

St. Rita's In Step

Volume 44 Issue 41

St. Rita's Medical Center Employee Newsletter

October 16, 2009



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



From Spiritual Care

It is healthy to accept and love myself, and to let others love me, because like everyone else, I am worthy and deserving of love and a good life.

from Sister Noel Frey

Seasonal Flu Shots/Mist For Staff

Employee Health staff members have already provided over 2030 vaccines. There are a limited number of vaccines still available and a slightly larger supply of flu mist. Even though staff are still traveling to the units, you may receive your vaccine (or mist if under 49 yrs with no chronic conditions) in employee health while supplies last.

Remember the **annual mandatory flu CBT is on ThingWise**. Everyone must complete the CBT. **Anyone refusing the flu vaccine must print off the Declination Form from the CBT, read and sign it, and give it to their manager.**

This week's winners of the \$25 gas cards drawn from those who received their vaccine are Cindy Schroeder - ER and Lisa Bockrath - Medical Records.

Please Note **H1N1 vaccine is available. We are following the priority list provided by the CDC. Staff are being contacted directly.**

For more information on H1N1 go to www.flu.gov

Remember **anyone younger than 14 years old** or anyone with any flu-like symptoms should not visit patients on any floor.

Is It A Cold Or The Flu

So, how do you know if you have the flu or just a common cold? The difference is the severity and duration of the symptoms. With the flu you have severe muscle aches, sore throat, trouble breathing and a high fever and maybe some nausea. It will often put you in bed. The flu has a greater tendency to be more severe and spread more easily.

According to the CDC, flu usually comes on suddenly and may include the following symptoms:

Fever	Headache
Body/Muscle Aches	Extreme Tiredness
Dry Cough	Sore Throat
Runny or Stuffy Nose	

Cold and flu are both highly contagious and initially a bad cold and mild flu can seem alike. However, unlike colds, influenza is a serious illness that can cause life-threatening complications.

If you call in sick and have flu-like symptoms, it would be helpful if you would let us know.

Incident Command Team Activated for H1N1

St. Rita's Incident Command Team has been activated and is watching the H1N1 situation. The Incident Commander is Dr. Herb Schumm.

According to the Center for Disease Control (CDC) and Ohio Department of Health (ODH), most influenza-like illness (ILI) occurring now is considered to be H1N1.

We are monitoring the current recommendations for assessment, staff protection, & treatment. The team has set priorities for the distribution of the H1N1 vaccine when it becomes available based on the CDC guideline. The team currently meets weekly for updates and will make changes to our approach as needed. We are continuing to plan with our community partners (Allen County Health Department, Northwest Ohio Hospital Disaster Planners, etc.).

Regular employee communication will come through the message center, InStep and the intranet. We will keep you informed about what is happening with H1N1 as it relates to St. Rita's.

As a reminder

When caring for patients with confirmed/suspected H1N1 flu:

- Use Standard, Contact, & Airborne Precautions
- Use a negative pressure room, if available
- If a negative pressure room is not available, use Modified Airborne Precautions (individual patient room with door closed)
- Use PPE as recommended (N95 mask & goggles, or PAPR)
- Patient needs to be in a negative pressure room for aerosol generating procedures (suctioning, intubation, bronchoscopy, nebulizer treatments, nasopharyngeal swab, etc.)

Review your personal disaster plans for home & revise as needed

Use good hand hygiene

For more information about H1N1 go to the CDC website <http://www.cdc.gov/h1n1flu/> or Ohio Department of Health at www.odh.gov

St. Rita's is partnering with the Allen County Department of Health to provide weekly updates each Thursday morning on the Medical Moment on WLIO.



Dr. Humphrey Promoted

Dr. Michael Humphrey has been named vice president of emergency and ambulatory services.

He oversees a variety of departments, such as emergency, urgency care centers, EMS, medical transport services including Mobile ICU and LACP, trauma services, occupational health services, emergency services outreach and hospitalist programs.

Humphrey remains active as an emergency physician for St. Rita's, medical director for Lifelight Program and provides extensive EMS pre-hospital education for multiple EMS agencies in the region.

He has been instrumental in the development of St. Rita's Level II Trauma program and initiation of its Lifelight and Mobile ICU programs. He is a longstanding member of the Regional Physicians Advisory Board for EMS and is on the clinical faculty of Ohio Northern University, College of Pharmacy

New Phone Books

New Embarq phone books will be available in communications in the K tower lower level on Monday October 19. Please pick them up for the entire department if possible. If you need a large number (more than 20 books) please contact Aimee Banks at ext. 5788 to make arrangements.

Please drop off your old books in the cartons on 3G for recycling.

Volunteer / Auxiliary Coat Drive

The Volunteer / Auxiliary Outreach Committee is sponsoring a coat drive for Lima City school students from Elementary to High School ages. Coats need to be clean and gently used. Please be a part of this worthy program.

Coats can be dropped off at the Health Resource Center in the main lobby from October 19th to November 13th.

Thank you for joining us to help those in need. *Mission*

Picnic Raises \$8000 For Caring Committee

St. Rita's Administration and the Employee Activity Committee would like to thank all of the employees/physicians/retirees that registered for and attended the Staff Appreciation Picnic that was held on Saturday, September 12. Registration fees and the purchase of extra tickets totaled over \$8,000. Monies collected were donated to the Caring Committee to assist our employees in a time of need. Thank you again – it was greatly appreciated. *Cares about me*

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 help celebrate 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 sheet on 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 completed 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!). Registration forms are available on the intranet homepage. .

