Employees of the 4th Quarter and Employee of the Year 2015

The Ministry of Health aims to recognize employees who demonstrate exemplary work and service performance. Our Employees of the 4th Quarter Winners, of which one of them is Ministry of Health’s Employee of the Year, all had one significant work characteristic in common, and that is “Going the Extra Mile”. These four employees consistently delivered service by providing extra effort in volunteering to contribute additional help when it was most needed.

The Employees of the 4th Quarter Winners are:

Mr. George Kinto, Maintenance Keeper
Ms. Rosalita L. Tadao, Environmental Health Specialist I (DEH)
Mr. Amos Solomon, Public Health Nurse (Community Health Unit)

Mr. George Kinto, Maintenance Keeper

The Ministry of Health Employee of the Year 2015:

Ms. Rosalita L. Tadao, Environmental Health Specialist I (DEH)

A BIG THANK YOU for all your hard work, perseverance, and contribution to ensure essential services are carried out, and “Going the Extra Mile” to make it happen.

Message from the Minister

Another year of celebrating the holidays with our friends, colleagues, and loved ones. To the public, I continue to ask that we all make a commitment this coming year to attain good health. Let’s continue to motivate and encourage ourselves to eat healthily, to incorporate physical activity in our day, to reduce stress, minimize alcohol consumption and tobacco use so that we all may live a healthier, happier and longer life.

Again, we can have the best hospitals and the best healthcare staff, but unless we make these necessary changes in our lifestyle, we will continue to overwhelm our healthcare system. Let’s work together to avoid having to spend the holidays and the new year in the hospital when we should be spending quality time with our friends and loved ones.

To all our MOH staff, as we embark on the new year, may we look forward to a brighter year, filled with opportunities and success. Although we continue to have many positive accomplishments each year, we will also continue to face many obstacles and challenges as is life. Yet, I am proud to be among you and for your determination to serve our patients and the community. I am confident that we can continue the momentum for another year and bring even more successes to ourselves, our workplace, and with our patients.

I thank you for your hard work this past year, and I look forward to working with you as we continue our journey to serve the people of Palau. I wish you a Merry Christmas and a fruitful new year with promise of good health, happiness, and success.

Merry Christmas!
As a young person, I exercised, but after my first child, I stopped. I picked it up again (physical activity) in 2012 after an annual check-up in the Philippines.” —Esther Subris, a 51 year old special education teacher residing in Koror, Palau.

Many of us, like Esther, have at one time or another led or tried to lead an active lifestyle, whether it was “noohe, saipang, or keng-keng” in elementary school, sports competitions during high school, tennis in college, or the notorious New Year’s resolution to walk three times a week at the Palau Track and Field. Many of us WANT to be physically active, KNOW that it is good for us, YET have difficulty maintaining this type of lifestyle. When I asked Esther what motivates her to be healthy, she said it is not easy and requires discipline. She acknowledges her weakness (food) and says “kid el chad or Belau a lost el noodle a bali”, it is part of our lives, family meetings, church functions, you name a gathering, there is food. In the past, Palauans were more active as they farmed and fished as part of their livelihood. Right now, not all of us are fortunate to participate in such activities and therefore need to supplement with other kinds of physical activity. Yes, it’s difficult because it requires more than what we know; it is a “battle of the mind and heart” she says. What also makes it easier for Esther is that she loves socializing, and exercising gives her the opportunity to enjoy the company of other people in a variety of settings.

You can see Mrs. Subris walking or running on the road or the Track and Field when she is not participating in the Waka Waka program, which meets three times a week for dancing, and exercising gives her the opportunity to enjoy the company of other people in a variety of settings.

As the spirit of giving is upon us once again, we have developed a secondary nature to quickly focus on store shelves for that perfect gift. The stores know this behavior and perpetuate it every year stocking new items on a rearranged floor space with Christmas carols playing to set the mood. We store hop to look for that one special gift that would magically light up the world of our loved ones, relatives, friends or co-workers. However, in this artificial urgency, the real value of gift giving is lost. To me, giving is like a plant being watered after a dry spell. It pumps me up and gives that vital energy of life. The way I see it, the greatest value from the law of giving reveals itself in the following ways:

- Helping another person shows obvious benefits for the one that receives. There is obvious value that appears in the life of the person who was given the gift or assistance.
- Giving fosters healthy and rewarding relationships by building appreciation, trust and thankfulness.
- Giving encourages you to feel good about yourself.
- Simply by doing good, people feel a moral uplifting about themselves. It’s a self-justification of your own natural worth when you witness yourself helping another.
- Practice giving and watch closely to see what you receive back from life. Take stock at the end of every day, and be surprised at the riches life is delivering to your doorstep.

For more information on the NCD Unit at 488-4612, visit our website at www.palauhealth.org. Also, like us on Facebook at www.facebook.com/MOHPalau.