

# St. Rita's In Step

Volume 44 Issue 22

St. Rita's Medical Center Employee Newsletter

May 29, 2009



■ Relay Bake Sale/  
Raffle

■ Defense Class

■ St. Rita's Day At  
Limaland

■ Patients/ Families  
Appreciate Great  
Experiences

■ Menu

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



## From Spiritual Care

*Knowing is not enough; We  
must apply.  
Willing is not enough; We  
must do.*

*Goethe*

*From Rev. Ruth Ramsey*

## Denise Cook, SRMC Health Care Worker Of The Year

Denise Cook, Director of Homecare Clinical Services has been named St. Rita's Healthcare Worker of the Year. She will be honored by the Ohio Hospital Association at a Dinner held in Columbus on June 15 along with the nominees from other hospitals throughout the state. Four finalists and a state winner selected from winners from each hospital will be announced at that time.



The award is given each year to one Ohio caregiver who personifies a leader who gives back to the community, routinely goes beyond the call of duty and has overcome odds to succeed.

Denise, a Legend of St. Rita's honoree, was chosen for her leadership and contributions to St. Rita's, as well as her community involvement including the Royal Family Kids Camp for children in foster care, (10 years and Director for past 4) her work with her church and as a Big Sister.

## New Bayer Aspirin Launch Causes Public Concern

On Wednesday, May 20th, Bayer Pharmaceuticals began distributing 33,561 samples nationwide of aspirin in a new crystal form. The new product launch, called Bayer Quick Release Crystals, is being marketed as a "pain relieving booster." However, since 9/11 and the anthrax scare, there is big concern that distributing this white powder by mail has the potential to create a panic in communities, and may prompt many phone calls to local hospitals and law enforcement agencies. Bayer's response to these concerns is that the product is encased in a plastic over wrap, and includes full drug facts as required by the FDA. While the samples being distributed have been determined to be safe, please be aware that questions may arise.

## St. Rita's ER... "Fabulous"

"I just wanted to let you know how fabulous the ER is! My spouse was brought to the ER with a fast heart beat. The ambulance from Delphos clocked him at about 270; and ER clocked him at about 252 after 2 IV pushes. I just have to tell you that we are absolutely thrilled with the care he was given. Dr. Volt is spectacular, not only did he take great care of Mark, as (did) the rest of the ER staff, but his bedside manner is fabulous. Your staff were there to answer questions, no matter how silly; I even had one take me aside for a walk when I became a little emotional with the situation. Having a healthy husband one minute and then receiving the dreaded phone call and subsequent hospital stay, this has truly been exhausting on our family but your staff could not have done better. I could go on and on but I will not. I'm so proud to be employed knowing that if I need ER I will receive such great care also. "

## OB/Lab /Nursery Staff Are "Wonderful"

A recent OB patient shared the following with patient relations regarding her experiences with Labor and Delivery, 5A and 5B, lab and special care nursery. "You have a wonderful staff here at St. Rita's from the lab people, to the nurses and physicians. We had to make several visits to this area during the pregnancy and everyone was outstanding each time."



## Family Appreciates Housekeeper Cheryl Cooper's Kindness

"Recently my elderly mother was a patient of St. Rita's on the 4<sup>th</sup> floor (new section I believe)—initially she responded well to treatment and then for several days afterward her health started to decline unexpectedly. As you can imagine it was a stressful time for her as well as myself and my brothers.

Cheryl (*Cooper*) was a staff member in housekeeping and we happened to strike up a conversation. She was very pleasant, and kind and we shared stories of aging mothers and siblings and joking commiserated about our siblings.

