

Surgery Bake Sale and Raffle Friday Oct. 2

Friday Oct. 2 surgery will be holding a bake sale and raffle outside the High Street Cafe' for an employee in need. Outside the High Street Café' starting at 7:00 a.m.

In addition to a 50-50 raffle there will be a host of great raffle items including IPOD, Vera Bradley, Lia Sophia Jewelry Columbus Blue Jacket tickets, OSU tickets, OSU Gift package, Longerberger Baskets, 1 Hour Massage, gift certificates and more.

Mission... Care about me

Suicide Awareness And Prevention Walk Oct. 17

Please join the annual walk to remember those who have been lost to suicide. This is a very powerful event and a way to celebrate the lives of people who left us too soon.

What: "Always in our Hearts" A Walk to Remember

Where: Begins at Changing Seasons, 213 South Main Street, Lima (next to Bistro)

When: Saturday, October 17th from 10:00 a.m. – 12:00 p.m.

T-shirts with the "Always in our Heart" logo will be available for \$10.

Raffle tickets for great prizes including a 20" flat screen TV and a free night at the Holiday Inn are 6 for \$5. Memory balloons will also be available. Contact Shannon at ext. 9003 for more tickets or more information. **Mission**



Thank You

CCU Staff Says Thanks To All

The staff of 3A and 3B would like to extend their appreciation to everyone who sent a card, offered to work, sent food, said a prayer or shared a hug and tears during the recent loss of our beloved manager and friend, Kathy Knueven.

The unity of the SRMC staff continues to touch all of us during this difficult time with their many acts of kindness. Our lives were truly blessed to have crossed paths with Kathy. We miss her greatly and continue to pray for her family.

NOTE A scholarship fund for continuing education for cardiology staff nurses has been set up to honor Kathy's memory. If you would like to contribute to that fund please send your donations to the Development Office here at St. Rita's. This will be an ongoing fund in Kathy's honor.

Recognition... Employees committed to quality... Mission

To All The Staff On 4K

Thanks to all of you! Pam Fisher made me feel at home because I worked with her many years ago. Everyone always put her name on the board at start of each shift- my light was always answered in good time. Above all, everyone was friendly and anxious to please and I really never had a bad moment even with all my testing. So, thanks again-I would be glad to spend any hospital stay with you- you made extra efforts to please this patient as you do everyone, I'm sure. **Recognition.. Opportunity to do best**

Thanks To Women's Wellness Center Staff

My sister requested that I send a thank you to all of the wonderful people who have been involved with her care thus far. I hope that I am not forgetting anyone....if so, my apologies and please pass the thanks on to them as well.

She is a very positive person and throughout this ordeal with her breast cancer diagnosis, she still remains positive. Each and everyone of you have made a difference in helping her through this. Her words to me were "look at all of the neat people I am getting to meet throughout all of this". Being a healthcare worker, it is very easy to go into "auto pilot" and just do our job, not realizing the impact we can make in our patients lives. All of you have definitely made a positive impact in my sister's life and I want to say "THANKS" :) **Recognition... Employees committed to quality... Opportunity to do best**

Facilities Department Raises \$2856.75

The facilities Department raised \$2856.75 in their recent bakesale/raffle to benefit an employee with serious health problems.. Thanks to everyone who donated, bought chances or said a special prayer. *Also thanks to the facilities department for their exceptional efforts.* **Recognition... Mission... Cares about me**

Patient Accounts Management Week

October 12 – 18 Come Join The Celebration

Patient Accounts is inviting all St. Rita's employees join them for a special celebration in honor of Patient Accounts Management Week.

Dedicated personnel perform the patient accounting functions that support our organizations financial stability. In doing so, they continue the mission of St. Ritas Medical Center of extending the healing ministry of Jesus Christ by improving the health of our communities with emphasis on people who are poor and under-served..

OPEN HOUSE, Tuesday October 13th, 1:00 pm – 3:00 pm

Patient Accounts is located in the Occupational Health Bldg., 1875 S. Dixie Hwy. in Lima. *Recognition*

Some facts About Breast Cancer

- One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime.
- Breast cancer knows no boundaries be it age, gender, socioeconomic status or geographic location.
- The greatest risk factors for breast cancer are being female and growing older.
- Early detection and effective treatment for breast cancer have been shown to improve survival.
- Making healthy lifestyle choices may reduce your risk of breast cancer.

Cares about me

October Is Breast Cancer Awareness Month... is your annual mammogram due?

Boggle To Beat Breast Cancer

Mark your calendars! The Women's Wellness Center will be hosting a "Boggle for Breast Cancer" tournament on Saturday, Oct. 24th from Noon to 3:00 PM in the Auxiliary Conference Center. to helpcelebrate their 10th anniversary. All proceeds will be donated to the Northwest Affiliate of the Komen Breast Cancer Foundation, which provides grants for mammograms for the uninsured and under-insured women in our area

Cost is \$25 for teams of 2-4 players. Numerous door prizes, and refreshments, with trophies for the top 3 teams. Even if you have never played "Boggle", it is an easy game that can be learned in a matter of minutes. The object is to find words in a given set of letters within a certain time restraint. See sample instruction sheeton page 8. Registration forms can be found on the St. Rita's Intranet homepage

During the event, there will be a special recognition ceremony and gift for all breast cancer survivors attending, so please indicate on your registration.

