

St. Rita's In Step

Volume 44 Issue 25

St. Rita's Medical Center Employee Newsletter

June 19, 2009



■Physician Recruitment/Relations Relocate

■Dean Rallof Speaks To Ohio Lawmakers

■St. Rita's Sponsors Star Spangled Spectacular

■Dr. Godwin's Mission

■Menu

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



From Spiritual Care

Hope is the Physician of every misery.

Irish Proverb

From Chaplain Joe Heeter

Relays For Life Continue

Mayor David Berger stops to visit with cancer survivors Dr. David Toth and Gina Smith at the Lima Relay for Life held at the Allen County Airport last week-end.

Gina and Dr. Toth were on St. Rita's Emergency Department team which raised some \$500.



The **Delphos Relay For Life Is Friday June 19** at the Delphos Community Track. The American Cancer Society is doing a national research study in which Delphos area people can participate. Anyone interested, who has not had cancer can sign up for the study at the Delphos Relay.

Most Non-patient Care Areas Closed July 2, 3 and 4

The upcoming 4th of July holiday is on a Saturday, so most non-patient Care areas will be closed July 2, 3 and 4. Other areas will have reduced staffing due to an expected smaller census. Many employees will be able to enjoy an extended July 4th weekend. If you are not sure about your area, please check with your supervisor

Dean Rallof Addresses Lawmakers



Dean Rallof, Assistant Director of St. Rita's Physical Medicine and Rehabilitation and representing the Ohio Association of Rehabilitation Facilities, addressed lawmakers regarding a proposed amendment Senate to House Bill 15. He is a member of the Board of Directors of and Chairman of the Industrial Rehabilitation Division of the Ohio Association of Rehabilitation Facilities and was speaking on behalf of the group to the Ohio Senate Committee on Insurance and Commerce.

The amendment sponsored by Senator Karen Gillmore, 26th District, is to provide legislation to prevent managed care providers from referring BWC patients to facilities in which the managed care organization (or their sister organization) has a financial interest. It would also reinforce the patient's right to choose the facility in which to receive treatment.

"We are here today to urge you to amend HB 15 to eliminate barriers in the Workers Compensation system that restrain vendor trade of certain providers, and to implement strategies BWC could utilize to enhance performance in the delivery of quality, cost-effective services, said Rallof in his testimony.

"We think these objectives can be best achieved by:

- Eliminating Managed Care Company (MCO) and MCO sister company conflicts of interest in the delivery of Return to Work (vocational rehab) services
- Expanding BWC's Labor Management Government Advisory Council that advises its board and staff on rehabilitation services to include vocational rehabilitation providers.

Congratulations Dean, on contributing to quality care and patient choice in your recent testimony.

Employee Cell Phone Day Friday June 19

An Employee Cell Phone Day will be held outside the High Street Cafe on June 19.

Representatives from Verizon, Sprint and Alltel will be on hand to discuss their programs and any questions you might have about your existing cell phone or any interest you might have in getting a personal cell phone.

All three companies give discounts to St. Rita's employees. .

Please contact Aimee Banks, Communications at 5788..

Think Green

Bottled Water Means Garbage

Bottled water produces up to 1.5 million tons of plastic waste per year. According to [Food and Water Watch](#), that plastic requires up to 47 million gallons of oil per year to produce. The plastic used to bottle beverages is of high quality and in demand by recyclers, but, over 80 percent of plastic bottles are simply thrown away.

Unfortunately many bottles don't even make it to a garbage can. Plastic waste is now at such a volume that vast swirls of current-bound plastic trash now spin endlessly in the world's major oceans. This represents a [great risk to marine life](#), killing birds and fish which mistake our garbage for food. Thanks to its slow decay rate, the vast majority of all plastics ever produced still exist —somewhere.

Do you really need bottled water?

Let's Play Ball

Dermscan Screening Held June 17 In Health Resource Center

Players Needed For St. Rita's Spectacular Team July 4

What could be better than enjoying the great American pastime during the country's annual celebration of Independence..... representing St. Rita's with other fun-loving employees and volunteers! Coach Jeff Ramey is looking for a few good (or even not so good) softball players from our employee ranks to make up a team to play Superior Credit Union employees at the Star Spangled Spectacular on July 4. The game is for fun and Coach says men and women are welcome to be on the soon to be famous team.

