

St. Rita's In Step

Volume 44 Issue 13

St. Rita's Medical Center Employee Newsletter

March 27, 2009



■ **Augaize Relay Team Members/ Volunteers Needed**

■ **Starbucks Celebrates 1st Year**

■ **Wellness Walks**

■ **Go Green... Save Green**

■ **Menu**

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



From Spiritual Care

The most beautiful things in the world are not seen or touched. They are felt with the heart.

Helen Keller.

From Ginny Hartmen

St Rita's OBB Ribbon Cutting



L to R Max Stover, Chamber Ambassador; Alena Onweiler, AmeriCorps; Lima Mayor David Berger; Jim Reber St Rita's President and CEO; Lima Allen Chamber of Commerce President/CEO Jed Metzger; Mark Skaja St. Rita's V.P. Mission Services; State Representative 4th District Matt Huffman and George Ricks, Chamber Ambassador and St. Rita's Board Member

Members of the community came to the medical center to celebrate the official opening of the Ohio Benefit Bank in the Health Resource Center. 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 with children who have recently lost insurance coverage due to job loss should be sure to check.

A Few Seats Remain For Time Out For Me April 1&2

A few seats are still available for Time Out for Me for both April 1 and 2. You must register by March 30th. This is a paid 8 hour day, but you must have your manager's approval. 7 contact hours for Nursing and Social Work. Register in Thingwise.

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. Harrington Receives Drs. Day Surprise From Staff



Radiation Oncologist Dr. Sandy Harrington (behind her Diet Dew pyramid) was surprised and delighted with a desk full of Dew from the Allison Radiation Oncology Staff as a Doctor's Day gift

Regal Cinema Movie Ticket Prices To Increase

Effective April 3, 2009 the cost of Regal Cinema VIP Super Saver tickets will increase by 50 cents to \$6.50. This is the first pricing change in over four year. Tickets are available for purchase in Volunteer / Auxiliary Resources, located on the lower level of the K tower, Monday through Friday 7:30 am to 4:00 P.M.. Check or cash is accepted. REMEMBER, your must have the correct change.

\$\$ Sam's 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.



Patient's Family Thanks Staff

We wish to thank CCU, 3rd floor and 4 and 5 K floors for all the support we received during the illness and loss of our Mother. Thanks to the nurses and doctors at St. Rita's Medical Center for the care they gave mother and the support they gave us in a time we really needed it. The Palliative care and Hospice programs at St. Rita's are not only wonderful for the patients, but they give the families guidance and strength.

Thank You

Quality Of Care Impresses Patient's Family

My husband was recently a patient on 5K prior to & following gallbladder surgery. We want to say THANK YOU to the staff on that unit for their excellent care. Thanks so much to Liliya, Lisa, & Juan as well as other staff for their care & consideration. I am a nurse and was very impressed with the quality of the care on that unit, as well as the caring attitude of these staff members. SRMC is very lucky to have such conscientious nurses. They are a credit to your institution

Thinking Green Can Save You Green



Courtney Vance and Bambi Reynolds show the 2 cups sizes (20 and 24 oz) that now cost the same for beverages in the High Street Cafe. The taller clear glass is washable. You can get more for your money *and* help save the environment at the same time... more soda and less trash

Please help Nutrition Services help the environment. Use washable containers when eating in the Cafe'. Note: washable containers can only be used in the Cafe... not for carry out.



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.

Sharon Falk To Retire

Sharon Falk joined St. Rita's in 1987 in the Housekeeping Department. In March of 1988 she transferred to the Communications Department working swing shifts until she was able to get a full time 3rd shift position. Sharon said she has seen many changes over the last twenty-two years. "The biggest change was handling the dispatch and monitoring the security cameras. After years of not being able to see the outside, the cameras were a nice touch that gave the entire department (especially 3rd shift) a new lease on life." Sharon will be moving to a quaint town in Hutto, TX, where she will be closer to her daughter and son-in-law. She will also says she will enjoy the reuniting with Floyd, her Labrador Retriever who is her new pride and joy, that has been in Texas since July of 2008. She will also get to see her four-legged grandkids Barkley and Leland.

