

# St. Rita's In Step

Volume 44 Issue 17

St. Rita's Medical Center Employee Newsletter

April 24, 2009



## ■Praise For 8A Staff

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## ■Menu

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



## From Spiritual Care

*If you stop to be kind, you must swerve often from your path.*

*Mary Webb*

*From Amy Marcum*

## Are You Ready To Gallup? The Gallup Survey Starts April 29

On April 29th, St. Rita's second Gallup employee engagement survey kicks off. All employees are asked to take the short 5-7 minute survey. It can be taken on-line or by phone from anywhere.

Each employee has a personal code that is assigned by Gallup. Employees will receive communication directly from Gallup through their message. Individual codes will be given to each person in a sealed envelope from Gallup via their department manager or supervisor. The code is used to put results in the correct group. If there are less than 5 people in a group, the results will be combined with another group so all opinions can be heard. After the survey results are compiled, reports will be given to each area so they can begin planning. There are no individual responses reported. With the input of our entire team we will have the opportunity to make St. Rita's even better. On Wednesday, April 29, special areas will be available to take the survey. Everyone who does their survey on Kick-off day will receive a sweet treat.

### Kick-Off locations on Wednesday April 29 are:

- ◆Café' Conference Room 6:00 a.m. to 6:00 PM. Phones and computer access.
- ◆Health Resource Center 8:00 a.m. to 5:00 PM (computer access)
- ◆Off campus locations during normal business hours.

Remember, surveys can be taken from any phone or computer any time from April 29 through May 19, but the sweet treats are only available on kick-off day.

## St. Rita's Volunteers Donated 112,000 Hours In 2008

Some 800 St. Rita's Volunteers donated 112,000 hours to the medical center in 2008. Please say Thank You to these dedicated women, men and teens who contribute so enormously to our medical center, our patients and our mission. St. Rita's and the communities we serve are blessed to have these fine individuals as part of our family.

## Patient Praises 8A Staff

To All 8A Staff

I would like to thank all the nurses on 8A during my stay with back surgery.

I feel blessed to have had such kind and talented people helping me recover. Dr. Kim and all the nurses who personally took care of me should be commended for their hard work and professionalism.

I wanted to let all of you know how much I appreciate what you do and how you helped me have a good experience at St. Rita's. Thank you and God Bless.

### Tips From America On The Move

Raise your glass for stronger bones. Dairy foods provide calcium, vitamin D, and phosphorus, which help build and maintain bone mass and prevent osteoporosis. For the calorie-conscious, some dairy choices are healthier than others:

- Choose skim or 1% milk over whole for coffee, cereal, or as a beverage.
- Substitute skim milk for half-and-half and whole milk in recipes.
- Select no or low-fat yogurts and reduced-fat cheeses.

### Lima City Schools City-wide Kindergarten

**Registration** Lima City Schools City-wide Kindergarten Registration. Liberty Elementary School 338 West Kibby on Wed. April 29. Hours 8-10 a.m. or 3-6 PM. Bring proof of income to see if your child qualifies for Free Health Insurance.

## Another Decision Day Success



Sister Noel Frey, Spiritual Care Chaplain reviews Advance Directive information with employee Delores Miles on Healthcare Decision Day

April 16 was national Healthcare Decision Day. St. Rita's Spiritual Care staff again provided one on one assistance to anyone coming to the Health Resource Center between 8:00 a.m. and 8:00 PM. This year lifeline of Ohio was also outside the health resource Center to talk about organ donation.

Rev Ruth Ramsey headed up the event which was deemed very successful. 63 people came to find out more and or fill out their advance directives. Some took a copy home for a spouse and will follow up. Others who were unable to attend that day have contacted the department to complete their directive.

Remember, the best time to do your advance directive is before you need it. Anyone who still needs an advance directive is urged to call Spiritual Care. St. Rita's is part of the U.S. Living Will Registry so if you choose, your directive will be available no matter where you are in the United States. Employees can earn 1 discretionary activity wellness point for completing your advance directives. There is no charge for the advance directive service.

### Thrift Shop Looking For Knick Knacks

The Thrift Shop is in need of knick knacks. St. Rita's Thrift Shop is open Tuesdays, Thursday, and Fridays from 10:00 am to 4:00 P.M.. They are also open the first Monday of each month from 3:00 P.M. to 6:00 P.M. for donation drop off only.

### Starbucks Relay For Life Team Bake Sale May 5

Starbucks Relay for Life team will be having a bake sale Tuesday, May 5th from 6:00 a.m. to 4:00 PM outside the High Street Cafe. The proceeds will benefit the American Cancer Society in the name of the Relay for Life team. If anyone is interested in donating baked items please contact Kim, St. Rita's Starbucks manager

## Minority Health Fair Helps Cover The Uninsured



Terri Butler, Med-Care manager talks with one of the fair participants.

The Minority Health Fair saw some 200 people come through Bradfield Center for health risk assessments, information, screenings and more. Med-Care Clinic was one of many St. Rita's services involved in the event. The group reserved a special day at the Med-Care Clinic for anyone who did not have a doctor or other "medical home". Terri Butler, Med-Care manager said they filled the schedule at the Health Fair. The Health Fair is a collaborative effort of many community resources headed up by Lima Allen County Community Action Commission. The event this year was organized by Neighborhood Nurse Denise Barnes and was called the best ever by many of the providers.

