

St. Rita's In Step

Volume 44 Issue 03

St. Rita's Medical Center Employee Newsletter

January 16, 2009



- Challenge Winners
- Health Management Group Open House
- Families Say Thanks
- Free Hearing Screening
- Menu

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



From Spiritual Care

*Listen and attend with the ear of your heart.
Saint Benedict*

Submitted by Amy Marcum

ONU Pharmaceutical Club Continues Spirit Of Giving



The Ohio Northern Pharmaceutical Club raised money to purchase gifts for the children in Pediatrics. Jared Welch, Kristen Kerr, Andrew Lammers, Stewart Kilkenny and Lyndsay Robison delivered the gifts to 14 children on the unit Jan.13. much to the delight of all!

Campus Ice And Snow Safety Reminders

For your safety, St. Rita's Maintenance personnel are working 4 to 5 hours each time there is ice or snow. You can help by noting the following.

- When entering a lot, be aware of snow trucks and equipment (especially the salt truck) working in the area. Give them plenty of space to work.
- Park in cleared spots first. Each lot is done by priority, with the front of each lot being cleared first. For employees, the Yellow Lot and the front half of the Silver Lot will be cleared first.
- When parking in near sidewalks, keep bumpers back so our tractors can access the walks. This also prevents damage to your vehicle.
- Use cleared crosswalks. Climbing over or through snow piles can result in injuries.
- Avoid ice patches. There is likely a safe route nearby. Please notify maintenance if an area is particularly slippery.
- The parking garage roof will be closed during snow and ice situations. The roof will be re-opened once cleared, usually before second shift.

Be patient! Our crews are working as safely and efficiently as possible. Not every area can be the highest priority. Maintenance has a plan and policy in place to create a safe arrival for all.

Wife Impressed With Professionalism And Heart Of St. Rita's Staff

I would like to thank you, and especially the staff at St. Rita's Medical Center, for the fine treatment my husband received during his stay therefrom Dec. 27 to Dec. 30. (He) came in as an emergency patient, and Dr. Kohn in the ER was the first to tell us that something we had been told for years was scar tissue, was much more than that. After tests were done to confirm Dr. Kohn's suspicion, Jim was diagnosed with two hernias and a strangulated bowel. Dr. Talwar was brought in to perform the emergency surgery. Throughout this long day, we were treated with respect, and kindness, by every staff member.

After Jim was admitted to a room, his nurses, technicians and doctors on 4K were wonderful to him. They were quick with the medical help he needed, and more than that, they were kind in their treatment of him. We truly felt like members of their family. Since leaving, I have been told that rumors had surfaced that we were not treated well. I would like to deny those rumors right now, and tell you that we were treated wonderfully by every person with whom we came in contact. As always, I was impressed with the professionalism, and heart, of the St. Rita's employees. Keep up the good work. You were all life-savers in our case.

Family Appreciates Care From ED Through Radiology, Surgery, ICU And Homecare

This e-mail about my father who came into the ER (in Dec.) just after midnight.

Dr. Terpstra was the ER doctor and Dr. Hamon was on call for trauma. Dad fell at home and thought he fractured his hip. It was soon discovered that he had a pelvic fracture. At some point he began to deteriorate with decrease in BP, pale, sweaty, etc. With a CT scan they found more problems, called in interventional radiologist who inserted 4 coils for a torn artery. My dad has a long health history which made this process more difficult. The radiologist had to go through an old graft to insert the coils.

My (73 year old) mother spent the entire night in the ER with my dad and was so impressed. She said they were very good to her. Mom said the ER doctor was dealing with another emergent case at the same time and stuck his head in the door to check dad frequently. When they took Dad to radiology they took Mom right along with and the staff gave mom 2 warm blankets while she waited. Mom felt that they really cared about her as much as Dad. After 4 units of blood Dad ended in ICU for several hours. It made me feel good to know that both my parents were so well taken care of during this crisis in their lives.

Dad is home now. He was set up with SRMC Home Health for PT. I was at his home with him yesterday to sit with him for the day and the physical therapist came to see him for the first time—Marty. She was very good. She assessed Dad's physical status, drew him a picture of his fracture, adjusted his walker to the right height, taught him how to use it correctly (somehow that was missed here), she watched him walk and taught him 1/2 dozen different exercises to work on... I was really impressed. In the future, my entire family would definitely recommend SRMC and Home Health.

