

SNEWZZ

Health Consultants of Virginia, Inc.
DBA Sleep Disorders Center of Virginia

VOLUME I ISSUE II

August 31, 2007

Editor—Cindy Lowry

KATHE HENKE TAKES ON NEW ROLE—

Jennifer Chenault-Walker

CONGRATULATIONS TO CAROLE MITAS WHO HAD THE MOST CORRECT ANSWERS!!!

1. Your name is: **Everyone should have been able to answer this!**
2. Who do you work for? **You work for the patient!! They are the most important people in our practice.**
3. Who pays you for what you do? **The patients and their insurance companies provide the funds with which you are paid.**

Inside this issue:

Recipezzz
Who Knowzzz?
Editor's Letterzzz

Employeezz Messages
Comingzzz & Goingzzz
Classifiedzzz

Coming Eventzzz

Effectively, Dr. Henke's role has shifted to exclusively reading sleep studies, contacting patients with results, and dictating studies. Due to her superb time management and efficiency, this will

facilitate getting results to patients in a timely fashion and getting reports into the hands of the

referring doctors faster. She will no longer be seeing patients for office visits. Dr. Henke will also be able to devote more time to laboratory issues, quality assurance, and reaccreditation activity.



TECHNICAL NEWZZ—

Changes to Scoring Rule for Sleep Studies

Kathe Henke PhD

- 2 As most of you know, the American Academy of Sleep Medicine (AASM) is implementing new rules for scoring sleep studies. These changes will be effective July 1, 2008. In this column I will highlight some of the important changes.

RECORDING EEG'S/EOG'S

- 3 It is now recommended that we record the following **3** leads: F4-M1, C4-M1 and O2-M1. Back up electrodes will be F3-M2, C3-M2 and O1-M2. The EOG's will be E1-M2 and E2-M2. M refers to the mastoid process.

SLEEP STAGING

Naming of sleep stages has been changed. The stages are now called. Stage W (wake), Stage N1 (stage 1), Stage N2 (stage 2), Stage N3 (stage 3 and 4), and Stage R (REM).

RECIPZZZ Featuring the kitchen of Janelle Harris

Ranch Chicken

2 T. butter or margarine

1 medium onion chopped

1 green bell pepper, chopped

1 red bell pepper, chopped

3 cups chopped or cubed cooked chicken

1 can cream of chicken soup

1 can mushroom soup



1 can diced tomatoes and green chilies

1 t. chili powder

1 t. ground cumin

2 cups tortilla chips, crushed

2 cups shredded cheddar cheese

Melt butter in a medium skillet over medium high heat. Add chopped onion and bell peppers. Sauté 8 minutes or until tender. Stir in chopped cooked chicken and the next 5 ingredients. Cook, stirring occasionally for two minutes. Place half of crushed chips in the bottom of pan. Layer with half each of chicken mixture and shredded cheese. Repeat layers, ending with cheese. Bake uncovered at 325 degrees for 55 minutes.

WHO KNOWZZZ?

WHO AM I?

Has worked at the Sleep Center in more than one role.

Is 5 feet 4 inches tall.

Hates to get up before 7 AM.

Loves to play card games and work all kinds of puzzles.

If you think you know who this is send your response to the editor at clowry@sleepcenter.org. Also make a nomination for a mystery employee for next month.



EDITOR'S LETTERZZZ—by Cindy Lowry

Thanks to each of you who received the first edition of the company newsletter with enthusiasm.

After much consideration, it has been decided that we will publish this communication bi-monthly. Expect to see issues again at the end of October, December, February, April and June.

This month we have added three new columns. On page 2 find our new recipe column. We will try to feature recipes that many of our employees share in our lunch rooms. Please let me know if someone



