



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Laura Lieberman-Editor Staff News

MARCH 2018

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

In This Issue:

Letter from JT Kennelly
Sister's Corner
New Employees
Penny House Fundraiser
Ways to Improve Attitude
Controlling your Diabetes
HIPPA and Safety News



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.

MOMENT OF FORMATION

St. Joseph's feast day is March 19th, and is ranked as one of the highest feast days of the year (referred to as a solemnity) in the Catholic Church. This feast day always falls during the season of Lent, and while it serves as a small oasis of celebration in this season of prayer and fasting, one could say that it is also a fitting feast day for the season of Lent.

During Lent we are encouraged to take a sobering look at our own mortality, as we are told on Ash Wednesday, "Remember you are dust and to dust you shall return." Now, St. Joseph, among his many titles, is also given the title of patron of the dying or patron of a happy death. This title is fitting for Catholic health care, which might seem odd, since health care is precisely about preventing death, or preserving life, or at least relieving suffering. While this is true, it is not the whole picture of *Catholic* health care.

Catholic health care operates under the principle of "holistic care," meaning care for the whole person: physical, emotional, psychological, and spiritual care. This stems in part from the understanding of the human person as a unity of body and soul, created in the image and likeness of God, and made for union with God. Thus, while death marks the limit of physical care, spiritual or pastoral care extends beyond death.

We often think of pastoral care around death in terms of comforting the grieving family and friends; however, a big part of spiritual care is preparing the soul of the dying person to meet God. And if one is prepared for this—if he or she is in a state of grace and at peace—then death can be understood as a happy event, a return to God, even if it is hard for us to experience the loss of the individual.

Therefore, as we reflect on our own lives this Lent, we can also say a prayer that all might have a happy and holy death. St. Joseph who died a happy death in the arms of Jesus and Mary, pray for us.



JT Kennelly
Director of Formation
SMP Health System



Three Mistakes to Avoid in the Face of Difficulty

“ In this world you will have trouble. But take Heart! I have overcome the World.” John 16: 33. In Acts 27, Paul set sail for Rome with other prisoners, and they faced great difficulties on their journey because the winds were against them. Paul warned the men on one leg of their voyage that if they set sail, they would be caught in a major storm and the result would be disastrous. They decided to sail anyway, making three common mistakes that we also tend to make that get us into trouble.

We listen to bad advice- Paul warned them not to do it. But because the “expert” said it was okay, they did it. If God tells you do one thing and all the experts in the world tell you to do something else, don’t listen to the experts. Listen to what God says.

We follow the crowd- The majority decided that they should sail on. The majority is often wrong! The majority of the Israelites wanted to go back to Egypt, and they were wrong, too. Peer pressure keeps a lot of people from doing what God wants them to do.

We rely on circumstances- “When a gentle south wind began to blow, they saw their opportunity” Paul warned the others that they were heading into a storm, but they sailed anyway. You should not go through every open door you see. You should not take advantage of every opportunity given to you. You should not accept every job that is offered to you. You should not date everybody that asks you out. Satan can arrange circumstances, too so you need to ask God for his directions.

Trouble is a part of life- You will have difficulties! Jesus told us so in John 13: 33 “In this world you will have trouble. But take heart! I have overcome the world. But knowing how to avoid these three mistakes will help you navigate through the difficulties you face on your journey of faith.

Thoughts---- Why do you think God allows you to experience difficulty on your journey of faith?

How have you gotten into trouble because you made on the three mistakes discussed?

How did God deliver you in that situation?

In closing we read in Isaiah 41:10 “Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand”

No matter what we face, God promises to be with us. He offers us comfort, reassurance, encouragement, and His support. Is there anything better?

Your Chaplain,
Sister Mary Agnes

New Employees at St Aloisius!

Karl Brandt - Dietary
Paul Lagasse – Dietary
Heather Lemer - LTC





St. Aloisius is one of many businesses in Harvey that are donating to support the Penny House – a youth gathering for teens looking for positive, alternative activities. You may have seen a recent article in the Herald Press about their upcoming event. We are still continuing to support our community for positive, health promoting events such as the Penny House. The event is Sat. March 10th at 7:00 p.m. at the Eagles.

