



**GSIS VISITS LORMA**

The GHSP Team ( GSIS Hospitalization Support Program ) came to Lorma last April 4 – 6 2005 for their Quarterly GHSP Monitoring Activity. They are Dr. Virginia Paz A. Braga ( GHSP Team Leader, GSIS Medical Specialist III ), Dr. Marx Perfecto Garcia ( GSIS Medical Specialist III ), Mr. Angelito Lasala ( Computer Operator IV ).

April 4, 2005 at 3 pm , the GHSP team conducted their entrance interview in an executive conference attended by Mr. Robert F. Kaiser (EVP), Mr. Allan A. Alvarez, Mr. Ismael Caasi

and Ms. Jonaline B. Bustillo. The following day (April 5, 2005) the GHSP team observed Ms. Jonaline Bustillo on how the GSHP discounts are explained to all GSIS patients. After that, they interviewed a dialysis patient, Mrs. Elma F. Ducusin who happens to be a GSIS retiree. The patient expressed her happiness for the special discount entitled to her. Another Lorma patient Ms. Jovita T. Abaga, GSIS retiree told Dr. Braga that she was very thankful when she learned

that she could avail special discounts. She is very happy that Lorma is the only hospital in Northern Luzon that is accredited and participating the program for the GSIS discounts.

Then on April 6, 2005 they discussed the observations and feedbacks of the patients they have interviewed. Almost all comments were highly commendable. The team was very happy to see the help desk and a clerk for the GSIS already in place.



GHSP team with Mr. Allan Alvarez

**LMC Joins La Union Basketball Tournament**

Last March 2005 a letter was sent by the Basketball Coaches Association of La Union ( BCALU ) inviting Lorma to join the Inter-Office Basketball Tournament. I thought coaching was just an easy task to do but it was full of sacrifices yet rewarding. Together with assistant coach Mr. Modesto Ramirez Jr., two different dates of try-out was made to pick players who will compose of the Lorma Bas-

ketball Team. These players were chosen due to their different playing style, attitude, and fighting spirit. The coaching staff with the help of our Team Manager, Engr. Danilo Almoite, shared their views and ideas that paved the way of creating the team.

The tournament officially opened on the afternoon of April 2, 2005 at 4:00 pm. The 12 competing teams were represented by their beautiful muses.

Ms. Catherine Dacpano, was chosen to be Lorma's muse who appeared to stand-out among the rest. A parade was made along the business area of San Fernando. At exactly 6:00 pm the first game between Lorma Team and Phil. National bank started.

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The Lorma Basketball team with their muse, Ms. Catherine Dacpano



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## REFLECTION TIME

By Pastor John Gois



What are we really up to in this world? Gautama Buddha, has taught that old age is suffering; illness is suffering; death is suffering; being exposed to what one dislikes is suffering; being separated to what one likes is suffering; failure to realize one's ambitions and desires is suffering. Clearly enough, to be born human is a tragic fate and every individual feels the apparent absurdity of human existence.

The moment a baby is born, he has started to feel the pain and difficulty in this world. And yet, we say life is meaningful! It has been said time and again that no amount of particular meanings, like wealth, power, and sexual pleasure can fully satisfy man's thirst for the absolute meaning of his existence. In fact, wealth, power, and sex make an individual hunger for more, which indicates their insufficiency to provide for the full self-realization and self-fulfillment that everybody is longing for.

Let us try to reflect a little bit and see what we can do. The following is a story about a Tea Cup. A couple vacationing in Europe went strolling down a little street and saw a quaint little gift shop with a beautiful teacup in the window. The lady collected teacups and she wanted this one for her collection, so she went inside to buy the teacup, and as the story goes the teacup spoke and said:

"I want you to know that I have not always looked like this. It took the process of pain to bring me to this point. You see, there was a time when I was just clay and the Master came and he pounded me and he squeezed me and he kneaded me and I screamed: "STOP THAT!". But he just smiled and said, "Not yet".

Then he took me and put me on the shelf and I went round and round and round and round... and while I was spinning and getting dizzier and dizzier I screamed again and I said, "Please get me off this thing... please get me off!!!" And the Master was looking at me and he was smiling, as he said, "Not yet".

Then he took me and walked toward the oven and shut the door and turned up the heat and I could see him through the window of the oven and it was getting hotter and hotter and I thought, "He's going to burn me to death!".

And I started pounding on the inside of the oven and I said, "Master, let me out, let me out, let me out!", and I could see that he was smiling as he said "Not yet". Then he opened the door and I was fresh and free and he took me out of the oven and he put me on the table and then he got some paint and a paintbrush.

