

St. Rita's In Step

Volume 44 Issue 31

St. Rita's Medical Center Employee Newsletter

August 07, 2009



- Thank You For Risen
- Appreciation Picnic
- Medication Reconciliation
- Motorcycle Safety
- Menu

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



From Spiritual Care

Hope is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.

Vaclav Havel

From Chaplain Joe Heeter

Multicultural Youth Program "Very Successful"



V.P. Wil Cason, Andrea Goings, HR and David Turner with students.

St. Rita's first Multicultural Summer Youth Program was "very successful," according to David Turner, Diversity and Inclusion Coordinator. Six Lima Senior High School students that were thinking about a career in the healthcare were selected from 34 applicants for the eight week, paid internship/work experience. Ryan Johnson, Lydia Johnson, Javon Smith, Brandon Monford, Latara Turk and Bri'jon Culberson participated in the program.

The goal of the program was to introduce minority students to a global healthcare perspective from the time the patient comes through the door until they are discharged. . Each student was treated as a St. Rita's employee and was assigned to various departments 8 a.m. to 4:30 P.M. Monday -Friday.

To be eligible for the program, students had to be 15 to 18 years old, in high school with GPA of 2.5 or above, (those selected were 3.0 or higher), participate in high school or community groups, volunteer within the local community and have an interest in the healthcare field.

The program was developed, in coordination with The Northern Region, by David Turner, SRMC Diversity and Inclusion Coordinator and was a collaborative effort with SRMC, Rhodes State College and Lima City Schools.

Joint Commission

Challenges of the Medication Reconciliation National Patient Safety Goal

For the past several years, organizations across the country have been working diligently to improve the Medication Reconciliation process, which is critical in improving patient safety. This struggle has been so difficult, due to the complexity of medication regimens and the various settings where medications are provided, that the Joint Commission decided that they will not score this goal for the remainder of 2009 while it is being clarified.

St. Rita's has also been challenged on how to accurately and completely reconcile medications in areas such as the Health Management Group, the Emergency Department, Radiology, Transitional acute and the various nursing units.

In its simplest explanation, Medication Reconciliation begins with a complete listing of the patient's current medications (including prescription, over the counter and herbals). From there, the medication list is a "live" document changing with each new, changed, or deleted medication. At each setting this list should be available, reviewed, and updated as appropriate.

On June 10th, the medication reconciliation process was changed to help us achieve some very important goals: being able to sort medications by drug class, and positioning us for electronic ordering of medications in the future.

Historically we know that medications errors often occur at transitions in care (handoffs) at discharge or unit to unit. The forms that are in place are simply tools to guide this process; unfortunately nothing "simplifies" this complex issue. Please pay close attention to detail and contact the prescriber whenever the reconciliation is unclear.



Give Your Favorite Teacher An Apple On The Appreciation Tree In The Health Resource Center

August is back to school month at the Health Resource Center. Honor your favorite teacher by putting their name on an "in honor of" or "in memory of" apple and hanging it on the "Apple Tree". A "Teacher" can be someone from your formal education and/or a mentor in the workplace or in life! Anyone who has been inspirational in your growth is considered a teacher. This is a great time to remember those who have played an important part in your life.

Cheri Martin Named Director of Access And Financial Services



Cheri Martin has accepted the expanded position of Director of Access and Financial Services.

She has been Director of Patient Access at St. Rita's since 2002 and took on additional responsibilities including Director of Outpatient Express Testing in 2007. Prior to joining St. Rita's Cheri was Director of Patient Access at Blanchard Valley Hospitals for 13 years.

Cheri is a graduate of Findlay College and has earned her Masters in Healthcare Management from the University of Phoenix. She is president of the Ohio Hospital Admitting Managers Association. Cheri was named one of the Top 20 under 40 business professionals by The Business Journal last year.

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.

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. Nutritional values are included with every recipe!

