



PACEMAKERS August 2013

A publication for St. Vincent Charity Medical Center Caregivers



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Deadline for News:

To submit news for Pacemakers, please email Lauren Wilk by September 6th.

A Message From The Diversity Committee You Just Never Know

“Wherever there is a human being, there is an opportunity for kindness.”

A story is told by a person going through security at an airport with about 150 fellow travelers, all weary and tired. This person glanced over to their right and saw a security guard going through the bags of a young Middle Eastern man. The storyteller remembers thinking “I am glad they are checking his bag” with a stereotype narrowness flitting through his mind.

The storyteller went on to say he sat down to put his shoes back on, gathered all his belongings and headed down the concourse. He had only walked about 100 yards when he heard someone running behind him yelling, “Sir, Sir.” He turned around to see the young Middle Eastern gentleman approaching him with a smile on

his face. The young man handed the storyteller his laptop computer that he had left in the bin at security and said, “I thought you might need this!”

The storyteller thanked him over and over, but the young man said, “No problem, you would have probably done the same for me.”

What a powerful lesson we all need to learn. We live in a complicated world where it can be so easy to be afraid, judgmental and prejudiced. However, we truly need to believe that 99% of the people in our world, regardless of their culture, nationality, race or religion, are good people at heart and want to do the right thing. They want to be kind and caring when given the opportunity. The news is filled with the generous responses manifested by all kinds of people when tragedy hits anywhere in our world. We must guard against that 1% of people who are misguided, self-centered and lacking in our core values.

You may not know this, but almost every religion and every culture in the world has one thing in common—they teach kindness and compassion as virtues to live by. The lesson we all need to “re-learn” from this story is that we should not be quick to judge others by outward trappings such as clothing, color of skin or a different look. We truly are all God’s family and what a richly diverse family it is! Let us appreciate and enjoy the beauty of diversity.



Caregiver Picnic Cleveland Metroparks Zoo

This year's Caregiver Picnic was held at the Cleveland Metroparks Zoo on August 3rd. All Caregivers were invited to bring their family and friends along for a fun filled day at the zoo with their co-workers. This year's event sold around 900 tickets! Everyone was able to enjoy a picnic style lunch, raffle prizes, kids' face painting and, of course, the animals. Many thanks to the Caregiver Picnic Committee for planning such a great event for the Caregivers of St. Vincent Charity.





EKG Carts Wireless Transition

As a part of our continued efforts to improve efficiency and best serve our patients and community, we have made yet another step in advancing patient care and our day to day work. St. Vincent Charity Medical Center EKG carts are now operating wirelessly.

If you have previously uploaded EKG orders to the carts you will no longer need a cord to do so. The process is still the same just without plugging it in. There is no longer modem noise and it is much faster—two noticeable differences.

Each department will separately undergo training for the wireless EKG carts. However, many of the MSTs on the units have already been trained and can be a valuable source of information if you have any questions or concerns prior to training.

This seamless integration of patient information has eliminated the addition of other departments in this process and will help our Caregivers improve workflow and increase productivity. Some of the many benefits of this transition include:

- Reduction in data error
- Charge capture—No delays, no missed charges and no loss of revenue.
- Simplified workflow
- Improved patient care
- Environmentally friendly
- Service at every step

Please contact Lisa Paonessa at 216-363-2780 if you have any questions or issues. Lisa is available for assistance Monday through Friday 6:30am till 3:00pm.

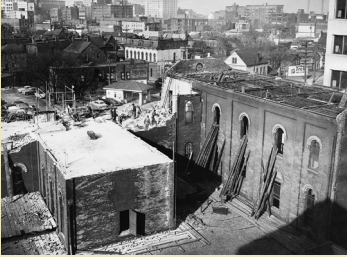
The FEST 2013 Wrap Up

For the fourth consecutive year, St. Vincent Charity provided first aid at the FEST. The FEST is a free Catholic family festival held every year at the Center for Pastoral Leadership in Wickliffe, OH. The festival features popular Christian bands, great food and entertainment for the whole family. St. Vincent Charity helped to take care of everyone's bumps and bruises at the event and also gave away some great goodies. Almost 40,000 people attended this year's event; we are happy to be able to provide our services to festival attendees. Thank you to all our Caregivers that helped man the booth at this year's event, without your help we would not be able to continue participating in this event year after year.





This Month in St. Vincent Charity History August



August 1950

The original building housing St. Vincent Charity, built in 1865, was demolished to make way for the hospital's \$2 million replacement program. Common Pleas Judge, James C. Connell, was given the honor of knocking out the first brick of the old building. Connell chaired the hospital's capital fund campaign, which brought in more than \$1 million. The old structure was replaced with a six story, fireproof, 112-bed building that still stands today as our West Building.



