



**St. Aloisius
Medical
Center**

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

August 2017

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

In This Issue

Sister's Corner

St. Aloisius Telephone Numbers

Mission Statement

HIPAA Memo

Customer Satisfaction

St. Aloisius Groups

Employee & Family Picnic—8/8

Solar Eclipse August 21

July 2017 New Employees

Gary Kanwischer—Dietary

Laurie Towell—Dietary

Ferdinand Niyongabo—Med/Surg

Donald Schmidt—Dietary

Althena Buchmiller—Housekeeping

Chelsi Lang—Dietary

Brookelyn Pfau—LTC

See bulletin board for more information!

R&R Committee notes:

We opened the meeting by reciting the Mission Statement.

The suggestions taken from the suggestion box were discussed:

A few comments were made regarding the food choices for the pm/night shift. Pam Held will look into the possibility of a vending machine which offers deli sandwiches, yogurt, etc. This will be considered only if the company maintains it, rotates foods, checks stock etc. It was also felt that this machine would take money away from the candy machine, which profits from that machine goes to the Care 'N Share Fund.

Gift shop – group did not feel that involved recruitment and retention. Maybe the volunteer group would want to take that on? That could be discussed with Donna/Sara as they deal with volunteers.

Bike rack – get it out of hiding so employees can see it. If that one is going to Senior Housing will price a new one.

Nothing can be done about the accruing PTO on OT!

Pam Held will check with Care 'N share Committee to see if they want to provide a free meal on birthdays instead of just a dessert. After talking with Dietary staff there may have to be a \$5 limit. It was decided to do a dessert coupon for the first year to see how that goes and maybe do a meal coupon the second year.

Chair massage. No discussion.

"Employee of the Month" was discussed at length. Committee thought we should go back to just one employee of the month instead of many. The committee felt too many employees are getting recognized for during trivial things and not going "above and beyond". This would have to be a conversation with their committee as it would be stepping on their toes. A designated parking spot for the employee of the month will be revisited with Gary. Maybe not the same spot every month since many employees park in other lots.

Since favoritism in the workplace was mentioned three times, the question was asked if the group felt that way and most responded "yes". Again, not sure what the R&R Committee can do as none of the group is in a supervisory position. Maybe at a department head meeting it could be mentioned that employees feel that way so department managers are aware.

The May employee Pinnacle results were distributed and briefly discussed. Nancy informed the group of the survey process to make them aware as some have not been called yet.

Eat right to reduce stress

Many people turn to "comfort foods" like macaroni and cheese, ice cream, and pizza during times of stress. But these high-fat foods clog arteries and make a body lethargic. Instead choose high fiber, carbohydrate-rich foods which cause the brain to produce more serotonin, a hormone that relaxes us. Choose fruits and vegetables rich in antioxidants. Avoid high-fat foods, caffeine and sugar when stressed.



St. Aloisius Medical Center

SMP Health System

Mission Statement:

St. Aloisius Medical Center,
inspired by Jesus,
in union with the Sisters of Mary
of the Presentation,
ministers health to all we serve.

Values:

Hope – Creating an atmosphere of trust and confidence.

Healing – Caring for body, mind and spirit.

Hospitality – Welcoming, in a Christ-like way.



**“ THEREFORE ENCOURAGE ONE ANOTHER AND BUILD EACH OTHER UP”
1 THESSALIONIAN 5: 11**

A lot of people we meet daily, walk around with plastic smile on their faces but with heavy hearts. Beneath their designer clothes and expensive accessories lies a broken and shattered person who longs for someone to share his/her thoughts with.

As little and insignificant as a warm smile and kind words might seem, they can be the emotional healing someone is longing for. Have you ever passively said things like, “ it’s going to be alright” or “ god will see you through” to someone and their faces light up like one who was rescued from drowning? Really. Some people go through bad times, difficult moments, loneliness and deep financial crisis but, still appear like any other in the streets Be mindful of how you treat people.

It is possible that, you might also be experiencing some slippery times in your own personal life or relationship. At such times, God expects you to exhibit your spiritual maturity by reaching out to people in same kind of need and exhort them. Therefore, your empathy, a loving smile, words of encouragement or even a handshake can go a long way into assuring those going through challenges that someone do truly care for them. We are to be like Jesus and shine as light into the blurred areas of people’s lives. Do not let today pass by without showing practical love to someone in need.