This is the first time I have had to deal with my mother in this type of situation. At times between talking to the nurses, the doctors, the insurance companies and so forth, it would get overwhelming and hard to keep my emotions at bay and just be there for my mother. Having Cheryl take the time to say hello, to engage me and my mother in a conversation, to joke about siblings helped. These small clips of human interaction and connection while she went about her work helped me get through those tough moments and meant more to me than I can ever say

I spoke with Cheryl the Friday before her shift ended. I told her that my mom would probably be headed up to the TCU @ St. Rita's and that I was headed back to Michigan where I live and work. Cheryl told me that she went past that unit daily and she would stop in and check on my mom. Just hearing her say that took the edge of my worries about leaving my mother.

I just wanted to share this information with her supervisors. I am not sure if Cheryl even knows the help she was to me and my family but I wanted to share the story and let others know!

Thanks,

P.S. My mother is doing much better and has been released from TCU and is home now."

## Continuing Uninterrupted Power Supply Installation On South Addition

■**Monday June 1st.** Siemens on-site programming and final set-up. There will be a 20 - 30 minute shutdown of MRI equipment to be coordinated with Radiology.

■**Tuesday June 2nd.** Phillips on-site programming and final set-up. There will be a 20 - 30 minute shutdown of CT equipment to be coordinated with Radiology. **After June 2nd**, both MRI's and CT's 2 and 3 will be on Emergency power and fed through an uninterruptable power source.

## Officer Ron Roop Goes Back To School

### ST. Rita's Golf Scramble



SRMC's Annual Employee Golf Scramble is Saturday, **June 20, at Country Acres in Ottawa. 8:30 am Shotgun Start**

4 person scramble format  
2 divisions – Men's & Mixed  
Prizes for 1st, 2nd, 3rd in each division. Golf, Cart, Lunch, Gift, Prizes and all the fun you can have - \$50.00 per golfer/\$200 per team. **The registration form is on the intranet.**

Only 1 golfer per team may have a handicap of 10 or less. At least one member must be an employee, volunteer or St. Rita's vendor.

###

### St. Rita's Book Club

Do you like to read? Do you enjoy talking about books you have read? St. Rita's book club has openings for new members! The next meeting is Monday June 1 at 4:30 in the Health Resource Center. The club will begin to read the book *The Pact*, by Jodi Picoult. For more information contact Becky Koverman at ext. 9037 or email at [rkoverman@health-partners.org](mailto:rkoverman@health-partners.org).

### Gift Shop Birthday Discounts

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



Officer Ron Roop, St. Rita's Campus Police, recently visited Miss Mack's Kindergarten Class at Wapakoneta Centennial School. The children asked many questions about St. Rita's and the role of the Campus Police. Ron did this during national Police Week which gave the children a chance to learn about police work and healthcare. We salute Officer Roop for representing St. Rita's in this delightful way.

### Medical Students Serve Clerkships

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

#### Emergency Medicine... W. Tucker MD

Colleen August	6/1~7/24
Arielle Hutchinson	6/1~7/24
Brian Pickens	6/29~7/24
Jason Lincoln	6/29~7/24

Heather Dangerfield 6/22~8/28 Physical Therapy David Reed

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### St. Rita's Alumni Event Tuesday June 9

All St. Rita's Alumni are invited to meet for dinner at the Golden Corral (Lima Mall Parking Lot) on Tuesday June 9 at 4:30 PM. The dutch treat dinner is cafeteria style and all are welcome. No need for reservations just come and socialize.

## **Wellness Local Discretionary Credit For Forgiveness**

Fr. Charles Obinwa will be speaking about **Forgiveness** at the Brown Bag Series on June 1st or 15th from Noon to 1:00 P.M. in the Cafe Conference Room

The format will be 30 minutes of presentation followed by Questions and Answers. Employees who complete any of these Brown Bag events can go on-line and register for 1 wellness credit under Local Discretionary Activity

## **Wapak Imaging And Rehab Relay Team Says Thank You, Thank You, Thank You**

A big thank you to all participated in the Greater Auglaize County Relay for Life helping Wapak Imaging and SRMC Rehab at the YMCA. The team sold candy bars and entered a breast cancer quilt made by Grace Bailey for the auction along with a cooler filled with picnic supplies. The team made over \$500. We won first place in the poker relay lap and came in second in the newspaper dress contest.

