



Hospital Day Celebration

Lorma Medical Center celebrated the 70th Hospital day last August 12, 2004 with the theme "Paglingon Sa Nakaraan Tungo Sa Kalusugan ng Bayan".

The celebration started with a marathon held at 6 am which was participated in mostly by Lorma and Lorma Multi-purpose Cooperative personnel. The winners of the race were Patrick Pamilaran(1st), Jason Marzo(2nd) and Colby Caberto(3rd).

The highlight of the celebration was the yearly Dialogue between Lorma Medical Center Management, represented by Medical Director Dr. Juan

V. Komiya, and the Chairpersons of the different barangays in La Union. The dialogue was held at the Lorma Multi-Purpose Gym. The celebration was well-attended and Dr. Komiya thanked the participants for participating in the celebration despite the bad weather.

A free medical check-up and cholesterol testing was also offered to those who attended. The afternoon event also had a mini-program where participants showcased their talents. Prizes were awarded to those who participated in the program. A raffle draw was also conducted with winners given different prizes. Awards were also

given to the 3 most-represented barangays. This year's most represented Barangay was Barangay Burgos with 100 % attendance, followed by Barangay Caba with 94 % and Barangay Santol with 81%.

Indeed, the activity is considered a huge triumph due to the collaborated efforts of the Hospital Administration, personnel and staff.

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108th Thanksgiving Service & Dedication

August 17, 2004 marked the 108th Birth Anniversary of Lorma founder Dr. Rufino Macagba Sr. The Management & staff of LMC & Lorma College joined hands to set a meaningful celebration of this commemorative event.

The day started with a thanksgiving mass led by Lorma Chaplain Pastor Albert Alegre. In the service he reminded us that everyone of us is called by God to a life of thanks-living and not only to a day of thanks giving. He further explained that giving is important and the secrets for us to be a thanks-living person are : First, we must acknowledge that everything came from above; Second is that we need to remind ourselves that even though we are not faithful to God, He still remains faithful to us; and Lastly is to count our blessings daily and share it to others.

During the service, Dr. Macagba Sr.'s daughters Mrs. Gena M. Ignacio and Mrs. Emma Kaiser shared their fond

memories of their father. They testified to the best qualities of their father, such as being loving and caring. They described him as a visionary who could see what might happen in the future especially on the advancement of the entire Lorma organization.

It was also on this day that the groundbreaking ceremony for the five story building for the hospital was held. A dedication and blessing service was led by Rev. Abraham Mendoza.

So as we thank God for the life of Dr. Rufino Macagba Sr., let us be reminded that this thanksgiving will only last for a day, but we must live thankful everyday by being a thank Living Person.

Rev. Abraham Mendoza initiates the groundbreaking & dedication of the five storey extension bldg., (Middle) Dr. Macagba pours in the 1st cement of the bldg., He also gives the family response during the 108th thanksgiving-



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LORMA MEDICAL CENTER
Carlatan, San Fdo. La Union

LORMA'S NEW CONTACT TEL. NO

072-700-0000



Enriching Thoughts

By Pastor Albert Alegre

- The most destructive habit - **WORRY**
- The greatest joy - **GIVING**
- The greatest loss - **LOSS OF SELF RESPECT**
- The most satisfying work - **HELPING OTHERS**
- The ugliest personality trait - **SELFISHNESS**
- The most endangered species - **DEDICATED LEADERS**
- Our greatest "shot in the arm" - **ENCOURAGEMENT**
- The greatest problem to overcome - **FEAR**
- The most effective sleeping pill - **PEACE OF MIND**
- The most crippling failure disease - **EXCUSES**
- The most powerful force in life - **LOVE**

- The world's most incredible computer - **THE BRAIN**
- The worst thing to be without - **HOPE**
- The deadliest weapon - **THE TONGUE**
- The two most power-filled words - **"I CAN"**
- The greatest asset - **FAITH**
- The most worthless emotion - **SELF-PITY**
- The most beautiful attire - **SMILE**
- The most prized possession - **SELF-ESTEEM**
- The most powerful channel of communication - **PRAYER**
- The most contagious spirit - **ENTHUSIASM**
- The most dangerous pariah - **A GOSSIP-MONGER**

**"To the world, you may be one person;
But to one person, you may be the world."**



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Every Weekend

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Biday San Fernando City

La Union

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HEALTH NEWS

Dengue Fever

A mild viral illness transmitted by mosquitoes and characterized by fever, rash, muscle and joint pains.

