

Spring Forward...Daylight Saving Time Starts Sunday

National Sleep Foundation and St. Rita's offer the following tips to help adjust to the return to Daylight Saving Time:

- Try to sleep a bit more than usual a few nights prior to and immediately following the time change to help reduce any sleep debt you may be carrying.
- Take a nap in the afternoon on Sunday if you need it, but not within a few hours of your regular bedtime. Remember, napping too close to bedtime can disrupt nighttime sleep.

National Sleep Awareness Week® is also a good time to learn more about sleep problems. Frequent problems sleeping or daytime sleepiness can signal a sleep disorder that usually can be treated. Talk to your doctor.

Take Out Pizza Coming To High Street Café March 9

To order your take-out pizza, call ext. 2293 between 2:00 PM and 6:00 PM Monday through Friday. Place your order and when you would like to pick up the pizza... latest pizza pick up is 7 PM

An original crust 16 inch large pizza

Up to 2 toppings will cost \$10.99

Up to 6 toppings will cost \$12.99

Additional items above 6 will be \$.75 per item

Toppings include: Pepperoni, Sausage, Bacon, Ham, Mushrooms, Green Pepper, Onion, Black Olives, Banana Peppers, or Diced Tomatoes.

Pick up area will be at the pizza station of the café. Pay at the registers with cash or badge just as if you were paying for other items. There is no employee discount on carry-out pizza.



Group Appreciates

Mammography

Speaker Carole Okuley

On behalf of our Girls Club, I would like to express our thanks for the opportunity to have Carole Okuley speak to us regarding breast cancer awareness. We learned a lot and had the opportunity to get answers to many questions.

She made us feel very comfortable and confident that no question was too silly. We can sometimes get a little rowdy but it didn't seem to shake her up. It is obvious she is very good at what she does and able to make people feel comfortable discussing "foreign territory."

We are a young group of moms just coming to the age of mammograms and have had 2 friends get breast cancer. It was helpful to us to get information and see 1st hand that dedicated people are there to help.

We recently met again the first time since Carole and decided we would like to give a token donation of appreciation to go towards your mammography library. We think it is awesome that you have resources in one spot collected for those in need.

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-partners.org for more information.

Join St. Rita's WCO Golf League

Anyone interested in joining St. Rita's WCO Golf League should contact Pat Stewart at 419-226-9795 or e-mail at pbstewart@health-partners.org. The league is composed of two Person teams so sign up with a friend... only one team member needs to be a St. Rita's WCO employee, retiree, volunteer of physician. If you would like to be a sub you should also contact Pat Stewart. Play begins mid-April. The league will be rotating two courses, Hawthorne Hills and Hidden Creek (formerly Sugar Creek).

An organizational meeting will be held March 25 at 3:30 PM in the 2nd floor conference room in the 718 Building.

Time Out For Me 2009

Spring Dates April 1, 2009 or April 2, 2009 *A one day Spirituality in the Workplace renewal initiative A time for you to nurture your body, mind and spirit*

Registration deadline is March 12, 2009

Open to all SRMC Staff. You must have manager approval to attend

How To Register : Get your manager's verbal approval to attend Self –register in ThinQwise by the registration deadline listed above – Seating is limited.

This program has not received any commercial support. **St. Rita's Medical Center (OH-071/2-1-09) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91) an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.**

Social Work approved provider number RSX110602 St. Rita's Medical Center is an approved provider by the State of Ohio Counselor, Social Worker, Marriage and Family Therapist Board for continuing professional education for social workers.

Please call Deb Miller at 9481 if you have questions.

Putnam County YMCA Employee Swim And Movie Day

The annual indoor swim at the **Putnam County YMCA is Sunday, March 29.**

Swimming begins at 1:00 PM, ending at 4:30 PM. This year there will also be a family beginning at 2:45 PM in the Y's Conference Room. You can choose what you prefer to enjoy. You must be changed out of your swimwear to come to the movie. Snacks will be provided to everyone. Door prizes will be given away. Children must be accompanied by an adult. Sign up on the Homepage begins on Monday, March 9 through Wednesday, March 25.

You must be registered to attend.

Book Fair Coming March 9 & 10

St. Rita's Volunteer/Auxiliary is sponsoring the Books Are Fun Book Fair. Find an amazing selection of new books at unbelievable prices! It's a great time to get your Easter shopping done. The Fair will be held outside the High Street Café, on Monday, March 9th from 6:30 a.m. until 9:00 PM, and Tuesday, March 10th from 6:30 a.m. until 5:00 PM

This is a sale you won't want to miss. Payroll deduction will be available. Checks, cash and credit cards are all accepted. Proceeds go to the Volunteer / Auxiliary pledge to the "Medical Center of the Future".