### Online Emergency Situations Manual

The Emergency Situations Manual is being placed online as plans are updated To meet the 2009 Joint Commission standards, we will have to greatly expand the manual

You can find these under Policies & Procedures These code plans are now available online: Adam, Black, Blue, Brown, Pink, Silver & Violet

If you have questions about the online manual, please call Jeff Ramey ext. 9663 or Becky Hauserman ext.9867

### Memorial Service May 4

An inter-faith memorial service will be held for those families who have experienced the loss of a loved one between December 2008 through February 2009. The service will be provided by St. Rita's Spiritual Care Department. The event is scheduled for Monday, May 4, 2009 at 7:00 P.M. and is open to families and caregivers. For more information call Deb Miller at extension 9481. Please leave your name, phone number and the number of people planning to attend so Spiritual Care can make the appropriate accommodations.

## Pat Stamford Retires 4/30

"In my 42 years at SRMC, I have worked in many areas. Pediatrics from 1967-1979, on all shifts with some floating to other areas. IV Therapy from 1979 to 2002 with contact to most of SRMC employees. Endoscopy from 2002-2009.

Since I am not having any "good-bye" party or any "fan-fare", in lieu of the party if you are so inclined you can donate to St. Rita's Hospice or the Caring Committee.

I have learned much from everyone and enjoy working with you all. I will miss everyone. Thanks for being there in my good times and my bad times. Someday you will retire.

Wishing everyone the best that life has to offer."

Pat Stamford RN

Pat was a nurse on the world famous Matt Winkler rabies case... he was the first human to survive rabies. Pat wrote an article for RN magazine about case..



### Save The Date

SRMC's Annual Employee Golf Scramble

Saturday, June 20<sup>th</sup>  
Country Acres in Ottawa  
8:30 am Shotgun Start

Details in coming weeks!

## April Is Organ Donation Awareness Month



Melanie Miller, ICU RN, Deann Heing, Clinical Manager ICU, Dr. Eric Kirschner, Medical Director ICU and Jackie Hines, Lifeline of Ohio at the Awards ceremony in Columbus.

The U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) recognized St. Rita's with the "Organ Donation Medal of Honor." St. Rita's is the only hospital in the area to receive this prestigious award *four years in a row*.

## Hero's Walk For Organ Donation Awareness May 2

The rain or shine Hero's Walk from St. Rita's Auxiliary Conference Center to the Forest Park United Methodist Church on S. Collins and Linden Ave. begins at 2:00 PM. After the 2.1 mile walk a ceremony will be held honoring those touched by donation. Busses will be available to return walkers to St. Rita's. To register for the ceremony and/or walk please contact: Jackie Hines at 800-525-5667 ext.352 [jhines@lifelineofohio.org](mailto:jhines@lifelineofohio.org) or Terri Louder 800-525-5667 ext.375 [tlouder@lifelineofohio.org](mailto:tlouder@lifelineofohio.org). Donate Life T-shirts available for \$5.00 at the walk.



## Pancake Breakfast To Benefit Youth Program

Pancake Day Young Life Camp Fund-raiser  
Saturday, April 25 from 7am-Noon  
@The Bradfield Center (550 S. Collett St. in Lima)  
Tickets \$7 at the door.  
100% of the proceeds go to get kids to camp in June!

**St. Rita's own Ben Leonard, Food Service operations manager, has volunteered his talents to help organize and flip some of those pancakes. So, stop by and help a worthy cause.**

All You Can Eat Pancakes & Coffee provided by The Meeting Place.

## Upcoming Events

### AORN Raffle

Our Local Association of Operating Room Nurses (AORN) Chapter is once again holding a **Nurses-Day Raffle**. Drawing will be May 11. Tickets are \$1.00 each or 6 for \$5.00. AORN members will be selling tickets outside the High Street Café on May 5 and 6 from 11am until 1:30pm. prizes include:

**1st Place:Wii**

**2nd Place:\$200 Visa Gift Card**

**3rd Place \$150 Visa Gift Card**

**4th Place: GPS**

Your support is greatly appreciated.

### Nurses Week May 6-12

Nurses Celebration May 6.

### Hospital Week May 10-16

#### Monday May 11 -Thursday May 14 11:00- 2:00 PM

Interactive displays showing cooperation and continuity of care. Test knowledge and win prizes

#### 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. First Come First Served. 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 15th outside the cafe in the Big tent.

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, Chicken Noodle or Brocc. and Cheese
Tuesday, Chicken Noodle or Italian Wedding
Wednesday, Chicken Noodle or Tomato
Thursday, Vegetable or Potato
Friday, Clam Chowder or Vegetable

Due to popular Demand the Fruit and Cheese Bar will be on the menu every week through August

Sunday April 26th

Monday April 27th

Tuesday April 28th

Wednesday April 29th

Thursday April 30th

Friday May 1st

Saturday May 2nd

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