

BROWSING BEACHAM

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Flower In the Desert

This happened many many summers ago.

There was a young flower in the desert where all was dry and sad looking...It was growing by itself, enjoying every day and saying to the sun "When shall I be grown up"? And the sun would say "Be patient—Each time I touch you, you grow a little." And she was so pleased, because she would have a chance to bring beauty to this corner of sand. And this is all she wanted to do—bring a little bit of beauty to this world.

One day the hunter came by—and stepped on her.—She was going to die—and she felt so sad. Not because she was dying—but because she would not have a chance to bring a little bit of beauty to this corner of the desert.

The great spirit saw her, and was listening.—Indeed, he said...She should be living. And he reached down and touched her—and gave her life.

And she grew up to be a beautiful flower...and this corner of the desert became so beautiful because of her.



By Loki

Around and About Beacham....

There have been some changes recently in BMH. Here is the short scoop. Dianne Cutrer is now Pharmacy Manager, Rusty is Inventory Control Manager and resides in Eileen's old office, Sheilar has moved her office to the hospital and resides in Tammy's old office. Eileen is in with Sheilar. Tammy and Bert are in the old Doctors Lounge, and Billy is on his own again. Whew, makes your head spin!!! Anyway, if you're looking for Sheilar, just walk down the hall, and if you're looking for Tammy, walk a little farther!

Big News!

Scott McKenzie, Jackie's son, who works for the McComb Police Department was recently promoted to Lieutenant!

During his 12 1/2 years with the department, he has been a patrolman, juvenile officer, detective, sergeant, and crime scene investigator. He was the McComb Exchange Club Officer of the Year for 1999. The oldest son of Billy and Jackie, he is married to Angie Etheridge McKenzie and they have two daughters, Kristen a senior, and Allison, a junior at South Pike High School.

Survey Mode

For the last 6 months or so the hospital has been participating in a government mandated survey process. CMS (Centers for Medicaid and Medicare Services) has made this survey mandatory for all hospitals in the US. Each inpatient that has an overnight stay or more

and is then discharged is sent a survey within 48 hours after they leave the hospital. From the returned surveys the hospital can determine how well the patient is satisfied with the hospital, staff and food. Over all most of the surveys are positive, however, some are not and those surveys are discussed with the Department Head and Mr. G. But, it goes much further because the surveys are sent to CMS for review and an overall comparison with other hospitals is done. So, keep your smiling face and helpful attitude because it will pay off when this hospital is compared with the rest of the hospitals in the US. These comparisons are then posted on the internet for public viewing.

Odds and Ends....

Daylight-Saving Time begins March 9th!



Debra has the following in services in February and March:

February

- Workplace Violence
- Patient Safety

March

- Lifting
- IV Therapy

From the Corner Office



Congratulations to

Beacham's own dynamo, Barbara Butler and her "Krewe of Beacham" for winning their class as the "outstanding marching group" in the 2008 Mardi Gras parade. This was a departure from the usual float, but there was some concern about safety of the young parade watchers who have a tendency to scurry away from mom or dad to scoop up some of those, oh so valuable, trinkets that happen to fall under the wheels of the floats.

We want everyone to have a good time without taking any chance of being injured or worse. An Endymion parade participant in

New Orleans was crushed as he fell under the wheels of his float while attempting to get off when the float was still moving and a tractor driver accidentally ran over his 16 year old brother on Saturday, plus five people were shot during arguments. So if anyone wants to see a family oriented parade, come to Magnolia.



The April 1, 2008 "smoke free campus" date is rapidly approaching. Those who have an interest in stopping the use of tobacco products altogether can get financial help from Blue Cross/Blue Shield through your Infection Control Nurse, Deborah Hughes. She will help you make the decision on which product to sign up for, and will obtain the prescription for you. BC/BS will foot the bill for up to 90 days. This can be a value of up to \$320 per person.