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...*

Mandatories Due October 31

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



American Pharmacists Month

Celebrate Your Pharmacist!

October is American Pharmacists Month. Pharmacy is one of the oldest professions in healthcare. Pharmacists are essential to providing safe and effective treatments for most medical conditions.

Pharmacists practice in a number of areas including: hospitals, community pharmacies, consultant pharmacies, government groups, academia, and industry. There are over 250,000 pharmacists practicing in the United States with 34 pharmacists practicing within St. Rita's Medical Center.

American Pharmacists Month is not only about pharmacists. Supporting our pharmacists is a dedicated group of technicians. Pharmacy Technicians are integral to assisting in the process to safely dispensing medication throughout the facility.

In celebration of Pharmacy Week, October 18-24, the pharmacy staff will be holding events for the employees and local community members.

Pharmacy Display

Come learn about the pharmacy profession and the pharmacists and technicians working within SRMC. You are also welcome to bring your medications and have a pharmacist or pharmacy student answer any questions you may have about them!

Wednesday October 21, 2009

10:00pm-2:00pm

Lobby Outside the High Street Café

****NEW** Medication Take-Back Day: Disposing of unused medications**

has become difficult due to concerns of contamination of our water supply. Keeping medications within the home also becomes a safety issue when children and pets are around. This event will allow community members to safely dispose of any unused or unwanted medication. All medications accepted – no questions asked.

Saturday October 24, 2009

10:00pm-2:00pm

Along the Parking Lot Near the Main Entrance

Used Furnishings Sale

A sale of used furnishings (6 semi truckloads) including side chairs, desk chairs, some desks and tables, small TVs misc. mill work, commodes, wall lockers, sinks, etc. will be open to **St. Rita's employees and affiliated organizations at Lane's Storage on Murphy. The sale will be October 19 and 20 from 10:00 a.m. to 7:30 P.M.** The sale will be open to the general public on the Oct. 21, 22, and 23rd, 10:00 a.m. – 5:00 P.M.

All sales are cash and carry. Merchandise sold as is. Payment by cash or check only.

Proceeds will be divided between Volunteer/ Auxiliary and the Caring Committee.

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 from the specially marked Yoplait yogurt .Clean lids can be sent to Kathy in Radiology.

Mission,

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. **Mission,**

St. Rita's Staff/Volunteers Receive ACS Honors

Linda Glorioso was named Volunteer of the Year at a recent American Cancer Society Annual Recognition Dinner. Her announcement said , "She goes above and beyond her normal day-to-day activities at St. Rita's Regional Cancer Center ...it's the "extra" in "extraordinary" that led her to this year's Volunteer of the Year Award. Her passion for helping cancer patients is evident and endless "



The 2009 Survivor of the Year award winner was **Darrel Linder**. His announcement said "(he) is a perfect example of inspiration. He is a welcoming fixture in the ACS Cancer Resource Center within St. Rita's Cancer Center and has been volunteering there since it opened in 2000. He can often be found in the lobby visiting patients and families, offering them hope and providing educational resources.

Congratulations to Linda and Darrel and to other St. Rita's finalists Gina Smith and Sue Morrissey and volunteer Jonalee Schmidt

Recognition

Upcoming Events
Employee Awards
Banquet Nov. 17

Turkey Distribution
Nov. 20

Employee Christmas
Meal Dec. 9

Cares about me...
Recognition

Women's Wellness Center at St. Rita's

Celebrating our 10th Anniversary!



Boggle for Breast Cancer

Registration Form

A Boggle™ Tournament to Support the
Susan G. Komen Breast Cancer Foundation
12:00 p.m. – 3:00 p.m. Saturday October 24th, 2009
Auxiliary Conference Center, St. Rita's Medical Center

Refreshments! Lots of Door Prizes!
50/50 Drawing!
Trophies to the Top 3 Teams!
***Special Recognition Ceremony for Breast Cancer Survivors!**

Sponsors:
Lima Pathology, Inc.
Dr. David Powell (Cancer Care of West Central Ohio)
Lima Radiological Associates, Inc.
Christine Provaznik

Teams of 2 –4 Players

*Open to Men and Women. See how many words you can form in a given set of tiles. Even if you've never played, you can learn it in seconds!

***Earn 5 extra door prize tickets by wearing something pink!**

Registration deadline is Wednesday, October 21st but register soon as space is limited!

Mail the completed form below to:

Women's Wellness Center at St. Rita's, 770 W. High St., Suite 250, Lima, OH 45801

Confirmation of registration in tournament will be made by email or telephone once registration has been received.

Privacy Statement: The information collected on this form will be used for registration purposes, to issue tax receipts and to provide you with information about upcoming events and activities. It will not be used for any other purpose and will not be shared with any other organization.

.....(cut here)

Name: _____ Telephone: _____

Address: _____ Postal Code: _____

Email: _____ No. of Breast Cancer Survivors on Team _____
(if applicable)

Enclosed is a check for \$25

Our Team Name: _____

