

St. Rita's In Step

Volume 44 Issue 04

St. Rita's Medical Center Employee Newsletter

January 23, 2009



■ **Family Appreciates Care**

■ **Healthy Challenge Starts Feb.1**

■ **Literacy Council Scrabble Tournament**

■ **Memorial Service Feb 2**

■ **Menu**

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



From Spiritual Care

Feeling sympathy is not enough; Christ calls us to act in compassion.

Submitted by Tom Niese

St. Rita's Receives Top Award For Healthy Workplace Practices

St. Rita's was one of six businesses in the state to win the top award for healthy worksite practices... and the only healthcare facility receiving a gold award. Community Health Partners in Loraine received a bronze award, the only other CHP facility honored.

The Office of Healthy Ohio (OHO) will recognize 27 Ohio businesses for healthy worksite practices. Ohio Department of Health (ODH) Director Alvin D. Jackson, M.D., and Healthy Ohio Business Council Chair Joelyn Ridder will present the fifth-annual Healthy Ohio-Healthy Worksite awards at 10:30 a.m. Feb. 27 at the Columbus Hilton at Polaris.



The ceremonies will be held during Health Action Council Ohio's Kick Off conference that features national experts on health reform, health care systems and health benefits including Kathryn Wilber, American Benefits Council and Robert Carlyle, Aon Consulting-Canada. Paul Wong will accept the award on behalf of St. Rita's. The awards recognize Ohio employers that demonstrate a commitment to employee health through comprehensive worksite health promotion and wellness programs.

This is the 5th year St. Rita's has received the top award.



4th Annual
**SCRABBLE® Word-
Building for Literacy™**
FUNdraiser

SCRABBLE® is a registered trademark of Hasbro
inc.

The Finest **SCRABBLE®** Tourney
in West Central Ohio
Door Prizes! Trophies! Gas Cards!
When: February 7, 2009 from 12-
5 p.m.

Where: Rhodes State College
Keese Hall at 4240 Campus
Drive, Lima OH

Contact: Northwest Ohio Literacy
Council, 563 W. Spring St. Lima,
Ohio 45801 419-223-0252, or
kenlc@wcoil.com.

**Wiliest Word-Builders
in Lima?**

Teams of 2 – 4
players from your family, friends,
or club, will play four 45-minute
rounds. There is a \$35 entry fee
however community teams can
earn up to 500 bonus points
earned @ 1 point per \$1
sponsorship submitted at
registration.

**B⁴: Battle of the
Businesses – Brains**

not Brawn where your team
of 3 – 6 players can bring home
the traveling trophy. Teams will
play four 45-minute rounds.
There is a \$150 entry fee but B⁴
teams can also earn up to 750
bonus points earned @ 1 point
per \$1 sponsorship submitted at
registration.

Contact Northwest Ohio Literacy
Council 563 W. Spring St. Lima,
Ohio 45801 419-223-0252 or
kenlc@wcoil.com for more
information.

St. Rita's will sponsor a team.
Contact Mark Skaja at 9310

**Employee And Family
Appreciate Staff/
Physician Care**

My son-in-law was recently
hospitalized for Carbon
Monoxide Poisoning. He had
been working on equipment
through his job when he was
overcome. While at SRMC, he
was under the care of Dr.
S.(Scott) Stienecker. I would
like to personally thank the
staff on 4-K and all those who
work with Dr. Stienecker. Tim
took great care of my son-in-
law the first night he was on 4-
K. He took time to put him at
ease by addressing his
concerns. He made sure my
daughter had a pillow and
blanket through then night. I
would like to commend Dr.
Stienecker. He went above and
beyond his call of duty. He not
only took care of my son-in-law,
but he made sure the whole
family was well informed and
taken care of. He went so far
as to offer my daughter some
money to go the cafeteria. She
had left her purse at home in
the rush. He escorted her to
the cafeteria so she wouldn't
get lost. He is such a wonderful
example of excellent whole
patient care. How fortunate
SRMC is to have him. I have
been an employee of St. Rita's
for a long time, and I continue
to appreciate the high standard
of care, especially what I have
witnessed first hand.