YWCA Upcoming Events/Classes

Sign up now for

Lifeguard Certification classes. April 14 through May 1st, 2009

Easter Bunny Luncheon on Saturday April 4th \$6 for children and \$4 for adults

Cross Babysitters Class will be held Saturday April 11th from 10 a.m. to 3 PM

Call the YWCA at 419-228-8664 for details

New Voice Mail System

Our new CISCO Voice-Mail System is will begin March 10. A start-up sheet was sent through the message center. A new user guide will be sent next week through the message center.

Respecting Choices

Advance Care Planning

March 17 8 a.m.to 4:30 PM **Do you work with people who are making end of life decisions?**

■Are you asked about Living Will & Health Care Power of Attorney?

■Want a better understanding of the above?

■Need continuing education?

This seminar offers contact hours for nurses and social workers. It is also available to SRMC employees who are interested in sharpening skills in discussing end of life issues. There is *no charge* for SRMC employees.

You can take it professionally or personally – do you have your own Living Will in place? Do you know who will make decisions for your medical well being if you do not have a Health Care Power of Attorney in place? These questions and more will be addressed on March 17th. **Sign up in Thinqwise by March 10.**

Tips From America On The Move

Get Fruity. Berries are not only tasty, they're packed with nutrients, too. 1 cup of berries has only 50-80 calories, plus fiber, folic acid, and vitamin C. Deep red, blue, or purple berries can help prevent heart disease, cancer, and some effects of aging. Many berries peak in the summer, but frozen berries are available all year long! Enjoy them mixed with low-fat plain yogurt or with other fruit in a fruit salad.



Cub Scouts from Pack 37 visted 5K recently bringing valentine cards to patients, much to the delight of all.

Popular Step Parenting Course Offered

Smart Steps is a 7 week course designed for couples or individuals looking to create a healthy stepfamily.

Participants will learn to deal with the pressures that are unique to stepfamilies and the issues they face. Topics include the importance of the marital relationship, realistic stepfamily expectations, stages of stepfamily development, legal and financial issues, parenting skills, stepparent - child relationships and communicating with ex-partners. This course will inspire and motivate as it answers numerous questions.

Course Dates: Thursday, March 27 to May 8, 2007
6:30 PM to 8:30 PM (7 weeks)

Location: Lima Community Church of the Nazarene Journey Bldg.

CV Symposium April 16

St. Rita's Cardio Vascular Symposium is Thursday April 16 from 7:00 a.m.-3:30 PM at the UNOH Event center. The symposium is for physicians, nurses, EMS, respiratory therapists, radiology tech, PT and OT, nutritionists, social workers and pharmacists. CME, CE and contact hours have been applied for. The symposium brochure with registration form is now available on the Intranet under the education tab.

Echo Lab Staff All registered

Bradley Cross, from the Echo Lab, has passed his registry for Adult Echocardiography. This is the first time in SRMC history that all staff members are registered in Adult Echo. Two other members have received additional credentials in Pediatric Echo. The credential for both are RDCS-Registered Diagnostic Cardiac Sonographer.

Staff Members include:

Megan Carpenter: Adult and Pediatric Echo

Bradley Cross: Adult Echo

Mary Harris: Adult Echo

Jennifer Koenig: Adult and Pediatric Echo

Maile Miller: Adult Echo

Michelle Walker: Adult Echo

Congratulations to all!

Doctors' Day March 25

This year we will be celebrating Doctors Day on Wednesday, March 25th in the Medical Staff Services Department. Once again, we have printed blank thank you cards for all staff members who would like to express appreciation to a physician. The thank you cards are available in the Medical Staff Services Department. You may stop by and pick them up or we would be happy to send them to you interdepartmentally. Please return completed thank you cards to Sarah Rayman no later than Friday, March 20th. The cards will be displayed on Doctors' Day for the physicians to read and then will be distributed to them following Doctors' Day.

Apollo Transition to Work Open House

The Apollo Transition to Work Program which partners students with disabilities with employers to gain unpaid work experience is having an Open House/Presentation March 26 from 1:00 to 2:30 PM in St. Rita's Cafe' Conference Room.

Little Black Books Available In Chapel

The 6 minute reflection books for Lent. are available in the Chapel while supplies last... a gift from Spiritual care. Help yourself



St. Rita's Starbucks Sample Day

Saturday, March 21st Noon– 2pm

What's Your Flavor?

Iced ½ decaf triple grande sugar free vanilla breve with whip latte..... **Please stop by...Barista's will be serving up some custom created lattes!**

This is your opportunity to try something new and "Make It Your Way"!

It's as easy as 1...2...3...4...

Caramel, Cinnamon Dolce, Hazelnut, Peppermint, Toffee Nut, Vanilla, Raspberry

Sugar-Free Caramel, Cinnamon Dolce, Vanilla and Hazelnut

Top it with Foam, Whipped Cream, Caramel Sauce, Mocha Sauce or Nothing at all

Add milk..... Nonfat, 2%, Whole, Breve (half n half), or Soy Milk

How many? Decaf? ½ Decaf?