He started dabbing me and making swirls all over me and I started to gag and I said: "Master, stop it... stop it... stop it please... you're making me gag". He just smiled as he said "not yet".

Then very gently he picked me up again and he started walking toward the oven and I said, "Master, NO!! Not again, please!!". He opened the oven door and he slipped me inside and he shut the door and this time he turned the heat up twice as hot as before and I thought, "He's going to kill me!!", and I looked through the window of the oven and I started to pound on it, saying, "Master... Master, please let me out... please let me out... let me out!".

I could see that he was smiling but I also noticed a tear trickle down his cheek as I watched him mouth the words, "Not yet!"

Just as I thought I was about to die, the door opened and he reached in ever so gently and took me out, fresh and free and he went and placed me on a high shelf and he said: "There, I have created what I intended. Would you like to see yourself?" I said, "Yes". He handed me a mirror and I looked and I looked again and I said, "That's not me, I'm just a lump of clay".

He said, "Yes, that IS you, but it took the process of pain to bring you to this place. You see, had I not worked you when you were clay, then you would have dried up.

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## HEALTH NEWS

### HEAT STROKE

#### What is heat stroke?

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. The elderly, infants, persons who work outdoors and those on certain types of medications are most susceptible to heat stroke. It is a condition that develops rapidly and requires immediate medical treatment.

#### What causes heat stroke?

Our bodies produce a tremendous amount of internal heat and we normally cool ourselves by sweating and radiating heat through the skin. However, in certain circumstances, such as extreme heat, high humidity or vigorous activity in the hot sun, this cooling system may begin to fail, allowing heat to build up to dangerous levels.

If a person becomes dehydrated and can not sweat enough to cool their body, their internal temperature may rise to dangerously high levels, causing heat stroke.

#### What are the symptoms of heat stroke?

The following are the most common symptoms of heat stroke, although each individual may experience symptoms differently. Symptoms may include:

- headache
- dizziness
- disorientation, agitation or confusion
- sluggishness or fatigue
- seizure
- hot, dry skin that is flushed but not sweaty
- a high body temperature
- loss of consciousness
- rapid heart beat
- hallucinations

#### How is heat stroke treated?

It is important for the person to be treated immediately as heat stroke can cause permanent damage or death. There are some immediate first aid measures you can take while waiting for help to arrive.

- Get the person indoors.
- Remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating.
- Apply ice packs to the groin and armpits.
- Have the person lie down in a cool area with their feet slightly elevated

Intravenous fluids are often necessary to compensate for fluid or electrolyte loss. Bed rest is generally advised and body temperature may fluctuate abnormally for weeks after heat stroke.

#### How can heat stroke be prevented?

There are precautions that can help protect you against the adverse effects of heat stroke. These include:

- Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice; avoid tea, coffee, soda and alcohol as these can lead to dehydration.
- Wear lightweight, tightly woven, loose-fitting clothing in light colors.
- Schedule vigorous activity and sports for cooler times of the day.
- Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.
- Increase time spent outdoors gradually to get your body used to the heat.
- During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.
- Try to spend as much time indoors as possible on very hot and humid days.

If you live in a hot climate and have a chronic condition, talk to your physician about extra precautions you can take to protect yourself against heat stroke.

If I had not subjected you to the stress of the wheel you would have crumbled. If I had not put you into the heat of the oven you would have cracked. If I had not painted you there would be no color in your life. But, it was the second oven that gave you the strength to endure. Now you are everything I intended you to be - from the beginning." And I, the teacup, heard myself saying something I never thought I would hear myself saying, "Master, forgive me, I did not trust you. I thought you were going to harm me, I did not know you had a glorious future and a hope for me. I was too shortsighted, but I want to thank you. I want to thank you for the suffering. I want to thank you for the process of pain. Here I am! I give you myself - fill me; pour from me, use me as you see fit. I really want to be a vessel that brings you glory within my life."

Have you been in a difficult situation lately that it became inevitable for you to shed tears? The crises we are confronting from time to time are oft times so heavy that we are feeling so helpless and desperate. We tend to sigh or cry in our seeming hopelessness. Sometimes, we are angry and so dejected that we are feeling alone even when we are in the midst of a crowd. The future is uncertain and our bodies are feeling so weak. As if we are feeling alone and no one is around who would care about our pains and failures. Personally, there was a time in my life when I became so desperate and disappointed with life that I lose the excitement to live. I was feeling so helpless and hopeless that I have completely forgotten God, who is more than willing to help out. I don't know about how you are feeling these days. But just in case you are going through some kind of a crisis just remember, that God has come to wipe away our tears. He is doing it; He will have it done as soon as He can; and until He can He would have them flow without bitterness; to which end He tells us it is a blessed thing to mourn because of the comfort that is on its way. While we wait for that comfort, we can be rest assured that God will not allow us to be tested beyond our ability to bear the trial. Every difficult circumstance is timed with exact precision. Every hard situation is screened through His perfect love.

