

# THE RIVER REVIEW



## Reflections by the River

I have spent a lot of time lately watching the aftermath of Hurricane Sandy. The amount of damage and devastation is too large to really comprehend so the reporters are starting to tell the individual stories of the people, the families, and the communities that have been affected. The grief is palpable, even through my television screen hundreds of miles away. As I watch a 60 year-old woman digging through the mud and sand of a still waterlogged field for the only picture she had of her mother, I feel despair. How will she ever recover? The answer, when it comes to me, is as simple as it is profound.

***She can't. We can.***

Before my eyes, a female reporter comes out and begins to dig with her. Then, another person and another. There are ten people in that field before long, and a shoebox of pictures, painstakingly gathered, one at a time. In another city, CNN's Anderson Cooper picks up someone else's pictures out of the running water and lays them out on the hood of a car to dry. Everywhere along the East Coast, people are picking up the pieces of each other's lives.

Here at Cumberland Heights, we are immersed in "picking up the pieces" every day. We watch patients and alumni do it for each other. We do it for the patients, families, and

co-workers around us, and, in our time of need, they pick up the pieces for us. It's the "We" of the First Step in action and it reminds us over and over that we were not meant to be isolated islands of humanity, to live separately, to be alone. We are part of a greater whole and each of us has a role to play.

This Thanksgiving season, as you think of all that you've been given, I have a dare for you. I dare you to get involved in whatever way you are led. I dare you to make a difference in this world. I dare you to live the truth of the "We" that all of us really are. Blessings to you and yours on this day and always!

*Cinde Stewart Freeman*  
Associate Executive Officer

November 5, 2012  
Volume 1, Issue 11

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## 2013 Open Enrollment

Open Enrollment for 2013 benefits begins Wednesday, November 14<sup>th</sup>. There will be meetings led by Austin Madison from The Crichton Group in the FLC Auditorium on November 14 at 9:30am and at 1:00 pm and on November 15 at 7:30 am. Attendance

at one of these meetings is IMPORTANT for employees to learn more about what benefits will be offered as well as any changes. There are plans being made for representatives from UHC, MetLife, Humana and Colonial to be on-site as well. Open enrollment will be

completed online through employee self-service access to ADP. **Carroll Bagwell** and **Robin Cox** will be available Thursday, November 15 thru Monday, November 19 to assist any employee with this process. Deadline for completing Open Enrollment is Friday, November 30<sup>th</sup>.



**Open  
Enrollment  
Nov. 14-30th**



## Shayla Johnson-Bunion

**Shayla Johnson** is our newest Family Counselor working with the adult patients and their families at River Road. She is originally from Cleveland, TN, but she moved to Nashville two years ago and currently lives with some of her undergrad friends from UT Knoxville. She earned her Master's degree from Tennessee State University.

Five Things To Know About Shayla:

1. Her favorite sports team is UT Knoxville Football... **GO VOLS!**
2. Her favorite ice cream flavor is cookie dough...any brand.
3. Her favorite TV shows are "Once Upon a Time" and "Scandal."
4. The last movie she saw was "Taken 2."
5. Her last vacation was Memorial Day 2012 when she got to go to Miami, Florida.



## Wellness Update

Where to begin with the Wellness update?

Well, there was the 4-week Walking Challenge that was a great success albeit the faulty pedometers. Those who participated reported over 11 million steps! There were 20 random step prizes awarded, 4 weekly prizes, and numerous free lunches! The most exciting reward was that many of you became more aware of your walking habits and actually stepped up your walking because of your newfound awareness. Keep on walking!!!

We have a **Lunch-n-Learn for those preparing for Social Security Benefits** on Wednesday, November 7 from 11:30am-12:30pm in the Founders' Room. Grab your lunch and join us!

We'll be encouraging the current

***"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."***

**- Mark Twain**

smokers and the recovered smokers to participate in the **Great American Smoke-out** on Thursday, November 15<sup>th</sup>!

**November is also Diabetes Awareness Month**, so we'll be providing you with information on the prevention and treatment of the different types of diabetes.

There are plans being made for an indoor Kickball Tournament in December, so start preparing to form a fun and fabulous team because you won't want to miss it!

And here's to more health and wellness in 2013!

## A Skaggs Family Christmas

The 15<sup>th</sup> Anniversary Concert for Cumberland Heights is excited to present **A Skaggs Family Christmas on December 6<sup>th</sup>** at the Ryman Auditorium. This holiday event will be preceded by a festive party at the Hilton Downtown Nashville.

Virtuoso multi-instrumentalist, Ricky Skaggs, celebrated musical clan, The Whites, and their families will perform Christmas classics and brand new holiday gems, bringing together the love of family and the beauty of song. Now in it's eighth year, the Skaggs Family Christmas

tour offers a variety you'd find at any gathering of friends and relatives.

The Concert for Cumberland Heights raises money for the John

***"We started singing these songs in our living room all those years ago, with no idea that we would ever take a Skaggs Family Christmas to so many places."***

**- Sharon Skaggs**

Hiatt Adolescent Fund. Because of our outstanding volunteer involvement the evening has developed into a very special annual event on the Nashville social calendar raising almost \$1.9 million for adolescent patient care. Event Chairs this year are Parkes Owen and Austin Madison, both from The Crichton Group.

For sponsorship or ticket information, contact **Merrill Derrick** at 615-432-3226 or email [merrill\\_derrick@cumberlandheights.org](mailto:merrill_derrick@cumberlandheights.org).