Single (1), Double (2), Triple (3), Quad (4) shots of espresso?

Add milk..... Nonfat, 2%, Whole, Breve (half n half), or Soy Milk

Top it with Foam, Whipped Cream, Caramel Sauce, Mocha Sauce or Nothing at all.

Stop by and try something new!

Chapel Easter Flowers

Anyone wishing to donate flowers in honor or memory of someone special may do so by filling out



the envelopes in the Chapel near the special intentions book. Your generosity is greatly appreciated

More “MAD” Moments... Improving Education Documentation for A4 Patients

Lean Leader: Jolene Marshall, Champion: Linda Hovest-Bloomfield, Team: Mary Horstman, Kathy Unverferth RN, Amy Cleemput CM, Maggie Wehri SW, Janet Kiber HH, Janet Michel IS, Shar Dunlap RN

The education of our patients must be a top priority throughout a patient’s hospitalization. This is supportive of the strategic pillars of the Best Place for Patients and the Best Place for Nurses. The goal of this project was to develop a plan in which the patient will feel comfortable and knowledgeable about how to care for themselves or be cared for by a loved one upon discharge and also to streamline the documentation process of education that will be user friendly for the nurse.

The team brainstormed causes for the issues, sorted through those issues and formed a plan for improvement. The following are a few examples of what the team came up with.

- Provide note pad for patients that say “what to ask my doctor?”
- Laminated list by computer to remind staff of vital items.
- ID diagnosis ASAP and start education.
- Place printed copy of patient education information into admission folder.

After the project was completely implemented the results were as follows:

Baseline: 20-50% of the charts surveyed had completely charted the patient education.

One Week: 100% of the surveyed charts had complete charting.

One Month: 92% of the surveyed charts had complete charting.

Two Months: 100% of the surveyed charts had complete charting.



Jolene will continue to monitor on an ongoing basis to make sure the new process becomes hard wired into the unit’s process. The results will then be reflected in the RN’s evaluation as excellent performance. Yet another example of how each one of us is “Making A Difference”.

It’s Time For A Fair... The Patient Safety Fair

The fair will be held outside the High Street Cafe this year. The date is Wednesday, March 11 from 7 AM – 3 PM. Please plan to join in on the fun. There will be educational booths with games and great give-aways!

The theme for this year’s Patient Safety Day Fair is “**Make A Safety Stop**”, We encourage any staff member to use this phrase whenever they feel that something may be occurring that could threaten patient safety. This could be anything from not doing hand hygiene when indicated, not using 2 identifiers prior to administering blood or medications, not doing a “time out” prior to a procedure, or not following proper isolation precautions, among others.

Keeping our patients safe is a top priority at St. Rita’s. It takes the commitment of each and every employee to help us ensure that our patients remain safe while they are receiving care from us. Please make an effort to stop by the Patient Safety Booths on March 11 to learn more about ways that you can ensure the safety of our patients.

High Street



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, Chili and Ravioli
Tuesday, Chili and Chicken Noodle
Wednesday, Chili and Chicken Noodle
Thursday, Clam Chowder and Chili
Friday, Clam Chowder and Vegetable

Sunday March 8th

Monday March 9th

Tuesday March 10th

Wednesday March 11th

Thursday March 12th

Friday March 13th

Saturday March 14th

Grill: Tuna Melt
Entrée: Spaghetti and Meatballs

Grill: Olive Burger
Deli: Sonoma Chicken Salad
Sauté: Sweet and Sour Chicken
Pizza: Double Pepperoni
Entrée: Parmesan Tilapia, Shredded Chicken
Self Serve: Cajun Bar

Grill: Turkey Swiss Philly
Deli: Roast Beef Flatbread M
Sauté: Shanghai Chicken
Pizza: Cheeseburger
Entrée: Tarragon Chicken, Old English Casserole
Self Serve: Foot long Bar

Grill: Buffalo Tenders
Deli: Chicken Caesar Wrap
Sauté: General Tso's
Pizza: Meat lover's
Entrée: Low Fat Tuna and Noodles, Meatloaf
Self Serve: Nacho Bar

Grill: Ribeye Steak Sandwich
Sauté: Beef and Broccoli
Deli: Tuscan Panini
Pizza: BBQ Chicken
Entrée: BBQ Chicken Breast, Pot Roast and Veggies
Self Serve: Fruit and Cheese Bar

Grill: Tuna Melt
Sauté: Chef's Choice
Pizza: Garlic Cheese Bread
Deli: Apple Tuna Salad
Entrée: Eggplant Parmesan, Chicken Fajitas
Self Serve: Pasta Bar

Entrée: Blackened Chicken
Grill: Bacon Cheese Burger