches apart on ungreased baking sheets. Pinch each ball at one end to taper. Insert two peanut halves in center of each ball for ears. Add one chocolate chip for nose and two chocolate chips for eyes. Bake at 350 degrees for 8-10 minutes or until set. Gently insert one licorice piece into each warm cookie for tail. Remove to wire racks to cool completely. Yield about 2 ½ dozen.



*Submitted by Rhonda Filipp*

## Yesteryears



We have boxes and boxes of old photos of Sweeny Community Hospital, such as this one, labeled "Day Room." Some long-time employees say it was where Melissa Karst's office is today. As space permits, *Positive Findings* will publish old photos and excerpts from old news articles in future editions. If you know where this office was (and you're 100% sure) call Rhonda Moran at Ext. 1555. We'll publish the results next month.



SCH Radiology techs take notes while being inserviced on use of the new CT scanner. As they get familiar with the equipment, the service will get even faster.



## New CT Scanner Now On The Job

Spines, Extremities Added To 'Can-Do' List Of Services

**T**he hospital now has a Toshiba Quad Spiral Slice CT Scanner installed and working, providing physicians with much faster scans than were possible with the old unit.

Radiology Manager Jim McGuire said the old CT scanner used to take about 25 minutes to do a scan of the head. The new scanner can do the same test in about five minutes. The new scanner also can complete an abdominal scan in six to eight minutes, providing up to 70 images in that time. The new equipment allows SCH to scan extremities and spines, which we weren't able to do before.

Using current teleradiography equipment, the filmed images are sent to Dr. Robert Smalley, a radiologist in LaGrange, for rapid interpretation. And even that process will be faster in the future when the hospital gets a license to transmit the CT images directly.

The new scanner is here on a five-year lease with a service agreement.



## Letters To SCH

### McGuire Says Sweeny EMS Care Excellent After His Fall

On a cold Friday evening early this month, I stepped out into my back yard to let my dog off his chain and I took an accidental dive into my swimming pool. The only problem is, I haven't dug that swimming pool yet, and I landed hard on the ground. My right leg and shoulder were where I couldn't move them at all.

Because I was on the ground, my wife couldn't see me from the house, so about 20 minutes went by before she came outside and found me in the mud. She called 911, got a blanket to warm me up and stayed by my side the entire time.

Sweeny EMS arrived within minutes. The paramedic, Stuart Butler, immediately called another EMS crew for back up, and several members of the Sweeny Volunteer Fire Department came by see if they could help, which was a good thing because it took 10 people to get me off the ground and into the ambulance. They improvised by tying two backboards together to lift me.

The EMS crew did a wonderful job of getting me out of the back yard and to the Emergency Room at Sweeny Community Hospital. The whole bunch was just excellent, and I couldn't have asked for kinder people. They were so gentle – and that's hard to do with a guy my size. Stuart in particular did a wonderful job of figuring out how to get someone as big as me into the ambulance.

I'm thankful we have an EMS like that, and I just wanted to thank them again for the care they gave me that day.

Sincerely,  
Jim McGuire

### Theriot Praises SCH ER For Hurricane-Victim Care

Nov. 7, 2005

I would like to thank the ER personnel for the service they extended to my families during both Hurricanes Katrina and Rita. The "family atmosphere" of a small, well-run hospital is a *blessing* in this day and time in this area. Again, thanks again. I will recommend you to all my associates.

J.C. Theriot  
Brazoria

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*We're on the Web!*  
[www.sweenyhospital.org](http://www.sweenyhospital.org)

## Is Your Workstation User-Friendly?

By Peggy Boineau, OTR

It's time for a New Year's check up on computer workstations. People need to be reminded that:

The computer monitor screen should be directly in front of you and at eye level. Elbows should rest at your side and be bent at a 90-degree angle

Wrists should be straight and should rest on a rounded cushion or comfortably contoured desk edge. Knees should be level with the hips. Feet should be flat on the floor or on a footrest.

You should relax your arms for 20 seconds every 20 minutes during prolonged use of the keyboard.

Reduce clutter around your workstation. Use a headset if you're on the phone very much.

If you're standing for prolonged periods at your workstation, stand on a cushioned rubber mat.



Dr. Lonny Montgomery is the first tenant to move into the new Medical Office Building at 303 N. McKinney, adjacent to the hospital. He and his staff moved into Suite A on Jan. 16 and got right to work. Pictured assisting him is Renee Argo.

## Snoop Scoop

Lola Paige's son, Army Cpl. **Lloyd Paige**, is safely back home after a year's tour of duty in Iraq.

Congratulations to **Daniel Jones**, EMT-I, for earning an associate's degree from San Jacinto College in instrumentation technology. He attended classes part-time for three years. Although he's a December graduate, he'll "walk" in the May ceremony.

Perioperative Care **Marie Breakiron** is taking on new duties as the hospital's risk manager, freeing up **Delores Merchant** to concentrate on financial operations.

Congratulations to Paramedic **Mike Mader** and his new wife, **Candace**. They were married Jan. 18.

**Melissa Karst** reports encounters this week with not one but two past recipients of the SCH Employees' Scholarship. **Maria Montecillo**, a 2005 recipient, stopped by Melissa's office recently to say she has changed her major from nursing to biology. And Melissa also recently saw **Kalan Weber Bobbitt**, who received the scholarship in 2000 as a Columbia High School senior. Kalan is now a 2003 graduate of Texas A&M and is in her second year of medical school at the University of North Texas in Fort Worth.

At the annual banquet Monday night, the Sweeny Chamber of Commerce honored Melissa Karst's daughter, **Mekaela**, 11, as Elementary Student Citizen of the Year, and named Dr. **Alex Milian's** daughter **Victoria** as the chamber's Junior High School Student Citizen of the Year. Congratulations to both of them and their very proud families.



Todd Johse of Sweeny EMS does a free blood pressure screening at Stewart's Food Store in Sweeny on Jan. 16. The EMS will be providing this service at various locations over the next several months as a service to the community. The next blood pressure clinic will be from 10 a.m. to 2 p.m. Feb. 28 at Stewart's in Brazoria.