Happy Birthday

February

Teresa Hodges 10th

Dianne Cutrer 16th

March

Lurlene Payne 7th

Alisha Long 14th

Frances Brister 14th

Mary Wilson 20th

Linda McZueary 24th

Paulette Smith 26th



Welcome

Kimberly Pittman—XRay

Achantrick Hall—Nurse Tech

Cynthia Stewart—CNA



Critter Corner



Things NOT to do when feeding your dog.....

Dairy products may not be right, dogs can get diarrhea and develop lactose intolerance.

Too much liver can cause diarrhea or vitamin A & D toxicity.

Your dog NEEDS meat.

Fat scraps can cause pancreatic disease and diarrhea.

Never leave your dog without water, they can dehydrate easily.

Don't feed dogs from plastic dishes, they can cause sensitivity or allergic reaction, harbor bacteria and retain odors. Ceramic or metal are best.

Don't over supplement

Raisins are POISON!

Don't exercise your dog right after a meal, wait at least one hour.

Remember to spay or neuter your pet, it's good for you, it's good for the animal and it's good for Mississippi!

Mardi Gras.....Carnival Basics

(NOLA.com)

Mardi Gras always falls on the Tuesday that is 46 days before Easter. It is always the day before Ash Wednesday, which is the start of Lent.

Carnival refers to the season of revelry before Mardi Gras. It begins officially on Jan. 6th which is known as Twelfth Night or Kings' Day, so named because it falls 12 days after Christmas on the day the Wise Men are said to have reached Bethlehem.

Carnival celebrations fall into two categories: public and private. The private celebrations are balls, held by clubs called krewes. Some krewes let anyone join, while others are exclusive and made up mostly of FONOF (fine old New Orleans fami-

lies).

The first Carnival ball of the season is always the Twelfth Night Ball, held on Jan. 6th.

The public celebrations take the form of parades, sponsored by the same krewes that hold the balls for members only. Not every krewe has a parade, although every krewe will throw a party for its members.

Most krewes are named for figures in Greek mythology, like Bacchus for the god of wine or Orpheus for the god of music.

The parade season officially begins on the second Friday before Mardi Gras, although the parade calendar is expanding. At the beginning of the season, parades are held on

weekends only, then become more frequent until the week prior to Mardi Gras, when there is at least a parade a day.

Rex-always a prominent New Orleans businessman-is considered the king of Mardi Gras.

Every parade has a theme, usually borrowed from mythology, history or Hollywood. Most parades have mock royalty, kings and queens and dukes and duchesses, either drawn from the ranks of the krewe's members or celebrities. All parade riders throw trinkets, beads, doubloons, small toys, candy, from the floats to the crowds. These are called "throws". Parades consist of anywhere from 10 to 40 floats carrying krewe members, marching bands,

dance groups, costumed characters and the like. Some parades are small and suburban, others downtown and lavish.

The colors of Carnival are purple, green and gold, chosen in 1872 by that year's Rex. The 1892 parade gave the official colors meaning: purple for justice, green for faith and gold for power.

The one ubiquitous food of the Carnival season is the king cake. Sweet roll-like dough is shaped into a big circle, cooked and brushed with pur-

ple, green and gold sugar or icing. Then a plastic baby, representing the Christ child, is tucked inside. Whoever gets the piece of cake containing the baby must, by tradition, provide the next king cake. Nowadays, king cakes come with a variety of fillings from chocolate to pineapple.

HISTORY OF KING CAKES

The king cake traditionally was served on "Little Christmas" or "Kings Day" other names for the Feast of the Epiphany, celebrated

Jan.6th. Since Epiphany comes on the twelfth day of the Christmas celebration, it also became known at Twelfth Night.

Traditionally the cake was baked on Epiphany Eve and served the following afternoon to family and friends. Today, the cake is served throughout the "Epiphany season" or until Mardi Gras.

Latin Americans, like New Orleanians, place a figure representing the Christ child inside the cake. In other couture's, the king cake might contain

A coin, bean, pecan or pea.

In medieval France, the coin finder was expected to make a contribution to a worthy cause, usually the education of a deserving youngster. In some parts of Europe, those who find the bean and pea are king and queen for the day. In New Orleans, the person who received the piece of cake containing a "baby" must provide the king cake for the next gathering of the season.