Please join Sharon in celebrating her retirement and wish her well on April 6, 2009 from 2-4 P.M. in the Cafe Conference 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

Starbucks Celebrates 1st Anniversary At St. Rita's



Volunteer Baristas Mert Recker and Amy Birkemeier with Starbucks manager Kim Fredrick in the middle during the anniversary celebration.

Starbucks celebrated their 1st anniversary at St. Rita's March 26 with "Celebrity" Baristas on hand. Since opening more than 117,327 individuals have been served.... many with multiple orders! Chances were sold for Starbucks baskets at \$1 each or 6 for \$5. Money from chances donated to ACS Relay For Life. Tips for the day go to the Caring Committee.

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.

Medical Students Serve Clerkships

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

Uzoma Anaba	4/8~5/1	Surgery	C. Lucchese, MD
Josef Froehlich	4/8~5/1	Surgery	T. Hixenbaugh, MD
Manny Bhatti, PA	3/30~5/6	Emergency Medicine	W. Tucker, MD
Jacob Balyeat	4/1~4/30	Pharm./Disease Man.	Danielle Fennema
Bennett Chard	4/1~4/29	Pharmacy	Micah Sobota
Sean Quinn	4/1~4/29	Pharmacy	Micah Sobota
Jennifer Kelbley	4/6~5/15	Family Medicine	L. Cribley, MD
Amy Masowick	4/27~5/24	Podiatry	E. Miller, DPM

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

Team Members Needed For Auglaize Relay For Life

Walkers are needed for the May 16-17 Auglaize Relay For Life St. Rita's Wapak Imaging Center Team. Come join the fun. Contact, Jodell or Rosie at 5899

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

Don't let one slip knock you off track! If you've been less active or not eating as healthfully as you'd like to, use it as an opportunity to start fresh with renewed energy and enthusiasm. Remember to not feel guilty! One lapse won't prevent you from reaching your long-term health goals. Put it in perspective of a whole lifetime of healthy choices.

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.

Take Out Pizza In Cafe

To order your take-out pizza, call ext. 2293 between 2:00 PM and 6:00 PM Monday through Friday Place your order and when you would like to pick up the pizza... latest pizza pick up is 7 PM
**An original crust 16 inch large pizza
Up to 2 toppings will cost \$10.99
Up to 6 toppings will cost \$12.99**

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.

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
- ◆ Red 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.

Great Opportunities For Wellness Steps In The Right Direction



Tuesday, April 7, Open House in Employee Wellness Center from 9:00 a.m. to 4:00 PM on F8

- Fully equipped 24/7 employee fitness center,... no cost. (Includes treadmill, stationary bike, rowing machine, cardioglide, elliptical, 8-station Universal gym, Nautilus machines, free weight from 3~65 pounds, curl bar, Smith Machine, etc.)
 - Exercise physiologist and athletic trainers available for free initiation, periodic follow up and new program orientations.
 - Various classes are offered at nominal cost.
 - Massage therapy services available by appointment, including Swedish relaxation massage, myofascial therapy, deep muscle therapy, aromatherapy, raindrop therapy, hot and cold stone massage, Bowen therapy, exfoliation w/ massage, etc.
- Costs based on type and time**

Visit the Open House and register to win a 1 hour massage!

Wednesday, April 8, Kick-Off of On-Site Walking Trails and American Heart Association's National Start! Walking Day from 7:30am to 3:30 PM

Anyone employee who commits to walk 30 minutes that day (whether at the medical center, off-site locations, at home, or where you usually exercise) can pick up walking maps*, water and an apple at the table outside the High Street Café. After the walk, please go on-line into the wellness program and enter your participation as a Local Discretionary Activity. We anticipate a great turnout since there are ½ and 1 mile routes inside and outside the medical center. ..

