

St. Rita's In Step

Volume 44 Issue 07

St. Rita's Medical Center Employee Newsletter

February 13, 2009



■ **Scrabble Team Takes Second**

■ **Wapak Imaging Center Relocates**

■ **Employee Cell Phone Day Feb. 27**

■ **Family Members Appreciate Nurse**

■ **Menu**

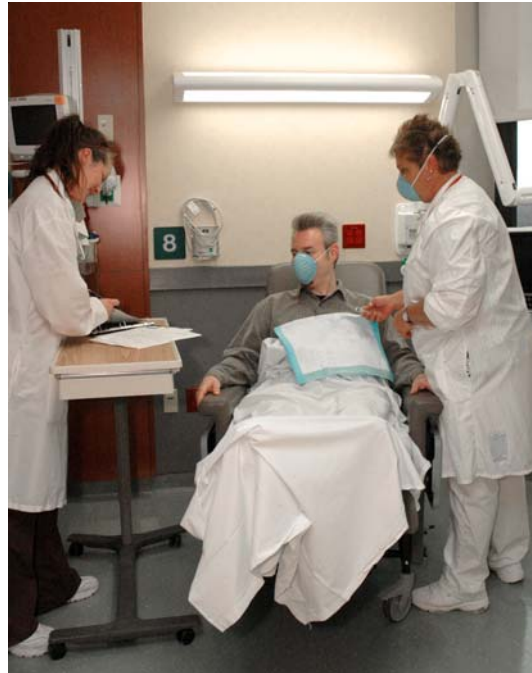
InStep Articles Must Be Submitted to Carole Dugan by Noon on Wed. for the next InStep.



From Spiritual Care

Patience is the greatest prayer. Hindu Proverb

Submitted by Amy Marcum



New Inpatient Dialysis Opens On 7A

The new inpatient dialysis unit opened Tuesday February 9 on 7A. The much larger area has 10 patient stations and substantially improved surroundings.

Pictured is Ed Ward "playing patient" and real staff Tammy Guffey (left) and Nita Magg. An open house for the new unit will be scheduled at a later date.

St. Rita's Putnam County Ambulatory Care Center Awards Five College Scholarships

In celebration of its 25th anniversary, St. Rita's Putnam County Ambulatory Care Center awarded five \$500 college scholarships to Putnam County high school seniors. Students were asked to write 500 words about why they have chosen a career in healthcare.

Karen Vorst, Putnam County Ambulatory Care Center Manager, and Michael Humphrey, M.D., presented the awards to the winners at a luncheon Feb. 5 at the PCACC.



The winners are L to R Eric Rieman, Miller City High School; Travis Hellman, Fort Jennings; Molly Dunham, Leipsic High School; Darcy Fortman, Ottoville High School and (not pictured) Jenna Kahle, Kalida High School. 50 students submitted essays.

Archie Griffin Praises Cancer Annual Report/ Program

Thank you for sending me *St. Rita's Regional Cancer Services 2008 Cancer Annual Report*. It is a very impressive compilation of all the wonderful contributions made by St. Rita's. I am pleased I had the opportunity to visit your fine facility and will let you know when I'm back in the area. Keep up the great work.

Sincerely,
Archie (Griffin)

(Mr. Griffin who is a spokesperson for colorectal cancer screening visited Inpatient Oncology last year and was pictured in the annual report.)

Northwest Ohio Colorectal Cancer Summit March 25... New Horizons In Colorectal Cancer

The Northwest Ohio Colorectal Cancer Awareness Coalition is sponsoring a Summit Meeting for physicians, nurses and allied health professionals on March 25 from 5:45 PM to 8:00 PM at St. Rita's Auxiliary Conference Center. Approved for 2 CME's and a maximum of 2 AMA PRA Category 1 Credits through LAMED.

There is no charge to participants and dinner is provided by St. Rita's Medical Center. Registration deadline is March 18. Contact Linda

Verizon, Alltel And Sprint Here For Employee Cell Phone Day February 27

On February 27th from 9:00 a.m. to 5:00 PM representatives from Verizon, Alltel and Sprint will be in the Auxiliary Conference Center to discuss programs, problems and possibilities for employees with their own cell phones or those who are considering a cell phone. All three companies give special discounts to St. Rita's employees.

If you have questions, please contact Aimee Banks 419-996-5788.

Get Your Mammogram

There will not be dedicated days for employee mammograms this year. Instead, just present your name tag or other form of employee identification at the desk when you have your mammogram at any of our four sites and your name will automatically be placed in a drawing at the end of that month.

If you are 40 or older, the American Cancer Society recommends that you have an annual mammogram. If it has been at least a year since your last mammogram, call Central Scheduling at Ext. 9056 to schedule an appointment. Mammograms do save lives.....but, only if you get them."