Your Chaplain, Sr. Mary Agnes
Pastoral Care Department



**Pot luck Employees and Families Picnic August 8th
Park by the Pool at 5 pm-ish
Lemonade and paper products supplied**

***Zane will be going to casual status with RMHC in October!
Join him Tuesday 9-19-17 2pm- 3pm in Cafeteria.***

Do you know any Fake Positive People? They are the types who act as if life is wonderful 24 hours a day - 7 days a week. Now, I'm a pretty positive person (it is what I do for a living) and I try to be positive as much as possible, but life isn't always sunshine, rainbows, cupcakes and unicorn tears. Life is much better when you try to focus on the positive rather than the negative, but I don't think it is wise or even healthy to ignore the negative or pretend it isn't even there.

The things we love most in our lives often bring us the most problems and there is nothing positive about ignoring our problems and deluding ourselves into believing that they don't exist, especially in the name of being positive. There is probably nothing more damaging to your overall health than engaging in this type of fake positivity on a consistent basis.

Life is not intended to be all rosy and perky. Simply labeling all bad things positive doesn't automatically make them positive. Just thinking that everything is wonderful does not make everything wonderful. This is not being positive, it's being delusional. Some things are bad! Some people are evil. There is poverty, murder, and disasters. The world is full of both good and bad. No amount of positive thinking will change this fact.

Perpetual positivity isn't natural. Living in denial of bad stuff and problems prevents you from improving your situation. If you convince yourself that everything is great, why would you want to change anything? I'd rather recognize negative things in my life and then act to change them. To do that, I would first have to be aware of the crap that needs to change. Fake positive people can't see what needs to change and get stuck in the status quo.

Matt Booth - Professional Speaker and Attitude Expert

REMEMBER

If you see or hear something you think may be considered abuse or neglect:

1. Report it to the **Charge Nurse** of the resident's unit.
2. Fill out a **Concern sheet**.

HIPAA MEMO

You have all heard about computer viruses, ransomware, malware, hackers who get into a network.

Most of these are "invited" in by a user opening an email attachment. Before you open an attachment, make sure you know where it comes from!

And you may get an email from someone you do know...it sounds a little off. It just may be someone trying to get you to send money or defraud you in other ways. If it sounds weird, don't do it.

If you do get something that looks not right, ask Northstar or the person sending that email to you.

Marian Hase, Compliance Officer

Be faithful in small things because it is in them that your strength lies.

Mother Teresa

Do you need to call someone at St. Aloisius Medical Center? We have many direct dial numbers:

Do you need **Medical Floor?** 324-5112

Do you need **Unit A?** 324-5121

Do you need **Unit B?** 324-5118

Do you need **Daycare?** 324-5109

Do you need **Gail Grondahl?** 324-5120

Do you need **Candie Thompson?** 324-5113

Lab? 324-5116

Radiology? 324-5107

Physical Therapy? 324-5119

Enter these numbers in your phone!
Cut this out and put on your fridge!

Most departments have a direct dial phone number. Please take a minute to add the direct dial phone numbers of the departments you call most often to your cell phone.

Calling directly to the department you need would help you get to who you need much quicker and would free up the main phone line significantly.