August 1952

A new two-way communication system was installed at St. Vincent Charity, allowing for improved communication between nurses and patients. Sister Callista, CSA, demonstrates the new system in this photo.



August 1959

Three St. Vincent Charity heart specialists were awarded research grants from the Cleveland Area Heart Society totaling \$16,500. Dr. Earle B. Kay was awarded \$4,000 to study improvements in heart valve operations. Dr. Matthew Levy was awarded \$7,500 to study the metabolic effects of reduced blood flow and Dr. Henry Zimmerman received \$5,000 to study the action of digitalis in patients with enlarged hearts.

August 1964

Construction was well underway on the new St. Vincent Charity Hospital building at East 22nd and Central Ave. The building was completed in September 1965.



August 1976

St. Vincent Charity received official approval to purchase a computerized axial tomography scanner, better known as the CAT scanner. This approval made St. Vincent Charity one of the first hospitals in the area designated for this new technology.

August 1987

St. Vincent Charity became the first hospital in the area to perform laser arterial surgery. Dr. Rais Beg performed the procedure on a 70-year-old woman with blocked coronary arteries. The laser procedure required only a local anesthesia and a shorter hospital stay compared with conventional surgical procedures at the time.

Blood Drive Thank You

Thank you to all those who participated in the blood drive at St. Vincent Charity on August 13th in the St. Vincent de Paul room. There were 38 presenting donors, exceeding the goal of 18 donors! With the 23 good pints collected, we have helped make a difference in the lives of up to 69 patients in our region. Many thanks to the seven brave first-time donors for their participation.

Missed your chance to donate? Don't worry—the next blood drive will be Tuesday, November 5th. Stay tuned for more details on this event!



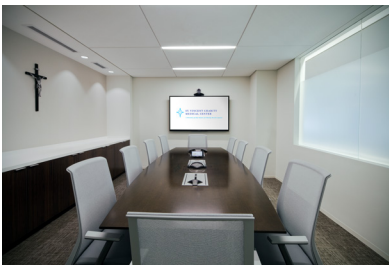
Foundation News

Physicians' Resource Center Grand Opening

On August 7th, St. Vincent Charity's physicians, Caregivers, board members and friends gathered for the grand opening celebration and blessing of the newly renovated Physicians' Resource Center. This \$525,000 project was made possible through support from foundations, corporations, and individuals who recognize its importance to the mission of St. Vincent Charity Medical Center.



Dr. David Perse, President and CEO, prepares for the ribbon cutting along with major donors and funder representatives to the Physicians' Resource Center. From left to right: Sr. Miriam Erb, former Congregational Leader, Sisters of Charity of St. Augustine; Mary Lou Stricklin, Board Chair, Sisters of Charity Foundation of Cleveland; Sr. Judith Ann Karam, Congregational Leader, Sisters of Charity of St. Augustine; Dr. Perse; Lorraine Vega, Senior Vice President, Keybank Foundation; and Lee Howley.





August Caregiver of the Month Anne Messer



Congratulations to **Anne Messer**, Patient Representative, for being chosen as the August 2013 Caregiver of the Month. Anne was chosen based on the following nomination:

Anne treats both families and staff with dignity and respect! When staff calls her to help, she responds immediately and is always pleasant and willing to help. ICU patients are often very sick – needing the care and attention of the nursing staff. Family members are understandably distressed and need attention that is hard for the nursing staff to give. When Anne is called to help communicate with families, she responds quickly. She helps the nursing staff by sitting down with the families, comforting them and explaining things in a way they can accept. Anne is always pleasant and eager to help in any way she can. She shows a real commitment to the healing mission of Jesus with her words, manner and dedication!

Welcome New Caregivers

Please welcome the following Caregivers to the St. Vincent Charity Medical Center family:

Melinda Dunn RN	Megan Hunt Mental Health Technician	Amber Nystrom RN
David Feador RN	John Hwang Pharmacist	Necole Riggs Mental Health Technician
Anton Flonnory Mental Health Technician	Bob Karwowski Sterile Processing Technician III	Brad Stumpf Exercise Physiologist
William Gryniwicz Physician Assistant	Marsha Krost Assessment Counselor I	Curtis Williams Sr. Staff Officer
William Harper Support Service Aide II	Dana Nash Mental Health Technician	Eddie Wilson III Staff Officer

EVS/Laundry Tip of the Month Safety Data Sheets (Formally MSDS)

A Safety Data Sheet (SDS), is an important component of product stewardship and Occupational Safety and Health. It is intended to provide workers and emergency personnel with procedures for handling or working with substances in a safe manner. It includes information such as physical data (melting point, boiling point, flash point, etc.), toxicity, health effects, first aid, reactivity, storage, disposal, protective equipment and spill-handling procedures. Safety Data Sheets, as of December 2013 will be standard in format throughout the United States.