We know it is a Buckeye game day, but there will be plenty of intermissions and time to get caught up on the game! Start forming your teams now. One additional prize will be given to the team with the most unique team name (selected by our judges). Send omlpleted registration forms and entry fees to Mary Kay Verhoff at the Women's Wellness Center, MOB 770, Suite 250. (You may even be able to find a manager or physician who is willing to sponsor your team!) . *Mission*



Book Fair

October 6 & 7

St. Rita's Volunteer / Auxiliary is, once again, sponsoring the Books Are Fun Book Fair. There is an amazing selection of new books and at unbelievable prices! What a great time to get your Christmas shopping done. The Fair will be held on the High Street Mall across from the High Street Café, on Tuesday, October 6th from 6:30 a.m. until 9:00 P.M., and on Wednesday, October 7th from 6:30 a.m. until 5:00 P.M.. Be sure to mark your calendar! 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". *Mission*

Support Our Troops Collection

The Volunteer / Auxiliary Outreach Committee, will again be sending non-perishable items to our troops overseas. Collection containers are placed throughout the medical center asking for donations through November 2nd. The Outreach Committee will package and mail items the week of November 2nd. Suggested items are DVD's, magazines, chapsticks, moisturizing lotions, small antibacterial lotions, beef jerky, slim jims, individual crystal lite packets, microwave popcorn, protein/snack/breakfast bars, instant oatmeal, Twizzlers, small canned veggies and snack packs of pretzels etc. Checks and cash donations are welcome. Please make checks out to St. Rita's Auxiliary. **Employees who have family members or friends overseas, should e-mail their address to stritasvolunteers@health-partners.org** . We will do our best to see that a box of goodies is sent to them. Please join us and be a part of this worthwhile project. **Mission...**

Medical Students Serve Clerkships

The following medical students will serve clerkships beginning as noted.

Cole Denton 9/28~11/6	Family MedicineL.	Criblez, MD
Patrick Frenel 10/5~10/30	Podiatry	E. Miller, DPM
Molly Douglas 10/26~12/11	Physical Ther.	David Reed, MPT
Kristen Michonski, PA 10/26~11/19	Emergency Med.	W. Tucker, MD
Adam Hirschfeld 10/28~11/20	Surgery	J. Wisser, DO
Brittney Green 10/28~11/20	Surgery	C. Lucchese, DO

Employees committed to quality... Learn & grow

Breast Cancer Awareness Month Means Pink Ribbon Bagels To Benefit The Little Miracle fund

St. Rita's is once again partnering with Panera Breads to raise money for the Little Miracle Fund. Bagels are \$1.00 each. During October, \$.20 of each one sold in Lima will be donated to the "Little Miracle Fund" which benefits patients going through cancer treatment. On Friday, October 16, Panera will be in St. Rita's lobby selling the special bagels while supplies last. Order in advance to make sure you get this delicious treat. Last year Lima Panera Bread stores donated \$758.60 to the fund. See the order form on pg. 7. **Mission**

Free Depression Screenings

Thursday, October 8, 7:30am – 7:00pm

St. Rita's Health Resource Center

Provided by: St. Rita's Medical Centers Behavioral Services, St. Rita's Psychiatric Associates, St. Rita's Behavioral Access Center and St. Rita's Health Resource Center **For more information contact Call A Nurse 1-800-437-4827 or St. Rita's Health Resource Center 419-996-5842** **Cares about me... Mission**

Please Take The Year End Wellness Survey

Last year, 700 employees completed the wellness survey—and more than half of them even took the time to write a personal comment.

As you recall, there were actually 2 wellness surveys offered in 2007 and 2008—One was for the St. Rita's wellness program, and another one was for CHP. To simplify matter, we have combined the 2 surveys into 1 this year.

To complete the wellness survey, please log into the wellness website. You should see a link on the home page that says: "Click Here To Take The Year End Survey.". You can also get to the survey by choosing the My Program Credit link.

The survey will be available October 1 through October 31.

Please let us know what do you think about the SRMC Wellness program.

Cares about me... Learn & grow

Do You Boggle?

Mandatories Due October 31

Required Learning tests on Thingwise are due October 31. Don't wait until the last minute. **Know what's expected... Learn & grow**

Be A Doll And Take A Chance On A Dollhouse To Help Cancer Patients



St. Rita's Regional Cancer Services staff are selling chances on the dollhouse pictured Oct. 1 outside the High Street Cafe from 11:00 a.m. to 1:30 P.M. or you can purchase chances during the annual decorated pumpkin and bake sale at the Allison Radiation Center October 13. Chances are \$1.00 each or 6 for \$5.

The dollhouse, 21.5 inches tall 20 inches wide and 14 inches deep was hand crafted by Marty Brown as part of a fundraiser for The Little Miracle Fund. Marty started the fund in memory of her niece, Dee Miracle.

