



# PACEMAKERS

*A publication for St. Vincent  
Charity Medical Center Caregivers*

**September 2013**

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## Welcome Women's Health Services

We are pleased to announce that three women's health specialists from Southwest General Health Center are now seeing patients at St. Vincent Charity Medical Center. Women's health services will now be available to our patients and Caregivers in Suite 201 of the Medical Office Building. To make an appointment, call 440.816.5390. We are excited to welcome these physicians to our campus.



### John A. Alton, MD

Board Certified in Obstetrics and Gynecology

Special Interests:

- Robotic and minimally invasive surgery
- Women's health issues
- Nutrition during pregnancy
- Urinary incontinence/overactive bladder



### William K. Hahn, Jr., MD

Board Certified in Obstetrics and Gynecology

Special Interests:

- Minimally invasive surgery
- Uterovaginal prolapse
- Abnormal pap smears
- Family planning
- Osteoporosis
- Urinary incontinence
- Abnormal periods



### Linda Delciappo, CNM

Special Interests:

- Reproductive and prenatal health care for women
- Home health care for newborns and early discharged mothers
- Touch Therapy to reduce maternal-fetal complications
- Natural childbirth

## Deadline for News:

To submit news for Pacemakers, please email Lauren Wilk by October 11th.



# Recovery Month at SVCMC

A mental health problem or substance use disorder can affect anyone. These conditions do not discriminate by age, race, ethnicity, gender, or income status and are as prevalent as many other health issues. It is estimated that behavioral health conditions – which include mental and/or substance use disorders – will surpass physical conditions as the major cause of disability in the United States by 2020.

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS), sponsors National Recovery Month to increase awareness and understanding of mental and/or substance use disorders. This celebration promotes the message that behavioral health is essential to health, prevention works, treatment is effective, and people do recover.

Our Caregivers in Behavioral Health and Rosary Hall specialize in helping patients suffering from mental illness and/or addiction. Addiction is a problem that is on the rise in our country —particularly in Northeast Ohio. These Caregivers are working diligently every day to care for them and help get them on the road to recovery. Thank you to all our Behavioral Health and Rosary Hall Caregivers for all that you do here at St. Vincent Charity Medical Center!

## Did you know?

- Approximately 16.7 million Americans or 6.5% of the population are dependent on alcohol or have problems related to its use.
- The PED at St. Vincent Charity Medical Center offers crisis management and observation services, linkages to community resources and longer term treatment and second opinion evaluations for admissions to state hospital.
- In 2012, 4337 people were cared for in the psychiatric emergency department at St. Vincent Charity Medical Center.
- In 2011, 20.6 million people aged 12 or older were classified with substance dependence or abuse.
  - In 2011, eight million adults reported having co-occurring disorders, meaning they have both a mental and substance use disorder.
  - Untreated mental and substance use disorders lead to more deaths than traffic accidents, HIV/AIDS and breast cancer combined.
  - 70-90% of people with mental illness experience significantly less symptoms and an improved quality of life with treatment and support.

## NAMI Walks Greater Cleveland



St. Vincent Charity Medical Center is proud to have been a gold sponsor of the 2013 NAMI Walks Greater Cleveland event. NAMI Greater Cleveland provides free support, education, advocacy and resources for individuals with mental illness and their family members.

This is the first year St. Vincent Charity participated in the annual walk around downtown Cleveland. We had 20 walkers on the St. Vincent Charity team at the event held on September 7, 2013. Thank you to all who came out to help raise awareness for mental illness, one step at a time!

The Caregivers from our walk team held a basket raffle and were able to raise an incredible \$680! Overall, St. Vincent Charity raised \$5,680 in support of NAMI Greater Cleveland. Many thanks to **Nanette Reichek**, our walk team captain, for doing an amazing job organizing this year's team and fundraising events! We are so grateful to have you leading our team of Caregivers in support of mental health.



