

St. Rita's In Step

Volume 44 Issue 29

St. Rita's Medical Center Employee Newsletter

July 23, 2009



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



From Spiritual Care

Fear not. What is not real never was and never will be. What is real was and can never be destroyed.

Bhagavad Gita

From Rev. Ruth Ramsey

St. Rita's Pilots New ARMS Program



Terri Butler, Med Care Manager discusses the program.

St. Rita's is piloting a new program to make medical services more accessible to people without insurance and with no family doctor. Called ARMS (Aligning Resources to Medical Services), the program links patients to selected primary care providers/ doctor or nurse practitioner.

Many families without a family doctor and no health insurance currently must use emergency services for needed care. When the patient is discharged, he/she has no provider for follow-up care. ARMS will link patients to primary care providers for follow-up and ongoing medical care.

Benefits of the program include ongoing primary care, financial assistance, and management of chronic illness, minor illness / injuries, preventive /well care including immunizations, medication assistance, social services and after hours vouchers for urgent care.

Patients who sign up agree keep appointments, and to work with their primary care provider to stay healthy.

Kathy Lamoreau Administrative Director of Emergency Services and Terri Butler Med Care Health Clinic Manager are coordinating the program. Primary health care referral sites are Med Care Clinic, Martin and Martz Family Practice and Allen County Health Partners

"The program is part of a CHP initiative to improve access for the poor and under-served," said Mark Skaja, VP Mission Services. "I'm very pleased we are piloting this program. Having access to these health services will help families stay healthier. They will not have to wait until they are seriously ill and need emergency care and they will be able to help manage their own health along with their primary care provider. This will also open up our Emergency department to treat true emergencies. It is definitely a win/win."

The first 25 members have already committed to the pilot program with a target of 50.

Trauma Acknowledges Team Efforts

As most of you know, the trauma center at St. Rita's Medical Center has again been reverified as a Level II Trauma Center by the Verification Review Committee (VRC), an ad hoc committee of the Committee on Trauma (COT) of the American College of Surgeons (ACS).

This achievement recognizes the trauma center's dedication to providing optimal care for injured patients. Various services involved in the reverification process include: EMS & Pre-Hospital Services, SRMC Emergency, Surgery, Radiology and Blood Bank Departments, along with patient care areas including the Intensive Care Units, Surgical/Orthopedic Services, Neurosurgical Services, Pediatrics and Rehabilitation Services. The Trauma Services staff wishes to acknowledge all the hard work of the individuals in these services which helped make the reverification possible

In addition, St. Rita's Medical Center Trauma Services would like to thank and recognize all employees and physicians that care for our trauma patients. It is the great compassion our employees have for their patients that has kept SRMC a verified trauma center for over ten years.

Heart Center Appreciates Respiratory Response

To Brenda, (Stechschulte)



I just wanted to say THANK YOU for taking time out of your already very busy schedule to come down and check the O2 on the gentleman in the Heart Center waiting area.. His son came with him today and I could tell that he just wasn't breathing very good when he presented at the counter for his doppler study.

As he was sitting there for a few minutes, I became concerned because he seemed to be struggling somewhat. I looked over at his son, who was on the phone with the family doctor. The office told the son - "...just send him to the ER to be evaluated". I listened to the son tell his father that they were advised to go to the ER. I could see how the message aggravated the gentleman, as he did not want to spend the time or the money down there (and I heard him make a comment about "not having the money...") He just sat there, having trouble breathing, and hung his head. The son looked at me not knowing what to do at this point... and the gentleman asked me very kindly, "can't you please just hook me up to your oxygen back in one of the rooms?" He had his own pulse oximeter with him and when I looked over the counter and read it, it said 72%. That is when I decided I was going to call you(Brenda Stechschulte in respiratory care) and see if you could help me.

You were so kind on the phone and didn't even hesitate to come down and see the gentleman bringing the pulse ox machine with you to evaluate him. I was so happy to hear that you found the problem - the tank he was using wasn't working properly. You hooked him up to one of our tanks (back in the Vascular Lab area), and he seemed like a new man when he came back out after his doppler study was finished. You even took the time to call his oxygen provider) to have them come over, check his tank, and get him either a new one or repair the problem with the one he was using.

The gentleman and his son were so grateful and I just wanted to say thank you too for going out of your way. Its times like these that really make me proud to work here and work with people like **YOU**. I'm putting in a STARS for you... I just wish I could do more! Thanks again,

Sheri E. Thomas
Outreach Coordinator / Clerical Supervisor

***ED** Thanks also to Sheri for noting the man's discomfort and taking the initiative to contact respiratory.*

Respiratory Care Says Thanks For Generous Response to Fundraiser

On July 16, 2009, a benefit/raffle was held for an employee in need. The response was not only a huge monetary success; but a success of much greater magnitude. We witnessed a day full of true heartfelt concern, care and love for a fellow co-worker, as well as friend. Please continue to keep her and her family in your thoughts and prayers. And, congratulations to us, the St. Rita's's family for once again, rising to the occasion and pulling together in a time of need. You have left us.... "breathless"

Sincerely,
The Respiratory Care
Department

Remember To Remove Computer Carts From Halls And Corridors

Any computers on wheels or other wheeled carts should not be left in the corridor unless they are in use.

