

Your Safety is Our Priority

By: Kyle Swift, CEO, Woodland Heights Medical Center

In the times we live in, we are constantly reminded of safety and security and making that a priority. Patient, staff, and visitor safety and security continue to be a primary objective at Woodland Heights Medical Center.

Safety is not delegated to one department or one person; it is the responsibility of each individual. For Woodland Heights, safety starts at the beginning...at the beginning of employment in our orientation where safety is a major focus of training and learning *and* at the beginning of each day where hospital leaders meet to discuss facility-wide safety.

Additionally, patient safety is made up of thousands of minor gestures that have a major impact:

- the dietary employee making sure a patient has everything they need as they pick up their dinner tray
- a Phlebotomist double-checking identity before they draw a lab
- an Emergency Room nurse calling to check on a patient after discharge

These are all small acts that can prevent an error, prevent a fall or prevent a trip back to the hospital.

On another note, I wanted to mention that September is Healthy Aging Month and let you in on a great approach to healthy aging: Senior Circle. Senior Circle is a program offered by Woodland Heights for men and women aged 50 and over. In addition to national discounts, there are so many opportunities for you to get active, get informed and get social:

- **Travel:** As you read this, several of our Senior Circle members are in Nashville taking in the sights and sound and food of Music City. In addition to the extended travel, there are day trip opportunities monthly.
- **Exercise:** There are weekly exercise classes with Certified Personal Trainer Connie Reeves.
- **Volunteer:** Volunteering is a great way to contribute to your community and help others.
- **Social Activities:** Want to find your inner artist? Learn new recipes? Play some games? Senior Circle offers all of these activities and you are likely to make some new friends while you're at it.
- **Health Education:** Senior Circle offers free monthly events where health and lifestyle presentations are given along with a great lunch.

As you or a loved one is moving into that next phase of life remember to enjoy this chapter and take advantage of all that is available to you.

Kyle Swift is the CEO at Woodland Heights Medical Center. He can be reached at kyle.swift@woodlandheights.net.