## 2012 Great American Smoke-Out

The American Cancer Society is marking the 37<sup>th</sup> Great American Smoke-out on November 15 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S. yet more than 45 million Americans still smoke cigarettes. However, more than half of these

smokers have attempted to quit for at least one day in the past year. As of 2010, there were also 13.2 million cigar smokers in the U.S. and 2.2 million who smoke tobacco in pipes.

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide the resources and support that can increase your chances of quitting successfully. To learn more about the available tools, call the American Cancer Society at 1-800-

227-2345 or visit their website at <http://www.cancer.org/healthy/stay-awayfromtobacco/greatamericansmokeout/index>.



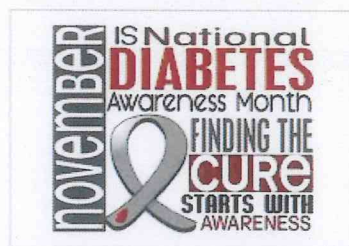
## Diabetes Awareness Month

The vision of the American Diabetes Association (ADA) is a life free of diabetes and all its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month is an important element in this effort, with many programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are just a few of the recent

statistics on diabetes:

- Nearly 26 million children and adults in the U.S. have diabetes
- Another 79 million American



have pre-diabetes and are at risk for developing Type 2 diabetes

- The ADA estimates that the total national cost of diagnosed diabetes in the U.S. is \$174 billion.

For more information on American Diabetes Month, go to <http://www.diabetes.org/in-my-community/programs/american-diabetes-month/> or visit the UHC website at <http://www.uhcdiabetes.com>.

## Tailgate Time

### IT'S FOOTBALL TIME IN TENNESSEE!!!

It really shouldn't matter if you're a fan of the Tide, Tigers, Vols, 'Dores, Bulldogs or even a team that's not in the SEC Conference! Football season is always a good time to celebrate with some good tailgate food, fun and festivities.

We're making plans for the 2<sup>nd</sup> Annual Tailgate Party on

Wednesday, November 28. In addition to a **Chili Cook-off**, we'll be adding a category for **Best Soup!** What's a tailgate party without those other **tailgate foods**, like chicken wings, spicy dips, and even desserts! Details about how to enter and the prizes coming soon... so start gathering up your best chili, soup and tailgate food recipes!

THANKSGIVING  
HOLIDAY

\*\*\*\*\*

THURSDAY,  
NOVEMBER 22



**ELECTION DAY**  
**TUESDAY,**  
**NOVEMBER 6**



## New Employees

Karlton Bolton	Clinical Associate	Youth
Vaile Wallace	Clinical Associate	Women's
Lydia Parrish	RN	Nursing
Meghan Balliett	Clinical Associate	Youth
Robert McKinnon	Clinical Associate	Men's

## Annual Fund Giveaways

Check out the employee **WINNERS** of the Annual Fund Giveaways below. You can still be part of the Annual Fund Drive by submitting a one-time gift or a payroll deduction form to **Morgan Manser** in Development by year end. The final giveaway will be Friday, November 9 and the prize is a "Nashville Musical Package" that includes tickets to the Frist, \$50 I-Tunes gift card, CD's from an array of artists, and possibly more!

Week 1 Winner	<b>Michael Gasz</b> in Admissions won "Date Night Package"
Week 2 Winner	<b>Sheri Wilson</b> in Financial Advisors' office won "Fall Cultural Extravaganza"
Week 3 Winner	<b>Gerd Muller</b> in Men's Program won "Music City USA Package"
Week 4 Winner	<b>Brandy Bell</b> in Accounts Receivable won "Skaggs Family Christmas Tickets"
Week 5 Winner	<b>IT COULD BE YOU!!!</b>

## Birthdays

Bob Fairweather	Nov 2
Jo Anne Goldsmith	Nov 2
Robert Hoge	Nov 2
Linna Brown	Nov 4
Jaime Gibbons	Nov 4
Ronnie Frieson	Nov 8
Catie Lawson	Nov 8
Sherry Alexander	Nov 12
Patrick Gleeson	Nov 12
Chuck Knight	Nov 13
Racheal Oldham	Nov 13
Jo Bell	Nov 15
Tonya Robinson	Nov 15
Jay Crosson	Nov 16
Nico Doorn	Nov 16
Danny Ross	Nov 16
David Smith	Nov 18
Sally Floyd	Nov 19
Shayla Johnson	Nov 19
Brandie Reeves	Nov 19
Paul Citro	Nov 22
Marlena McClure	Nov 22
Lisa Gillespie	Nov 23
Cindy Estes	Nov 27
Tony Petty	Nov 27
Cathy Simons	Nov 27
Dean Porterfield	Nov 30

## Anniversaries

Nicole Bagwell	1 year*
Dovie Coleman	1 year
Larry Dickens	1 year*
Juan Lara	1 year
Zan Phillips	1 year*
Mike Casey	2 years
John Hart	2 years*
Bill Leech	2 years*
Tonya Robinson	4 years
Dale Kirkham	5 years
Chris Berkey	6 years
Butch Glover	6 years
Ricky Isbell	6 years
Jim Johnson	7 years
Gerd Muller	7 years
David Bone	8 years
Gena Leone	9 years
Paul Citro	10 years*
Betty Swett-Martin	12 years
Tony Greene	14 years
Walt Quinn	16 years
Wanda Yates	16 years
<b>Jim Threadgill</b>	<b>34 years</b>

**This is 171 total years of service**

*\*Based on most recent hire date*

## OPERATION GRATITUDE

Please donate your leftover candy from Halloween to be used to fill care packages that are sent to our U.S. military troops. Drop off in the boxes outside the FLC Chapel by November 11<sup>th</sup>.

For more information, go to [www.operationgratitude.com](http://www.operationgratitude.com)