Patient's Family Appreciates Debbie Brickner

My husband's aunt recently stayed at St. Rita's for seven days. At 92 she is confused easily and although pleasant, becomes a little anxious when strangers are fussing with her. The last day she was there, she was cared for by a nurse named Debbie Brickner.

Debbie was especially kind and compassionate. Although she was very busy, she was thorough and made sure (our aunt) was well bathed and taken care of before Med-Corp arrived to take her back to the nursing home. Debbie spoke to (her) very politely and showed an interest in her as a person, not just another patient she was trying to get out the door.

Though I know St. Rita's has lots of good nurses, I also understand how busy they become and some forget that the elderly still have emotions. I was touched by Debbie's kindhearted words and gentle touch as she bathed my aunt. I felt compelled to express our gratitude for Debbie's kindness towards an aging citizen who could easily have been just another body passing through. It's obvious Debbie has found her calling in life.

Debbie is a float nurse who was working on 7B

Kind Words From Audiology Patients

■ From the moment I stepped into the St. Rita's Audiology office, I felt comfortable. Every person I encountered had a smile, as well as a knowledgeable professional demeanor. I had immediate rapport with everyone. By the way, I love my hearing aid too.

■ Joann Rider in the nicest person I have ever met and she's so helpful. I'm so glad my doctor only picks the best (SRMC Audiology) and he hit the jackpot this time.

Tips From America On The Move

Be safe while adding steps to your day! Try these tips for a workout that's both healthy and safe:

■ Walk in well-populated areas during daylight hours.

■ Wear a reflective jacket and shoes or a flashing light if you go out at dusk or in the early morning.

■ Carry a cell phone or money to make a call in case of emergency.

■ Take a buddy. You'll be safer and have more fun!

■ Bring water if you're planning a lengthy walk or exercise session.

Hospital Staff, doctors helped in crisis

Reprinted from The Lima News, Feb 3, 2009

After struggling since 2005 to find a source for my severe collection of unusual but distressing health symptoms, a doctor at the University of Cincinnati diagnosed me as having a rare disease called mast cell activation disorder. The disease was not unknown to me, as many doctors had mentioned it in passing, but none had given me the diagnosis nor began treatment, until last December. Unfortunately, with this rare disease, treatment is difficult.

I entered St. Rita's Medical Center in need of treatment, as the medications I was using were not working and I was in great distress. I was admitted under Dr. Kamepalli, who never had heard of my condition but took my case, just the same. I was placed on floor 5K, and while no one knew what I had or how to appropriately deal with me, they all went to work to find the appropriate people who did.

Dr. Kamepalli put in a call to an MCAD expert in Boston, who advised him. The nurses read up on my condition so they would know what symptoms to look for and how best to comfort and support me. The case manager, Susie Warnecke, called Boston, insisting I be seen right away, and she got me an appointment with the MCAD expert there in one week, two months sooner than the doctor was booking.

Living with a rare, life threatening illness is a scary thing. Coming into a hospital where no one knows about your illness can be scary, too, but Dr. Kamepalli, the nurses on 5K, the techs, dietitians and Susie all made me feel supported as we struggled through my crisis together.

Thank you so much, everyone. You made me feel secure, even when this disease doesn't.

St. Rita's Winning Scrabble Team A Family Affair



St. Rita's Team won second place (behind UNOH) in the Business Division at the Literacy Council Scrabble Tournament held at Rhodes State College. St. Rita's team included: Mary Kay Verhoff - Women's Wellness Center and daughter Kelly Martz Carole Pitney - Recovery Room Shelley Bowers - PCACC Ultrasound and daughter Courtney Bowers. Congratulations to all!

Wapak Imaging Center Relocates

St. Rita's Wapak Imaging Center Has Relocated To 1015 South Blackhoof Street, Suite D, Wapakoneta. Services now include: Digital Mammography Screening, X-Ray, Multi-slice CT, EKGs and Vascular Clinic. To schedule an appointment call 1-800-858-0500 For information call 419-738-1011.

There will be an Open House with free screenings at the new location on Feb 24 from 2:00 PM to 6:00 PM. Free Osteoporosis, blood pressure and vascular risk screenings will be offered.

Mark Your Calendars... The Patient Safety Fair Is Coming

Please plan to attend the annual Patient Safety Fair, which will be held on Wednesday, March 11 from 7am – 3pm outside the High Street Café – in the mall area. There will be educational booths, games, fun and give-aways. See you there!

The Environment of Care Safety Committee

The Environment of Care Safety Committee conducts Safety Assurance Tours, also known as environmental tours throughout the Medical Center and its sites off campus. The tours are conducted twice a year in our facilities where individuals are served, and annually at the sites where individuals are not served.

The tours are conducted to assure our facility maintains continuous readiness for an unscheduled Joint Commission visit, and of course to assure that the Medical Center is safe. In addition to surveying the area for safety infractions, one member of the team will also interview folks working in the unit, and among the many questions that may be asked is the meaning of "Interim Life Safety Measures", which in addition to sprinkler systems being out of service, etc. means the facility, due to construction, or repairs has incorporated alternate means of egress and travel during the construction.