Volunteers are also needed to help with the Kids Zone from 3 P.M.. to 7 P.M..

Please contact Jeff Ramey at ext 9663 if you are interested in either of these fine opportunities.



Linda Glorioso, Oncology Community Education Coordinator, talks with a visitor in the Health Resource Center. Dermscans showing facial sun damage were provided Wednesday, June 17 to help promote Sun Safety Awareness

ST. Rita's Golf Scramble



SRMC's Annual Employee Golf Scramble is Saturday, **June 20, at Country Acres in Kalida 8:30 am Shotgun Start**

4 person scramble format

2 divisions – Men's & Mixed

Prizes for 1st, 2nd, 3rd in each division. Golf, Cart, Lunch, Gift, Prizes and all the fun you can

have - \$50.00 per golfer/\$200 per team. **The registration form is on the intranet.**

Only 1 golfer per team may have a handicap of 10 or less. At least one member must be an employee, volunteer or St. Rita's vendor.

Mark Your Calendars Upcoming Events

Lima Loco's Employee Day

July 26

NASCAR Race Bus

Excursion Aug. 16

Employee Appreciation Picnic Sept.12

Employee Awards Banquet Nov. 17

Turkey Distribution

Nov. 20

Employee Christmas Meal

Dec. 9

Physician Recruitment/ Relations Relocate

Effective Thursday, June 18th: The following relocations will take place.

Physician Recruitment: Elaine Metzger and Rebecca Ford are moving from 830 High Street Bldg. (MOB2), Suite 365 to 770 High Street Bldg., Suite 200.

Physician Relations: Luke Stechschulte is moving from 830 High Street Bldg., Suite 365 to 830 High Street Bldg., Suite 201B

All phone numbers remain the same.

Tips From America On The Move

Need a little spring in your step? If your walking or exercise routine could use some variation, try some of these fun ideas to get moving:

- ◆ Buy a book-on-tape or DVD, or check one out from your local library.
- ◆ If you have an mp3 player, download news programs, books, and other special features on the internet.
- ◆ Take your dog with you, or go with a friend. Company and conversation help energize you and make time pass more quickly.

Medical Students Serve Clerkships

The following medical students will serve clerkships beginning as noted

Craig Raberling 6/2~7/23 Family Medicine M. Monroe, MD

Robert Black 7/8~8/14 Family Medicine S. Wical, MD

Brad Petersen 7/1~7/31 Pharmacy M. Sobota
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Cafe' Take Out Pizza

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

An original crust 16 inch large pizza up to 2 toppings \$10.99... Up to 6 toppings \$12.99. *Note: There is no employee discount on carry-out pizza*

St. Rita's Ohio Benefits Bank Reminder

St. Rita's is an Ohio Benefits Bank site and can help assist low/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, our neighborhood nurses and our financial counselors are all certified counselors. Eligibility screening and application 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. There is a computer quickcheck which can show if you might be eligible for benefits. Some people may qualify for certain benefits but not for others. This is a free service. If you or someone you know has had a job loss or reduction in hours, be sure to check to see if you might qualify for benefits.

Gift Shop" Spring Garage Sale" June 23-24

The Gift Shop Spring "Garage Sale" starts Tuesday evening June 23rd at 8:30 P.M. until 1:00 a.m. and opens back up Wednesday morning 6:00 a.m. - ? (merchandise gone!) The sale will be held in the old lobby.

