

“Wishing You a Happy New Year”

Steven Gularte
CEO/Administrator
Chambers Health
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Well, we're off to a New Year; time to clean last year's slate and start over again. By now, most have made a New Year's resolution. If you read Dr. Redman's article last week, he provided you with the top 10 resolutions leading you to a “healthy-you” in 2013.

What are your plans for the New Year?

As for Chambers Health, we're continuing to work hard each and every day to be your provider of choice. Many can recall that we've been around and in continuous operation for over 60 years; originally starting off as a sole hospital, managing to evolve into the health system we are today. Much like traditional hospitals, you can easily find a wide range of inpatient and outpatient programs, along with ancillary services typically found at other institutions; all in the comfort of your hometown, or “right around the corner”.

I've also noted that this is the year the county gears up for “Chambers County Day at the Capitol” – I'm told this occurs opposite years. This is a chance for residents of Chambers County to meet in Austin, helping legislators learn more about the county. Chambers County is recognized on both floors of the Texas House and the Senate, various tours of Capitol attractions are provided, followed by a reception. For those who aren't familiar, the major part of “Chambers County Day” are the “goodie bags” delivered to each state representative and senator's office, but also all statewide elected officials offices as well as a host of other state agencies in the Austin area. The bags are comprised of what best represents the Chambers County area.

And, let's not forget our children, the future; there's no better time than the present to take a few moments to support them as they become the best they can be. Although football season is over, kids are starting to focus on second semester, or end of the school year, preparations. You'll start hearing of spring sports, such as, baseball, softball, track, YPS, Prom, and of course – graduation.

Back to the original question – what's your New Year's resolution? As Wikipedia defines it, a “New Year's resolution is a commitment that a person makes to one or more personal goals, projects, or the reforming of a habit”. So, what will you commit to, to either better your health, your mind or your overall performance? After all, most of us can afford to continue being the best we can be.

We at Chambers Health remain committed to insuring the continuing availability of quality health care programs and services for our entire community; to continue to be “What You Need, Where You Are.”