

# St. Rita's In Step

Volume 44 Issue 20

St. Rita's Medical Center Employee Newsletter

May 15, 2009



## ■ Quantros Downtime

## ■ Patients' Families Appreciate Care

## ■ Walk For The Win

## ■ OB Survey From ODH Excellent

## ■ Menu

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



## From Spiritual Care

*From the fullness of his grace we have all received one blessing after another*  
John 1:16

*From Deacon Tom Niese*

## Please Walk AND Gallup So We Can be The Best of The Best... Again

You can put your best foot forward as a St. Rita's employee in two ways next week.

**1. If you have not done your Gallup survey please do it by Tuesday May 19. Your opinion matters!**

**2. Walk in St. Rita's Employee Fitness Walk on May 20.**

May 20 is National Employee Health & Fitness Day™. All Ohioans are invited to collectively walk a hundred thousand miles that day. As part of that effort, Catholic Healthcare Partners' (CHP) system-wide wellness initiative, Creating a Healthier Me, is shaving the first-ever CHP system-wide wellness event and contest!

Employees throughout CHP are encouraged to walk at least one mile at noon on May 20. All of CHP will compete to see who can turn out the most walkers.

On May, 20, meet at 11:45 a.m. outside the Express Care entrance. A school marching band and St. Rita's cheerleaders will cheer us on. At noon, we'll start walking. You can choose from 2 indoor and 2 outdoor routes. Even if you can't join us at noon for the CHP One-Mile Fitness Walk, you can still help. If you walk any time between midnight and 11:59 P.M. on May 20, either on or off our campus, your mile will count toward St. Rita's total.

**Anyone joining the walk on May 20 can wear tennis shoes that day. St. Rita's Administration will donate \$1.00 to the caring committee for every employee who walks! Paul Wong will be passing out T-shirts on Friday at the picnic to those who commit to the walk.**

**Help St. Rita's walk away with the title!**

## Hospital Week Events

**Caring Committee Sale High Street Cafe Corridor** May 14 from 7:00 a.m. to 5:30 PM. St. Rita's merchandise.. limited sizes and selection. Pay by cash check or payroll deduction.

**Blessing of the hands St. Rita's Chapel** May 14 11:00 a.m.-2:00 PM and May 15 11:00 a.m. to Noon and 12:30 -2:00 PM.

**Hospital Week Picnic** Friday May 15 outside the Cafe in the tent.

**Fire Extinguisher Training 11:00 A.M. - 1:00 P.M.** at the NW corner of Metcalf and High. Fabulous door prizes drawn at the conclusion. You must complete the training to be eligible.

## Ohio Department Of Health Survey Of OB Is Excellent

St. Rita's OB Department received no citations in their recent Ohio Department of Health Survey.

Jen Hovest and Dawn Shrider wish to thank everyone who contributed to the success of this survey including housekeeping, nutrition, facilities and all the other team members in addition to the clinical staff.

This is a survey that takes substantial preparation and cooperation and the successful outcome is something for which the entire team can take credit .

## Blood Pressure Checks

St. Rita's Health Resource Center is now offering free blood pressure checks. Stop in and have your blood pressure checked... no appointment needed. The Health Resource Center is located in the Main Lobby. Free valet parking is available! Hours are 8 a.m. - 5 PM Monday through Thursday and 8 a.m. - 4 PM Fridays. The resource center is closed weekends and holidays.

Please check your area and return any of the washable Pepsi plastic cups to the cafe'.

## Family Praises Valet Service, Staff And Care

While standing at the Valet Services booth at the recent Hospital Week Exhibits, I was approached by a woman who indicated she had been at the St. Rita's for the past 34 days with her husband who was quite ill. Although I'm sure her thoughts never strayed far from her husbands' needs, she wanted to make sure I knew how wonderful the Valet Service had been to her. She praised their great service that was delivered each and every day with a genuine smile. She also marveled that they now knew how to spell her very difficult last name without her assistance.

She went on to tell me that her daughter is a nurse at St. Vincent's and had been at St. Rita's quite often to see her father. Her daughter also had high praise for the wonderful, dedicated staff at St. Rita's and said the service and care was second to none.

It made me proud all over again to be a part of such a great organization.

Teresa Smith  
Regional Account  
Coordinator  
St. Rita's Home Medical  
Equipment  
Sleep Disorders Center &  
Home Infusion



## Daughter Says Mom's Care Was Awesome

To Whom It May Concern, One Monday in April my mother took a nasty fall and was transported to the ER in Lima. From the time she arrived until the time she was wheeled out, her care was AWESOME!

A special thanks to her P.A. Shannon, her nurses Misty Dawn, Brandy & Jess, also Dr. Terpstra and the PF rep Joyce. You were all wonderful, caring and extremely gentle. Even the people who took blood, X-rays and scans were great! A special thanks to Dave S. for helping her even though she was not his patient. It is wonderful to receive great treatment. Thanks SO MUCH!