Thank You and God Bless to
All Concerned

**St. Charles Hospital
Visits WWC To
Observe Nurse Care
Coordinators Program**

Dear Mary Kay (Verhoff)
Thank you for allowing me
to observe the Women's
Wellness Center on
January 9th. I greatly
appreciated your time and
information. I, too, am a
breast cancer and
Hodgkins lymphoma
survivor, and I was very
impressed with your facility.
After observing Sherry
(Halker) for the day, I could
easily see why the program
is a success!

Thank you again for
your time and willingness to
share your knowledge with
us as we begin our Nurse
Navigator Program. May
God continue to Bless You!

**Heaters From Home
Are Not Allowed At St.
Rita's**

Space heaters brought in
from home are not allowed
in the medical center. They
overload our breakers and
lack mandatory safety
devices. If you have
inadequate heat, please
ask your manager to
contact maintenance.

Attendance Policy CBT

The new Attendance Policy
went into effect 1/4/09. To
help further explain this policy,
a CBT has been created in
ThingWise. Please go to
your "Required Learning tab"
in ThingWise to review the
new policy. You will have until
10-31-09 to complete this
mandatory CBT.

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.

Cafe' Peanut Butter Products Are Safe

Tonya Burnett has been assured by our suppliers that any peanut butter products used in the cafe' are safe and not part of the recall. So, if you hear the peanut butter cookies are "to die for" it just means they are very delicious.

ThinQwise 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 then 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.

Medical Students Serve Clerkship

The following medical students will serve clerkships beginning February 1, 2009 unless otherwise noted.

Sean Quinn2/1~2/29	Pharmacy	Micha Sobata
Deborah Lukowski2/1~2/29	Pharmacy	Micha Sobata
Todd Drayer, PA2/3~3/2	ED	W. Tucker, MD
Robert Lang, PA2/3~3/2	CV Surgery.	Mark Buettner, PA-C
Andrew Nyberg2/4~2/27	Surgery	C.Lucchese, DO
Habib Srour2/16~3/27	Family Medicine	C. Wehri, MD
John McDonnell2/16~3/27	Pediatrics	S. McNeal, MD
Manny Bhatti, PA2/16~3/25	ED	W. Tucker, MD
Ben Lewicki, PA2/16~3/25	ED	W. Tucker, MD

Tips From America On The Move

Eating whole grains is a great way to decrease 100 calories every day. Whole grains provide fiber, which keeps you fuller longer and helps you eat less overall. Try substituting half of your white rice with brown rice, or half of your pasta with a whole-grain variety before cooking. Try switching to whole grain (not just "whole wheat") breads, tortillas, and cereals, and use whole grain flour in place of white. You'll boost your fiber and vitamin intake and hardly notice the difference in taste!

LACP Teaches CPR/ First Aid To 789

The Lima Allen County Paramedics staff taught CPR and First Aid to 789 individuals in businesses and other organizations as a community service. Congratulations to all especially Denise Early, lead Instructor

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.

More MAD Moments PT/OT Patient Registration Process

Lean Leader and Sponsor: David Reed Champion: Dave Rallof Team Members: Cathy Ray, Kelly Murphy, Gina Green, Michelle Helmig

This project was presented by David Reed as a project to work on for his Lean Leader training. As a result, he was able to quickly recognize the need for error reduction, improved work flow, and a more standard process. The team was brought together and they mapped out the process as it exists today.

Once that was done, they brainstormed to look for the reasons for the errors that occur in patient registration, for the reasons that a patient registration takes over 6 minutes, and how that impacts the patient that has to wait. Many questions were asked about why we do it that way. Often coming to the conclusion “that is how we have always done it.”

The team then was challenged to think out of the box and come up with some solutions for improvement.

They quickly realized that many of the systems they already had in place were not being used to their full potential, a good example being the Medi Link charting system. One of the solutions the team came up with was to build a crystal report, with the help of Jilleen Brown from IS, that would pull forward the patient information that was needed later in the process. There were several points in which patient data was entered manually, the need for this was eliminated due to the new crystal report.

Forms were reviewed and consolidated; this allowed one form to be used by the patient to give the registration person the information they need. It also reduced the amount of paper used and printing

costs. Also the insurance verification system is now being used to its full potential, thus saving countless hours on the phone for the clerical staff trying to verify insurance coverage.

