

St. Rita's In Step

Volume 44 Issue 30

St. Rita's Medical Center Employee Newsletter

July 31, 2009



■ Kids TURF Fitness Camp

■ Healthy Recipes

■ Facilities Update

■ Patient Accounts Staff Helps Salvation Army

■ Menu

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



From Spiritual Care

If God is the center of your life, no words are necessary. Your mere presence will touch hearts.

St. Vincent de Paul

Submitted by Chaplain Ginny Hartman

Lifting Devices Are For Patient And Employee Safety

Three types of lifting devices have been recently purchased. to help reduce staff injuries and ease the task of lifting and turning our patients in a safe, and dignified manner.

■ The newly renovated Intensive Care Unit has six rooms equipped with ceiling mounted systems which allow staff to lift patients from above. The fixed ceiling lift has an 800 lb capacity, and always remains on the lift track. It can lift an individual up from one location such as a bed, move the individual along the track to another location and finally lower the individual into a chair or bath. The lift can be moved manually by a staff person or powered using the pneumatic hand control.

■ 14 Ergo-Nurse units are available for use where needed throughout the facility, These 500 lb capacity portable units can be operated by one person and are placed at the head of the bed. The base of the Ergo-Nurse fits all standard beds, and makes "no manual lifting" possible. It will turn a patient from side to side, pull them away from the bed rail, and pull them up in bed. The transfer machine will pull a patient from a gurney or bed, to another surface.



■ Finally a device called a "Camel" has been acquired to assist in lifting patients from the floor. This inflatable lateral transfer device



is designed to lift, and sit up a fallen person from the floor. This reduces staff back injuries when assisting someone from the floor, and will lessen the need to call for additional assistance. It primarily requires one person to operate the controls ,and depending on the size of

the patient, one or two staff members to support the patient. The lift lies flat on the floor, and the patient is then placed atop the device, which is pneumatically inflated. The system is mobile, and stored in the Patient Transfer Department. When needed, simply phone extension 7003 between the hours of 6:00 AM and 11:00 PM for assistance. From 11:00 PM to 6:00 a.m. contact the House Supervisor at extension 9711.

Upcoming Facilities Work

Parking Garage. Work starts on the garage 5th floor and ramp up to the 5th floor on Monday 8/3/09. Expect the 5th floor and ramp to be down for 4 weeks (weather dependent). After this work will start going down the garage. More detail will follow on this as we get closer.

Emergency Generation normal testing will occur on Wednesday 8/5/09 at 5 a.m.

Emergency Generation special test with AEP sometime in the afternoon of FRIDAY AUGUST 14th. This testing will run for **one** hour. We will not get exact notice of the time until we get closer to the actual date. We will keep most of our normal power during this time, but we will have limited cooling.

Skywalk roof to MOB 1. Work starts on Monday 8/3. For a half of day we will have a small crane in the north corner of the G3 entrance lot as we load material for the skywalk roof work. This work should be completed before Friday 8/7/09 (weather dependent)

718 1st floor roof. The roof right on top of the east entrance to the 718 building will be starting on Monday 8/10. There will be a truck outside the East entrance for about one week as this work proceeds. This should be completed within a week.



Still 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**.

Patient Accounts Raises Money For Salvation Army Food Pantry

Patient Accounts recently had a pot luck dinner and a "Bring -n- Buy" in our office. We donated the money we raised during our "Bring -n- Buy" to the Food Pantry at the Salvation Army.

Everyone had a great time 'out bidding' each other for items brought in. "The morale in the office has been boosted," said Tina Reichenbachach.

Another example of our Core value In Action!

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.

American Cancer Society (ACS) Call For Award Nominations

This year, the American Cancer Society is recognizing and appreciating those who are the direct connection to progress in our fighting cancer here in Allen County. We are celebrating our success this year, as the key individuals in the community come together at our 2nd Annual, American Cancer Society Allen County Appreciation Dinner.

The event will be held Thursday evening, October 8, 2009, at the Shawnee County Club in Lima, Ohio. ACS will be honoring all of those in attendance and will present a special award to one American Cancer Society Volunteer and one Cancer Survivor who exemplify exceptional commitment to service and achievement.

If you would like to nominate someone for either of these special awards, please contact Linda Glorioso at the Cancer Resource Center ext. 5616 for a nomination form.

Medical Students Serve Clerkships

The following medical students will serve clerkships beginning **August 1, 2009** unless otherwise noted.

