

St. Rita's In Step

Volume 44 Issue 12

St. Rita's Medical Center Employee Newsletter

March 20, 2009



■Dr. Parmie Herman
Hospice /Palliative
Care Certified

■Employee Parking
Reminder

■Patients Appreciate
Care

■Risen Returns

■Menu

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



From Spiritual Care

It is okay to trust myself and others. I can be responsible for myself, as others can be for themselves.

From Sr. Noel Frey

For Immediate Assistance From Maintenance For A Patient Need... Call The **Do It Now** Patient Satisfaction Line



Lucas Wachauf shows the *Do It Now* phone

In an effort to better serve our patients, the Facilities Maintenance department has initiated a direct Patient Satisfaction line. Patients, visitors or staff can call **419-236-1603** to report a direct patient related issue or problem (ie. beds, phones, television and or room temperature). Our goal is to respond to these "direct patient related" calls within 20 minutes. The phone which was activated 3-17-09 will be carried 24 hours per day, 7 days per week.

The number should be made available to all patients... through the Concierge book, in-room posting, through staff, etc. The goal is to get the number to all patients so they can call directly and maintenance will respond promptly to the call. To monitor the effectiveness of the **Do It Now** line the patient /caller will be asked to complete a short survey ranking how we responded.

This system is not to be used by staff to by-pass the existing work order system.

St. Rita's Ohio Benefit Bank Ribbon Cutting Part Of Cover The Uninsured Week March 22-28

National Cover the Uninsured Week begins March 22. St. Rita's will be having the ribbon cutting for our Ohio Benefit Bank in the Health Resource Center on Monday March 23 at 10:00 a.m. . Feel free to stop by.

If you have a friend or family member who is may be eligible for benefits, please have them contact the Health Resource Center. A *Quick Check* computer check can be done to see if they may be eligible for state benefits. Families who have recently lost insurance coverage due to job loss should be sure to check.

\$\$ Sam's Club Discount Memberships \$\$

Sam's Club is offering discount memberships to St. Rita's employees. The \$30 membership is good for you plus 1 other adult member in your household. Sam's Club is hosting an open house this Saturday, March 21, and Sunday, March 22 for St. Rita's employees to sign up. You will pay Sam's Club directly. See the Monday 3-15 e-mail from Paul Wong for details.



Cassie Gillette, Outpatient Express Testing, brightened the day of many St. Patrick's Day visitors with her Wearin O' the Green.

Employee Appreciates Wonderful Care

I have been with St. Rita's in April for 10 years and have always been proud of my job no matter what I did. I started as a guest partner and then became a unit clerk in ER, then a float on 3,4,7. I went back to school and am currently a LPN at the Delphos Ambulatory care. I was diagnosed while at St. Rita's with a 1st stage follicular lymphoma on my skull and cervical spine

My wonderful care began in ER with Dr. Bell who followed up with me the entire hospital stay along with being a great friend and confident to my husband. He is a class act! Tests went smooth and quick with fast results from each doctor. Dr. Cooley was another wonderful physician along with my primary caregiver Dr. Powell that again explained things so wonderfully to me and my family and made me feel safe to be there. I was almost anxious about leaving. Old friends and co-workers came to visit me and I truly felt so much love and compassion and it truly has been a life changing experience for me.

The nurses and staff on 5K were very informative and compassionate. I feel the need to mention Sue Warneke because not only did she keep us informed but she truly was a friend to me and I will never forget that. SRMC has been an extended family to me and I wanted to express my heart felt love and honor to be associated with them and would recommend this hospital and these people anytime. Christine Burnett

(ED. Christine gave us permission to use her name. She said she has started treatment and her prognosis is good.)

Outpatient Express Testing Survey Comment

An Outpatient Express Testing Survey comment was short and effective evidently just like the experience.

***"Very quick and efficient - my car was still in valet - that is how quick I was in and out for my x-ray!
Thanks"***

Skin Cancer Screenings

Free skin cancer screenings will be held Thursday, April 16, from 3:00-7:00 P.M. at St. Rita's Regional Cancer Center. Each year, about a million people in the United States learn they have skin cancer. The most common warning sign is a change on the skin, especially a new growth or sore that does not heal. Skin cancers don't always look the same... the cancer may start as a small, smooth, shiny, pale or waxy lump, or can appear as a firm red lump. Sometimes, the lump bleeds or develops a crust. Skin cancer can also start as a flat, red spot that is rough, dry or scaly. Both basal and squamous cell cancers are found mainly on areas of the skin that are exposed to the sun- the head, face, neck, hands and arms, but skin cancer can occur anywhere.