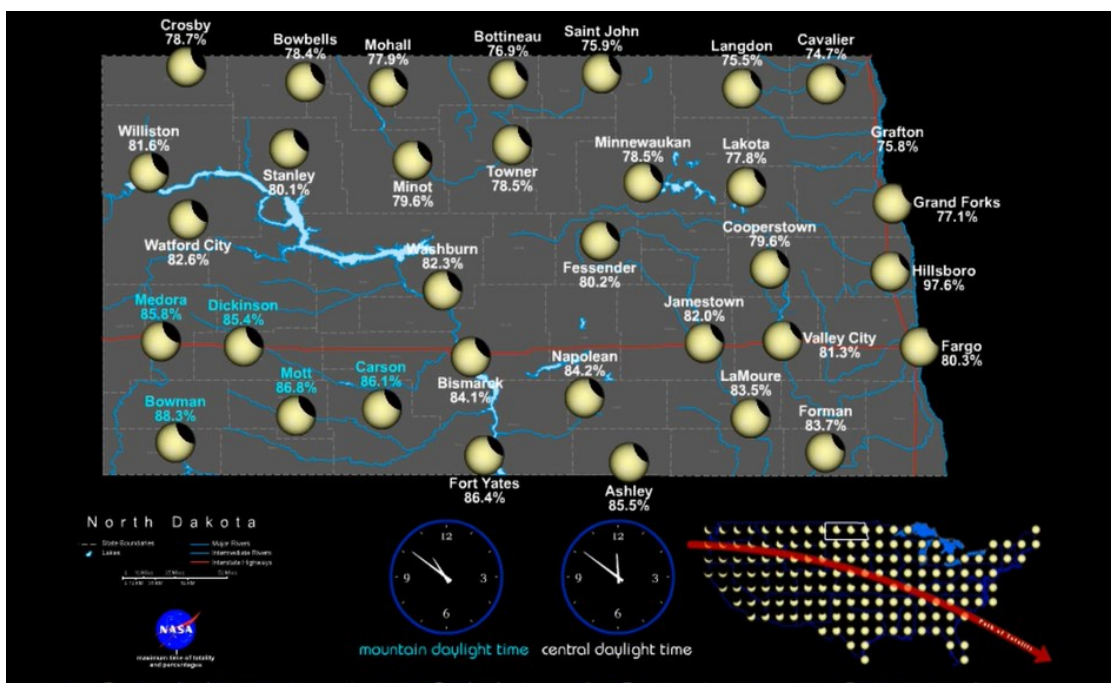
Do you know the "groups" or committees that St. Aloisius has available?

The Care 'N Share Group was established back in 1988. It is an employee group and the purpose of the committee was to oversee fund-raising, and to decide on items to purchase for the benefit of employees at St. Aloisius. Some of the items we have purchased over the last 29 years are: Employee Lounge items (tv's, refrigerator, couches & chairs, magazine subscriptions, lights, curtains, etc), Outdoor furniture, including tables & chairs & benches, outlets & plug-ins for cars, 3 stereos for LTC & the clinic, Christmas tree & decorations, decorations for cafeteria, microwaves, toasters, and chairs, and a cooler in the cafeteria and many other items throughout St. Aloisius.

We have also made donations to the local Food Pantry, to the St. Aloisius Christmas party, First Lutheran Church, Central Cinema, the Harvey/Martin Ministerial Association, the Angel of the Month program, and others. The money comes from selling Cappucino, Pop, Candy, and cans crushed & recycled. So we have also purchased 2 cappuccino machines, 3 candy machines, and the can crushers. If anyone has requests for items to be purchased, that maybe the hospital doesn't have in their budget, or something that makes working at St. Aloisius more enjoyable, contact Nancy Meland to find out who to speak to in this committee.

You really don't want to miss this. It is likely to be the only one in your lifetime! If you want to view the eclipse, be sure to have protective eyewear! It is never safe to stare directly into the sun, even if it is partially eclipsed.

Here is a map that will give you a good idea of how the eclipse will happen, where, and when:



ST. ALOISIUS IS STROKE READY CERTIFIED

Our Med/Srg/ER nurses are always working hard to provide the best possible care to our patients. From babies, to the very elderly, we provide it all. This is no small task due to the varying conditions, diseases, and emergencies of all shapes and sizes...

St. Aloisius Medical Center has recently received a three year designation for Acute Stroke Readiness from the State of ND.

To attain this designation, providers and nursing staff were required to complete additional training, implement new protocols that were put in place to quicken the assessment and treatment of stroke patients, and revise some procedures. Our “stroke team” consists of provider, nurse, lab and radiology personnel. A stroke patient should see a doctor within 10 minutes; get a CT scan within 25 minutes and, if appropriate, get TPA administered within one hour. We are very fortunate to have Avera’s E –Emergency system in place within two of our emergency rooms. This allows nursing staff to pull up a board certified emergency physician, on a television monitor, within seconds of the patients’ arrival.

The patient is then transported by ambulance or helicopter to the next classification of stroke facility – called a Designated North Dakota Primary Stroke Center. There, other assessments and surgical intervention, if needed, such as clot retrieval, can be done. Those hospitals are in Bismarck, Fargo, Grand Forks, and Minot.

After all is said and done, we also have a committee that meets to discuss all stroke cases and look for opportunities for improvement. The best quality of care is always our goal for our patients....

So remember, “TIME IS BRAIN” ... if you or anyone you know is experiencing signs of a stroke, do not delay!!! Dial 911.

Thank you again, Nurses and providers, for making St. Aloisius Medical Center a medical center to be proud of!



As dark as it gets