If you are off campus please contact Kathy Herold ext. 5842 if you are interested in the recipes.

Pictures from St. Rita's Night at Limaland

If you attended the fun-filled St. Rita's night at Limaland Speedway, you might be in some of the pictures. Go to Limaland.com then go to **Photo Gallery** and click on the first **Fanshots** to see pictures of the St. Rita's family from our July 31 event. There are lots of pictures.

Message For Employees Registered For St. Rita's Outdoor Swim Event At Ottawa Metro Park:

The event on Saturday, August 8th at Ottawa Metro Park will be cancelled ONLY if there is a threat of severe weather. If it rains, it is up to the discretion of the Park Manager if the beach remains open. There will be a DJ for your entertainment and picnic food from 2 - 5 P.M. in the Shelter House as long as there is no severe weather.

When arriving at the park, please register in the Erie Shelter House prior to entering the beach area. Thank you and have a great time!! There is no Rain Date for this event.

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

Upcoming Events

NASCAR Race Bus Excursion Aug.16

Employee Appreciation Picnic Sept.12

Shopping Excursion to Edinburg(IN) Premium Outlets Sept. 26

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*

If You Ride A Motorcycle Please Take Safety Precautions

More and more motorcyclists are taking the road for a variety of reasons. In the U.S. there are over 4 million registered motorcycles, while in Allen County there are over 4,200. That is an increase of 800 motorcycles since 2005. Because of the increase in motorcycle use, there is a corresponding increase in the likelihood of motorcyclists becoming involved in a crash.

Motorcycle fatalities represent approximately 5% of all highway fatalities each year, yet motorcycles represent just 2% of all registered vehicles in the United States. One of the main reasons motorcyclists are killed in crashes is because the motorcycle itself provides virtually no protection. Nationally, approximately 80% of reported motorcycle crashes resulted in injury or death. The same is true in Allen County – during 2008 over 75% of motorcycle crashes result in injury or death. According to data from the Ohio Department of Public Safety, during 2008, there were 58 motorcycle crashes, 1 motorcyclist died in those crashes, while 43 were injured. As motorcyclists, there are some things you can do to protect yourself, including:

- Never ride without a certified motorcycle helmet and eye protection. Insist on a helmet that has a U.S. Department of Transportation (DOT) label.
- Wear protective clothing. Protective clothing and equipment serve a three-fold purpose for motorcyclists: comfort and protection from the elements; some measure of injury protection; and through use of color or reflective material, a means for other motorists to see the motorcyclist.
- Know and obey traffic laws, including local ordinances.
- Maintain a safe speed consistent with driving conditions and your capabilities.
- Watch the road surface and traffic ahead to anticipate problems and road hazards. Gravel on the road and slippery road surfaces can be hazardous. Painted roadway markings and manhole covers can be extremely slippery when wet. Railroad tracks should be crossed at an angle as close to 90 degrees as possible.
- Be especially alert at intersections because approximately 70% of motorcycle-vehicle collisions occur there.
- Check the rearview mirrors before stopping and signal before changing lanes. A quick stop or lane change could result in a crash. Use brakes wisely. Use both brakes together. Brake firmly and progressively and bring the motorcycle upright before stopping.
- Avoid tailgating and don't let other drivers tailgate you.
- Pass only when it is safe to do so; do not pass or ride on the shoulder.
- Assume that you are invisible to other motorists and operate your motorcycle accordingly. Avoid riding between lanes of slow moving or stopped traffic.
- Dogs can be a problem for riders. Don't become distracted and don't kick at a dog. As you approach a dog, downshift, when you reach the dog, accelerate quickly away.
- Treat other motorists with courtesy and respect.