Changes in the skin are not a sure sign of cancer; however, it is important to see a doctor if any symptoms last longer than 2 weeks. If you are interested in this free screening, please call St. Rita's Call A Nurse at 419 226 9000 or toll free at 1 800 437 4827 to schedule an appointment.

Dr. Parmie Herman Receives Certification



Congratulations to Dr. Parmie Herman, Medical Director of St. Rita's Hospice, who recently passed the Hospice and Palliative Medicine Certification valid through December 31, 2018. She is the only physician in the area with this certification.

Putnam County YMCA Employee Swim And Movie Day

The annual indoor swim at the Putnam County YMCA is Sunday, March 29.

Swimming begins at 1:00 PM, ending at 4:30 PM. This year there will also be a family beginning at 2:45 PM in the Y's Conference Room. You can choose what you prefer to enjoy. You must be changed out of your swimwear to come to the movie. Snacks will be provided to everyone. Door prizes will be given away. Children must be accompanied by an adult. Sign up on the Homepage on through Wednesday, March 25.

You must be registered to attend.

Radiation Therapist Marty Brown Retires

Marcele Marty Brown is retiring After 40 years as a radiation therapist at St. Rita's. She was the original therapist when radiation services began at St. Rita's. Marty was named A Legend of St. Rita's and was also honored with the CHP Excellence In Mission Award in 2005. With the award was a \$3500 check be donated to a favorite cause.

Marty used it to start the Little Miracle Fund in honor of her niece Dee Miracle, who died of cancer. The goal of the fund is to provide "small miracles" to cancer patients who may be struggling with basic needs (medications, gas money, groceries, etc.).

Marty's family and co-workers at St. Rita's Allison Radiation Oncology Center have adopted the fund and do a fundraiser to replenish it every year. Last year Panera's Pink Ribbon Bagel donation also went to the fund. The fund is administered by St. Rita's.

An avid golfer, Marty plans spend a little more time on the links, travel, and will become a St. Rita's volunteer.

Her retirement party will be held Friday, March 27, at 3:00 P.M. in the Allison Radiation Center.

In-house Phone Books

The 2009 in-house phone directories are available in Communications in the lower level of the K tower. If possible, please pick them up for your entire department. If you cannot pick them up please contact Amy at 5788 to make other arrangements



RISEN

April 30, May 1, 7, 8, Shawnee Country Club

Re-Investing Spirituality and Ethics in our Networks

RISEN is a four-day program designed to raise consciousness of the power of the human spirit for health and healing, integrate spirituality as a resource for professional growth and create a community of spirituality in a healing environment. **Who benefits from RISEN:** Healthcare professionals in management and clinical practice.

RISEN focuses on: Professional competence in the workplace

•Personal growth •Development of self and others

RISEN process consists of:

- Four, eight hour paid education sessions
- Six hours of paid practicum sessions that occur over a 3-month period following the completion of the educational portion of the program.
- A paid formal ceremony celebrating the completion of the entire RISEN process. **23.7 contact hours at completion of program**

For questions or to register call Deb Miller at 9481 or

e-mail at dmmiller@health-partners.org **Information is also on**

the Spiritual Care web site on the Intranet.

Employee Parking Reminder

Designated Employee Campus Parking is as follows

Day Shift

- Yellow Lot West (the last two sections closest to Charles)
- Blue Lot North (closest to Charles)
- 5th Floor Parking Garage

Midnight and Second Shift

- Silver Lot (just South of Market Street)
- Second Floor of the Parking Garage

New Lean Leader Class

A new Lean Leader class will begin **June 3, 4, and 5 followed by June 25 and 26th**. Class will be limited to 20 people and you must apply in advance..

What is a Lean Leader? A Lean Leader facilitates a team of staff through an event called a “Making A Difference” or (MAD). The team is made up of people that work in the process and together they will work to improve it. The primary purpose of a MAD Event is to eliminate waste, which can be anything, for example: time, footsteps, money, or materials.

Lean Leaders learn special skills or “tools” to lead teams to change in a very systematic way. A Lean Leader is also trained in the skills needed to monitor that change long term and to assist the team in making corrections where needed.

This year we have added the **prerequisite of Change Acceleration Process (CAP) and Work Out (WO) training**. There will be a round of **CAP and WO training in April 2009**. That session is now available in ThingqWise for sign up under the Operational Excellence section.