Benjamin Miller 8/3~8/31	Pharmacy	D. Fennema
Eric Savory 8/3~8/28	Internal Medicine	H. Buch, MD
Hao Hao Huang 8/5~8/28	Surgery	J. Wisser, DO
Anirudh Kamdambi 8/17~9/25	Fam. Medicine	T. Ignarski, MD
Adam Hirschfeld 8/17~9/25	Family Medicine	M. Martz, DO

Please return any of the washable Pepsi plastic cups to the Cafe'.

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! If you are off campus please contact Kathy Herold ext. 5842 if you are interested in the recipes. *See some recipes on Page 7.*

We Care Regional Crisis Center Moved

The We Care Regional Crisis Center has moved. The Crisis Center was formerly at 718 W. Market Street (on the St. Rita's campus) and is **now at 797 South Main Street, Lima.**

The Crisis Center continues to offer 24 hour service, seven days a week. If you need services you can simply walk in. The Hopeline is still the same number 800-567-HOPE (4673).

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 Edinburgh(IN) Premium Outlets Sept. 26 **Sign up starts Aug 3.**

Employee Awards Banquet Nov. 17

Turkey Distribution Nov. 20

Employee Christmas Meal Dec. 9



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

More MAD Moments Accuracy in Bed and Equipment Tracking

Lean Leader: Kim Valenti, **Sponsor:** Terry Bay, **Team:** Juan Cortez, Kim Ferguson, Angie Mayer, Holly Archer, Steve Wright, Amy Kahle, Jane Rupert, Chris Landin, Jason Hays, Amber Schick, Bill Johnson, Chuck German



This project began as a suggestion from Jane Rupert, one of our Wound and Ostomy nurses. She realized that we were spending a great deal of money on rental beds when we had beds in house but we did not know where they were. Also, when we had beds that we did need to rent, we used them, and then no one knew that we were finished with the bed and frequently the rentals did not get canceled in a timely fashion. Therefore we were paying unnecessary rental costs, this is a waste.

Jane presented her idea to the Voice of Customer Steering Team (VOCST) for consideration. The idea was approved, and assigned to Lean Leader Kim Valenti. Kim then found a sponsor willing to support the project and help drive it to completion.

The team assembled, mapped the current process, reviewed it and brainstormed issues. With that information the team redesigned a new and effective process. Since the re-design of the process we have not had to rent any bariatric beds. The process made the ordering of a bed from Distribution phone call free. The secretary enters the order for a bed into Power Chart as a physician order that automatically sends a requisition to the appropriate party. This then triggers House Keeping to bring the bariatric bed to the appropriate room. Nursing transfers the patient to the new bed and House Keeping cleans the original bed and brings it to the same holding space as the bariatric bed until the bed is discontinued.

When the order is discontinued the same process happens in reverse. House Keeping is triggered to get the original bed, bring it to the room and then strip and clean the bariatric bed and pull it from room and replace it with the original bed. The bariatric bed is then returned to its storage spot. This is all done without a single phone call. If a rental bed is needed, the system automatically sends a notice to the rental company to pick up their bed, thus reducing our rental cost. That bed is taken to a specific pick up location.

This team really thought out of the box and was able to maximally utilize many of the existing systems to make the process more streamlined. Congratulations on a job well done! Yet another example of how working together as a team we are "Making A Difference"!

Ohio's Child Passenger Safety Law Has Changed

Effective October 7, 2009

• **Every child*** under 8 years old must ride in a booster seat or other appropriate child safety seat unless the child is 4'9" or taller.**

Follow the seat manufacturer's instructions for weight limits and proper use.

• **Every child*** from 8 to 15 years old who is not secured in a car seat must be secured in the vehicle's seat belt.

* Unless there is a life-threatening situation, the parent has an affidavit signed by a licensed physician exempting the child from the law due to a physical impairment, or the vehicle is a taxicab, a public safety vehicle, is regulated under Ohio Revised Code 5104.011 or was manufactured without seat belts.

**"Child safety seat" includes infant seats, convertible seats, forward-facing seats, booster seats or other federally approved safety devices.

+ A six month warning period starts on 10/7/09. Full enforcement starts 4/7/10.

Protect Your Child As They Ride

The back seat is the safest. Children under 13 years old should ride in the back seat. Ohio's Child Passenger Safety Law is defined in Ohio Revised Code 4511.81.