Caring Committee Has Furniture

The Caring Committee has some furniture available to employees in need. This includes a couch, love seat, recliner, coffee table and one end table. Call Deb Miller at 9481 or email at dmmiller@health-partners.org if you are interested.

2008 Wellness Challenge Winners

\$1,000 Drawing Winners

The following winners completed all 6 wellness challenges in 2008.

TERESA F GERMANN
LINDA KAY MORRISON
BARRY MUSKUS
JACQUELINE S. SHUMAKER
JODI M. WEISMAN

\$500 Drawing Winners

The following winners completed the Maintain, Don't Gain challenge plus 2 or more other challenges in 2008.

JODIE M. FRAZIER
LOUISE L HORSTMAN
DIANA L MUSTAINE
MICHELLE D. TALAVINIA
REBECCA A. VERHOFF

\$250 Drawing Winners

The following winners completed the Maintain, Don't Gain challenge plus 1 or more other challenges in 2008.

IKUKO CONLEY
SUE ANN GRAFF
BARBARA L. GREMLING
JAMIE LAUF
JULIE SCHWINNEN

\$100 Drawing Winners

The following winners completed the Maintain, Don't Gain Challenge.

PATTIE A. BAER, MARITNESS D. BATTLE, GREGORY L BENSON, ERIC BOCKRATH, TED BOOP, ROBERTA J. BOSSE, REBECCA BRANDON, HOLLIE D. COOK, RICHARD R. CUNNINGHAM II, MARY JO EIDEN, CONSTANCE M ETZKORN, KIMBERLY FAIRBURN, DANIELLE FENNEMAN, SUSAN C. FENNIG, APRIL FISCHER, LORI L. FISHER, SHANNON M. GEISE, ELAINE M GOODWIN, JESSICA N HARDWICK, CHRISTINE J HINDS, JEAN T HOHLBEIN, LINDA J HOLLAR, TRACI HONEGGER, DORIS A HORSTMAN, JANET L HOWELL, JUDITH A. JONES, SHELLY KAYSER, JANIS C KEIPPER, LUKE KELLER, WALTER KINSEY, BETH KRIEGEL, LAURA LADD, NORA LUERSMAN, SUZANNE MARQUES, JENNIFER M. PITSON, EVERETT R. POWELL, TRACY RAZINGER, DAVID W. REED, ELAINE RIEPENHOFF, CONSTANCE RODE, SHARRAN K ROEDER, NANCY A ROSENGARTEN, PAMELA M. SAWMILLER, KELLY SCHEY, VIVIEN C. SHAFFER, HOLLY A SHANER, DENNIS A. SHEETS, CHRISTOPHER J. SHERRICK, BARBARA SHORT, JULIA M. SINGHAUS, JILL A. SMITH, JENNIFER SOMMER, CHARLENE K STEPHENSON, RACHEL L. UTTERBACK AMY WEADOCK, ALICE E WHITE, SARA L. WIEGING, KAREN WILDER.

Take part in the 2009 Challenges... you too can be a winner!

Medical Student Serves Clerkship

The following medical student will serve a clerkship starting Jan. 20
Bruce Benton 1/20~1/30 Radiology T. Church, M.D.

Free Hearing Screenings For Adults

St. Rita's Audiology will be offering free hearing screenings for adults on January 27 from 9:00 a.m. until Noon. Contact Call A Nurse at 419-226-9000 or 1-800-437-4827 to schedule an appointment.

St. Rita's Thrift Shop Open Late for Your Donations

For your convenience, the Thrift Shop will be open the first Monday of every month from 3:00 PM - 6:00 PM for donations only, starting February 2nd. Just ring the doorbell and someone will be available to accept your contributions. The shop is located at 318 W. North St. and is open for shopping on Tuesdays, Thursdays and Fridays from 10:00 a.m. to 4:00 PM.

Walgreens At St. Rita's Employee Discounts

St. Rita's Employees can receive a 15% discount on brand name over-the-counter purchases and 20% off Walgreens products. The discount is available only at the Walgreens at St. Rita's. You must show your employee badge.

Gift Shop Birthday Discounts

Employees get a 20% discount in the Gift Shop when purchasing items on their birthday. You will need to show your driver's license.