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We will not suffer one moment more, nor will we suffer more intensely than is necessary. In other words, God will not allow us to be overtaken by life's difficulties.

There may be deep waters through which you must wade; there may be fires through which the ore of your character must pass. But in the midst of them God promises to be your partner, companion, and faithful friend. He will "perfect, establish, strengthen, and settle you" (1 Peter 5:10).

Remember, God said that He would never leave us or forsake us. He is always with us, walking alongside us, defending us, watching us, and leading us all the way through. Someone has sent me a text message lately: it says "Life is hard BUT God is good; Life is unpredictable BUT God is steadfast; Life is unfair BUT God is just; Life is a challenge BUT GOD IS OUR CONFIDENCE! Yes indeed, we can have confidence with God who holds our future. Life indeed is full of meaning!

**HEALTH TIPS**

**SELF-HELP FOR SKIN**

What can you reasonably do -- without resorting to expensive or invasive cosmetic procedures -- to keep your skin's healthy glow?

Here are the most important steps to take:

- **Use sunscreen and protective clothing.** avoid excessive exposure to the sun. "If no one was ever exposed to the sun, we wouldn't have wrinkles, brown spots, red blotches -- even sagging is accelerated. It's all from the sun. The most important thing anyone can do for skin -- infant, child, woman, man -- is sunscreen."

To protect your skin, you should use a hat and other protective clothing as well as sunscreen. Seek out shade between 10 a.m. and 4 p.m., use umbrellas on the beach, and avoid tanning parlors.

- **Stop smoking.** Smoking can damage the skin's connective tissue and impair its healing process by preventing oxygen from getting to your blood vessels and skin.
- **Get some sleep.** This is one way to alleviate stress, which is thought to contribute to damage from free radicals.
- **Avoid dehydration.** Drink at least eight glasses of water daily.
- **Watch your diet.** Avoid loading up on white sugar or processed food, and don't drink too much alcohol. It's also important to try to maintain a healthy weight throughout your life. "Yo-yo" dieters whose weight fluctuates dramatically can speed the aging process, as well as end up with sagging skin.

**PATIENT'S SPEAK!**

*WHAT PATIENT'S SAY ABOUT LORMA*

Excellent service	Ms. Shirley Verceles	Exe.Suite H
Services and room accommodation	Mr. Kristan Alvis Sotelo	Exe. Suite G
Courteous, kind and friendly staff	Mr. Rhody E. Laigo	Rm 312
Cleanliness and orderliness of the hospital	From Rm 306	
Excellent service and clean facilities	Ms. Fara Buenavista	Rm 304
Cleanliness and comfort of inpatients	From 3A	
Services and equipments	ICU	
Facilities, services and cleanliness	Mr. Jonathan Paulino	From Rm 424
Friendly staff	From Rm 302	
Good services, accommodating staff and modern facilities		Ambassador
Suite		
Facilities, services and personnel assistance	Ms. Felecisima Somera	Rm 420
Services and facilities are all excellent		From Rm 414
Hospitable, friendly nurses, doctors and utility men	Ms. Rikka Alviar	Rm 418

# Welcome...

## NEW LORMA EMPLOYEES



**CHARMAINE ROCHELLE PADILLA**  
Respiratory Therapist



**REGINALD UMayAM**  
Radiologic Technologist

# Congratulations!!!

## MODEL EMPLOYEES



**MONTH OF NOVEMBER**

One look at him and you'll know that he has a good heart.

**GABRIEL CASTILLO** has been with Lorma for 5 years.



**MONTH OF DECEMBER**

She's diligent and simple.

**Jannette Fusilero** is happily married with 3 kids.

**Lorma Basketball Team...continued from page 1**

Lorma Team won and Mr. Romulo Marquez was chosen as the best player for the game. The collective team effort carried the Lorma team to victory. It's still a long and bumpy ride for the team, 10 more games. We are hoping that with all the support from Management, Doctors and staff, we can achieve our goal. It is a great pride to represent Lorma Inc. This early, speaking for the team, our heartfelt thanks to all. To the players, hats-off to your dedication, sacrifices and support. God bless the Lorma team. GO LORMA, GO!!!

