



St. Aloisius
Medical
Center

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

October 2011

SMP Health System

We are all God's people taking care of God's people.

St. Aloisius Happenings October 2011

Breast Cancer Awareness Month
National Physical Therapy Month

13 Mission Integration 8 am

18 Dept. Mgrs.—2 pm

19 Octoberfest Potluck, 11am to 1pm

20 Education Day—8am

20 Risk Mgmt—1:30pm

24 Ethics—12 Noon

22 Education Day—8 am

27 QI—Noon

31 Happy Halloween

Every Tues. Prayer in Chapel 8:30 am



Welcome
to the St. Aloisius Medical Center "Family"
New Employees—August/September 2011

Melissa Fossen – LTC	Daphne Tallent – LTC
Alicia Lamm –Dietary	Yolanda Gray – Med Surg
Valerie Patzer - LTC	Gina Chiaravalle – Activities

C.N.A. Class

Dori Axt	Darla Siewert
Cassandra Volk	Jessica Wentz
Amber Peltier	Kayla Voelker



REMEMBER to get your "hug" using digital mammography at St. Aloisius. Call ext. 120 to set up your appointment!

OCTOBER IS BREAST CANCER AWARENESS MONTH

Our CEO, Rocky, has offered to dye his hair PINK if 125 mammograms are done in Oct.)



Flu Shots
(Free to all employees)

Wednesday, October 12 7:30am to 11am

Thursday, October 13 11am to 1:30pm
5pm to 7pm

Wednesday, October 19 11am to 1pm

All shots will be given in Mary's office.
Nasal vaccine available.

JOB OPENINGS

Fulltime Maintenance Position—call Gary Kennedy for more information.

Fulltime Housekeeper—call Ronda Patzer for more information.

Applications are available online at www.stalouis.com and at the front desk.

A Pumpkin Prayer

Father in heaven, like a farmer, you have watched me grow and picked me out from all the rest to house your light and glow.

Open my mind to think of you. Open my mouth to sing.
Open my eyes to see your world
and share the joy you bring.

Open my heart to be your home—a warm and welcome shell, washed clean of sin.

A place wherein Your love and light may dwell!





Ramping up Ethics' Role
It Is at the Hearth of Health Care Mission

"Opportunity now: How Reform Will advance the Healing Mission." This was the theme of the 2011 Catholic Health Assembly and indeed, the Affordable Care Act and other initiatives to reform our ailing health care system provide numerous opportunities for furthering and strengthening the mission of Catholic health care. That mission, of course, is to extend God's healing and reconciling presence in the world in imitation of Jesus' life and ministry, thereby promoting God's reign of love and justice.

One such measure is attending to ethics in our organization. Carrying out the healing mission of Jesus and thereby advancing the reign of God is a fundamentally ethical endeavor. It requires acting in certain kinds of ways and being person and organizations with certain characteristics or qualities or virtues.

Ethics by its very nature is concerned with the kinds of persons and organizations we are and become, as well as with what we do. For those in the Catholic-Christian tradition, that means both behavior and identity first reflect a Gospel way of life and then reflect the practices and teachings of the church.

While the Directives are a critical element of Catholic identity, observing them does not constitute Catholic identity. Catholic identity is much broader and far richer, as being God's healing and reconciling presence in the world and embodying and advancing the reign of God suggest.

Catholic identity also means the fostering of an ethical culture, a culture in which certain values and attitudes prevail, here particular behavioral patterns are regularly exhibited (e.g., respect, compassion, honesty), where decisions are made that reflect the mission and values of Catholic health care generally and of the particular organizational.

Ethics is as the heart of what we do as a ministry of healing. It should be one of the things we do best.

Sr. Mary Agnes, Pastoral Care Department



ANGEL OF THE MONTH

No Angel for September

Please remember to nominate an employee who goes above "the call of duty" and does something out of the ordinary! Catch someone doing something good!

The Harvey Area Community Foundation is accepting grants until Nov.1. \$3870 will be disbursed to non profit groups chosen. Applications are available @ www.NDCF.net/Harvey.

Beth Huseh,
Community Administrative Assistant

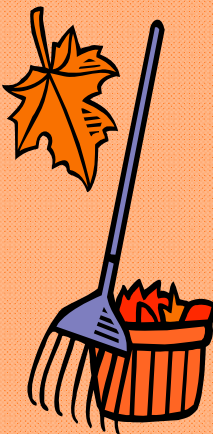
Octoberfest Potluck
Wednesday, October 19th
11:00 am—1:00 pm

Presentation Center

All employees are
Welcome.

Bring a dish to share!

Flu shots will be available at this time.



Joe Y. won

The People's Choice Award for his Coast Guard boat picture.

He drew this using a stipple technique which is the use of a bunch of little dots.

Congratulations, Joe!

We are proud of you!

Joe replies, "Thank you for your vote!"



