



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Laura Lieberman-Editor Staff News

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

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Controlling Your Diabetes: Being Active

Part 2 of a Diabetes Awareness Series

Sarah Gregg, RN, BSN

Diabetes Educator

The American Association of Diabetes Educators (AADE) has developed seven key areas to help you control your diabetes. These self-care behaviors are Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risks, and Healthy Coping. This article will focus on Being Active.

Being active contributes to your overall health. Key benefits include to help you to lose weight, strengthen your bones and muscles, lower your blood sugars and cholesterol, improve your blood pressure, reduce stress and anxiety, all while improving your mood. Being active doesn't mean you have to run a marathon; there are many different ways to get your heart rate up and burn calories. If you are new to exercise, find things that you like to do and take it slow. For example, get moving by taking a walk, cleaning the house, or simply dancing along to some of your favorite songs. Ideally you should aim for at least 30 minutes of activity per day (it can be all together or split into 10 minute intervals) five days a week. How do you know if you are overdoing it? You should be able to talk, but not sing during the activity. Keep track of your activity and watch your blood sugars before and after exercise. Finally, make it a social experience – find a friend to exercise with, take a class, or join an adult sports league.

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.



Set a SMART goal for physical activity:

S – Specific: identify type, frequency, duration, and intensity of activity

M – Measurable

A – Attainable: challenging, but not out of reach

R – Realistic

T - Timeline





How Do You Handle Your Frustration at Home or at Work?

"You will keep in perfect peace those whose minds are steadfast, because they trust in you" Isaiah 26:

Here are five simple steps for dealing with frustrations in your life;

*Ask yourself. "Did I cause it?" the Bible says, "A man reaps what he sows" (Galatians 6: 7). We are often frustrated by things in life because we bring them upon ourselves.

*Ask yourself, "what can I learn from it?" (Romans 8: 28) says, "In all things God works for the good of those who love him". There are many bad things in the world, but all things work together. God can even take the negative and turn it into a positive if we let him. Use irritation as an opportunity to become more like Christ.

*Thank God in the situation. In 1 Thessalonians 5- 18 we read, "Give thanks in all circumstances". Frustration may be a blessing in disguise.

*Turn the frustration into a funny, humorous event. The Bible says, "A cheerful heart is good medicine" (Proverbs 17: 22). A sense of humor is God's antidote for anger and frustration.

*Ask God to fill you with his love. Why? Because 1 Corinthians 13: 5 says, "Love is not easily angered". Love is self-giving. We get irritated because we think everyone and everything has to revolve around us. Love concentrates on the other person.

*Jesus faced constant frustrations, but he never got irritated. He always made time for people. We get so preoccupied with our own things that we forget that people are the priority in life.

One more thing: Look Behind the Behavior of Those Who Frustrate You. What is it that got you frustrated?

Your Chaplain,

Sr. Mary Agnes Huber



Probably the reason we all go so haywire at Christmas time with the endless unrestrained and often silly buying of gifts is that we don't quite know how to put our love into words.

----- Harlan Miller

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





Winter Fun Facts!

*The average snowflake falls at about 3 mph

*The largest recorded snowman ever built was in Bethel, Maine, in February 1999. The 113-foot, 7-inch snowman broke the previous record held by Yamagata, Japan, at 96 feet and 7 inches.

*Around 12% of Earth's land surface is covered in snow and ice

*The coldest temperature ever recorded was -123° C at Vostok Station in Antarctica in 1983.

*All snowflakes have 6 sides

*According to the "Guinness Book of World Records," the biggest snowflake on record occurred in Montana in 1887. It was eight inches by 15 inches

*On February 17th, 2007 Bismarck, ND set the record for most snow angels made at one time. 8,962 students from different schools participated.

*Chionophobia is the fear of snow.



Relay for Life News:

The St. Aloisius Relay For Life Team is looking for new members! Come join the team and help raise money for a great cause while having fun! Contact team captain, Miranda Weninger if interested.

Upcoming Relay for Life Events:

December 1st-December 25th:

Remember your loved ones who have been affected by cancer by purchasing an ornament to hang on our Christmas tree located in the outpatient services lobby. Ornaments cost \$1, and your loved one's name will be written on it. Contact any team member for more information, or to purchase an ornament.

