

Get Connected with.... THE GIRAFFE GAZETTE

ISSUE 87

JUNE/JULY 2009

Feed the Homeless

July 27th-
Please sign
up in the
kitchen!



Events

July 3rd-
HOLIDAY

July 4th-
Independence
Day

July 25th-
Asthma Camp @
Fort Lee



Happy Birthday

To all of our
employees
who celebrate a
birthday in July!

BENEFITS MEETING WINNER!

On May 5th, two meetings were held regarding TPC Benefits. All participants signed in and had their name placed into a drawing for a brand new Ipad!

At this month's staff meeting we drew a winner from all branches and Susan Franz, our Richmond receptionist was the big winner! Congratulations Susan, and thanks for participating and learning about the benefits TPC has to offer!



Conni Burket awards Susan with her new Ipad

SWINE FLU UPDATE

With the Swine flu elevated to a pandemic level (an epidemic of infectious disease that spreads through populations across a large region), TPC would like to remind our employees that we have a policy in place on how to handle these events.



The company has developed a comprehensive and organized planned response for the potential influx of infectious patients. This is covered in our policy, Organizational Plan and Response to a Po-

tential or Actual Infectious Pandemic Outbreak, Policy # 4016, and is located in the Policy Manual at the Richmond & Charlottesville offices. It is the responsibility of all employees to be familiar with our Policies and Procedures so please stop by the office to review this policy OR contact Becky Adams, the Performance Improvement Coordinator, for a copy (804-675-4550).

Lets all be ready and prepared to continue to give great care to our kids even when we are faced with this challenge!!!

TPC Health Corner

We would like to take the time using this months Health Corner to thank all of you for your participation in The Pediatric Connection Health Program and to remind you your fitness and health is a life long goal you must strive to reach every day so keep up the good work!

Here are a few things our Health Program offers to the staff:

Individual Fitness Profile - The Fitness Profile offered by The Pediatric Connection is a great way to assess your fitness needs.

The profile will set benchmarks for the employee and help you reach obtainable goals that you can set for yourself. This profile is strictly confidential to the employee unless you would like to share the information with your physician, personal trainer, or any health professional.

Yoga and Zumba Classes - Beginning in January of 2009 The Health Program

implemented Yoga and Zumba classes 1 night a week for 10 weeks. We had such a large response from staff we will continue these classes indefinitely until there is a need to assess the vitality of the class. Thank you for all of your participation!

Children's Hospital 5 and 10k walk/run - (October 10, 2009) The Pediatric Connection and the Health Program are proud to be a sponsor for the second year in a row for the Children's Hospital 5 and 10k! The Pediatric Connection will have a booth again this year to represent our company and to show our support for our pediatric patients!

Fitness Room - In case you did not know we have a fitness room at our Richmond office. The Fitness Room includes: Free weights, 5 cardio ma-



chines, TV with VHS or DVD capability, universal weight machine (works every body part), MP3 capability with stereo, AB balls and Bosu ball, men's & women's locker rooms with shower and changing area, and much more! Come on by and check it out!
Weight Loss Challenge and Exercise Challenge - In January every year the Health Program holds the annual Weight Loss Challenge and Exercise Challenge. We have had tremendous participation from our staff and these challenges are a great way to stay on top of your New Year resolutions! Congrats to the 2009 winners!

Staff,

Please remember before starting any diet or exercise program to consult your physician. Thanks, TPC Health Program

THINGS TO DO

July 4th-Dogwood Dell Independence Day Celebration, 5-9pm, FREE!

July 4th-Comcast's 4th of July Celebration, Chesterfield County Fairgrounds, 5pm, FREE!

July 4th-Fredericksburg Heritage Festival, 706 Caroline St, 7:30-10:30pm, FREE!

July 4th-Colonial Downs "Racing to the Stars & Stripes, 5-10pm, \$2 admission

July 4th-All American Celebration at Lewis Clinton Botanical Garden, 9-5pm, free garden admission

July 4th-Fourth of July Celebration in Ashland, parade begins at 11am

July 4th-Colonial Heights Fireworks, viewed from Charles Dimmick Pkwy, 9pm

July 4th-Powhatan Independence Celebration, Bullnanza Arena, 5-10pm, \$10 per car

Stay Connected....

CAMP INCREDIBLE AT FORT LEE

WHEN: Saturday, July 25th
WHERE: Fort Lee Youth Center
HOURS: 9am-3pm
Only 75 Campers accepted

For the last few years, TPC has had the pleasure of sponsoring an all day camp for children with asthma.

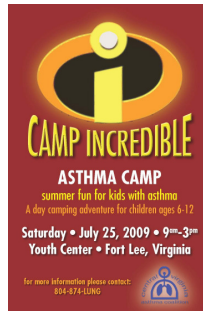
What is Camp Incredible?

Asthma camps are for children with asthma who cannot attend other summer camps due to a lack of medical supervision. At Camp Incredible, children can

have fun, receive support from other children and manage their asthma at the same time.

Camp Incredible offers different activities such as group games, asthma education workshops.

While camp is fun, there's a serious side too. Children partici-



pate in educational activities designed to help them better understand asthma, how an asthma episode can be triggered, how to handle an asthma episode and how their medication works.

Campers gain support from one another on how to co-manage their asthma. Local pediatrician also participate and offer a two hour parent session to educate parents as well.

For more information on the event, call 804-874-LUNG.



DID YOU KNOW?

Clothing designer Ralph Lauren donated \$13 million dollars to the restoration of the original, 185-year-old Star-Spangled Banner that hangs in the Smithsonian's National Museum of American History.



WAYS TO GIVE BACK

Feel like giving a helping hand but not sure how or what to do? Here's six easy things you can get your family involved with to help some who might be in need:

1. If you have 1 minute... Support Our Troops
Send an electronic message to our troops thanking them for their service to our country. Visit America Supports You or Let's Say Thanks to send a message.
2. If you have 1 hour... Feed the Hungry
Open up your pantry and gather non-perishable items such as canned soups, beans, and pasta to take to your local food bank.
3. If you have 1 day... Help Clean Up Your Community. Participate in a local environmental clean-up day or start your own with family and friends. Go to your local park, beach, or hiking trail and pick up all the trash you see—bottles, cans, newspapers and more. Be sure to wear gloves and recycle every item you can. For information on what is recyclable and where your nearest recycling center is located, visit Earth 911.
4. If you have 1 week... Go on a Volunteer Vacation. Turn your vacation into a way to give back. You won't be spending your time reading poolside but you will be able to experience a new place, meet new people, and help those less fortunate. Programs range from teaching English in South America to working with endangered species in Africa. For volunteer vacation ideas, visit away.com or Cross Cultural Solutions.
5. If you have 1 month... Do Something Seasonal. Every season of the year presents great opportunities to give back. For example, Summer - Lend your athletic expertise as a coach for a summer sports' club or help a child organize a lemonade stand to raise money for a charity.

WELCOME ABOARD!

Leanne Mahaedo
Richmond IT



Tonesia Bailey
Richmond LPN



Cella Robertson
Richmond LPN



Stephanie Harlowe
C'ville LPN



It's been awhile and we'd like to say, thanks for making TPC great every day!

Lloyd, Dorothy C
06/03/2003

Burleson, Deborah E
06/18/2003

Long, Jacqueline M.
06/13/2005

Lett, Virginia
06/13/2006

Viar, Angela
06/21/2006

Ornelas, Jennifer
06/12/2007

Reed, Francena
06/13/2007

Gasparini, Jeffrey
06/02/2008

To succeed in life, you need three things: a wishbone, a backbone and a funny bone.
-Beba McEntire