According to Joint Commission "in use" means they are idle for less than 30 minutes. If the computer on wheels is in the hall charging because you do not have sufficient outlets in the area, please contact Bill Streng, Safety Services Director ext. 9118 who will arrange additional outlets other than in the corridors.

It's Time To Nominate A Legend



The Legends of St. Rita's award recognizes those staff members who find a special way to serve our patients, staff and our communities... people who truly show our Core Values in action! Co-workers, patients or members of the community may nominate Legends. Legends actions include but are not limited to:

- someone who went out of their way to meet a patient's special needs
- someone whose compassion made a significant difference to a family
- someone who is an exceptional coach or youth leader
- someone who gave time to make a home handicap accessible or other community service.

A staff member selection committee reviews the nominations and makes the final selections. This is not a bonus or financial recognition, but rather a celebration from the heart. Nominations can be done electronically on the Intranet starting Nominations must be received in HR by August 21.

New Neighborhood Association Needs Volunteers

Heart of Lima Neighborhood Association* is looking for volunteers to help with a fundraising event during Square Fair Aug. 7 and 8.

It will be a family focused event offering 10 different child/adult friendly inflatable games inside the climate controlled Civic Center on Friday evening and Saturday afternoon/evening Aug. 7 & 8 during Square Fair. Volunteers make sure the kids remove their shoes and don't get too rowdy jumping around inside. It's a great opportunity to be a goodwill ambassador for our town as well. Daily wrist bands will cost \$10/person/day or \$17 for two days. Your child can play all day for \$10. It's an alternative to the adult oriented entertainment outside.

Proceeds will benefit the Civic Center, Lima Public Library, and Heart of Lima Neighborhood Association. It is all being set-up by Ultra Sounds with no out-of-pocket cost risk to anyone but Ultra Sounds.

Heart of Lima needs volunteers to oversee people participating on the inflatable games from 5-9 PM on Friday and 1-9 PM on Saturday. 12 volunteers per two hour shift are needed so we only need a total of 72 people for the two day event. Ultra Sound will have two employees on site for supervision at all times. Please contact Lisa Steinke 419-235-2221 if you have questions .

* Anyone who lives, works or worships in Lima is welcome to join the Heart Of Lima Neighborhood Association.

Upcoming Events

Lima Loco's Employee Day Sun July 26, 3:00 PM

St. Rita's Night at Limaland July 31

St. Rita's Swim Day At Ottawa Metro Park Aug. 8
Register on the Intranet

NASCAR Race Bus Excursion Aug.16

Employee Appreciation Picnic Sept.12

Shopping Excursion to Edinburg(IN) Premium Outlets Sept. 26 **Sign up starts Aug 3.**

Employee Awards Banquet Nov. 17

Turkey Distribution Nov. 20

Employee Christmas Meal Dec. 9

Tips From America On The Move

Blood pressure too high? Taking a walk can bring it down. Research shows that as little as 30 minutes of daily physical activity can help regulate blood sugar, promote well-being, and control blood pressure and cholesterol. Take just ten minutes, three times each day to walk or workout, and watch the health benefits add up!

St. Rita's Swim Day At New Location

St. Rita's family swim day will be held at the Ottawa Metro Park on August 8. (Please sign up on the Intranet by August 3 .. no late registrations accepted). The park is located at 2632 Ada Road (St. Rt. 81) on the east edge of Lima. We have reserved the shelter house adjacent to the beach area. Signs will be posted

Noon - 7:00 PM Swimming and outdoor fun. A playground is next to the beach.

2:00-5:00 PM Picnic food served in the Shelter House

This free event is for immediate family which includes spouse, significant other and dependent children only.

Another fun event planned by your employee activities committee.

NEW Scam Warning From Ohio Attorney General Rich Cordray

During tough economic times predatory business practices seem to pop up everywhere. And the latest scam that has come across my desk is one that takes advantage of people who want to buy more fuel-efficient cars. A new federal program, known as the [Car Allowance Rebate System \(CARS\)](#), provides \$3,500 or \$4,500 credits to consumers who trade-in less fuel-efficient cars or trucks that meet certain qualifications.

While the program's official name is the Car Allowance Rebate System, unofficial "Cash for Clunkers" Web sites are popping up, using false information to get consumers' personal information including names, addresses and social security numbers. Please forward this warning to your family and friends. When it comes to scams, education and prevention are the best weapons.