How is dengue spread?

Dengue is spread by the bite of an *Aedes* Mosquito. The mosquito transmits the disease by biting an infected person and then biting someone else.

Where is dengue found?

Dengue viruses occur in most tropical areas of the world. Dengue is common in Africa, Asia, the Pacific, Australia and the Americas. Mosquitoes

that transmit dengue live among humans and breed in discarded tires, flower pots, old drums, roof gutters and water storage containers close to human dwellings. Unlike mosquitoes that cause malaria, dengue mosquitoes bite during the day.

Signs and symptoms

Dengue fever usually starts with a high fever, rash, severe headache, pain behind the eyes and muscle and joint pains. Nausea, vomiting and loss of appe-

tite are common. The illness can last up to 10 days, but complete recovery can take as long as a month.

What is the treatment?

Persons with dengue should rest & drink plenty of fluids. They should be kept away from mosquitoes for the protection of others. It is also treated by replacing lost fluids. Some patients need transfusions to control bleeding.



Aedes Mosquito. The cause of dengue among young children.

Why do my feet smell?

The culprits in foot odor are sweat eating bacteria. The problem begins when bacteria become attracted to the sweat on your feet and start feeding on it. The bacteria's excretion has a strong odor that causes your feet to smell bad. Since each foot has over 250,000 sweat glands in it, and produces over a pint of sweat a day there's a lot for the bacteria to eat. What makes the situation worse are shoes and socks which trap

the sweat on your skin. Now the bacteria have their favorite kind of environment: dark and damp, causing them to go into a feeding frenzy. More waste is excreted, and when you take off your socks and shoes, your nose is presented with the results!

*How much do cigarettes shorten your life?
It's reported that based on Life Expectancies, each cigarette you smoke shortens your life by 11 minutes.*

Welcome...

NEW LORMA EMPLOYEES



Anna Liza Calderon
Patient Relations Officer



Liezel Gacad
Medical Secretary/ Researcher



Abigail Go
Information Clerk



Wilma Galat
Respiratory Therapist



Herbert Arceo
Respiratory Therapist



Myrna Gurion
Radiologic Technologist

NEW LORMA NURSES



Arcelie Alviar



Remedios Bongayo



Gladys Camarillo



Janette Catbagan



Shenalle Cayabyab



Romella Dangle



Michelle Estioco



Guerly Manzano



Edson Miranda



Conception Munar



Ruby Ann Sabado



Maritess Buccat



Jennifer Chan



Alma Lausan

Welcome...

NEW LORMA MEDICAL INTERNS



Glygoric Alzate

University of Northern
Philippines



Sharon Balanon

University of Northern
Philippines



Jeniffer Nunez

University of Northern
Philippines



Karl James Rafanan

University of Northern
Philippines



Alvin Noscál

Our Lady of Fatima
University



Berenice Failon

Virgen Milagrosa
University Foundation



Marilou Vergara

Virgen Milagrosa
University Foundation



Rhodora Macagba

Virgen Milagrosa
University Foundation



Monaliza Aguada

Virgen Milagrosa
University Foundation



Rogelio Capan

Virgen Milagrosa
University Foundation



Arnold Esperanza

Virgen Milagrosa University
Foundation



Jun Sison

Lyceum-Northwestern
University



Wilfredo Araujo Jr.

Lyceum-Northwestern
University



Margie Quisquirin

Virgen Milagrosa
University Foundation

ORIENTATION PROGRAM FOR NEW EMPLOYEES

As part of its Human Resource Development plan, the HR Department conducted an orientation program for new employees on June 23, 2004 at the Lorma Medical Center Conference Room. A total of 42 new employees and medical interns participated in the training program.

