

# St. Rita's In Step

Volume 44 Issue 08

St. Rita's Medical Center Employee Newsletter

February 20, 2009



■ Respecting Choices  
March 17

■ Patient Safety Fair  
March 11

■ Employee Cell Phone  
Day Feb. 27

■ 50-50 Raffle Winner

■ Menu

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



## From Spiritual Care

*The one who opts for revenge  
digs two graves Chinese  
Proverb*

*Submitted by Rev. Ruth Ramsey*

## Jon Swisher Campus Security Employee of The Year



*Officer Jon Swisher was named the Employee of the Year for 2008 by the members of St. Rita's Campus Police Department. He was recognized by his peers for his professionalism, commitment, dedication to his profession and his demonstration of our Mercy Core Values. Jon has been an officer with St. Rita's since 2003.*

*Congratulations Jon!*

## Who's Hoot



All the wisest creatures who give a hoot choose St. Rita's, including this owl who flew in to enjoy our roof-top garden earlier this week.

## New Voice Mail System Is Coming

Our new CISCO Voice-Mail System is will begin March 10. A user guide and start-up sheet will be sent through the message center. If you feel you need more instruction, you can attend one of the inservices held February 23, 24, 25, 26, 27 March 4 or 5. You may register in ThinQwise.

## Ash Wednesday

Ash Wednesday Mass with distribution of Ashes is at 7:15 a.m.

Ashes will also be distributed in Chapel from 11:00 a.m. - 1:00 PM and 5:00 - 6:30 PM.

## **Lima Relay For Life A Million Dollar Event**

Did you know that in the history of the Lima Relay for Life, a total of \$1,086,749 has raised in the fight against cancer. We have been part of a growing, successful, grassroots effort to battle cancer! SRMC has had 3-5 teams each year.

This year, we celebrate our 15<sup>th</sup> Lima Relay for Life. . This years walk is June12-13.

We are looking for SRMC walkers. Is your department interested in having a team? Is there another department you would like to challenge to have a team? Would you like to have a family team in honor of a cancer survivor or in memory of someone you have lost to cancer? Are you part of a Physician's office that would like to have a team? Did you know you can earn wellness points under Community Event credit by walking on a SRMC team?

For more information, please contact Linda Glorioso at ext. 5616

## **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 Glorioso at 419-996-5616 or e-mail [ldglorioso@health-](mailto:ldglorioso@health-)

## **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, Alltell 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.

## **Respecting Choices Advance Care Planning March 17, 2009 8 AM to 4:30 PM**

- √ Do you work with people who are making end of life decisions?
  - √ Are you asked about Living Will & Health Care Power of Attorney?
  - √ Want a better understanding of the above?
  - √ Need continuing education?
- This one day seminar will address issues about Advance Directives (Living Will & Health Care Power of Attorney) & will sharpen your skills in discussing end of life concerns with family/patients/clients. It is not only a detailed & in depth look at A.D.'s, but also focuses on many of the surrounding issues.*

**Sign Up in THINQWISE by March 10.**

## **Helen Trenkamp Retires**

Helen Trenkamp RN is retiring from Behavioral Services February 26. A department only party will be held in her honor.

## **Thrift Shop Special Donation Hours**

For your convenience, the Thrift Shop will be open Monday, March 2<sup>nd</sup> from 3 P.M. to 6 P.M. for donations only and also will be open the first Monday of every month for the convenience of employees.

Names of contributors will be entered into a quarterly drawing for a Starbucks gift card, and the February 2<sup>nd</sup> employee donors are asked to call Volunteer Resources at 9409 to leave their names.

St. Rita's Thrift Shop is located at 318 W. North St. at Pierce St. in the former Elk's Annex and is open Tuesdays, Thursdays and Fridays from 10 a.m. until 4:00 P.M.

## **Chris Hinds Wins Friday the 13th 50/50 Cash Raffle**

The winner of the February Friday the 13th 50/50 Cash Raffle is Chris Hinds who works in the IS department.