- St. Vincent Charity Medical Center employs the 3E Demand, a telephone call-in service
- Yellow and black information stickers are affixed to all phones at nurses' stations and security
- In the case of spills, exposures, or poisoning call 800-451-8346 or 760-602-8703 for an up-to-date Data Sheet
- Important information: Product name, number and Manufacturer Name
- Service available 24/7, 365 days a year
- SDS sheets will be faxed to the caller within minutes



Healthy Recipe of the Month Chicken & Blueberry Pasta Salad

Yes, blueberries and pasta. The addition of chicken and feta cheese makes this dish into a light and satisfying summer supper that's also great for a potluck.

Makes: 6 servings, about 1 1/2 cups each

Per serving: 315 calories; 11 g fat (3 g sat , 6 g mono); 49 mg cholesterol; 33 g carbohydrates; 0 g added sugars; 23 g protein; 5 g fiber; 238 mg sodium; 207 mg potassium.

- 1 lb boneless, skinless chicken breast, trimmed of fat
- 8 ounces whole-wheat fusilli or radiatore
- 3 tablespoons extra-virgin olive oil
- 1 large shallot, thinly sliced
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup crumbled feta cheese
- 3 tablespoons lime juice
- 1 cup fresh blueberries
- 1 tablespoon chopped fresh thyme
- 1 teaspoon freshly grated lime zest
- 1/4 teaspoon salt



1. Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.
2. Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.
3. Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

4. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.

Recipe courtesy of EatingWell.



St. Vincent de Paul Day Annual Feast

St. Vincent de Paul, patron saint of St. Vincent Charity Medical Center, was dedicated to serving the poor and helping those in need. He is honored every year with a feast day on September 27th. This year, St. Vincent Charity will celebrate our patron saint on Thursday, September 26th.

As per tradition, all Caregivers will have the opportunity to receive a free meal served in the cafeteria on this day. Caregivers will receive their meal ticket prior to the day of the feast. Stay tuned for more details on meal times, tickets and menu items!

In addition to the feast, we will be celebrating Mass in honor of St. Vincent de Paul at 2 p.m. in the Holy Trinity Chapel. The guest priest for Mass will be Fr. Bob Marva, OFM Cap, Pastor, St. Agnes and Our Lady of Fatima. All are welcome to attend.



Mission and Ministry From Hospital to Hospitable: Mission in Action

By Sr. Mary Ann Mozser, CPPS

Hospitality is a basic tenet of patient care at St. Vincent Charity Medical Center. As individuals and as a Catholic hospital, offering hospitality to patients, family members and visitors is consistent with our mission of love and service toward others.

The word “hospital” comes from the Latin word “hospitium” which means an “inn providing shelter, comfort and hospitality to guests.” When we think of patients as our guests, we embrace our core values of teamwork, respect, integrity and quality.

Our Caregivers at St. Vincent Charity Medical Center are called to be hospitable in every manner possible, treating each life as if it were our own. What does this look like?

It is our delight to treat all who come to our Medical Center as guests and make them feel welcomed, valued and comfortable.

Within the various departments and units there are Caregivers at every level who work cooperatively

with all in a courteous, friendly, polite and respectful manner.

Caregivers listen closely and speak openly and honestly to meet the unique needs of all to the best of our abilities. Compassionate and active listening is a rare gift that we can give to our patients, families and to each other.

Our Caregivers will be inclusive of all, regardless of age, gender, race, religion, disability or sexual orientation while maintaining confidentiality.

Every Caregiver will serve as a role model by taking

pride in their tasks, being motivated and enthusiastic and adhering to quality guidelines.

As our doctors, nurses and support staff extend the highest quality of care they serve as an extension of the healing mission of Jesus and strive to see God in every individual.

The gift of hospitality is truly the hallmark of St. Vincent Charity Medical Center.



Upcoming Events Mark your calendars!

Fidelity Investments

August 28, 2013

8am – 5pm

Room 601W - HR Conference Room

You can schedule a one-on-one confidential appointment with the Fidelity Representative to discuss contributing to a 401k, planning for retirement, consolidating retirement accounts, rollovers, etc. To schedule a confidential appointment, please log on to www.fidelity.com/atwork/reservations.

Caregiver Treat Day

August 29, 2013

St. Vincent de Paul Room

All Caregivers are invited to come and enjoy a delicious bowl of fruit cobbler. **First Shift** is invited to

come between 2-4:30 pm. **Second Shift** is invited to

come between 6:30-8 pm. **Third Shift** is invited to

come between 11:30 pm-12:30 am.

NAMI Walk

September 7, 2013

Voinovich Park

Contact Lauren Wilk if you are interested in getting involved with the National Alliance on Mental Illness Walk.

St. Vincent de Paul Day Celebration

September 26, 2013

Meals provided throughout the day. Mass will be celebrated at 2 p.m. in the Holy Trinity Chapel.