# Recovery Month at SVCMC

As a part of St. Vincent Charity's celebration of Recovery Month, we were excited to sponsor the 2013 Celebrating Recovery 5k Walk/Run. The inaugural event was presented by the Greater Cleveland Drug Court, Cleveland Department of Public Health and the Cleveland Municipal Court. The event had a great turnout for its first year and there were a number of elected officials present for the race that morning. The course began at Fort Huntington Park, located at West 3rd and Lakeside, and took participants on a 3.1 mile course through downtown Cleveland.

Many of our Caregivers in Rosary Hall, as well as their friends and family, were present to help represent St. Vincent Charity. We were even awarded a trophy for being of the top teams represented! Everyone had a great time and they were able to connect with and share stories with a lot of people in recovery. Congratulations to everyone who participated and THANK YOU for representing St. Vincent Charity at such an important event!

**Check out some of the awesome photos from race day taken by Roger Schaffer, Rosary Hall counselor. Thanks, Roger!**





## September Caregiver of the Month Rose Farah



Congratulations to **Rose Farah**, Plant Operations, for being chosen as the September 2013 Caregiver of the Month. Rose was chosen based on the following nomination:

*“Rose works extremely hard in her position facilitating contact with both Caregivers and external customers, answering calls and performing a multitude of important functions. She maintains a positive attitude at all times. She is well liked by all the Caregivers of the plant operations department and has even helped me excel in my role. Rose is a very special individual and displays courtesy and kindness towards all she interacts with. Rose always has a smile on her face and is always giving towards Caregivers dealing with difficult situations. Over the past few years, she has taken on additional roles and served on a number of committees that come with great responsibility. She is a valuable asset to the organization and to our department. Rose exhibits all core values, especially team work and respect. These qualities permeate to our department and create a positive environment for all that work at St. Vincent Charity Medical Center.”*

## Welcome New Caregivers

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

<b>Donna Caputo</b> CPE Resident	<b>Bob Karwowski</b> Special Tech III	<b>Jude Shayo</b> CPE Resident
<b>Tyshiena Cox</b> Medical Support Tech.	<b>Sr. Jacinta M. Kimaro</b> CPE Resident	<b>Janelle Swann</b> Radiologic Technologist
<b>Brian Durante</b> EMT-Paramedic	<b>Kelly Konicek</b> Benefits Manager	<b>Tanisha Virgies</b> Medical Support Tech
<b>Samantha Elsasser</b> Lifestyle RN	<b>Cynthia Lee</b> CPE Resident	<b>Arlandra Williams</b> Medical Support Tech
<b>April Estremera</b> Lifestyle RN	<b>Khayla McCrary</b> Medical Support Tech	<b>Briaune Williams</b> Medical Support Tech
<b>Lindsey Harris</b> Ultrasonographer	<b>Timothy Meinhardt</b> CPE Resident	<b>Jamela Williams</b> Pharmacy Technician
<b>Michelle Johnson</b> Bariatric Surgery Receptionist	<b>Sarah Porter</b> Lifestyle RN	



**St. Vincent Charity Medical Center is now on Instagram! Follow our newest social media account at @stvincentcharity for the latest photos taken around our medical center.**

**Don't forget about our Facebook and Twitter!**



**@StVincentCMC**



**St. Vincent Charity Medical Center**



## EVS/Laundry Tip of the Month Hand Washing and Sanitizing Protocol

### How do I perform a hand-wash correctly?

- Wet hands with water and apply a dime size amount of soap. All dispenser soap is antibacterial.
- Rub hands together for at least 15 seconds (sing HAPPY BIRTHDAY twice).
- Make sure you cover all surfaces of hands and fingers.
- Rinse and dry hands with disposable towel.
- To prevent re-contaminating your hands, use a paper towel to turn off faucet.



### How do I use an alcohol-based hand rub correctly?

- Apply golf ball size amount of product to palm of one hand and rub hands together.
- Cover all surfaces of the hands and fingers, until hands are dry.  
This action takes 10-15 seconds
- Do not use if the patient is in C diff isolation or if hands are visibly soiled. Hand washing would then be necessary.