Lean Leader responsibilities : Most active Lean Leaders find that the time spent on project work is about 10% above their current work load. To achieve certification as a Lean Leader complete two “Making A Difference” or MAD Events (A Lean Project) must be completed within 12 months of the training. Certified leaders are urged to complete two projects per year to keep skills current.

If you are interested in please discuss it with your manager, then submit your resume to Linda Dodge before March 30, 2009.

For Urgent Care... Call Ahead to **Call- A -Nurse**

Urgent care is for problems that need prompt attention (minor illness, cuts and sprains) but are not life threatening. St. Rita's **Call-A-Nurse** has a new system so you can check to see how many people are ahead of you at Eastside, Westside-Luke, or the Delphos Urgent Care Centers. Call 419-226-9000 or 1-800-437-4827 to check on whether Urgent Care is right for you and which center has the shortest wait. St. Rita's Urgent Care Centers are open 8:00 a.m. to 8:00 PM 7 days a week.

Popular Step Parenting Course Offered

Smart Steps is a 7 week course designed for couples or individuals looking to create a healthy stepfamily.

Participants will learn to deal with the pressures that are unique to stepfamilies and the issues they face. Topics include the importance of the marital relationship, realistic stepfamily expectations, stages of stepfamily development, legal and financial issues, parenting skills, stepparent - child relationships and communicating with ex-partners. This course will inspire and motivate as it answers numerous questions.

Course Dates: Thursday, March 27 to May 8, 2007
6:30 PM to 8:30 PM (7 weeks)

Location: Lima Community Church of the Nazarene Journey Bldg.

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.

Prom/Bridesmaid Dresses Needed

Dawn Shrider, Birthplace nursery manager is collecting old prom dresses and bridesmaids gowns (you know no one ever wears them again) for Marimor school to help support their prom. Dresses are needed by the first week in April. Contact Dawn at ext. 9533 or dms Shrider@health-partners.org

Volunteers Needed For Auglaize Relay For life

Volunteers are needed at the Auglaize Relay For Life on Saturday May 16 between 1:00 and 8:00 PM to help provide Dermascans, B/Ps, and Bone Density screenings. If you need volunteer credit for school or could donate a few hours for a great cause, please call Jane Engle @ 419-236-3679.

Tips From America On The Move

Thinking about starting a walking routine? Research shows that walking can help prevent many leading causes of illness, improve the quality of your sleep, elevate your mood, decrease tension headaches, and improve the appearance of your skin by increasing circulation. It's also a great way to manage your weight and get active with family and friends. So what are you waiting for? Add 2000 steps to your day and start enjoying all the healthy benefits of walking!

Remember Someone Special By Donating To The Chapel Easter Flowers Fund



Anyone wishing to donate money for flowers in honor or memory of someone special may do so by filling out the envelopes in the Chapel near the special intentions book.

Your generosity is greatly appreciated.

Doctors' Day March 25

This year we will be celebrating Doctors Day on Wednesday, March 25th in the Medical Staff Services Department. Once again, we have printed blank thank you cards for all staff members who would like to express appreciation to a physician. The thank you cards are available in the Medical Staff Services Department. You may stop by and pick them up or we would be happy to send them to you interdepartmentally. Please return completed thank you cards to Sarah Rayman no later than Friday, March 20th. The cards will be displayed on Doctors' Day for the physicians to read and then will be distributed to them following Doctors' Day.

Apollo Transition to Work Open House

The Apollo Transition to Work Program which partners students with disabilities with employers to gain unpaid work experience is having an Open House/Presentation March 26 from 1:00 to 2:30 PM in St. Rita's Cafe' Conference Room.

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.

YWCA Events/Classes

Sign up now for

- ◆ Lifeguard Certification classes. April 14 through May 1st, 2009
- ◆ Easter Bunny Luncheon on Saturday April 4th \$6 for children and \$4 for adults
- ◆ Cross Babysitters Class will be held Saturday April 11th from 10 a.m. to 3 PM

Call the YWCA at 419-228-8664 for details

Gift Shop Birthday Discounts

Employees get a 20% discount in the Gift Shop when purchasing items on their birthday.

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, Vegetable or Tomato Bisque
Tuesday, Vegetable or Potato
Wednesday, Vegetable or Turkey Noodle
Thursday, White Chili or Chicken Tortellini
Friday, White Chili or Chef's Choice

Sunday March 22nd

Monday March 23rd

Tuesday March 24th

Wednesday March 25th

Thursday March 26th

Friday March 27th

Saturday March 29th

Table with menu items: Grill, Entrée, Deli, Sauté, Pizza, Self Serve for various days.