The one-day training was aimed at assisting new employees to adjust to their new work environment as well as provide them with a sense of pride and ownership of the organization they are working for. To meet these objectives, the participants were given information background on Lorma as an organization, its history and organizational structure. The highlight of the event was the inspirational messages given by former Employee of the Year awardees Herman Marbella of the Maintenance Department and Irene Frigillana of the Laboratory. They shared tips and advices how to be an effective employee. Furthermore, they challenged the employees to do their best in the performance of their duties and responsibilities.

The training program was facilitated by LMC Training Officer Bryan M. Peñafiel.

Relieve Stress at Work!

It may seem next to impossible to find time to relieve stress at work, but a few well-spent minutes can dramatically increase your productivity, enjoyment and health.

- ◆ **Laugh!** Read one of your favorite jokes or simply laugh.
- ◆ **Play** with stress-relieving toy or game like a mini-basketball hoop, dart board, stress ball or punching bag.
- ◆ **Close** your eyes and listen to soothing music.
- ◆ **Visualize** yourself relaxing at your favorite vacation spot or completing the big presentation with ease.
- ◆ **Add** helpful reminders

to your screen saver such as, "Take a deep breath," or add a phrase or joke that makes you laugh.

Watch out!

Use good judgment and know what is appropriate for your workplace.

HELPFUL TIPS if you have DEPRESSION:

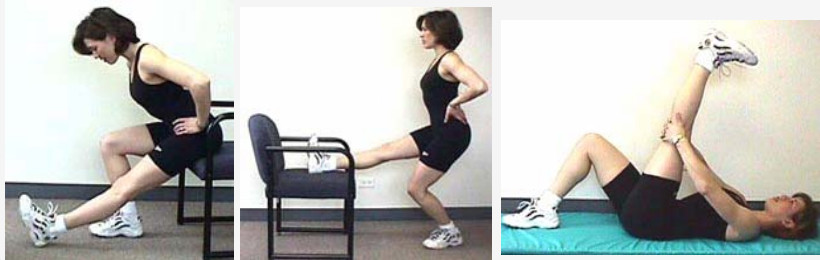
- Exercise Regularly
- Eat a healthy diet
- Avoid alcohol and drugs
- Have lunch with co-workers or friends everyday, no matter how tempting it is to isolate yourself.
- Spend time on grooming and even buy a new outfit that makes you feel more positive
- Meditate and understand the bible.

EXERCISES FOR A HEALTHY BACK by Jonaline Bustillo

Use these simple exercises to keep your back in good shape. Regular aerobic and weight-bearing exercise (3-5 times per week) will improve your overall fitness and decrease the likelihood of back injury.

Hamstring Stretch:

Stretching your hamstring muscle (which runs from the hip down the back of the thigh to the knee) gives your back and hip flexibility. It can be done standing, sitting or lying down. Standing - Stand with one leg straight out in front of you, your foot resting on a table or chair. Bend the leg you are standing on until you feel a mild stretch under the thigh of the raised leg. Hold for a count of three. Sitting - Sit on the floor with one leg straight in front of you, and the other bent with your foot flat on the floor. Lean forward slowly over the bent leg until you feel a mild stretch under the other thigh. Lying down - Lie on your back with your knees bent so your feet are flat on the floor. Raise one leg slowly, clasping your hands behind your knee to support it. Slowly straighten your leg and feel the stretch in the back of your thigh. Hold for a count of three then relax.



MEDICAL JOKES



Prostrate

A man walks into his doctor's office and sits down in the waiting room. While he is waiting his turn to be seen, a casual acquaintance walks in and sits down next to him. The newcomer asks "W w what are yyy you ddd doing here?" The man replies, "I am waiting to see the doctor." W wwhy dd do yyy you wwant to sss see hhim?" The man replies, " Well, if you must know, I have a prostate problem." " A pp prostate ppp problem, wwwhat's tttthat?" " Well, if you must know. I pee like you talk."

Prison Hospital

Prisoner: Look here, doctor! You've already removed my spleen, tonsils, adenoids, and one of my kidneys. I only came to see if you could get me out of this place!
Doctor: I am, bit by bit.

Invisible Man

Nurse: Doctor, there is an invisible man in your waiting room.
Doctor: Tell him I can't see him now. Next.

