

NaphCare Now!

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Happy Holidays!



Watch How We Grow

Welcome to all the new employees at Nueces County Detention Center in Corpus Christi, Texas and the Florida Department of Juvenile Justice Central Region! NaphCare was recently awarded both contracts, providing correctional healthcare services uniquely designed for each facility for approximately 953 inmates and 482 juveniles. The Florida start date was on November 20th and Texas was December 1st. Once again let's give all a warm welcome to a Dynamic Team!

Community Involvement

26th Annual Army 10-Miler

Recently, NaphCare sponsored a team to participate in the 26th Annual Army Ten-Miler in Washington, DC. The mission of the Army's Ten-Miler event is for the Military District of Washington to build spirit de corps, support fitness goals and enhance community relations. Tens of thousands of runners from across the country participated as they raced, starting at the Pentagon, passing the Lincoln Memorial, Washington Monument, and ending at the Capitol Building. What a sight seeing adventure!

Florida Sheriff's Youth Ranches

On September 27, 2010, NaphCare was a Birdie Sponsor for the Annual Jim Coasts Charity Golf Tournament, held at the Bellaire Country Club in Clearwater, FL. All the proceeds of this event went to benefit the Florida Sheriff's Youth Ranches. This foundation contributes to the success of youth boys and girls across the state by providing educational, leadership, and life skill programs. The NaphCare team finished in 2nd place. Team members, pictured from left to right, are Major Jamey Higginbotham and Lt. Robert Sanchez, from Manatee County Sheriffs Department, along with NaphCare's Vice-President of Business Development Chris Bell and Sheriff Jim Coats.



2nd Annual Toys for Tots Drive



As a continued effort to remain involved in our community, NaphCare, both in our corporate office and site locations, participated in our Second Annual Toys for Tots drive. This worthy cause provides less fortunate children between the ages of 6 weeks -13 years with toys during the Christmas season. Thank you to all the employees who participated in creating a little magic during this holiday season.

In This Issue:

Watch How We Grow

Community Involvement

Employee Spotlight

How to Avoid
Holiday Stress

Getting you in the Know
Naphcare News

Employee Spot Light

Lifesaving Award of Merit



Loren Adams, a LPN at our Westmoreland Detention Center, along with three other officers, received the Lifesaving Award of Merit by the American Red Cross on November 18th. Adams, used her skills learned through ARC to save and revive the life of a male inmate, who was found unconscious after having suffered a heart attack. Tessie Amaranto, Health and Safety Director of the American Red Cross stated, "This is the first award of this type to be presented to a team of responders in their workplace since the merger of the both the Westmoreland and Chestnut

Ridge Chapters in July 2009. It is an exceptional example of how the skills the ARC teaches in the CPR/AED courses really can be the difference between life and death." Congratulations to Loren Adams for an outstanding achievement!

Employee Spot Light



Honor Society of Nursing

NaphCare would like to recognize Dyni Brookshire, the HSA at Jefferson County Texas, for being inducted into the Honor Society of Nursing. She has been a nurse for 21 years and has been an employee with NaphCare for 8 years. The Nursing Honor Society required each student to have at least a 3.0 overall GPA and be nominated by one of their professors. All nominees' names were submitted to a selection committee and evaluated to become a member. Roderick Hadnot, Jena Metteauer-Rhodes and our very own Dyni Brookshire were recently inducted into this very prestigious organization. Congratulations Dyni on a job well done!

How to Avoid Holiday Stress

The holidays provide us with a great time to enjoy friends and family but can also be very stressful with Christmas parties, last minute shopping, buying that perfect gift, travel, etc., etc. So how do we avoid the traps of holiday stress. Here are a few tips to consider as you go about this merry season....



- ◆ Set Priorities - Often times we become stressed when we try to do it all. Each holiday season we break out our Super Human capes and say "Up, Up and Away I Go". Determine what's important and space out your time according to those things. Give yourself an allowance to only do what you can and not all in one day.
- ◆ Delegate - If you are hosting a party, going shopping, decorating allow family members or friends to help. If your task is to clean the house before company arrives, make a list of the tasks that need to be accomplished, put them in a grab bag and let each family member pick a chore. Allow others to help you and be flexible.
- ◆ Don't Over Spend - Be mindful of your budget. Decide how much you can realistically spend on each person on your gift list and try to account for unexpected "last minute" items.
- ◆ Participate In Holiday Traditions Of The Past - There are many fulfilling activities during the holiday season that can provide great joy at no to minimal cost such as caroling, baking cookies, giving of your time to the needy or creating a care package/holiday card for one of our soldiers at war.

So let's take the opportunity to really enjoy this holiday season and not allow it to create a Grinch; create memories instead that will last a life time!

Getting You in the Know with NaphCare News... Outstanding Achievements...



Melanie Goodlaxin - Registered Charge Nurse at Essex County received October's Recognition Award for her outstanding progress note on an inmate

Janice Hall - Nurse Practitioner at Essex County Detention received September's Recognition Award for her outstanding assessment skills in diagnosing, treatment and response in sending an inmate to the emergency room

Mike Kusma - Physician Assistant at Westmoreland; **Melody Molinaro** - HSA at Clark; **Gary Schultz** - HSA at Blackhawk all passed their CCHP exam

New NaphCare Team Mates...

Amber Blair - Human Resources Specialist

Betina Jones - Claims Adjudicator

Amanda Diamantis - Recruiter

Vonna Jacks - FBOP Contract Management Specialist

Terry Parker - Certified Pharmacy Technician

Lisa Yegin - Financial Analyst



Have an idea for the newsletter? Please send to Kemberly English at: kenglish@naphcare.com