**Maps can be found in the intranet home page—click on Wellness Program on the left hand side, and then click on the link “Click here for a copy of 4 walking maps of SRMC campus.”*

[Note-this event is a prelude to a CHP-wide walking competition to be held on Wednesday, May 20.... one we want to win! Watch for details in April.]



April 9 Open House for Local Fitness Centers in High Street Mall from 7:30am to 4:00 PM
YWCA and YMCA-Lima, YMCA-Wapak, YMCA-Ottawa, FAST, Anytime Fitness, Total Solution, and Curves will be on-site to go over their programs and fees. Come see which facility may best meet your needs.

Thursday, April 16—Advance Directive or Living Will (Decision Day) in the Health Resource Center from 8:00 a.m. to 8:00 PM Community Events

Saturday, April 25—Multiple Sclerosis Walk at the Marimor School, contact Keri Scheid ext. 9019 for details

Saturday, April 25—March of Dimes Walk at the OSU-Lima campus, contact Dawn Shrider ext. 9533 for details

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,

- Vegetable or Broccoli and Cheese

Tuesday,

- Vegetable or Italian Wedding Soup

Wednesday,

- Vegetable or Tomato

Thursday,

- Potato Cheese or Minestrone

Friday,

- Black Bean or Tomato Bisque

Sunday
March 29th

Monday
March 30th

Tuesday
March 31st

Wednesday
April 1st

Thursday
April 2nd

Friday
April 3rd

Saturday
April 4th

Grill: Tuna Melt
Entrée: Spaghetti and Meatballs

Grill: Pork Tenderloin
Deli: Italian Chicken Salad
Sauté: Mongolian Grill
Pizza: Sicilian
Entrée: Cheese Tortellini
Angel Hair Pasta with Chicken

Self Serve: Chicken Chunks

Grill: Burger Sliders
Deli: Chicken Caesar Wrap
Sauté: Salad Station
Pizza: Cheeseburger
Entrée: Santa Fe Chicken
BBQ Pork Sandwich

Self Serve: Pretzel Bar

Grill: Pineapple Turkey Burger
Deli: Asiago Beef Wrap
Sauté: Pasta Bar
Pizza: Calzones
Entrée: Broiled Tilapia
Chicken and Dumplings

Self Serve: Nacho Bar

Grill: Chicken Club
Sauté: Mongolian Grill
Deli: Italian Cabbatta
Pizza: Everything
Entrée: Cajun Chicken
Beef Manhattan

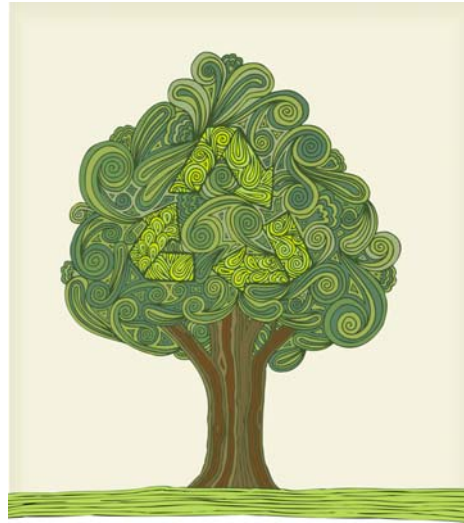
Self Serve: Tostada Bar

Grill: Jumbo Shrimp
Sauté: Chef's Choice
Pizza: Cheese Garlic Breadsticks
Deli: Bombay Tuna
Entrée: Salmon Patties

Chicken Parmesan

Self Serve: Baked Sweet Potatoes

Entrée: Veggie Lasagna
Grill: Buffalo Chicken Sandwich



If you are eating in the café consider a plastic reusable cup. It is a small way to help the environment. 24 oz. soda at the 20 oz. price.

More Soda Less Trash!