To learn how to safely and skillfully operate a motorcycle, attend a Motorcycle Ohio (MO) rider training course. MO remains the premier motorcycle safety and education program in the state, having enhanced the riding skills of over 115,000 motorcyclists since it first began in 1987. Established through the passage of House Bill 291, MO, today, has 20 permanent training locations throughout Ohio and a mobile program. In Allen County, Motorcycle Ohio offers rider training to motorcyclists at the Apollo Career Center. You can learn more about Motorcycle Ohio by calling 419-998-3000 or go to www.motorcycle.ohio.gov for more information.

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.



YWCA Annual

Chicken Bar-B-Que

Friday August 14, 2009

Presented By: Bad To The Bone

\$ 7.00 each includes
(1/2 Chicken, Potato Salad,
Applesauce, Roll & Dessert)
Dine in or Carry out
Lunch 11:30AM-2:30PM
Dinner-3:30PM-6:30PM

Drinks Sold Separately
\$1.00 ea.

Pre-sale tickets only!

Now Available at the Lima
YWCA 649 W. Market St.
419-228-8664

■ Deliveries with 10 meals or more

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**.



Some Seats Still Available For Nascar Trip. Contact Human Resources



Sampling
Aug.15

Starbucks at St. Rita's will be hosting a sampling event on Saturday, August 15th from 11 a.m. -2 P.M. Stop by and try a Strawberries and Crème Frappuccino or a sample of our Starbucks (RED) coffee.

Tips From America On The Move

In a salad rut? Here are some quick and easy ways to add vegetables to your diet without having salad every night.

◆ Add vegetables to pre-made sauces. If you're making a marinara sauce for pasta, add extra onions, mushrooms, and peppers.

◆ Add carrots, celery, onions, tomatoes, or potatoes to soups.

◆ Put spinach, cucumber, or carrots on your sandwich for a crunchy treat.

◆ Craving a mid-afternoon snack? Try carrots or celery with a little bit of peanut butter or hummus.

Thank You For Risen Program

I want to say thank-you to St. Rita's and CHP for offering the Risen program that I recently attended. First, let me say that the program reminds us that what we do everyday impacts everyone around us. We are catalysts everywhere we go, no matter what job title we have. If we let our defenses come down, we begin to understand our co-workers, our patients and ourselves better. What holds us back at times is the fear of painful feelings...ours and other's. But if we can see that feelings are actually gifts and we can learn to open ourselves up to all of our feelings (both positive and negative) the more we can grow spiritually.

When we face our difficult feelings we become more compassionate towards ourselves...eventually we begin to experience more joy because we've felt our pain at a deeper level. We soon realize that every person we pass in the hallway has a story....and pain is part of that story. There are colleagues from St. Rita's that I got to know through the Risen program that I would have never known in the way I do now....I may have even thought I didn't want to know them at first glance before Risen. But through hearing each others' stories these co-workers became more than "a nurse" or "a person in finance" or "a housekeeper" I will pass in the hallway.

Risen reminded me that we can consciously make a choice how we perceive others and situations, and this can have a tremendous impact on everyone around us. Once we "listen" to others' stories, our co-workers or our patient's stories, we begin to have a better understanding of why they may behave the way they do. You may find they have a personality that is different than yours or they may have pain they are carrying around that hasn't been dealt with. When we start to share in our humanness together and increase our tolerance rather than judging one another, we begin to reach a whole new level of sacredness.

Because we are human we have "negative" thoughts and emotions that can make us question our goodness or the goodness in others. But if we look at these "negative" things as a gift to be embraced, a message to learn from, and if we use a little humor to deal with our humanness, we can find the divine in the small things and inside of ourselves. We can find the divine in the people we may have not given the chance to get to know and we can experience sacredness in places we never bothered to look before.

The Risen program gave me the opportunity to experience some of the sacredness in my co-workers and in myself that is easy to ignore when we are busy or overwhelmed. This sacredness is around every corner in the hallway, inside everyone you meet, and in every interaction you have everywhere you go. The fact that I work for an organization that is committed to building me spiritually is a gift both professionally and personally in my life. When we realize that every thought or action becomes a spiritual gesture then no longer does a job feel "like a job".