For more information, please go online to www.SpeakOutOhio.gov/cashforclunkers
Reprinted from Superior FCU newsletter



Don't Forget Carry 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. **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*

Fix It Quick and Healthy Recipes In Health Resource Center

Tired of the same old meals? Stop in the Health Resource Center to pick up quick and healthy recipes. Each week in July new recipes will be available. Nutritional values included with every recipe!

Free Blood Pressure Checks In Health Resource Center

St. Rita's Health Resource Center is now offering free blood pressure checks. Stop in and have your blood pressure checked... no appointment needed. The Health Resource Center is located in the Main Lobby. Free valet parking is available! Hours are 8 a.m. - 5 PM Monday through Thursday and 8 a.m. - 4 PM Fridays. The resource center is closed weekends and holidays.

Charity Garage Sale

All proceeds to benefit Share Pregnancy and Infant Loss Support Of West Central Ohio.

The sale will be held during the Lincoln Highway Community Garage Sales August 6-8, 2009 Thursday, Friday, & Saturday, 9 a.m. – 5 P.M. in the parking lot of the St. Peter Lutheran Church, corner of Pierce and 5th St. (Lincoln Hwy) Delphos, Ohio

To donate items for the sale or to volunteer to work, please contact Tamara Haunhorst at 419-302-6961 or Melanie Shobe-Wierwille at 419-230-5494

Christmas In July



**Friday July 24th
in the High Street
Café.
Christmas Cookies,
Turkey Dinner
and More.**

Christmas in July sale in the Gift Shop.

All new Christmas merchandise can be previewed and sold for 25% off through July 25th. Remember all proceeds from the gift shop are donated right back to St. Rita's.

Books on Tape Available for Patients And Families

Books on tape are available for patients who will be hospitalized for a period of time. The Lima Public Library, Spiritual Care and the Health Resource Center, are collaborating on this service. Over 80 titles are available! The Health Resource Center has a list of titles available for patients. Health Resource Center volunteers would be happy to deliver the recorded book to the patient or unit and pick it up when the patient is finished or discharged. If you have a patient that would be interested in a recorded book, please contact the Health Resource Center for further information at ext. 5842.

**Some Seats Still Available For
Nascar Trip
Contact Human Resources**



Employee Mammogram Incentive Changed

After five years of providing special days for employees to get their mammograms, we are trying something new in 2009. The Women's Wellness Center will *not* be holding their Fall Harvest in October. We have heard from many employees that they would love to participate on those special days, but it is too hard to get away from their work areas. In addition, other employees' annual mammogram time frames fall in between the special events.

In 2009, any employee who comes in for a mammogram at any of our four locations will be eligible for a monthly doorprize drawing. Simply show your ID badge when you come in and your name will be entered for that month's drawing.

The American Cancer Society, the National Cancer Institute and the American College of Radiology still recommend that women 40 years of age and older have an annual mammogram. If you have a strong family history of pre-menopausal breast cancer, you may consider starting at age 30.

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,
 • Ham and Bean or Broc. and Cheese
- Tuesday,
 • Ham and Bean or Italian Wedding
- Wednesday,
 • Ham and Bean or Tortilla
- Thursday,
 • Potato or Chicken and Rice
- Friday,
 • Beef and Noodle or Gumbo

Sunday
July 26th

Monday
July 27th

Tuesday
July 28th

Wednesday
July 29th

Thursday
July 30th

Friday
July 31st

Saturday
August 1st

Grill:	Wings
Entrée:	Lasagna
Grill:	Spicy Black Bean Burge
Deli:	Cranberry Chicken Salad
Sauté:	General Tso's
Pizza:	Sicilian
Entrée:	Mahi Mahi Chicken and Noodles
Self Serve:	Pasta Bar
Grill:	Coney Dog
Deli:	Italian Flat Bread
Sauté:	Mongolian
Pizza:	Cheeseburger
Entrée:	Citrus Chicken Beef Stew
Self Serve:	Yogurt Bar
Grill:	Prime Rib Dip
Deli:	Chicken Caesar Wrap
Sauté:	Salad Station
Pizza:	Chicken, Bacon, and Ranc Calzone
Entrée:	Tortilla Crusted Tilapia Shredded Chicken
Self Serve:	Taco Bar
Grill:	Reuben
Sauté:	Fire Chicken
Deli:	Smokehouse Panini
Pizza:	BLT
Entrée:	Chicken Marsala Chicken and Dumplings
Self Serve:	Boneless Wings
Grill:	Half Pound Angus Beef Burgers
Sauté:	Chef's Choice
Pizza:	Taco
Deli:	Southwestern Wrap
Entrée:	Pork Loin with Peach Compote Pot Roast
Self Serve:	Fruit and Cheese
Entrée:	Cordon Bleu
Grill:	Chef's Choice