

NaphCare Now!

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Happy 2010!

New Contracts

- ◆ NaphCare was re-awarded the contract for comprehensive **Medical / Mental health services** for the Black Hawk County Jail, to include an increase of 24/7/365 coverage. The new contract is a 5-year agreement.
- ◆ NaphCare was awarded the **Dialysis Services** contract for the Illinois Department of Corrections. This contract is for 5 years with an option to renew for 5 additional years. The contract includes dialysis units located at Graham Correctional Center, Stateville Correctional Center, and Dwight Correctional Center. We would like to welcome aboard our 15 new NaphCare Team Members!

Employee Spotlight

Lori Lasoff is the Director of Nurses at Essex County Correctional Facility in Middleton MA, which has an ADP of approximately 1500. Lori is no stranger to corrections, and has served as an RN in the facility since 2001. She originally worked per diem and assumed the role of DON in 2006. In July 2008, NaphCare was awarded the ECCF contract. Lori has been instrumental in accomplishing a seamless transition from a prior company to NaphCare. The correctional staff thinks very highly of her and she is well respected in this environment. She balances compassion for the inmates with appropriate boundaries. Lynne Gillis, Health Services Administrator for ECCF writes, "in my years as a nurse as well as a manager, it has been a rare occasion to be partnered with a colleague with Lori's drive and integrity. She is passionate in everything she does, not matter how great or small the task." Recently, Lori became engaged to her best friend Seth Lampert. They are planning a June wedding and we all wish them nothing but greatness and blessings in their lives! Thanks, Lori, for being a part of the NaphCare Team!



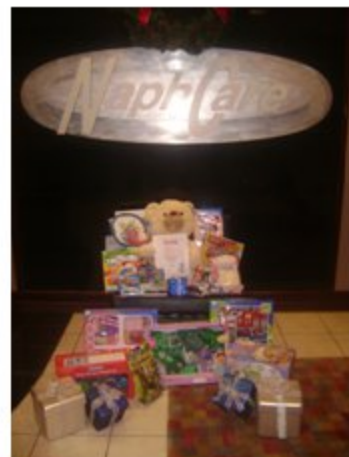
New Corporate Employees

NaphCare would like welcome new corporate employees:

- ◆ Jasmine Agnew, an RHIA (register health information administrator) and the Manager of Medical Records. She will be overseeing the intake and uploading of off site medical records for all our Federal and Jail sites.
- ◆ Don Brown, Pilot, joining NaphCare's growing Aviation Department.



NaphCare was pleased to participate in Holiday donations for the Toys for Tots program in December. The Toys for Tots program supplies toys for underprivileged children between the ages of 6 weeks—13 years of age.



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Employee Health Reminders

from the Chief Medical Officer

Lifestyle is very important in trying to prevent disease. Here are five suggestions that can lower your risk for developing some of the most common causes of premature death:

- ◆ Don't smoke, especially if you are pregnant. There are now a number of medications that may help a person quit smoking. If you have health insurance through NaphCare, your doctor's prescription for smoking cessation medication may be filled through the NaphCare employee pharmacy program, and the co-pay may be waived (we consider smoking cessation to be that important).
- ◆ Be physically active. The goal is to work up to doing at least 30 minutes of moderate physical activity most days. Swimming, brisk walking, bicycling, and dancing (with or without stars) are examples.
- ◆ Eat a healthful diet. Try to minimize fatty foods and those with added sugar and/or added salt.
- ◆ Stay at a healthful weight. By far, the most important factor in determining weight is the balance between calories consumed and calories burned up. The best way to lose weight over the long run is to both increase activity a bit (burn up more) and reduce portion sizes a bit (consume less).
- ◆ Drink alcohol only in moderation, and not at all if you are pregnant. Moderate means about one drink per 24 hours for most women and about two drinks per 24 hours for most men (it's really body size that counts, not gender). A standard drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of distilled spirits. And if you don't drink all week, this does not mean you can have seven drinks on Saturday night!

Announcements

- ◆ After serving as president-elect for two years, Dr. Donald Kern, NaphCare's Chief of Medical Operations, was recently installed as the President of the Society of Correctional Physicians
- ◆ Donna Jaegers has taken over the Health Services Administrator position at Clark County Detention Center
- ◆ Bridgett Drees at Hamilton was recently promoted to Medical records Supervisor
- ◆ Andrianna Gambino at Essex was recently promoted to Mental Health Director
- ◆ Ralph Aquino at CCDC was promoted from RN to NP after completing his NP masters
- ◆ Jennifer Craven at Hamilton was promoted to Nursing Supervisor
- ◆ Sharrief Sweat has recently been promoted to Director of Nursing at Clark County Detention Center



Also, we will be doing a spotlight on a NaphCare employee every issue. If you'd like to nominate anyone, please contact Deanna Newton.



Have an idea for the newsletter?

Please send to Deanna Newton at: deanna.newton@naphcare.com