

St. Rita's In Step

Volume 44 Issue 06

St. Rita's Medical Center Employee Newsletter

February 06, 2009



■Dec. Stars Winners

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■Employee Cell Phone Day Feb. 27

■Family Member Appreciates E-card

■Menu

InStep Articles Must Be Submitted to Carole Dugan by Noon on Wed. for the next InStep.



From Spiritual Care

What is one small thing I can do today in love

Submitted by Tom Niese

St. Rita's Is Now An Ohio Benefit Bank



*Back: Kathy Herold, Mary Burden
Front Lu Hackman, Lisa Steinke*

St. Rita's has become an Ohio Benefit Bank site to assist low and moderate income people to apply for benefits. The Health Resource Center in the main lobby is the location where individuals can access computers with the assistance of a trained counselor. Kathy Herold, LSW (Health Resource Center Coordinator) is the site administrator. Kathy, neighborhood nurses Denise Barnes and Lisa Steinke and financial counselors Mary Burden and Lu Hackman are certified counselors.

Eligibility screening and application completion can be done for Medical Benefits, Food Assistance, HEAP, Childcare Assistance, Golden Buckeye and Best RX, Free and Reduced lunch program, and Voter Registration at the site. Tax Services are **not** available at St. Rita's site.

"Our primary goal is to help qualifying uninsured children and families get healthcare coverage," said Mark Skaja, VP Mission Services. "Our location is ideal for a benefits site so we are happy to provide this additional service with existing resources."

The Ohio Benefit Bank (OBB) is a web-based computer program to connect low and moderate-income Ohioans with access to work supports such as tax credits and public benefits. They can check potential eligibility such as health care coverage, home energy assistance, child care subsidies and food stamps at the Benefit Bank site or online.

Get Your Mammogram

Please note, there will not be dedicated days for employee mammograms this year. Instead, just present your name tag or other form of employee identification at the desk when you have your mammogram at any of our four sites and your name will automatically be placed in a drawing at the end of that month. There were 39 employees who had their mammogram during the month of January and two lucky winners each received a \$25 gas card.

If you are 40 or older, the American Cancer Society recommends that you have an annual mammogram. If it has been at least a year since your last mammogram, call Central Scheduling at Ext. 9056 to schedule an appointment. Mammograms do save lives.....but, only if you get them."

Northwest Ohio Colorectal Cancer

Summit March 25... New Horizons In Colorectal Cancer

The Northwest Ohio Colorectal Cancer Awareness Coalition is sponsoring a Summit Meeting for physicians, nurses and allied health professionals on March 25 from 5:45 PM to 8:00 PM at St. Rita's Auxiliary Conference Center. Approved for 2 CME's and a maximum of 2 AMA PRA Category 1 Credits through LAMED. There is no charge to participants and dinner is provided by St. Rita's Medical Center. Registration deadline is March 18. Contact Linda Glorioso at 419-996-5616 or e-mail ldglorioso@health-

Out Of Town Family Member Appreciates E- Cards

Awesome! Also, THANK YOU SO MUCH for offering this ecard on-line! It's fabulous that I can keep in touch easily with my Aunt when she needs this support during such a tough time in her life and I LIVE IN SC!

Thank you. Thank you.
Thank you.

Campus Police Safety Reminders

- ◆ "Pay attention to your surroundings. Report any suspicious activities, persons or vehicles immediately to the Campus Police.
- ◆ If you are concerned for your safety, call the Campus Police for a security escort.
- ◆ "Use the buddy system and walk with a co-worker.
- ◆ "Park in the assigned lots for your shift. Every effort is made to have an officer in or around your assigned lot during shift changes.
- ◆ "Keep your keys in hand when walking to your car so you can enter quickly if needed.
- ◆ "Make a quick check inside your car before entering.
- ◆ "Make it a habit to lock your doors right away once you get inside.
- ◆ "Carry a cell phone if possible

Patient Appreciates 4K Staff

To Holly, Nurse Tech and Mandie RN, 4K Staff

Thank you both for your compassion, Mercy, understanding, knowledge and love. When I first was admitted I did not know what to expect from the nursing staff. But I knew I had to keep my faith in my Lord and he would send caring and understanding staff my way.

I truly thank God for you and pray that your life will be blessed by God Always. I thank you both for the card, it blessed my soul and emotion. It put joy in my heart to know you thought about me after my discharge. I love you both. May the Lord continue to guide you in your journey through life.

