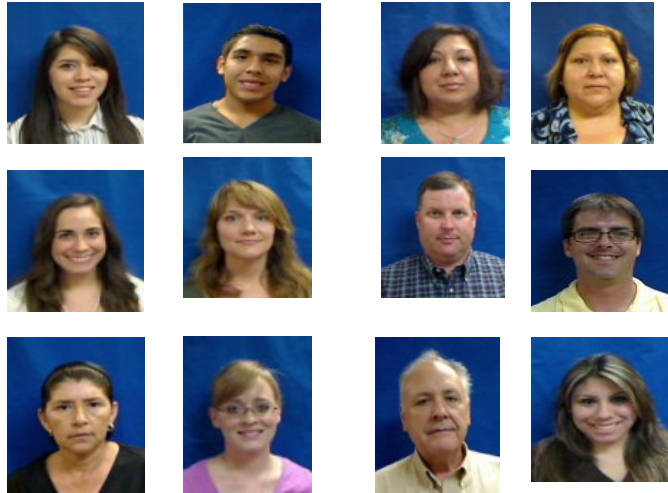


Whats on the Wire at VVRMC....

July Birthday

LOONEY, MARCY E	TOVAR, PEDRO
MARTINEZ, MELINDA	ESQUIVEL, LUIS A
POND, JIMMY G	SERRANO, GUILLERMO P
LIRA, ALEJANDRA	GUY, TRACY L
VILLENA-ASILADOR, PURITA	FUENTES, VANESSA
BARNES, HEATHER	SAMBILAY-ORTIZ, EDNA
AGUILLON, MARIA T	COOPER, ANABELIA
SAMPSON, GINGER	CROCKETT, BRIAN
GONZALEZ, AMY G	SATTERFIELD, GAYLA
FLORES, LETICIA E	BARRERA, JUANITA
ASILADOR, JULIO ATO	MALTOS, MARICELA
BROWN, MELINDA J	MAGJACOT, JOLLY
TREVINO, CARMEN	ZERTUCHE, CLAUDIA
DIAZ, CRIS A	HERNANDEZ, MARIA
RODRIGUEZ, MONICA	GUAJARDO, DOLORES
CABELLO, DINORAH	WOERTH, SAMANHA J
HEBNER, DENNIS	MOYA, SANJUANITA
RODRIGUEZ, ALEJANDRO	VICK, RAMONA
GARCIA, NADINE	GARZA, ABBY
ANGUIANO, BEATRIZ	ANTU, JOHNNA R
WOERTH, SAMANTHA JULIETTE	
MARTINEZ, RUBEN	



VVRMC always on the go!

So who's new at VVRMC?

Plant Ops.	Chris Barrera, Grounds Keeper, Martin Weathersbee, Project Mgr.
EVS	Teresita Lira, EVS Tech., Amalia Sanchez, EVS Tech.
Clinic	Abigail Fox, Med. Assist., Sandra Lomas, Med. Assist., Alyssa Pena, GVN, Esperanza Dominguez, Med. Assist.
Admitting	Jasmine Esquivel, Adm. Rep.
Heritage	Raul Benavides, Therapist
IT	Les Hayenga, IT Systems Admin.
ICU	Rebecca Crone, RN, Courtney Hobson, RN

REMEMBER.....

If you run into any of these people, make sure you welcome them on board and make them feel as part of the VVRMC family!

What is going on in Human Resources....

Employee Engagement Survey – The survey is in the final steps of being made available for your review. The answers and your comments will be available for review on the web-page. H.R. will be sending out e-mail notification once it is in place.

Performance Appraisals have been sent to Directors, they should be getting with all staff members to begin the evaluation process.

HR Topic of the Week

W-4's.....

What are proper W-4 allowances for a single individual?

You- the first allowance you are allowed to claim is yourself. You can technically claim “0” & have a large portion of your paycheck go towards taxes, which would lead to a larger tax refund. Most workers put “1”, you still get a tax refund, but provides more money for current expenses.

How can you decrease your withholding on a W-4?

Form W-4 gives employers guidance on how to calculate the amount of money they need to withhold from your paycheck. The W-4 contains three factors that affect how much money you have withheld: your filing status, your allowances claimed and the amount of extra money you want withheld. You cannot edit an old W-4, but you can submit a new W-4. If you want to decrease your income tax withholding, claim the married filing status if you are eligible, maximize your allowances claims and do not request an additional tax withholding. However, be aware that the less money you have withheld, the money you will owe at tax filing time.

(IRS Website)

**REMEMBER, OUR OFFICE IS OPEN 7 AM – 5 PM.
HR PERSONNEL ARE AVAILABLE TO ASSIST AND
ANSWER ANY QUESTIONS YOU MIGHT HAVE.**

Happy Notes.....

Got any Kudos, well wishes, call the HR office and let us know your happy venture, it can be part of the newsletter.

Relax, Its Not That Bad

Relaxing Made Easy

You can use the “anytime” techniques no matter where you are.

Stop to Breathe – breathe in to the count of 5 and then breathe out for the same count. This instant relaxation technique is powerful as well as easy. You can even imagine you are breathing in peace and vitality with each breath and breathing out your tension with each exhalation.

Deep Muscle Relaxation – While sitting in a quiet place, tighten and then relax one muscle group at a time. Go from feet to head, tightening each muscle group for 15 seconds, then relaxing it and moving on to the next group.

Use your Imagination – Take a few minutes to escape...inside your mind. Visualize yourself in a peaceful setting-such as lying on the beach, swinging in a hammock in a garden, or curled up by a cozy fireplace. Imagine the sights, sounds and smells, and picture yourself perfectly relaxed.

Stretch away stress – stretching tired or tense muscles can make you feel instantly refreshed.