It was a great weekend. Thanks again to everyone who walked, sold candy bars and those who bought and ate them.

###

**Please check your area and return any of the washable Pepsi plastic cups to the Cafe'.**

## **Cancer Services Relay For Life Bake Sale /Raffle**

St. Rita's Cancer Services is having a bake sale and raffle outside the High Street Cafe' on Thursday May 28 from 10:30 a.m. to 1:30 P.M. to benefit the Lima Relay For Life.

## **Military Heroes Tree**

### **Health Resource Center**

Memorial Day and the 4<sup>th</sup> of July are reminders of those who have or are currently putting their life on the line for our country. We owe a debt of gratitude to those courageous men and women from the signers of Declaration of Independence, to our ancestors, families and friends who served our country in times of war and peace.

You can honor family and friends who are serving or have served in the military by putting their name on a star and hanging the star on the Military Heroes Tree in the Health Resource Center. Hang a star on the tree and pick up a packet of flower seeds to plant in honor or in memory of your military heroes.

## **Tips From America On The Move**

Don't let stress sabotage your health. If you feel tired or overwhelmed at the end of the day, remember that a walk will make you feel better and give you more energy for the rest of the evening. Instead of napping or snacking, put on your walking shoes and go out for a brisk, relaxing walk.

## **Women's Defense Class Starts June 4**

The RAD - Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. This women-only course begins with awareness, prevention, risk reduction and risk avoidance, and progresses to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Instructors are Lima Police Department officers that are nationally certified in R.A.D. The 8 week course begins June 4 and is held from 7:30-9:30 a.m. on Thursdays in the Auxiliary Conference Center with Officer Sean Neidemire, LPD.

Class dates are **June 4 and 18, July 2, 16, 23 and 30 and August 6**. Class size is limited to 16 employees. Due to the small class size, **participants must commit to attend all sessions**. There is no charge for the class. Please call 9378 to register.

## **New Veterinary Emergency Service**

West Central Ohio Veterinary Emergency Service is a group of 14 veterinary clinics who have joined together to establish a care center to provide complete after hours care for sick and injured animals. Animals are seen by the veterinary professionals through the service and transferred to their regular Vet when her/his office is open. West Central Ohio Veterinary Emergency Service is located at 2727 St. John's Road, Suite C in Lima. 419-221-0269.

## Stroller Walking Begins June 3 for New Moms & Moms-To-Be

St. Rita's Medical Center is offering a new Stroller Walking Program for new moms and moms-to-be beginning at 9 a.m. Wednesday, June 3, and continuing every Wednesday.

This new program was developed to promote the physical and emotional health of pregnant women, new mothers and mothers of small children. The weekly exercise sessions will include walking around the beautiful campus at St. Rita's, weather permitting.

The instructor will provide health information, tips for pregnancy and new mothers, plus incentives to continue the walks. The program is a great way to network and listen to advice from other moms going through this life-altering transition.

All participants will need their physician or care provider to sign a short permission form, which is then kept on file by the childbirth educators for two years.

Walkers will meet at St. Rita's main entrance by valet parking. For more details and the forms, contact Call-A-Nurse at 419-226-9000.

## Thrift Shop Special Donation Hours

The Thrift Shop is now open for donations only on the first Monday of every month from 3. to 6 P.M. In June it is this coming Monday June 1.

## EMS Recognized With "Speedy Heart Awards" For Door To Balloon Time Less Than 90 Minutes

St. Rita's Henry and Beverly Hawk Heart and Vascular Center recognized "speedy" work of local emergency medical service squads by awarding the Speedy Heart magnet.

The magnets were presented by Dr. Michael Humphrey, chief clinical officer at St. Rita's. It is a heart shaped magnet to be placed on the outside of ambulances that have responded to patients suffering a severe heart attack known as ST segment elevation myocardial infarction, or STEMI.