Verizon, Alltel And Sprint Here For Employee Cell Phone Day February 27

On February 27th from 9:00 a.m. to 5:00 PM representatives from Verizon, Alltell and Sprint will be in the Auxiliary Conference Center to discuss programs, problems and possibilities for employees with their own cell phones or those who are considering a cell phone. All three companies give special discounts to St. Rita's employees.

If you have questions, please contact Aimee Banks 419-996-5788.

December STARS Sweepstakes Winners - \$50.00

Recipients of STARS Awards

Jilleen Brown	Information Services
Jessica Daley	5K – Oncology
Jackie Deters	Wound Care Center
Mary Beth Evans	4E - Behavioral Services
Christine Hughes	Surgery
Keri Lammers	IP Physical Therapy
Constance Metzger	Care Managers
Cindy Niese	Utilization Review
Sheli Radabaugh	Finance
Paula Theodore	4K – ICU Stepdown

Nominators of STARS Awards

Marilyn Askins	East Side Urgent Care
Tonya Bohyer	Mother/Baby
Mary Fischer	3A – CCU
Jaime Goedde	5K – Oncology
Beth Hartoon	Out Patient PM&R
Stacia Mikesell	Pharmacy
Mary Ann Moser	8B – Surgical
Jane Rupert	Ostomy/Wound Care
Sherri Wannemacher	DACC
Deb Warniment	Pastoral Care

Tips From America On The Move

Forget fad diets and complex exercise machines. Keep it simple by just moving more and eating smart!

- √Move more - add an extra 2000 steps or the equivalent every day.
- √Eat smart - cut 100 calories per day from your diet. Try these great ideas!
- √Trim fat from meats and remove skin from chicken.
- √Use apple sauce for all or ½ of the oil when baking.
- √Substitute reduced-fat cheese for full-fat in appetizers and pastas.

Gift Shop Birthday Discounts

Employees get a 20% discount in the Gift Shop when purchasing items on their birthday.

Valet Josh French Wins National Award



Josh French was named “runner up” for Avascend employee of the year... out of 1,200 employees nationwide!

Josh has been working for Avascend as a Supervisor since September 2007 and was nominated based upon leadership abilities, commitment to service excellence and integrity.

He is from North Manchester, Indiana and is an honor student at the University of Northwestern Ohio, where he will soon obtain his Associates in Diesel Technology He will continue his education in Fall 2009 at OSU Lima, majoring in Health Sciences with a minor in Business Management. Congratulations Josh!

ED

Earlier this year Avascend manager Matt Brown was selected as Manager of the Year. We really do have the best of the best at St. Rita's!

More MAD Moments... 5S for Home Infusion Services Supply Area

Certified Lean Leader and Sponsor: Tammy Nuesmeyer, Champion: Denise Cook

This project was proposed by Tammy Nuesmeyer after recognizing a need to organize the supply area to make items more easily accessible and allow the department to narrow their inventory to the items most needed. An effort was intended to make it easier to recognize when an item is out of stock and to study and realistically evaluate what the department's usage patterns for supplies. The end goal was to store supplies on a "Just in Time" basis... to only keep stock on hand that is needed for a given period of time.

As we all know, we tend to hoard supplies. We work from a "Just in case" frame of mind. This does not serve our organization neither does it serve our patients well when that product that was hoarded is out of date and or that product does not meet current safety rules.

The team first studied current usage patterns against customer billing. This enabled the team to determine what supplies stay, and what goes. This information also allows our Materials Management staff to negotiate the best prices for the supplies that are used. They can then put those items that were formerly special order items on a par list. This also reduces shipping and handling charges.

With that information at hand, proper shelving was ordered. When it arrived the hard physical work began. A day was scheduled for the shelves to be stripped bare and the new shelves to be installed. The equipment to be reused was properly arranged. The supplies were sorted and par levels were set. The items were added to the shelves in an order that accomplished the team's goals and an individual was assigned to monitor compliance and to order supplies.

As of the 90 day mark after the project was completed the supply room has stayed very consistently in order. This is allowing HIS to lower their supply cost and usage. It has improved the satisfaction levels of the staff involved and they have a sense of pride in a job well done. They depend on each other to make sure it stays that way! Yet another example of how each one of us can "Make A Difference". If you see a similar opportunity in your area, let your manager know. Perhaps you could be part of a "MAD Event" in your area.