Training Shop Quiz

1 When it comes to eye injuries, sometimes it's just the luck of the draw. Accidents happen and there's nothing you can do about it.

true false

2 UV keratitis is a space-age plastic used in the manufacturing of impact-resistant goggles, glasses and face shields.

true false

3 Eye and face protection alone is *not enough* to prevent injuries. People must also practice good work habits to be safe.

true false

4 The five greatest workplace hazards to the eye are from impact, heat, dust, chemicals and optical radiation.

true false

5 The best ways to protect your eyes are by squinting, holding your hand up over your eyes, wearing a strategically placed bandana and looking the other way.

true false

6 Safety spectacles shield the eye much like glasses, but are made of impact- or chemical-resistant materials.

true false

7 Goggles cover the eyes and fit tightly against the skin to protect against objects coming under or around them.

true false

8 Because face shields cover the entire face, you don't need any other type of eye or face safety protection when you use one.

true false

9 Impact injuries are those that come from unexpected splashes, fumes, misting or vapors.

true false

10 Typical activities that produce impact injuries are chipping, grinding, machining, masonry work, woodworking, sawing, drilling, chiselling and sanding.

true false

ANSWERS

1. False. Thousands of people are blinded each year by work-related injuries that could have been prevented.
2. False. UV (ultra-violet) keratitis refers to burning of the eye cornea by light rays.
3. True. Eye and face protection is important to have when you need it. But good work habits can prevent accidents in the first place.
4. True. The five greatest workplace hazards to the eye are from impact, heat, dust, chemicals and optical radiation.
5. False. The best ways to protect your eyes include wearing safety spectacles, goggles or face shields, depending upon the hazard you face.
6. True. Safety spectacles resemble common glasses, but they are stronger and can resist chemicals and other hazards.
7. True. Goggles are meant to sit tightly against the face and cover the entire eye so nothing can enter from above, underneath or either side.
8. False. Workers should wear goggles or spectacles beneath face shields.
9. False. Impact injuries come from flying objects like chips, particles and dirt.
10. True. These are the common types of work activities that tend to produce impact injuries.

AW, THAT'S GOTTA HURT!



Wear eye protection! You really don't want this happening to you.

Burns: Often results from a splash of liquid in the eye. Sometimes just rubbing the eye can transfer chemicals from the hand to the eye.

Trauma: Includes anything from a small scratch or cut from a foreign object in the eye, to a heavy blow directly to the eye.

UV keratitis: A light-induced trauma. The simplest form is temporary sun blindness, but it can get much, much worse!

This is a new feature to our Healing Fire & Light. Give me some feed back—is this something you would like to see more of? Let me know! mphase@staloisius.com

Caregiver Burnout—Are You At Risk?

Anyone who has the role of caring for a loved one on a long-term basis knows how challenging caregiving can be. Burnout is a big problem among caregivers. All caregivers need to get away to clear their minds and emotions once in a while.

How can you tell if you're becoming overwhelmed? Here are some questions to consider

- Are you tired most of the time?
- Do you find yourself irritable and frustrated with little provocation?
- Are you losing interest in activities you once enjoyed.
- Are you cutting yourself off from friends and family?
- Are you having trouble sleeping or difficulty getting up in the morning?
- Do you feel helpless with little to look forward to?

If the answer to any of these questions is yes, you may be suffering from caregiver burnout. Schedule downtime by delegating some of the responsibility. Family members and friends can provide relief, or a visiting specialist may be an option.

Some Tips for Caregivers

- Remember you don't have to do it alone. Ask for help and find someone to talk with then you are feeling overwhelmed.
- Realize that what you offer the person in your care is a truly valuable service. Whenever possible, focus on activities you can enjoy together.
- Don't smother the person for whom you're caring for. Sometimes "doing the right thing" means doing less.
- Don't allow the person you are caring for to manipulate you or make you a target of unreasonable anger or resentment. Remember to take a break when you feel angry, impatient and frustrated.
- Take care of yourself. If you're feeling underappreciated and overworked, set aside time to treat yourself as the special person you are.

Taken from St. Alexius Employee Assistance Program
www.st.alexiusseap.com



Sr. Celine Marie Morth

Retirement Party

July 14, 2011

We miss you!



BAKE SALE

October 13

9am to 11:30am

Proceeds will be donated to Ray and Marcy Bichler to help pay travel expenses due to Ray's illness.

Donations accepted



- › *'I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.'*
- › *'I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.'*
- › *'I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.'*
- › *'I've learned that making a 'living' is not the same thing as making a life.'*
- › *'I've learned that life sometimes gives you a second chance.'*
- › *'I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back...'*
- › *'I've learned that whenever I decide something with an open heart, I usually make the right decision.'*
- › *'I've learned that even when I have pains, I don't have to be one.'*
- › *'I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back....'*
- › *'I've learned that I still have a lot to learn..'*
- › *'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'*

Dr. Maya Angelou is one of the most renowned and influential voices of our time. Hailed as a global renaissance woman, Dr. Angelou is a celebrated poet, memoirist, novelist, educator, dramatist, producer, actress, historian, filmmaker, and civil rights activist.