## Healthy Recipe of the Month Parmesan-Crusted Chicken Tenders



*Crispy, Parmesan-flecked chicken tenders dipped in marinara sauce is an easy dinner the whole family will love. Serve with sautéed green beans and roasted sweet potato wedges.*

- Canola or olive oil cooking spray
- 1/4 cup all-purpose flour
- 2 large eggs
- 1/2 cup finely shredded Parmesan cheese
- 1 cup coarse dry breadcrumbs, preferably whole-wheat
- 1 pound chicken tenders
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 cup marinara sauce, heated

1. Preheat oven to 450°F. Place a large wire rack on a baking sheet and coat with cooking spray.
2. Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and breadcrumbs in a third shallow dish. Toss tenders with Italian seasoning, garlic powder and salt in a medium bowl. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumb mixture. Place the tenders on the prepared rack. Generously coat the top of each tender with cooking spray.
3. Bake for 10 minutes. Turn each tender over and coat with cooking spray. Continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve the tenders with marinara sauce for dipping.

**Makes:** 4 servings

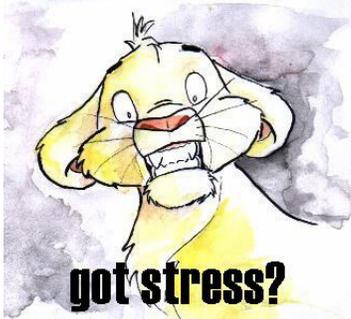
**Per serving:** 293 calories; 8 g fat ( 3 g sat , 2 g mono ); 140 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 31 g protein; 3 g fiber; 603 mg sodium; 465 mg potassium.

*Recipe courtesy of EatingWell.*



## Mission and Ministry Stress is in the Air, Take a Pause that Refreshes

By Sr. Mary Ann Mozser, CPPS



Stress has found a home in our daily lives. It seems the world at large is suffering from stress. Stress is ever changing, but always a constant factor in our lives. Modern day health care brings its own unique kind of stress. As health care professionals, we are looked to for comfort, care, healing, solutions and for answers to the many questions people pose. Guided by our mission and our call to be extenders of the healing mission of Jesus, we strive to the best of our ability to be all things for all people. Not an easy task!

Changes in procedures and patterns in the way we do things is also always with us. We need to de-stress ourselves by being flexible and open to different ways of doing things. Just because we have had “certain ways” of doing things for years—every day is a new day and life is dynamic and always evolving.

We need to find ways to ease our burdens and give ourselves permission to be less stressed. We need to make a conscious decision to put down the burdens that weigh upon our shoulders and place our stress in the hands of God. We need to use God’s gift which is unique to humankind—the ability to laugh. We need to find humor in the everyday and take some deep breathes. Here are some thoughts to consider for lessening the stress in your lives:

- Accept that some days you’re the pigeon and some days you’re the statue.
- Recognize the fact that everyone is carrying a burden and judge not.
- Always keep your words soft and sweet; just in case you have to eat them.
- If you can’t be kind, at least have the decency to be vague.
- Enjoy a good story or a good joke and laugh.
- Never put both feet in your mouth at the same time, because then you won’t have a leg to stand on.
- Take time to smell the roses and let them tickle your nose and laugh.
- Nobody cares if you can’t dance well. Just get up and dance.
- A truly happy person is one who can enjoy the scenery on a detour.
- It may be that your sole purpose in life is simply to be kind to others.
- The Will of God will never take you to where the Grace of God will not protect you.
- Believe in our mission, pull together as a team, and look both ways before moving forward.
- Smile, chuckle, laugh on a daily basis!

## Diversity Celebrating Sukkot

In celebration of Sukkot, the Pastoral Care Department at SVCMC assembled a sukkah for all to enjoy. The Jewish holiday, also a harvest festival, commemorates the 40 year period during which the Israelites were wandering the desert, living in temporary shelters. Inside the sukkah you can sit and have a meal and learn more about this joyful festival. Many thanks to Sr. Mary Ann, Kathleen Burn and the Pastoral Care Department for putting this together for our Caregivers to enjoy!