Memorial Service Monday, February 2

Spiritual Care will be providing a Memorial Service for families of patients who have died during the last few months on February 2. Any SRMC employee, physician or volunteer who had a loved one die in recent months is welcome to attend. Please contact Spiritual Care (ext. 9481 or spiritualcare@health-partners.org) for the name of the deceased who you will be remembering and the number of persons who will attend. The Memorial Service will begin at 7:00 PM. in the Chapel; pre-service music at 6:45 PM.

Thingwise Annual Mandatories

Due to technical difficulties the 2009 mandatories were temporarily delayed. They are now on your required learning list. We are aware that the course viewer says "2008". Trust that the content is 2009. Why not be the first in your department/unit to have them done! Also throughout the year check your "required learning" list to see if CBT's have been added. Annual mandatories are to be completed by Oct 31, 2009.

More MAD Moments... MedEx Cleanup

Lean Leader; Jodi Pahl, Sponsor: Rhonda Lehman and Elaine Krietemeyer, Executive Champion: John Meyer. Team: Cornelius Opara, Application Analyst, Cari Fuerst, Unit Clerk, Vickie Reindel, ZEST Team. Michele Kroeger, Registered Nurse

In March of 2008 Jodi Pahl began a project to make the Med Ex order storage system easier to use. Jodi measured the average amount of time it took to look up an order set. It took over 4 minutes to find and order. The team recognized that this was not a valuable use of time; we can find a better way! The team met and analyzed many things concerning the MedEx system.

Many improvements were made! First, the orders were reviewed and updated. Orders that were outdated or no longer used were removed from the system. These orders were standardized as much as possible and then were categorized. The system now makes it much easier to find what is needed. A total of 122 forms or order sets were eliminated from the system. There are now 34 separate categories and in those are 648 forms!

The forms formerly stored in filing cabinets are now kept in MedEx with current down time books available. This allows more room on the floors and assures that the most updated copy of any form is available. The system is now updated regularly and so when the form is pulled, it is the current one, thanks to the work of this team. Another example of how each one of us is "Making A Difference"!





HEALTH MANAGEMENT GROUP OPEN HOUSE

*Asthma, Anticoagulation, Heart Failure, Diabetes,
Pulmonary Hypertension*

770 West High Street
Suite 450

JANUARY 16, 2009
7:00 am – 1:00 pm

Visit Our New Location
Register for Door Prizes

Cafe

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.



Monday, Jan. 19th

- **Tomato Bisque or Minestrone**

Tuesday, Jan 20th

- **Vegetable or Potato**

Wednesday, Jan. 21st

- **Pepper Soup or Vegetable**

Thursday, Jan. 22nd

- **Vegetable or Chicken Noodle**

Friday, Jan. 23rd

- **Chef's Choice or Chicken Noodle**

*Sunday
Jan 18th*

*Monday
Jan. 19th*

*Tuesday
Jan. 20th*

*Wednesday
Jan 21st*

*Thursday
Jan. 22nd*

*Friday
Jan. 23rd*

*Saturday
Jan. 24th*

Grill: Chef's Choice
Entrée: Pasta Bake

Grill: Cajun Chicken Sand.
Deli: Cashew Chicken Salad
Sauté: Bourbon Chicken
Pizza: Hawaiian
Entrée: **Ginger Chicken**
Chicken and Rice
Casserole

Self Serve: **Pasta Bar**

Grill: Chipotle Pork Wrap
Deli: Asiago Beef Wrap
Sauté: Pepper Chicken
Pizza: Cheeseburger
Entrée: **Grilled Pork with Corn Salsa**
Beef and Noodles

Self Serve: **Potato Bar**

Grill: Cowboy Burger
Deli: Crab Salad
Sauté: Sweet Thai Chili Chicken
Pizza: Chicken Enchilada
Entrée: **Pesto Crusted Baked Salmon**
Shredded Chicken
Sandwich

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

Grill: Grilled Chicken Cordon
Blue Sandwich
Sauté: Mongolian Grill
Deli: Gouda Panini

Pizza: Dessert Pizza
Entrée: **Chicken Santa Fe**
Roast Beef Sandwich

Self Serve: **Hot Dog Bar**

Grill: Crab Cakes
Sauté: Chef's Choice
Pizza: Chicken, Bacon, Ranch
Calzone
Deli: Southwest Chicken Wrap
Entrée: **Meatloaf**
Enchilada Chicken

Self Serve: **Cajun Bar**

Entrée: Lasagna