Wapak Imaging Center Relocates

**St. Rita's Wapak Imaging Center Has Relocated To 1015 South Blackhoof Street,
Suite D
Wapakoneta**

**Services now include:
Digital Mammography, X-Ray, CT, EKGs and Vascular Clinic**

**To schedule an appointment call
1-800-858-0500**

For information call 419-738-1011

New Service For Medical /Oncology Patients And Memorial Opportunity

Beginning Thursday, March 26, 2009, the St. Rita's Volunteer / Auxiliary will host Tranquili-Tea on the last Thursday of each month for Medical / Oncology patients and their families and friends. The Tranquili-Tea will serve as a healing ritual to enhance the patient experience and provide an opportunity for patients and their loved ones to take a break from their hectic day to enjoy each other's company.



You can be a part of this special new event by donating \$25 which will purchase a china cup and saucer set in honor or memory of a loved one .

Please provide the name of the person you would like to recognize in the space below and return this flyer to Mark Miller, Director, Volunteer / Auxiliary Resources, by March 16 along with your donation. If you have any questions please contact Mark at 419-226-9408 or mbmiller@health-partners.org.

In honor or memory of: _____

Donated by: _____

We Care Mental Health Services Garage Sale

On February 12 and 13 We Care Mental Health Services will be holding our annual "Garage No Sale" as part of our "28 Ways to Care" month. The No Sale will be held at St. John's Catholic Church basement 777 South Main Street, Lima. The No Sale is simple: we gather donations of STUFF and let people come and take what they need. There has been an amazing response to this in previous years, and they anticipate that the current economic situation will only multiply the numbers.

DONATIONS Drop off times for donated items are Wednesday, February 11th from 1:00-6:00 PM or anytime Thursday, February 12th during open hours 9:00 a.m. – 6 PM.

All items can be taken to St. John's Catholic Church basement 777 South Main Street, Lima. Thanks again for your generosity!

High Street

Cafe

High St Café News

The criteria follow the American Heart Association guidelines

- Meal is 500 calories,
- less than 30% of its calories from fat
- under 700 mg of Sodium

500 Calorie Healthy Habits Meal
Look for the Red Entrée.



This Week's Soups

Monday, Feb. 9th

- **Tomato Bisque or Ham and Bean**

Tuesday, Feb. 10th

- **Ham and Bean and Potato**

Wednesday, Feb. 11th

- **Pepper Soup and Veggie**

Thursday, Feb. 12th

- **Veggie and Chicken Noodle**

Friday, Feb. 13th

- **Chef's Choice or Chicken Noodle**

Sunday
Feb 8th

Monday
Feb 9th

Tuesday
Feb 10th

Wednesday
Feb 11th

Thursday
Feb 12th

Friday
Feb 13th

Saturday
Feb 14th

Grill: Pork Tenderloin
Entrée: Chef's Choice

Grill: Cajun Chicken Sand.
Deli: Southwest Chicken Salad
Sauté: Chicken and Brocc.
Pizza: BBQ Chicken
Entrée: **Ginger Chicken**
Chicken and Rice

Self Serve: **Pasta Bar**

Grill: Chipotle Pork Wrap
Deli: Roast Beef Flatbread Melt
Sauté: Steak Stir Fry
Pizza: Mushroom and Sausage
Entrée: **Grilled Pork with Corn Salsa**
Beef and Noodles

Self Serve: **Fruit and Yogurt Bar**

Grill: Cowboy Burger
Deli: Ham Salad
Sauté: Korean Chicken
Pizza: BLT
Entrée: **Pesto Crusted Salmon**
Shredded Chicken Sand.

Self Serve: **Nacho Bar**
***** AM Omelet Station**

Grill: Grilled Chicken Cordon Bleu Sandwich
Sauté: Orange Chicken
Deli: Club Panini
Pizza: Stromboli
Entrée: **Chicken Santa Fe**
Roast Beef Sand.

Self Serve: **Hot Dog Bar**

Grill: Crab Cakes
Sauté: Bourbon Chicken
Pizza: Mediterranean
Deli: Apple Tuna Salad Wrap
Entrée: **Enchilada Chicken**
Meatloaf

Self Serve: **Cajun Bar**

Entrée: Lasagna