December 21st:

Get your holiday baking done by coming to our bake sale! Starting at 9:00 in the front lobby. Donations of baked good greatly appreciated!



ARE YOU GETTING ENOUGH SLEEP?



According to a recent survey, out of 2,000 employees, 43% said they do not get enough sleep at night. 16% said they have fallen asleep while driving, and 27% have fallen asleep at work. Studies say that getting between 4-5 hours of sleep a night is the equivalent of having a 0.08 blood alcohol level. Lack of sleep affects workplace performance and increases safety risks.

Untreated sleep disorders are associated with serious illnesses such as:

High blood pressure, heart attack, heart failure, stroke, obesity, psychiatric problems, mental impairment, and injury from accidents.

Tips to improve your sleep:

*Maintain a regular bed and wake time schedule, including weekends.

*Establish a regular, relaxing bedtime routine, such as soaking in a hot bath, then reading a book or listening to soothing music

*Create a sleep-conducive environment that is dark, quiet, comfortable and cool

*Sleep on a comfortable supportive mattress and comfortable pillows.

*Finish eating at least 2 to 3 hours before bedtime

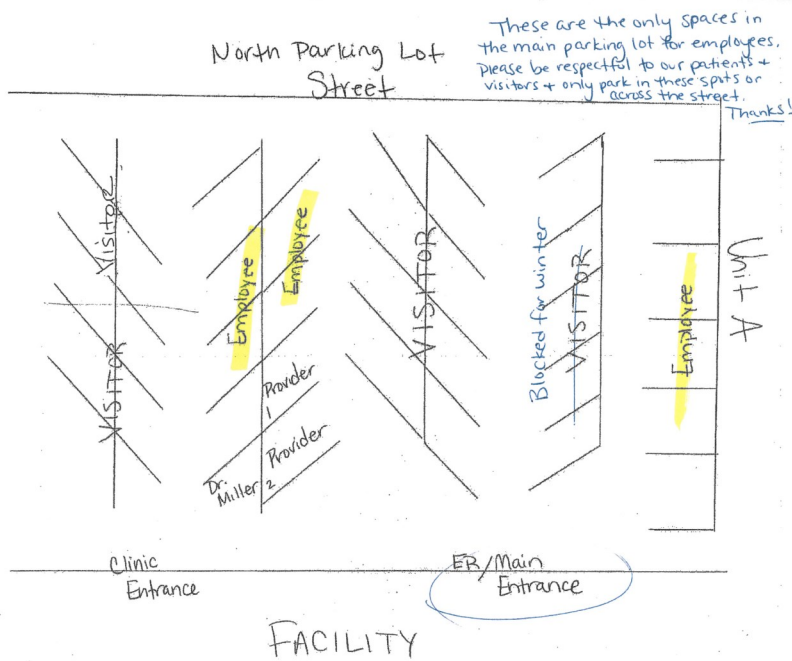
*Exercise regularly

*Avoid caffeine, nicotine, and alcohol close to bedtime

Information taken from How Sleep Deprivation Affects Work performance, by Vicki Bell, and Tired Workers Increase Safety Risks, by Louise Esola.

You cannot do an act of kindness too soon, because you never know how soon it will be too late.

- Ralph Waldo Emerson



New Hires:

Kali Weinmann, C.N.A. LTC



- *If you need a refresher on policies, or employee benefits, stop by Nancy Meland's office for a copy of the employee handbook.
- *The suggestion box is located at the front desk for ideas or events that you would like to see happen. The R+R committee is also looking for suggestions on ways to recruit and retain new employees.
- *There is now an ATM located in the front lobby next to the candy machine.
- *The furniture from the Serenity Garden has been moved into storage to preserve the fabrics and colors.
- *Employee drug testing will begin soon.

Did
You
Know?

St Aloisius Employee Christmas Party!

This year's employee awards banquet and Christmas party will be held at The Harvey Eagles Club, on Friday December 8th. Social hour begins at 6:00 pm, with supper served at 7:00 pm.