Lorma Basketball Team

Manager: Engr. Danilo Almoite

Coach: Spiro Lachica

Asst. Coach: Modesto Ramirez

Muse: Catherine Dacpano

PLAYERS:

Andy Amis

Rogelio Palacay

Florante Caberto

Carlito Pimentel

Elmer Cordero

Ian Rosimo

Arnold de Vera

Peter Lagasca

Romulo Marquez

Rommel Oli

Rogelio Palabay

**PROFESSIONALISM**

Professionalism is not the same as ethical conduct. Ethical conduct is the minimum standard required of a profession, while professionalism is a higher standard that is expected. Many would say that professionalism is simply defined by the golden rule, "Do unto others as you would have the do unto you." E. Fitzgerald Parnell III , defines professionalism as, "The rekindling and nurturing of those imbedded values that brought each of us to the bar."

A Profession is unique in that it is self-regulating. But the elements of professionalism apply to all business and professions:

**Civility**– It seems that the American lifestyle in the 20th Century and in the new millennium is not predisposed toward politeness and civility. People rush to complete for scarce resources, generate ads which trash their competition, and often struggle just to survive in their daily lives. Rudeness, insults, and sarcasm have become too commonplace in our world. Civility, on the other hand, embodies the notion that there is a type of social behavior that is acceptable within business community. Courtesy, kindness and respect are fundamental to our notions of civility, and should be paramount in our dealing with each other. Civility prevails over incivility more often than not.

**Honesty and Integrity**– Your reputation in the business community evolves day to day. If your world is your bond and people know that they can trust you, your chances for success are greatly increased. One half truth or one fudged figure will make your reputation forever. What a comfort to hear a customer say, " I'm doing business with Mr. Jones, because he is honest, and I know I can trust him."

**Excellent Service** – Service is the lifeblood of every industry. The manner in which you serve your customers will usually determine the success of your business. Even though service should be measured by the competency with which it is performed, a more important gauge of service may be the attitude of the people rendering the service. Encourage your employees to treat each customer as if he/she is the most important customer you have. A smile and a positive attitude will generate more business than you can handle.

**Community Service** - " You should never take more than you give."

Some say eat or be eaten

Some say live and let live

But all are greed as they join the stampede

You should never take more than you give:

### Say this Prayer Daily!

Dear Lord, You have felt far away in our times of trouble, but through this word, we trust that You are near us. Thank You for watching over us, helping us and providing the strength in need to "weather" the storm. Replace our sadness with joy as we look to You in the heavens. We are grateful for your unfailing love and unceasing mercies. Come along side us for we are weak and desperate for your help. Lord of all hopefulness, we pray for those who have lost hope and courage this day. Be very close to those who are experiencing hopelessness and are in tears now. Let thy comforting arms surround them. Let them find rest in your promises and let them be rest assured of your love and care. In Jesus Name. Amen.

### CONFUSED PEOPLE

In a psychiatrist's waiting room two patients are having a conversation. One says to the other, "Why are you here?"

The second answers, "I'm Napoleon, so the doctor told me to come here."

The first is curious and asks, "How do you know that you're Napoleon?"

The second responds, "God told me I was."

At this point, a patient on the other side of the room shouts, "NO I DIDN'T!"

### I CAN'T FEEL MY LEGS

A man wakes up in a hospital bed after a terrible accident and cries "Doc, Doc... I can't feel my legs, I can't feel my legs!!!"

"Well of course you can't!!!" , replies the Doc...

"I've cut off both of your arms."

### THE LORMA SMILE

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The elements and principals of professionalism can have a profound impact on your quality of life. We read and hear much today about alcoholism, drug abuse, depression, and suicide. Most medical and psychological experts will describe these conditions as diseases, but I believe that they may be precipitated by unprofessional conduct. The stress of too much time at work, the anxiety caused by a dishonest act, the guilt caused by a prejudicial or harassing comment can all trigger the onset of any of the above listed maladies. Seminars and articles on professionalism can improve the quality of life of your employees and ultimately make your business more successful.

Remember the old adage of the "man in the mirror" it is good one and can help you. Each morning when you look in the mirror , make a promise to yourself that you are going to treat every person you come in contact with that day as if they are the most important person in the world. And if you should be confronted with uncivil or unprofessional conduct, you will not respond in the same manner, but you will take the " High Road." if you will take the high road of professionalism other will follow, and they will attest to the fact that "Professionalism can be found in your Business!"