An added benefit to the project was that it prompted the team to review insurance requirements for pre-certification of therapy. For St. Rita's Workman Compensation Insurance, it was thought, required the pre-certification before even scheduling therapy, which sometimes can take days to weeks, but that was not the case. There are a certain number of days of therapy that are allowed to be given before the pre-certification is accomplished. The patient is informed that if their case is declined for coverage, they will be responsible for the bill, but at least this gives the patient an option. If the patient agrees to these conditions then therapy will begin immediately and reduced the amount of time the patient had to wait to begin their treatment, many times by days or weeks. Talk about improving customer satisfaction! Great work! Yet another example of how each and every one of us can “Make A Difference!”



Feeling Stressed?

80 Points = 5 Wellness Credits February 1 – 28, 2009



Manage your stress and stay in control!

Life is stressful and stress comes at you in all different forms. It is important that you identify your stressors and take actions to minimize their effect on you. Uncontained stress can lead to type 2 diabetes, anxiety, high blood pressure, asthma and many other conditions. By practicing a few healthy behaviors, you will help slow and reverse the impact of stress on your body and life.

This month long Challenge helps you take control by focusing on ways to help you manage stress!

- Exercise – at least 15 minutes per day
- Sleep – at least 7 hours per night
- Relaxation – at least 15 minutes of time out of your day
- Nutrition – eat at least five cups of fruit and /or vegetables

How the Challenge Works

- During the Challenge, keep track of these 4 healthy behaviors.
- You will receive 1 point for every behavior you practice each day.
- Daily opportunity of up to 4 points.
- The goal of this Challenge is to obtain 80 points during the month of February.

How to Track Activity Points

- Track your activity online each day or weekly.
- You can use the paper tracking form for convenience.
- Be sure to record all activity points online at employees.stritas.org and your Wellness Credits will be automatically recorded.

We Care Mental Health Services Garage Sale

On February 12 and 13 We Care Mental Health Services will be holding our annual “Garage No Sale” as part of our “28 Ways to Care” month. 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.

DONATIONS Drop off times for donated items are Wednesday, February 11th from 1:00-6:00 PM or anytime Thursday, February 12th during open hours 9:00 a.m. – 6 PM.

All items can be taken to St. John’s Catholic Church basement 777 South Main Street, Lima. Thanks again for your generosity!

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. 26th

- Ham and Bean or Ravioli

Tuesday, Jan 27th

- Ham and Bean or Chicken Noodle

Wednesday, Jan. 28th

- Ham and Bean or Chicken Noodle

Thursday, Jan. 29th

- Clam Chowder or Black Bean

Friday, Jan. 30th

- Tortilla or Black Bean

Sunday
Jan 25th

Grill: Chef's Choice
Entrée: Pasta Bake

Monday
Jan. 26th

Grill: Patty Melt
Deli: Italian Chicken Salad
Sauté: Cashew Chicken
Pizza: Sicilian
Entrée: Veggie Lasagna
Parmesan Tilapia

Self Serve: Nacho Bar

Tuesday
Jan. 27th

Grill: Meatball Sub
Deli: Rueben Flatbread Melt
Sauté: Beef and Broccoli
Pizza: Spicy Italian
Entrée: Smoked Pork Loin
Chicken and Noodles

Self Serve: Wing Bar

Wednesday
Jan 28th

Grill: Pineapple Turkey Burger
Deli: Chicken Caesar Wrap
Sauté: General Tso's
Pizza: Chicken, Bacon, Ranch
Entrée: Mediterranean Chicken
Swiss Steak Sandwich

Self Serve: Breakfast Bar
*** AM Omelet Station

Thursday
Jan. 29th

Grill: Big Fish Sandwich
Sauté: Chicken Lo Mein
Deli: Roast Beef and Cheddar
Panini

Pizza: BLT
Entrée: Mahi Mahi
Pasta with Italian Sausage

Self Serve: Bread Bowls

Friday
Jan. 30th

Grill: Rueben
Sauté: Sweet and Sour
Pizza: Individual Pizza
Deli: Asian Chicken Wrap
Entrée: Chicken Fajita Bowl
Chicken Fajita

Self Serve: Pasta Bar

Saturday
Jan. 31st

Entrée: Lasagna