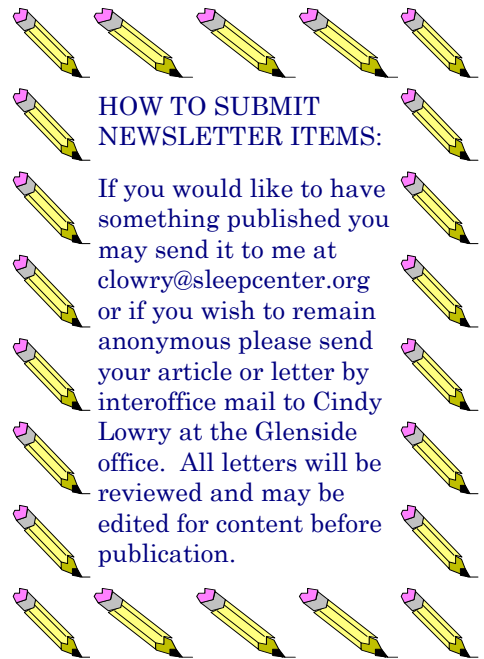
Where is your article?

shares a delicious item in your kitchen. On page 2 find our new mystery employee column. Nominate someone you would like to see in this column. On page 1 find our technical column that will be written by Dr. Henke. If you have something you would like to hear more about, please let Dr. Henke know so that she may include it in an upcoming issue.

Please remember, this is your newsletter. **CONTRIBUTE TO IT!!!!**

HOW TO SUBMIT NEWSLETTER ITEMS:

If you would like to have something published you may send it to me at clowry@sleepcenter.org or if you wish to remain anonymous please send your article or letter by interoffice mail to Cindy Lowry at the Glenside office. All letters will be reviewed and may be edited for content before publication.



EMPLOYEEZZZ MESSAGES

To my SDC Family:

My brothers, John and Jim, my son, Michael and I want to thank each of you for the many prayers, acts of kindness and support during the illnesses of our parents, and recent passing of our Mother. These past few months have brought pain, sadness, fear, physical exhaustion and also many blessings and much joy. Your compassion and understanding go beyond what words can describe, and we will always be very grateful.
Carole

A big thanks to everyone who thought about our family during the recent addition of Robert Allen on 8/29/07 at 9:49 AM weighing 7lbs 4ozs 19 in. long. Grandma Karen is proud of him and happy to show anyone pictures if interested.
Karen Seal

COMINGZZZ AND GOINGZZZ—by Sabrina Riley-Schuman and Anna Rodriguez

ADMINISTRATION

Robin Wallace is back!!

Angela Grier started on August 21 as a full time Front Desk Receptionist at Glenside.

LABORATORY

Randy Brooks has been hired to be a day tech, bringing 7 years experience as a sleep tech. He has relocated from Danville Virginia where he was the lab supervisor. He is

doing a great job here, but “states it’s a little different coming from a 2 bed lab”.

Danette Bland and Chris Harris have moved from a night tech position to a new position created as a “Day Tech Assistant”; they are helping out a great deal and learning the role of the “Day Techs”.

Casie Christen has moved from MV to CH night tech position.

Jessica Markham has been working out of CH in a night tech position.

And last but not least, Justin Weeks is leaving to become a “Traveling Night Technician”; he will travel where ever he is needed throughout the US. Good Luck Justin!

— You will be missed!

CLASSIFIEDZZZ—By and for the employees of Sleep Disorders Center of Virginia

This is a column for employees to advertise anything appropriate to the employees of the Sleep Disorders Center.

The following are **free to good home**. Must pick up within one week at the Glenside office.

NEC MultiSync E900 21" monitor

Savin SLP20 Printer - needs work

Hewlett Packard Printer - model unknown, no front door, needs work
Please e-mail
jwalker@sleepcenter.org if you are interested.

REDSKINS TICKETS

Tickets to all Redskins games for sale. Four seats—first come first served— at face value. E-mail clowry@sleepcenter.org or call 804-615-4492. Still have tickets for this weekend—Dolphins vs. Redskins.

Whatever your needs may be, you may advertise here with approval of the editor.

Please send your requests to clowry@sleepcenter.org. You may simply state your need or write the classified and include a picture if you like. It will appear in the next issue.