Star Spangled Spectacular July 4th Faurot Park

Schedule of Events

<i>Star Spangled Spectacular 5K Run-Walk</i>	9am
<i>Recreation Department Games</i>	9am-9pm
<i>Abilities Baseball Games</i>	9am
<i>Superior Federal Credit Union vs. St. Rita's Softball Game...</i>	11am
<i>City/Media Softball Game</i>	Noon
<i>Boys All-Star Baseball Games</i>	4pm-9pm
<i>Volleyball Tournament</i>	10am
<i>Food Booths/Concessions</i>	Noon-10pm
<i>Family Kickball Tournament</i>	Noon
<i>RTA Shuttle from St. Rita's Parking Lot</i>	1pm-11pm
<i>Military Exhibits</i>	1pm-8pm
<i>Lima Locos (Simmons Field)</i>	1pm
<i>Cornhole Tournament</i>	2pm
<i>Kids' Zone</i>	1pm-9pm
<i>Fishing Derby</i>	1pm-3pm
<i>Interactive Arts, Crafts & Games</i>	3pm-7pm
<i>Petting Zoo</i>	3pm-7pm
<i>Kids' Rides</i>	3pm-9pm
<i>Mike Hemmelgarn (Magician)</i>	5:30pm-9pm
<i>Entertainment (Pavilion Stage)</i>	2pm-7pm
<i>Exploit</i>	2pm
<i>Encore Theatre</i>	3:45pm
<i>Leather Rose</i>	5pm
<i>Entertainment (Main Stage)</i>	7pm-10:30pm
<i>Encore Theatre</i>	7pm
<i>Lima Symphony Orchestra</i>	8pm
<i>Live Radio and Web Broadcast (Maverick)</i>	9:30pm-10:30pm
<i>Fireworks</i>	10pm

Come Join The Fun

Dr. Jeffrey Godwin, Daughter and Son On A Mission

When Dr. Jeffrey Godwin, Medical Director of St. Rita's Sleep Disorders Center went on a Mission Trip to Honduras last year, he made it a family affair. He took daughter Elisabeth a 3rd year medical student at Northeastern Ohio Universities College of Medicine and son, Mathew an OSU student who was studying in Egypt at the University of Cairo.

The trip was sponsored by Rotary International which means arrangements were made by Rotarians. The Godwin's paid their own way and took some medications and other supplies. They flew into San Pedro Sula, the largest city, where they met the two host Rotarians who were also physicians. Much to their surprise, the doctors gave them some medications to take with them (telling them to return anything they didn't use) and sent them on their way with the interpreter who remained with them throughout the 12 day trip. A 4 wheel drive vehicle took them to the Mission Camp in the Merendon Mountain Range.

"Some of the time we were inches away from falling off the mountain road which is one of the reasons the 15 mile trip took several hours, said Dr. Godwin. The compound where we stayed is run by Caritas Catholic charity and serves some 30 mountain villages. There is no electricity or running water. If we were lucky the generator would run for one hour in an evening which allowed my daughter to dry her hair.

"The first day, 170 people mainly women and children were waiting to be seen. Most had walked several hours to see us. I was told we could stop seeing patients whenever we wanted, but I couldn't turn anyone away that had made such an effort to see us. My son Mathew who speaks several languages immediately became a favorite of the locals. They called him Mateo and he was a great help in the communication process.

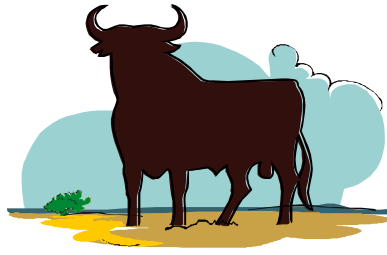
"Because it is a rain forest nothing ever dries... including our scrubs. St. Rita's had loaned us 5 sets of scrubs which were greatly appreciated. Both St. Rita's and Mary Rutan Hospital in Bellefontaine helped provide items for the Mission Trip. The available water was what ran down the mountain and since there was no sanitation, the lower it got the more contaminated it became. Maggots, other insects and rats were in all the food supplies. The main problems people had were dysentery, skin problems and chronic headaches due to the altitude and sanitary conditions. We took extra care with anything they ate... including eating cold cereal with hot milk. (Dr. Godwin was the only one who experienced intestinal difficulties which lasted one day and which he attributed to a pepper one of the patients wanted him to try.)

Many villagers wanted to give them something for their care. Although they turned down most offers, they did accept bananas which were plentiful and possibly the safest food they encountered. The people had nothing like Tylenol or aspirin and were very happy to receive these medications. Everyone received some kind of pill even if it was just vitamins... which everyone needed were very happy to have.

Although the mission trip was rewarding, it was also exhausting and eye-opening and according to Dr. Godwin "somewhat dangerous."

When asked if he would do it again, he said he would if it were with a group. In addition to donating their time and talents, the Godwins purchased school uniforms for the area children so they could better fit in at their school.





**Steak Cookout on
Thursday June 25th.
Steak and side dishes
for
\$4.99.**