This fund helps breast cancer patients and patients undergoing radiation therapy who are struggling with financial needs. The fund helps to cover up to \$150 per patient for things such as medication or fuel costs associated with treatment. With your help we can continue to provide "little miracles"! The drawing will be Tues. Oct. 13th during the annual decorated pumpkin and bake sale at the Allison Radiation Center.

Homecare Raises Money For Foodbank

On September 28, Homecare including Home Health, Hospice, Home Infusion Services, and Home Medical Equipment, and Homecare Administration raised \$500 through a bake sale and raffle to help pay for the volunteer break room at the West Ohio Food Bank that is being sponsored by St. Rita's employees. The raffle winner of the OSU birdhouse was winner Mary Ann Campbell from Homecare Administration. *Kay Wellman, Sr. V.P. and Chief Nursing Officer is the president of the West Ohio Food Bank. See story below [Mission](#)*



Thanksgiving Food Drive For West Ohio Food Bank

A food drive is currently going on in all nursing units to donate to The West Ohio Food Bank for Thanksgiving. Non perishable food such as canned goods and boxed items will be accepted in each nursing unit and in the Health Resource Center. Also monetary donations will be accepted. Flyers are available in each nursing unit for any monetary donation. The West Ohio Food Bank is in the process of trying to purchase the building where they are currently located. Our goal is to raise enough money to purchase a room at the Food Bank under St. Rita's name and we are getting closer.! Any questions please contact Renae Eversole on 6K (2411).

Pamphlets with envelopes and food collection boxes are available in each nursing unit and the Health Resource Center.

[Mission,](#)

Pink Yoplait Lids Wanted

Kathy Kovachek is again collecting pink Yoplait yogurt lids . Yoplait donates 10 cents per lid to the Komen Foundation for breast cancer research for all returned lids. The lids must be from the specially marked Yoplait yogurt .Clean lids can be sent to Kathy in Radiology. Each year we have set a new record and we hope this year will be the same. [Mission,](#)

Upcoming Events Employee Awards Banquet Nov. 17

Turkey Distribution
Nov. 20

**Employee Christmas
Meal Dec. 9**
[Cares about me...
Recognition](#)

You're in the Pink Girls Nite Out Oct. 28 at

DeHavens 6:30-9:00 PM
Proceeds benefit the Komen Foundation. Tickets are \$10 in advance or \$12.00 at the door. Reserved table of 8 is \$75.00. Refreshments, entertainment and special prizes. The event sold out last year so get your tickets early at DeHaven. Call 419-227-7003 for more information.

Do You Boggle?

R	L	U	O	B
C	I	F	X	E
V	H	M	P	D
T	A	O	B	U
E	S	F	N	A

How To BOGGLE

When the timer starts, teams search for words of 3 letters or more.

Words are formed from adjoining letters. They may join horizontally, vertically, or diagonally, to the left, right, or up-and-down. No letter cube, however, may be used more than once within a single word.

Any word is acceptable as long as it can be found in a standard English dictionary. Plural nouns as well as all verb tenses.

are also permissible: spa, par, are, spar, pare

Words within words

Scoring: No. of letters

- 3 = 1
- 4 = 1
- 5 = 2
- 6 = 3
- 7 = 5
- 8+ = 11

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, Ham and Bean or Chicken Noodle
Tuesday, Ham and Bean or French Onion
Wednesday, Ham and Bean or Gumbo
Thursday, Chili or Potato Soup
Friday, Chili or Minestrone

Sunday Oct. 4th

Monday Oct. 5th

Tuesday Oct 6th

Wednesday Oct. 7th

Thursday Oct. 8th

Friday Oct. 9th

Saturday Oct. 10th

Grill: Bacon Double Cheeseburger
Entrée : Chicken Cordon Bleu

Grill: Chicken Cordon Bleu Sand.
Deli: Sonoma Chicken Salad
Sauté: Cashew Chicken
Pizza: Supreme
Entrée: Chicken Venice
Healthy Choice
Stuffed Shells
Meatloaf
Self Serve: Dip Bar

Grill: Rueben
Deli: Ham and Cheese Flatbread
Sauté: Salad Station
Pizza: Chicken, Bacon, Ranch
Entrée: Bourbon Salmon
Healthy Choice
Glazed Chicken
Hot Subs
Self Serve: Dessert Bar

Grill: Wings
Deli: Turkey Cobb Wrap
Sauté: Mongolian Grill
Pizza: Sausage and Mushroom
Entrée: Smoked Pork
Healthy Choice
Turkey Marsala
Chicken Marsala
Self Serve: Fall Classic Baseball Bar

Grill: Johnsonville Brats
Sauté: Sweet and Sour Chicken
Deli: Southwest Panini
Pizza: BLT
Entrée: Tilapia
Healthy Choice
Cabbage Rolls
Beef Stroganoff
Self Serve: Chili Bar

Grill: Mushroom Swiss Burger
Sauté: Chef's Choice
Pizza: Garlic Cheese Bread
Deli: Chicken Caesar Wrap
Entrée: Chicken Divan
Healthy Choice
Sweet and Sour Chicken
Lasagna
Self Serve: Yogurt Bar

Entrée: Chicken Stir Fry
Grill: Chicken Queso