



PROWERS MEDICAL CENTER
401 KENDALL DRIVE
LAMAR, COLORADO 81052

Tobacco-Free Campus

Tobacco-Free Campus Celebration Event

Tuesday, June 30, 2009

“Kick Butt Day”

- Request PMC Team Members to volunteer to help clean the entire facility grounds so we can kick off our TFC Campaign with a “Clean” start – Blue Jean Day and “Blue” shirt – Morning hours 8:00 to 11:30 am – Bring your work gloves!

Wednesday, July 1, 2009

Ribbon Cutting Ceremony – 9:00 a.m.

- Hospital Main Entrance off of Kendall Drive (PMC Staff)
- Coordination with High Plains Community Health Center – Clinic on our campus who has also elected to go Tobacco Free on July 1st
- Invitation to Local Media
- Announcement to PMC Team Members so they will participate in the ceremony
- Message includes our desire for this to be the beginning of our progression to a Wellness Program for the facility
 - PMC Walking Path back in “walking” condition

Overhead Announcements – periodically during the day

- Thanking staff and visitors for respecting our new policy
- Identifying where individuals can obtain a “Quit Kit”
- Offering FREE Healthy breakfast items through the PMC Cafeteria line and inviting everyone to participate in celebrating our Tobacco Free Environment between the hours of 7:30 and 10:30 am

“People Making a Commitment Toward Wellness” Board – (P.M.C. acronym for our facility)

- Recognition of those PMC Team Members who have chosen to become tobacco free
 - **Managers Meeting of Wednesday, June 17th**
Request that they ask their departmental Team Members who have chosen to “quit” using tobacco if we have their permission to take their picture for posting on our “Star” Board – name and time frame they have been tobacco free. No parameters as to when they became Tobacco Free, i.e. two years, two months, two days, etc.
Assign a deadline for the information to be submitted – **Wednesday, June 24th
**Will add other names as they make their choice to go “healthy”
 - Small Token/Gift for “Quitters” – “Goodie Bag” containing a balloon, bubble gum, and bubbles – signifying their improved lung capacity for choosing a healthier life style.

Pledge to be Tobacco Free

- Form developed for all PMC Team Members to sign
- Forms and Drop Box available throughout the day (or 8:00 am to 1:00 pm) to complete form and enter in a drawing for prizes
 - Gift Certificates to local Fitness Centers
 - Gift Certificates to The Shoppe @ PMC
 - Gift Certificates for a FREE Meal in the PMC Cafeteria
 - Coupons for PTO hours
 - Several smaller Tobacco-Free gifts that were donated by the Prowers County Public Health Tobacco Prevention Program

Making A Difference (M.A.D.) Service Excellence Team Ice Cream Celebration – 2:00 to 3:00 pm

- Cold Stone ice cream and all the trimmings!