Local bakeries report selling 4,000 to 5,000 king cakes each day during the Carnival season, and cakes are shipped to destinations worldwide.

Traditional king cake is similar to brioche, a sweetened yeast bread, its only adornment a sprinkling of colored sugar. Today king cakes with an unprecedented array of fillings and flavorings have outdistanced the sugared one in popularity.



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9 “Health” foods, that aren’t “healthy” at all.....(bet you didn’t know!)

EAT This, NOT That co-authors David Zinczenko and Matt Goulding offer some helpful hints on dietary food myths.

Bran Muffin—420 calories, 20 grams of fat/comprised of sugar and refined flour. Opt instead for a breakfast sandwich—it has fewer calories, fat and carbs, it also offers about 20 grams of protein, which we need in the morning to jumpstart the day.

Chicken Caesar salad—900 calories, 60 grams of fat. The salad suffers from two natural disasters, a flood of fatty dressing and a blizzard of Parmesan cheese and croutons. Even a “side” Caesar before a meal can cost you up to 500 calories. Have a simple grilled chicken breast tossed in a bed of mixed greens tossed with balsamic vinaigrette and you’ll save an entire meal’s worth of calories.

Tuna melt—900 calories, 50 grams of fat. Tuna doused in mayo, shrouded in melted cheese and slicked with another layer of dressing is NOT healthy. Try a ham or roast beef sandwich. Same size sandwich can save you 400 calories and 35 grams of fat.

Chicken Wrap—700 calories, 35 grams of fat. The wrap is the culprit, dense with fast-burning carbs and containing up to 400 calories. It’s a tortilla shell pumped with a bunch of modified starch and fat. Plus the huge surface area means more room to slather dressing and pack in more cheese and meat than your typical sandwich. Opt for a grilled chicken sandwich on a bun. This offers a great balance of fat, carbs and protein, plus having a bun instead of a huge tortilla provides so much-needed portion control. Bonus: Nix the mayo in favor of BBQ sauce or salsa (which is the ultimate fat-free, low-cal condiment).

Turkey Burger—850 calories, 50 grams of fat. Hearing turkey, you automatically think lean and healthy, but depending on the type of ground turkey and toppings used, one of these poultry patties can be every bit as fatty and caloric as a beef burger. Try a sirloin patty, it’s one of the leanest cuts of meat available, which makes for an incredibly satisfying, protein-enriched meal!

Fruit Smoothies—600 calories, 120 grams of sugar. Many fruit smoothies contain added sugars and high fructose corn syrup, which means they’re more milkshake than smoothie. Make sure your smoothie is **100%** fruit, made with plain yogurt instead of ice cream or sherbet, it will contain nearly half the calories and significantly less sugar and it will provide all of the vitamin and antioxidants that a smoothie is suppose to have.

Granola bar—200 calories, 15 grams of sugar. Guess what keeps the granola bar together? High-fructose corn syrup, that’s what! It raises blood sugar and cancels out any of the potential benefits you might otherwise get from the oats. Switch to cheese and crackers, you swap out sugar and calories for protein and fiber!!!

Pasta salad—300 calories, 20 grams of fat. Pasta is the problem here. Made from highly-refine flour, it means quick-burning carbs and a huge spike in blood sugar. Have egg salad and replace those troublesome carbs with healthy protein, which helps fill your belly faster and keeps your metabolic fires effectively stoked.

Yogurt with fruit on the bottom— 190 calories, 30 grams of sugar. Yogurt cups contain as much sugar as a soft drink. Almost all of that comes directly from the “fruit”, which is mostly high-fructose corn syrup. Plain yogurt and fresh fruit can be a great way to start your day, mix it yourself by using nonfat plain yogurt with a half a cup of mixed berries.

“To eat is a necessity, but to eat intelligently is an art.”

- LaRoche foucauld

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

-modified from ‘Edward Stanley (1826-1893) from The Conduct of Life