Those recognized include the following

**American Township EMS** - D2B time of 79 minutes - Dr. Wolery on January 22, 2009

**MedCorp EMS** - D2B time of 33 minutes - Dr. Shaheen on January 27, 2009

**Shawnee Township EMS** - D2B time of 44 minutes - Dr. Shaheen on February 23, 2009

**Delphos EMS** - D2B time of 60 minutes - Dr. Shaheen on February 19, 2009

**Anna EMS** - D2B 44 minutes - Dr. Shaheen on March 11, 2009

**Shawnee Township EMS**- D2B time of 57 minutes - Dr. Rajjoub on April 13, 2009

**Bath Township EMS**- D2B of 47 minutes - Dr. Wolery on April 21, 2009

**Lima Allen County Paramedics** - D2B time of 42 minutes - Dr. Shaheen on April 11, 2009

**Wapakoneta EMS** - D2B time of 52 minutes - Dr. Wolery on May 13, 2009

*Dr. Humphrey presented the awards at a recent Chest Pain Center Meeting. Some are pictured below.*



WAPAK EMS



SHAWNEE EMS



BATH TOWNSHIP EMS



LIMA ALLEN COUNTY  
PARAMEDICS



AMERICAN TOWNSHIP EMS



**You and your immediate family are invited to  
St. Rita's Night at Limaland Speedway**

**Friday, June 19, 2009**

**Rain date: Friday, July 31, 2009**

**Gates open at 5:00 pm – Races begin at 7:30 pm**

Food and Beverages provided at the  
SRMC Tent in the parking lot from 5:00 – 7:30 pm

**You must pre-register on the SRMC Intranet  
Home Page to attend for free  
Deadline to register is **Friday, June 12, 4:00 pm****

Tickets will be distributed at the SRMC  
Registration Tent the night of the races.

Immediate Family includes: Spouse, Significant Other  
and Dependent Children

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,

- Ham and Bean or Italian Wedding Soup

Tuesday,

- Ham and Bean or Tomato Florentine

Wednesday,

- Ham and Bean or Potato

Thursday,

- Corn Chowder or Chicken and Dumpling

Friday,

- Corn Chowder or Tomato Bisque

Sunday  
May 31<sup>st</sup>

Monday  
June 1<sup>st</sup>

Tuesday  
June 2<sup>nd</sup>

Wednesday  
June 3<sup>rd</sup>

Thursday  
June 4<sup>th</sup>

Friday  
June 5<sup>th</sup>

Saturday  
June 6<sup>th</sup>

Grill: Traditional Favorites  
Entrée: Stuffed Chicken

Grill: Brats and Kraut  
Deli: Cranberry Chicken Salad  
Sauté: Beef and Broccoli  
Pizza: Hawaiian  
Entrée: Vegetable Lasagna  
Beef Burrito

Self Serve: Buffalo Chicken Bites

Grill: Fajita Quesadilla  
Deli: Shrimp Wrap  
Sauté: Sweet and Sour  
Pizza: Sausage and Mushroom  
Entrée: Pineapple Salsa Chicken  
Cajun Pasta

Self Serve: Pasta Bar

Grill: Fried Shrimp  
Deli: Mandarin Tuna  
Sauté: Pasta Station  
Pizza: Buffalo Chicken  
Entrée: Lime Cod Loin  
Homemade Mac and Cheese

Self Serve: Tostada Bar

Grill: Portabella Sandwich  
Sauté: Mongolian Grill  
Deli: Bacon Caesar Panini  
Pizza: Vegetarian  
Entrée: Smoked Pork with Chipotle Sauce  
Lasagna

Self Serve: Cobbler Bar

Grill: French Dip  
Sauté: General Tso's  
Pizza: Smokehouse Pizza  
Deli: Waldorf Turkey Wrap  
Entrée: Parmesan Tilapia  
Beef Manhattan

Self Serve: Fruit and Cheese Bar

Entrée: Chicken Fettuccini  
Grill: BBQ Burger