## Don't Forget Cafe' Take Out Pizza

To order your take-out pizza, call ext. 2293 between 2:00 PM and 6:00 PM Monday through Friday Place your order and when you would like to pick up the pizza... latest pizza pick up is 7 PM

**An original crust 16 inch large pizza Up to 2 toppings will cost \$10.99... Up to 6 toppings will cost \$12.99.**

*Note: There is no employee discount on carry-out pizza*

## ST. Rita's Golf Scramble



SRMC's Annual Employee Golf Scramble is Saturday, **June 20, at Country Acres in Ottawa. 8:30 am Shotgun Start**

4 person scramble format  
2 divisions – Men's & Mixed  
Prizes for 1st, 2nd, 3rd in each division. Golf, Cart, Lunch, Gift, Prizes and all the fun you can have - \$50.00 per golfer/\$200 per team. The registration form is on the intranet.

Only 1 golfer per team may have a handicap of 10 or less. At least one member must be an employee, volunteer or St. Rita's vendor.

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## Don't Forget To Gallup

### Quantros Shutdown

As part of our ongoing effort to improve the performance and reliability of your Quantros services, we will be performing system and network maintenance on Friday, May 15 from P.M. to Midnight.

During the following maintenance times, your Quantros applications will not be available for use.

**Start Time: Friday, May 15,  
10:00 PM**

**End Time: Saturday, May 16  
2:59 a.m. (5 hrs. total)**

## Grand Lake Regional Cancer Center 5th Anniversary Open House.

The Grand Lake Regional Cancer Center, 900 Havemann Road, Celina, is celebrating their 5 year Anniversary by holding a Community Open House at the Center from 9 a.m.-11 a.m. on Saturday, May 16<sup>th</sup>.

DermaScans for skin cancer screening will be offered as well as complimentary sunscreen packets, various displays, tours, and a continental breakfast will be served.

The Cancer Network of West Central Ohio, is a joint venture comprised of Joint Township District Memorial Hospital (St. Marys), Mercer County Community Hospital (Coldwater), Mary Rutan Hospital (Bellefontaine), St. Rita's Medical Center, and Van Wert County Hospital. The network opened Grand Lake Regional Cancer Center in February 2004.

Cancer treatment services at the Center are provided by :

- ◆ Grand Lake Radiation Oncology and Dr. Heather Kaiser,
- ◆ The Gerad Center for Cancer Treatment and Drs. Henry Gerad and Magid Amer,
- ◆ Mercy Cancer Care Center and Dr. Ashok Tripuraneni
- ◆ Cancer Care of West Central Ohio and Dr. David Powell.

## Jennifer Byrne Receives Advanced Mammography Certification

Congratulations to Jennifer Byrne, who recently passed the advanced certification in Mammography by the American Registry of Radiologic Technologists. Jenni is a casual pool technologist who helps out in Main Radiology, PCACC, DACC and the Women's Wellness Center.

## Reminder... Employee Mammogram Incentive Changed

The Women's Wellness Center will *not* be holding their annual Beach Party or Fall Harvest employee events this year. We have heard from many employees that they would love to participate on those special days, but it is too hard to get away from their work areas. In addition, other employees' annual mammogram time frames fall in between the special events.

In 2009, any employee who comes in for a mammogram at any of our four locations will be eligible for a monthly doorprize drawing. Simply show your ID badge when you come in and your name will be entered for that month's drawing.

The American Cancer Society, the National Cancer Institute and the American College of Radiology still recommend that women 40 years of age and older have an annual mammogram. If you have a strong family history of pre-menopausal breast cancer, you may consider starting at age 30.

## Tips From America On The Move

Having trouble sleeping?  
Walking can actually help you get a better night's sleep! Research shows that morning exercise is most effective in helping you sleep better at night. Be careful not to engage in vigorous exercise too close to bedtime. Experiment with walking and workout times and find out what works best for you.

## Online Emergency Situations Manual

We continue to revise & put our emergency plans on-line. If you need to look something up, check the on-line manual first (that will be the most current version). If it is not on-line, use what is in the red hard copy Emergency Situations Manual. If you have any questions, please call Jeff Ramey 9663 or Becky Hauserman 9867

## May Is National Stroke Awareness Month Core Measures

Stroke is also known as a BRAIN ATTACK and results from the disruption of blood flow and oxygen to the brain. It is the leading cause of adult disability each year. Joint Commission and the National Stroke Association have developed Core Measures of care for patients presenting to hospitals with Stroke-like symptoms. St. Rita's has been collecting data and developing plans of action to meet the Core Measures created by the Joint Commission and are preparing for them to become publicly reported within the next two years. The Core Measures being collected and reviewed are as follows:

- DVT Prophylaxis
- Discharged on Antithrombotic Therapy
- Patients with Atrial Fib Receive Anticoagulation
- Thrombolytic Therapy Administered (t-Pa)
- Antithrombotic Therapy by End of Day 2
- Discharged on Cholesterol Reducing Medications
- Dysphagia Screens (Swallowing)
- Stroke Education
- Smoking Cessation Advice/Counseling
- Assessed for Rehabilitation

Efforts continue throughout the Medical Center and across many departments to meet the Core Measures and provide the best possible care to our patients and families experiencing a stroke

## Health Resource Center *Words Of Wisdom Tree Celebrates Moms*



Throughout our lives, our moms have been trying to teach us valuable lessons and make us the kind of persons they would like each of us to be. Even though many of us have moms that are gone, and many of us are lucky to still have our moms, we all remember those infamous words of wisdom we heard from them throughout our lives:

'Always wear clean underwear in case you are ever in a car accident and have to go to the hospital.' 'Finish your dinner, there are children starving in Africa.' 'If your friends all jumped off a cliff, would you do that too?' 'Because I said so!'

As we think of Mother's Day this year, the staff at the Health Resource Center would like to honor our moms with a special "Words of Wisdom Tree" that will be on display in the HRC during the month of May. Simply stop in and write down your mom's famous words of wisdom on a flower, and in return you will receive a packet of flower seeds ( while supplies last) to plant in honor or in memory of your mother."

## Rally In The Square Begins May 15

ArtSpace/Lima's *Rally in the Square*, downtown Lima's weekly community musical event opens its 20<sup>th</sup> season on Friday, May 15, with the band "The Hipnotix" with James Goare. Doors open at 6:00 pm; performance from 6:30-9:30 pm. There will be a \$1 donation at the door. As always, liquid refreshments and food will be available.

Every Friday night for the remainder of the summer, rain or shine, until September 11, *Rally in the Square* will present what the readers of the *Lima News* poll have called for three consecutive years, "The Best Place to Hear Live Music" in the Northwest Central Ohio region. At 20 years and counting, the Rally has become more than a musical event: it is a place where the community gathers to meet, greet, and enjoy themselves. It combines the best features of an old-fashioned civic social with cutting-edge up-to-date rock and roll, blues, jazz, Motown, and other musical genres. *Rally in the Square* is a summer-long benefit event for ArtSpace/Lima, the region's premiere not-for-profit visual arts organization dedicated to supporting the arts in Northwest Central Ohio. Please see the ArtSpace/Lima website, [www.artspacelima.com](http://www.artspacelima.com) or the *Rally* website, [www.rallyinthesquare.com](http://www.rallyinthesquare.com), for a complete list of bands and sponsors through the end of the summer.

**May Is National Mental Health Month. To promote awareness, please stop by the Health Resource Center to pick up literature and an anti-stress kit.**

### Continuing Uninterrupted Power Supply Installation On South Addition

- **May 14th:** 7 am - 4 pm. Shutdown of CT#3. CT#2 and the PET scanner will remain operational. During this time the conduit and wire at the equipment (CT#3) will be completed.
- Friday May 15th: 7 am - 4 pm. Shutdown of CT#2. CT#3 and the PET scanner will remain operational. During this time the conduit and wire at the equipment (CT#2) will be completed.
- **5/18 - 5/26:** Work continues on conduit and wiring. NO DISRUPTION TO NORMAL OPERATIONS WILL OCCUR DURING THIS TIME.
- **Wednesday May 27th:** 7am - 4 pm. Shutdown of MRI 1. MRI 2 will remain operational. During this time the conduit and wire at the equipment (MRI 1) will be completed.
- **Thursday May 28th:** 7 am - 4 pm. Shutdown of MRI 2. MRI 1 will remain operational. During this time the conduit and wire at the equipment (MRI 2) will be completed.
- Monday June 1st. Siemens on-site programming and final set-up. There will be a 20 - 30 minute shutdown of MRI equipment to be coordinated with Radiology.
- **Tuesday June 2nd.** Phillips on-site programming and final set-up. There will be a 20 - 30 minute shutdown of CT equipment to be coordinated with Radiology.

**After June 2nd,** both MRI's and CT's 2 and 3 will be on Emergency power and fed through an uninterruptable power source.

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: Home Made Potato Soup or Italian Wedding Soup
Tuesday: Potato or Minestrone
Wednesday: Chili or Pepper Soup
Thursday: Chili or Homemade French Onion
Friday: Chili or Chef's Choice

Sunday May 17th

Monday May 18th

Tuesday May 19th

Wednesday May 20th

Thursday May 21st

Friday May 22nd

Saturday May 23rd

Menu table with columns for Grill, Deli, Sauté, Pizza, Entrée, and Self Serve, listing various food items for each day.