Provided by Ohio Department of Health, Violence and Injury Prevention Program

June STARS \$50.00 Sweepstakes Winners

Recipients of STARS Awards

Brittney Buetner	Respiratory Therapy
Marty Clark	Pre-Access
Lois Felkey	IT Core Services
Linda Glorioso	Cancer Resource Library
Deborah Higbie	Addiction Services
Paula Kline	Emergency
Ron Knoble	LACP – MICU
Rebecca Niekamp	Nutrition Services
Mayra Rojas	ICU
Tanya Volbert	Central Processing

Nominators

Linda Brinkman	PCACC
Andrea Delph	WCORHA
Andrea Goings	Human Resources
Jennifer Huwer	Labor & Delivery
Andrea Kalb	CCU
Jennifer Kenny	7B - Surg/Med/Tele
Stephanie Krepak	Home Care Admin.
Pamela Murray	Call-A-Nurse
Lee Sorto	6E – Pedi
Shelly Stroh	ICU

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



Tips From America On The Move

Adding extra steps to your day is easy! Here are a few simple ideas:

- Use 10 minutes of your lunch break to get out and move.
- Make after-dinner walks a regular and fun family outing.
- Park at the far end of the parking lot when shopping.

Camp T.U.R.F. Toning Up R Future

August 10-14, 2009

From 8 am-5pm

At

The F.A.S.T. Facility

3477 S. Dixie Highway

Lima, Ohio 45804

For more information, contact

Leahy Family Care, Inc.

419-224-1234

CAMP T.U.R.F. is a camp to promote health, exercise, and nutrition for children and their families in an encouraging, engaging, and challenging environment.

Children must be between the ages of 7-12 and have difficulty maintaining healthy choices and weight. The child will participate in exercise training with certified trainers at F.A.S.T., nutrition education from dietician Bethany Amstutz of St. Rita's Medical Center, as well as receive coaching from Dr. Matthew Ziccardi, psychologist. Board certified family physician Manu Aggarwal will be on hand for medical advice regarding long term effects of good habits in nutrition and exercise. OSU staff from the Gimme 5 program will be present as well to promote childhood health. Cost is only \$100.

Special Thanks to Our Sponsors



2009 Camp T.U.R.F. Pre-Registration Form (DUE AUG 5th)

Participant's Name _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

E-mail Address _____

Day Phone _____ Evening _____

PLEASE DROP OFF FORM OR MAIL TO 825 S. Cable Road across from Ray's
and next to Rex's Auto

Healthy Recipes From EatingWell Magazine

Asian “Salisbury” Steak Active Time: 30 minutes, Servings: 4

Total Time: 35 minutes, Easy Preparation

Ingredients:

12 ounces 90%-lean ground beef 4 tablespoons hoisin sauce, divided
¾ cup finely diced red bell pepper 2 tablespoons minced fresh ginger
¾ cup chopped scallions 3 teaspoons canola oil, divided
¼ cup plain dry breadcrumbs
4 bunches or 2 4-ounce bags watercress, trimmed (16 cups)
½ cup Shao Hsing rice wine or dry sherry (or Shaoxing, is a seasoned rice wine available in most Asian specialty markets and some larger supermarkets’ Asian sections)

Directions:

1. Place rack in upper third of oven, preheat the broiler. Coat a broiler pan and rack with cooking oil.
2. Gently mix beef, bell pepper, scallions, breadcrumbs, 3 tablespoons hoisin sauce and ginger in a medium bowl until just combined. Form the mixture into 4 oblong patties and place on the broiler-pan rack. Brush the tops of the patties with 1 teaspoon oil. Broil, flipping once until cooked through, about 4 minutes per sides.
3. Meanwhile, heat the remaining 2 teaspoons oil in a large skillet over high heat. Add watercress and cook, stirring often, until wilted, 1 to 3 minutes. Divide the watercress among 4 plates. Return the skillet to medium-high heat, add rice wine (or sherry) and the remaining 1 tablespoon hoisin sauce and stir sauce and stir until smooth, bubbling and slightly reduced, about 1 minute. Top the watercress with the Salisbury steak and drizzle with pan sauce.

Nutrition Information: Per serving: 303 calories, 13 g. fat (4 g sat., 6 g mono.), 56 g. cholesterol, 18 g. carbohydrate, 21 g. protein, 2 g. fiber, 392 mg sodium, 623 mg potassium

Gingersnap-Banana Frozen Yogurt

Active Time: 10 minutes, Servings: 4, Total Time: 20 minutes, Easy Preparation

Ingredients:

2 cups vanilla frozen yogurt, softened
6 gingersnap cookies, chopped
2 bananas, sliced
¼ cup chopped toasted pecans

Directions:

Layer equal portions of frozen yogurt, chopped gingersnaps, bananas and pecans into 4 small dessert cups or glasses. Freeze until the yogurt is firm, at least 10 minutes.

Nutrition Information: Per Serving: 287 calories, 12 g. fat (4 g sat, 4 g mono), 15 mg cholesterol, 42 g. carbohydrates, 5 g protein 2 g. fiber, 81 mg sodium, 249 potassium

More Recipes available in Health Resource Center.