Congratulations!!!

MODEL EMPLOYEES

MONTH OF AUGUST



Simple, loyal and loving. She never grows tired of caring for her family and friends. **Vilma Lopez** is happily married and has 3 kids.

MONTH OF JULY



A person with a sincere heart and a warmth that comes from within. **Jose Andy Amis** is married and has been with Lorma for 2 years.

MONTH OF JUNE



A serious yet very responsible woman. She's **Yolanda Suga**, now on her 19th year of service in Lorma.

MONTH OF MAY



A woman equipped with irresistible charm captured in the most soul-steering eyes. **Dominie Galvan** has been with Lorma for 9 years.

MONTH OF APRIL



Her enticing smile radiates her peaceful personality; she would smile her way to your heart. **Lydia Lacsamana** is 60 years old and has served Lorma for 33 fulfilling years.

PATIENT'S SPEAK!

WHAT PATIENT'S SAY ABOUT LORMA

- ◆ It is the most modern hospital North of Manila.
- ◆ Keep up the good work and service! Thank You!
- ◆ The Most trusted hospital in the North.
- ◆ The nurses are very accommodating and make you feel at home.
- ◆ Thank you for the efficient service, Keep up your wonderful mission!
- ◆ Your Service is very good.

- Mr. Mac Lopez-Rm. 310**
- Ms. Esperanza J. Huliganga - Rm. 308**
- Mrs. Fujikawa Sandy - Rm. 222**
- Executive Suite G**
- Ms. Victoria M. Busque - Rm. 220**
- Ms. Natalie Chan - Rm. 426**

Say this Prayer Daily!

Lord Jesus, by faith I turn to you now!
I ask you to give me the joy and peace of knowing you. I want you to come into my life and be my Lord and Saviour. I ask you to deliver me from the things in this world that stand between you and me. I need you, Lord Jesus. Fill me with your Holy Spirit that I may live my life as a child of God. I want to be free of Sin, free of the attacks of Satan and free of sickness. Come Lord Jesus, be my Lord and Saviour.
AMEN.

THE REVELATION

by Irene M. Ducusin

Strange were the days when it all started
Because nobody was there to give the flow
Confused, ashamed and slow
I think i better go.

'Till day after the other
Things started to grow
New companions, new friends
New heart had come to glow

None of them took advantage
On the place I should plow
One pace to another
Upps!! It's time for me to draw.

Life is like an art
Full of colors and design
Though pale and abstract
It's a cycle of love

Even though I have all the sickness in life
Or suffer all the pains of my heart
I believe I have my family, friends and love ones
Indeed I will never give up.

One life, one soul, one mind,
Put them together is a creation of love.
My life is a gift of love
From the one I call my God.

Patient to patience like me
Is what I deserve and plea.
Simple smile, simple laughter's
And your prayers is my light.

My victory will soon come,
Because I have my faith in God.
For as long there is faith, there is hope,
As long as there is hope, there is love,
And as long as there is love, There is Life.

The Lorma Smile

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Growing Up!

True Joy is to be found in giving to and in sharing with others. How true it is that nothing narrows the mind like self-love or self-pity, just as nothing broadens the mind like love of one's neighbor! The unselfish person is able to get along with many different types of personalities and to adapt himself or herself to new places and things even if it means personal inconvenience. Such adaptability is a SIGN OF MATURITY. Furthermore the maturing person can admit making a mistake and can face a failure. If you are humble, you can accept yourself with all your good and bad traits, realizing that your family and friends love you despite your defects that with God's grace, you can overcome them.

Anything less than this acceptance of self results in a feeling of inferiority - a feeling that "I'm no good. Nobody cares about me." This feeling leads to all the vices of unpopularity. Bragging, know-it-all-ness, brooding, rebellion, envy, jealousy, and many more are all ways in which people try to cover up their inner feeling of inferiority and insecurity. If the unfortunate people afflicted by these bad traits felt themselves to be worthwhile persons, they would not have to strive for attention by such methods. They would realize that just being themselves would be enough to gain others' respect and affection.

You should try to have an encouraging word for everyone; you will be amazed at the good accomplished by a little honest praise. *excerpt*