

Give the Gift of Life

At the January 14 blood drive, South Nassau collected 307 pints of lifesaving blood. Way to go, South Nassau! The need for platelets and blood is constant, so please mark your calendar with the following blood drive dates:

April 8 July 8 October 21

For more information or to register, call South Nassau's Department of Human Resources at (516) 632-4080.

Did You Know?

You can access South Nassau's online nutrition care manual on the intranet. Type *snchweb* in your address bar and go to "Departmental Resources." Then click on "Nutrition Manual." The American Dietetic Association's manual has been approved for use by health care professionals at South Nassau.

Questions? Contact the Food and Nutrition Department at extension 4455.

This is Your Health Tip!

This is a regular column on improving employee health and well-being.

Managing Emotions at Work

The peaks and valleys of the stock market and the current economic turmoil can wreak havoc on your emotions. With businesses everywhere focusing on belt-tightening and cutting costs, employees struggle to cope with tighter deadlines, shifting technologies and intensifying competition. As pressure builds, emotions can run high. And emotions that go unchecked can dampen morale and adversely affect decision making. The result: low productivity and poor performance.

Here are some techniques to help you steer clear of negative reactions and remain professional in the workplace:

- Take care of yourself. Be sure you get adequate sleep, good nutrition and regular exercise
- Take a 10-minute walk. When you feel the need to vent, excuse yourself from the office and take a brisk walk around the parking lot or neighborhood. This will clear your mind and may save you from losing your temper
- Talk it out. Sometimes the best stress-reducer is simply sharing your stress with someone close to you. It's a way to blow off steam and hear what others have to say about a situation
- Find humor in the situation. When you start taking things too seriously, find a way to share a joke or funny story. The act of laughing can be stress-relieving
- Establish priorities and plan ahead. Concentrate first on what's most important to you to avoid feeling overwhelmed

More Donations from the Heart

Stitches from the Heart, a non-profit charitable organization consisting of volunteers who knit, crochet and sew scarves, hats, booties, blankets and quilts for hospitalized newborns and cancer patients in the metropolitan area, recently donated more than 100 scarves to cancer patients at South Nassau Hospital.



Standing, from left, Gayle Somerstein, R.N., manager of surgical oncology services; Jacqueline Cavalieri, office coordinator of radiation therapy; Cat Taylor, assistant vice president of oncology services; Geri Barish, president of 1 in 9 and executive director of Hewlett House; and Robin Grass, R.N., director of community education. Seated, are members of Stitches from the Heart who knitted or crocheted the donated scarves. From left, Lorraine Adams of Lynbrook; Margaret McCarty of Bellmore; Elly Bennett of Wantagh; Barbara Barnhart, senior representative of the New York chapter; and members Maria Burke and Patricia Piano, both of Lynbrook.

SAVE THE DATE

ANNUAL GOODS, SERVICES and VACATIONS AUCTION

Saturday, May 8

6 p.m.

The Seawane Club, Hewlett Harbor
(Proceeds to benefit South Nassau's SIBSPlace)

26th ANNUAL GOLF TOURNAMENT

Thursday, June 24

The Seawane Club, Hewlett Harbor
and The Middle Bay Country Club, Oceanside

For more information or to register,
call (516) 377-5360.

SPANISH 101

Beginning medical Spanish course for doctors and medical professionals

From March 16 to May 18

Tuesdays from 3:00 p.m. to 4:00 p.m.

Conference Room D4

Space is limited. Only 10 seats per class.

To register and for more information,
call Julian Herrero in the Cultural Initiatives Department at
extension 3484 or e-mail jherrero@snch.org.