For the donation, St. Aloisius will have a table which seats 8 and we are opening it up to staff who would like to attend. We will draw names out of bucket on Nancy's counter on Tuesday, March 6th. You may list your name + one guest, if you would like to attend and sit at our table. Also list your cell phone You are not guaranteed a seat, until we draw names on Tuesday March 6th and we will notify you and you can accept or deny it by March 7th. It will be up to you if you can't attend to let Sandy know and she will draw more names if need be. We would like to keep our table full. It will be up to the group of names chosen to come up with a theme for their table, which will be approved by Administration (Mike & Sandy) prior to March 10th. You will then decorate your table in that theme (i.e. Bison theme, summer theme, medical theme, etc) between 5:30 p.m. and 6:30 p.m. on Sat. March 10th. We would like to keep it some way within our mission, but have fun with it. The dinner starts at 7:00 p.m. with entertainment by the UND;s Varsity Gentleman (Tyler Larson is part of this group). There will also be an auction and raffle, and that would be your choice to participate in those events or not.

Any questions, please ask Sandy or Mike.

May you be filled with joy, always
thanking the Father

-Colossians 1:11

Ways To Improve Attitudes, Part Two

1. Choose– You're responsible for your own attitude, others do not control how you think. Decide to be positive and make it happen.
2. Relax– Don't fight a challenging situation, it only makes it worse. Relax, breathe and accept it.
3. Affirmations– Think positive thoughts and say positive things to yourself It might seem goofy but it works!
4. Be grateful– For what you have. There is always something to be grateful for.
5. Laugh– Bring more laughter into your life. It's a powerful way to improve your attitude
6. Pray or Meditate– For a couple of minutes everyday. You'll be surprised how positive this can be.
7. Celebrate– Your own successes and the successes of those around you as often as you can.
8. Have a plan– It lets you stay focused on where you are going instead of getting bogged down in the day to day drama
9. Control your environment– You make choices everyday about where you live, the work you do, and where you go. If your environment isn't supporting your positive attitude, change it.
10. Be selfish– Take care of YOU first. Give yourself permission to make YOU a priority.

Taken from Matt Booth, professional speaker and attitude expert. www.mattbooth.com

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 Problem Solving.

Everyone with a chronic disease, including those with diabetes, will have times where something unexpected will happen. An important part of self-care is learning how to problem solve those situations.

Below are some hints on how to problem solve:

No one is perfect. Don't beat yourself up.

Analyze your day. Was there anything different, such as increased stress, sickness, change in routine, more or less active, etc?

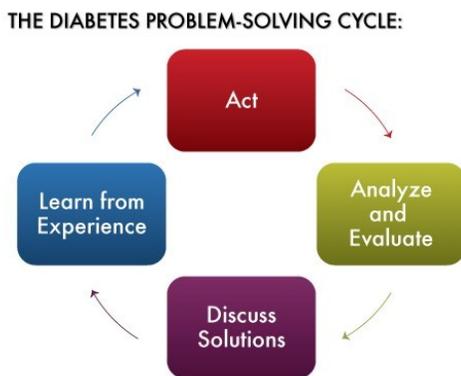
Learn from it. By finding a solution to the problem in a way that worked for you will help you apply those same problem solving skills in the future.

Talk with your health care provider or diabetes educator to help discuss possible solutions.

Try new solutions and then evaluate if they worked for you.

Three important areas that persons with diabetes (and their loved ones) should know how to recognize and problem solve are low blood sugars, high blood sugars, and sick day guidelines.

Image from AADE website



“Be the change that you wish to see in the world.”

– Mahatma Gandhi

HIPAA Moment

So – 98% of St. Aloisius Medical Center staff who use in-house email passed the PhishMe test! Congratulations!



On 2/20/18, I sent out a “2017 Tax Information” email through PhishMe. This was to determine how many of our email users would open a fraudulent email with a link to an inappropriate site. 4 people opened the email, 2 clicked on the link. I’m proud of you!

This is a part of our Network Security Awareness training. Another part is this short youtube video. Please watch it. <https://www.youtube.com/watch?v=i0iLy8racHI>

Keep it up!!!!

Marian Hase, Compliance Officer

Safety Awareness

We still have ICE! Please be aware of where you are walking. Anti-slip stuff is in each entry. Everyone can use it – not just the maintenance guys! Mary P. is really good about keeping the Outpatient Services Center doorway free from slipping hazards. Thank you!

Become familiar with workplace emergency procedures and policies. Know the fire and evacuation plan for the area where you work. Be aware of the location of fire extinguishers, fire alarms (look by an “EXIT” sign), flashlights, and emergency supplies.



Marian Hase, Compliance Officer

mhase@staloisius.com