If a unit has derived ten or more deficiencies during the tour, a letter is sent to the vice president of the unit to advise them of problems that require attention. Additionally, the safety committee is going to be conducting follow up visits to the units with ten or more deficiencies to verify that the unit has fixed the problems. An email will be sent to the unit manager if the problems still exist after the follow up visit.

We appreciate all managers cooperation in assisting us to make St. Rita's Medical Center a safe facility for it employees, patients, and visitors.



Symphony Fundraiser... Enjoy The Gaiety Of *Mardi Gras*

Saturday, February 21st at the *Main Street Bistro*. Delicious authentic Cajun food prepared by Celebrity Chef, Alan Burkhalter The *Lima Symphony Orchestra* will be the recipient of 10% of all dinner proceeds

Enjoy Mardi Gras favorites; including King Cake, complete with baby (which means winner receives a prize), Hurricane Punch (which includes a t-shirt) and many other fun surprises. If spicy food is not to your taste, non-Cajun food will also be served. Starting at 5:00, dinners will be served all evening. The Cajun dinners are only \$30 each. For reservations: 419-224-0473 or main-street-bistro@hotmail.com **We promise a fun cuisine of tasty ethnic foods and a very enjoyable evening.**

New Service For Medical /Oncology Patients And Memorial Opportunity

Beginning Thursday, March 26, 2009, the St. Rita's Volunteer / Auxiliary will host Tranquili-Tea on the last Thursday of each month for Medical / Oncology patients and their families and friends. The Tranquili-Tea will serve as a healing ritual to enhance the patient experience and provide an opportunity for patients and their loved ones to take a break from their hectic day to enjoy each other's company.



You can be a part of this special new event by donating \$25 which will purchase a china cup and saucer set in honor or memory of a loved one .

Please provide the name of the person you would like to recognize in the space below and return this flyer to Mark Miller, Director, Volunteer / Auxiliary Resources, by March 16 along you're your donation. If you have any questions please contact Mark at 419-226-9408 or mbmiller@health-partners.org.

In honor or memory of: _____

Donated by: _____

We Care Mental Health Services Garage N Sale Postponed To March

We Care Mental Health Services has postponed their annual "Garage No Sale" The NO SALE has been moved to March 12 and 13, 2009 with drop off on March 11. Hours remain the same: Thursday, March 12th from 9-6 and Friday March 13th from 9-3.

The No Sale will be held at St. John's Catholic Church basement 777 South Main Street, Lima. The No Sale is simple: we gather donations of STUFF and let people come and take what they need. There has been an amazing response to this in previous years, and they anticipate that the current economic situation will only multiply the numbers. All items can be taken to St. John's Catholic Church basement 777 South Main Street, Lima. Thanks for your generosity!

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, Feb. 16th

- **Chili or Ravioli**

Tuesday, Feb. 17th

- **Chili or Chicken Noodle**

Wednesday, Feb. 18th

- **Chili or Chicken Noodle**

Thursday, Feb. 19th

- **Clam Chowder or Chili**

Friday, Feb. 20th

- **Chili or Tortilla Soup**

Sunday
Feb 15th

Monday
Feb 16th

Tuesday
Feb 17th

Wednesday
Feb 18th

Thursday
Feb 19th

Friday
Feb 20th

Saturday
Feb 21st

Grill: Bratwurst
Entrée: Chicken and Noodles

Grill: Patty Melt
Deli: Cranberry Chicken Salad
Sauté: Cashew Chicken
Pizza: Smokehouse
Entrée: **Veggie Lasagna**
Parmesan Tilapia

Self Serve: **Nacho Bar**

Grill: Ham and Cheese
Deli: Italian Tuna Salad
Sauté: Beef and Broccoli
Pizza: Deluxe
Entrée: **Smoked Pork Loin**
Beef and Noodles

Self Serve: **Wing Bar**

Grill: Pineapple Turkey Burger
Deli: Crab Salad
Sauté: General Tso's
Pizza: Cheese Garlic Bread
Entrée: **Mediterranean Chicken**
Chicken and Dumplings

Self Serve: **Breakfast Bar**
***** AM Omelet Station**

Grill: Big Fish
Sauté: Mongolian Grill
Deli: Turkey and Cucumber Panini
Pizza: Buffalo Chicken
Entrée: **Salmon Patty**
Pot Roast and Veggies

Self Serve: **Yogurt Bar**

Grill: Rueben Sandwich
Sauté: Sweet and Sour
Pizza: Meatlovers
Deli: Waldorf Turkey Wrap
Entrée: **Chicken Fajita Bowl**
Chicken Fajitas

Self Serve: **Cajun Bar**

Entrée: Blackened Chicken