Congratulations to Chris who won a pot worth \$361.50. Our next raffle will be in November. Thanks to all who supported the Volunteer / Auxiliary by buying a ticket.

## January STARS \$50.00 Sweepstakes Winners

### Recipients of STARS Awards

Lucia Bockrath	5E – Women’s Surgical
Katherine Ellis	8A – Ortho/Neuro
Nancy Emberling	Housekeeping
Pamela Harris	5K – Oncology/Tele/Med
Kelly Kuhlman	PCACC
Heidi Myers	Emergency Registration
Timothy Ricker	4K – ICU Stepdown/Tele
Ron Roop	Campus Police
Claire Smith	Emergency
Sheena Young	4K – ICU Stepdown/Tele

### Nominators of STARS Awards

Amy Jo Burden	New Vision Lab
Mary Darbyshire	Respiratory Therapy
Kristine Freels	5K – Oncology/Tele/Med
Christa Guggenbiller	Sports Medicine
Molly Nungester	Patient Accounts
Jil Pennington	Biomed
Lisa Rippetoe	Mother/Baby
Virginia Schroeder	PCACC
Michele Sutton	Recovery Room
Ada Toepfer	Housekeeping

## Time Out For Me 2009

**Spring Dates** April 1, 2009 or April 2, 2009 *A one day Spirituality in the Workplace renewal initiative A time for you to nurture your body, mind and spirit*

### Registration deadline is March 12, 2009

Open to all SRMC Staff. You must have manager approval to attend

**How To Register : Get your manager’s verbal approval to attend Self –register in Thingwise by the registration deadline listed above – Seating is limited.**

This program has not received any commercial support.

**St. Rita’s Medical Center (OH-071/2-1-09) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91) an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.**

Social Work approved provider number RSX110602 St. Rita’s Medical Center is an approved provider by the State of Ohio Counselor, Social Worker, Marriage and Family Therapist Board for continuing professional education for social workers.

**Please call Deb Miller at 9481 if you have questions.**

## CV Symposium April 16

St. Rita’s Cardio Vascular Symposium is Thursday April 16 from 7:00 a.m.-3:30 PM at the UNOH Event center. The symposium is for physicians, nurses, EMS, respiratory therapists, radiology tech, PT and OT, nutritionists, social workers and pharmacists. CME, CE and contact hours have been applied for. The symposium brochure with registration form is now available on the Intranet under the education tab.

### Quantros Maintenance

Quantros has two scheduled maintenance periods. The scheduled downtimes are as follows:

■ Saturday, February 28, 2009  
from 6:00 AM to 4:00 PM

■ Saturday, March 21, 2009  
from 6:00 AM to 4:00 PM

Quantros has planned these maintenance periods during times that will impact the least amount of users.

We anticipate that the full maintenance time allotted will not be required; however, we have allocated this period to ensure that all the appropriate data center expansion and verification is completed. Quantros applications will not be available for use during these maintenance period.

### Medical Student Serves Clerkship

Jennifer Chang Dermatology,  
W. Light, M.D. 2/16~2/27

## More Mad Moments... 5S in Trauma Services Electronic Files

*Lean Leader: Cindy Nagel Champions: Dr. Michael Humphrey and Dr. Michael Sheehan Team Members: Gayle Holdgreve, Vicki Winkle, Deb Wood*



The idea for this project was brought forward by Cindy Nagel our new Manager of Trauma Services. The need for organization of the department's electronic files was realized when Cindy took over her new role and had difficulty finding the information needed in a timely fashion while preparing for an accreditation that was coming soon. She thought that this opportunity for improvement may be the perfect use of a "Make A Difference" or "MAD Event."

After approval by our Voice of Customer Steering Team (VOCST) Cindy formed her team and went to work. The team reviewed their current process, created the solutions, and assigned each person an action item, and then the team went to work.