**ROOM FOR
YOUR ADVERT-
TISEMENT
HERE**

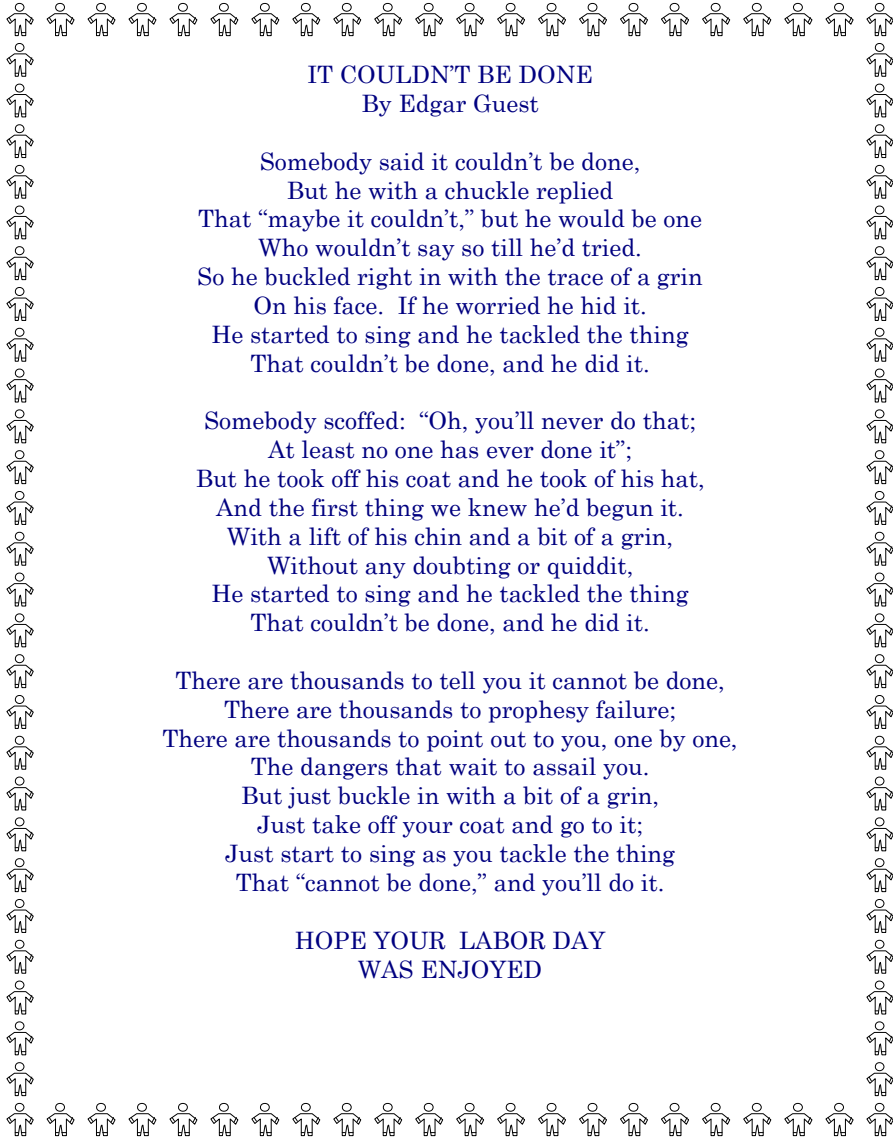


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*Say Goodnight
Virginia!*



IT COULDN'T BE DONE
By Edgar Guest

Somebody said it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing and he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one has ever done it";
But he took off his coat and he took of his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing and he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.

**HOPE YOUR LABOR DAY
WAS ENJOYED**

COMING EVENTZZZ

SEPTEMBER BIRTHDAYS

September 4 Barbara Goodall

September 14 Matika Pierce

September 27 Dr. Iqbal

September 30
Tamara Hancock

**OCTOBER BIRTH-
DAYS**

October 8 Christina
Leffler

October 9 Dr. Cornman

October 12 Robin Wallace

October 13 Joi Cooley and
Stanley Rayfield

October 16 Amorelle Wilson

October 25 Kris Duncan

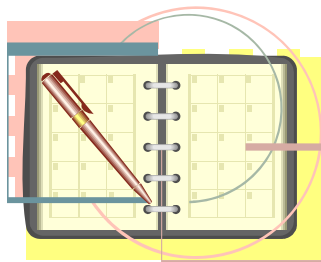
October 26 Sabrina Riley-
Schurman

October 27 Janelle Harris

October 29 Walt Spence

SEPTEMBER 11—Doctor's meeting
at 5:00 PM, Glenside Conference
Room

December 15—Company
Christmas Party at
Meadowbrook Country
Club



DATES TO REMEMBER