Holly Metzger, MSW, LISW
St. Rita's Allison Radiation Oncology Center



**Staff Appreciation Picnic
Saturday, September 12, 2009
Allen County Fairgrounds
11:00 am – 6:00 pm**



Everyone entering the fairgrounds must have a ticket.

Tickets will not be distributed at the gate.

Meal tickets will allow you to go through the buffet line once. Hot dogs, hamburgers, veggie burgers, fries and beverages will be served in a separate area that does not require a meal ticket.

Carryout meals will not be available.

Also we will have rides, games, rock climbing wall and other activities to entertain everyone from toddler to adult. Carnival snacks such as cotton candy, popcorn and snow cones will be available throughout the day.

As a cost saving initiative, we will require a non-refundable registration fee of \$5.00 for an individual or \$10.00 for you and your immediate family to attend the picnic. No family will pay more than \$10.00 to attend. All proceeds benefit the SRMC Caring Committee. **Employees must come to Human Resources to register** and complete the payment process with payroll deduction being the preferred method but we will also accept personal checks. You will receive your ticket(s) when you register. If you payroll deduct, it will be reflected on your September 3, 2009 paycheck. **Registration begins on Monday, August 10th at 7:30 am and ends on Friday, August 28 at 4:30 pm.**

Registration will be available in Human Resources:

Monday through Friday from 7:30 am – 4:30 pm

Additional times to accommodate all three shifts:

Tuesday, August 11 from 6:30 am – 7:30 pm;

Wednesday, August 19 from 6:30 am – 7:30 pm

Thursday, August 27 from 6:30 am – 7:30 pm.

Any reservation submitted after the August 28 deadline will require a \$ 5.00 late fee in addition to the registration fee.

Additional tickets for grandchildren, neighbors, adult children or others you may want to bring are available and must be purchased in advance from Human Resources. Tickets are \$20 each and allow non-employees and guests the opportunity to enjoy all the picnic activities. Children age 3 and under are FREE.

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 or Potato
Tuesday, Chili or Broccoli and Cheese
Wednesday, Ham and Bean or Tomato Bisque
Thursday, Ham and Bean or Tortilla Soup
Friday, Ham and Bean or Chef's Choice

Sunday August 9th

Table with menu items for Sunday: Grill: Chef's Choice, Entrée: Chicken Stir Fry, Grill: BBQ Pork Po'Boy, Deli: Buffalo Chicken, Sauté: Cashew Chicken, Pizza: Pepperoni and Sausage, Entrée: Baked Tilapia with Salsa, Chicken Parmesan, Self Serve: S'more Bar

Monday August 10th

Table with menu items for Monday: Grill: Turkey Rueben, Deli: Paris Bistro Wrap, Sauté: Mongolian, Pizza: Chicken Bacon Ranch, Entrée: Orange Chicken, Meat Lasagna, Self Serve: Cajun Bar

Tuesday August 11th

Table with menu items for Tuesday: Grill: Texas Burger, Deli: Ham Salad, Sauté: Pasta Bar, Pizza: Supreme, Entrée: Tuna with Tomato Salsa, Asian Flank Steak, Self Serve: Chili Bar

Wednesday August 12th

Table with menu items for Wednesday: Grill: Cordon Bleu Sandwich, Sauté: Prime Rib Cookout, Deli: Cuban Panini, Pizza: Vegetarian, Entrée: Salmon Patties, Chipped Beef, Self Serve: Yogurt Bar

Thursday August 13th

Table with menu items for Thursday: Grill: Chicken Queso, Sauté: Chef's Choice, Pizza: Breakfast Pizza, Deli: Waldorf Turkey Wrap, Entrée: Bourbon Pork, Homemade Mac & Cheese, Self Serve: Fruit and Cheese

Saturday August 15th

Table with menu items for Saturday: Entrée: Chicken Pot Pie, Grill: Chef's Choice