The time it took on average to locate a needed file prior to the project was 5-30 minutes. Now, at the 30 day mark after implementing the new process, it only takes 15 seconds to 2 minutes to find any file in their system. Each person now knows their new roles because there is a policy and procedure in place that spells it all out. Cindy will continue to monitor the new process for another 60 days to assure that her team does not revert back to old behaviors.

Congratulations to the team! Another example of how each of us can "Making A Difference".

### 2009 Wellness Local Discretionary Activity Schedule

SRMC Wellness, Spiritual Care, and EAP are jointly offering 2 brown bag opportunities each month to employees. Each topic is offered twice a month, on the 1st and 3rd Monday of each month in the Café Conference Room, from noon to PM. The format will be a 30-minute presentation and followed by 30-minutes of Q&A time.

**Please check your message center mailing from Paul Wong for a complete list of Activities**

### Tips From America On The Move

Need a little spring in your step? If your walking or exercise routine could use some variation, try some of these fun ideas to get moving:

- Buy a book-on-tape or DVD, or check one out from your local library.
- If you have an mp3 player, download news programs, books, and other special features on the internet.
- Take your dog with you, or go with a friend. Company and conversation help energize you and make time pass more quickly

### 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.**

## 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](mailto:mbmiller@health-partners.org).

In honor or memory of: \_\_\_\_\_

Donated by: \_\_\_\_\_

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### 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, but inside the building

### We Care Mental Health Services Garage No 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 12<sup>th</sup> from 9-6 and Friday March 13<sup>th</sup> 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. 23<sup>rd</sup>

- **Tomato Bisque or Broccoli and Cheese**

Tuesday, Feb. 24<sup>th</sup>

- **Gumbo or Potato**

Wednesday, Feb. 25<sup>th</sup>

- **White Chili or Pepper Soup**

Thursday, Feb. 26<sup>th</sup>

- **White Chili or Chef's Choice**

Friday, Feb. 27<sup>th</sup>

- **White Chili or Chef's Choice**

**Sunday**  
**Feb 22<sup>nd</sup>**

**Monday**  
**Feb 23<sup>rd</sup>**

**Fat**  
**Tuesday**  
**Feb 24<sup>th</sup>**



**Wednesday**  
**Feb 25<sup>th</sup>**

**Thursday**  
**Feb 26<sup>th</sup>**

**Friday**  
**Feb 27<sup>th</sup>**

**Saturday**  
**Feb 28<sup>th</sup>**

**Grill:** Traditional Favorites  
**Entrée:** Lasagna and Garlic Bread

**Grill:** Philly Steak  
**Deli:** Almond Coconut Chicken Salad

**Sauté:** Kung Po Chicken  
**Pizza:** Spicy Italian  
**Entrée:** **Sweet and Smokey Chicken**  
Rigatoni

**Self Serve:** **Coney Bar**

**Grill:** Shrimp Po Boy  
**Deli:** Italian Flatbread Melt  
**Sauté:** Sweet Chili Chicken  
**Pizza:** Sicilian  
**Entrée:** **Cajun Pork Chop**  
Jambalaya

**Self Serve:** **Nacho Bar**

**Grill:** Chipotle Chicken Queso.  
**Deli:** Chicken Salad Club Wrap  
**Sauté:** Peanut Chicken  
**Pizza:** Calzones  
**Entrée:** **Potato Crusted Cod**  
BBQ Pork Sandwich

**Self Serve:** **Chef's Choice**  
**\*\*\* AM Egnog French Toast 7-9 AM.**

**Grill:** Wings  
**Sauté:** Bourbon Chicken  
**Deli:** Cuban Panini  
**Pizza:** Dessert Pizza  
**Entrée:** **Caribbean Chicken**  
Home Made Mac and Cheese

**Self Serve:** **Veggie Bar**

**Grill:** Big Fish  
**Sauté:** Szechwan Chicken  
**Pizza:** Taco  
**Deli:** Southwestern Chicken Wrap  
**Entrée:** **Tortilla Crusted Tilapia**  
Beef Manhattan

**Self Serve:** **Pasta Bar**

**Entrée:** Fish and Chips