



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

August 2019

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

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St Aloisius Medical Center Clinic

HAPPY ANNIVERSARY! It's been a year! Come help celebrate August 6, 2019 from 3:00 pm to 4:30 pm with root beer floats!

Appointments can be made by calling **324-5131**.

Providers: Dr. Rick Geier, Dr. T.I. Dean; Kim Thorson, FNP, Deb Buxa, FNP, Lisa Neumiller, FNP. Also coming to serve our patients: Dr. Michael Page; Dr. Ronald Skipper and Dr. Kelly Krohn.



SMP Health System

St. Aloisius Medical Center

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.



**July 2019 NEW EMPLOYEES
Welcome to the St. Aloisius Family!**

Debra Fuhrman—Dietary
Karissa Lautt—Physical Therapy





Comfort in the Storm of Life!

“ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.” 2 Corinthians 1: 4.

Because He comforts us first, we are able to comfort others. We may not be able to change someone's circumstances, but we can be there just to sit and let them know they are not alone.

So many things we can't control, but we can be there. Even when we can't understand the situation or the pain, just being present can often be enough. It validates another person's emotions. It says “ you don't have to walk through this alone.”

And perhaps, as God works through us, it even shines some light into the dark places in our lives.

Just know that Jesus is waiting in the midst of the storm, no matter what storm we are going through in life at the moment.

Look at Peter in Matthew 14: 28-Peter is questioning the Lord, when he first says, “Lord, if it's you, tell me to come to you on the water? Peter is aware of two facts: He is going down, and Jesus is staying up. And it doesn't take him too long to decide where he would rather be. Perhaps a better interpretation of his request would be, Jesus, if that is you, then get me out of here! “Come on “ is the invitation. And Peter doesn't have to be told twice. It's not every day that you walk on water through waves that are taller than you are. But when faced with the alternative of sure death or possible life, Peter knows which one he wants. The first few steps go well. But a few strides out onto the water, and he forgets to look to the One who got him there in the first place, and down he plunges. Peter's response may lack class – it probably wouldn't get on the cover of sports illustrated, but it get him out of some deep water: “Help me!” And since Peter would rather swallow pride than water, a hand comes through the rain and pulls him up. If you have never entrusted your life to God, you can do that today and feel the relief that he is in control.

Your Chaplain, Sister Mary Agnes
Pastoral Care Department

M&M (Mission & Motivation) Days Scheduled for 2019

Decon Ken Votava will be the presenter on Tuesday, October 8—12:45 pm to 2:45 pm; 7:00 pm to 9:00 pm. Wednesday, October 9—8:00 am to 10:00 am; and 1 pm to 3 pm. Decon Votava is the director of Pastoral Care at Ave Maria Village in Jamestown.

A short session on “How to Respond to an Emergency” will be given at each presentation.

St. Aloisius August Anniversaries

LeeAnn Krahler—40 years
 Sheryl Filler—38 years
 Linda Uhlich—34 years
 Kathy Sieg—31 years
 Vickie Kukowski—25 years
 Dorothy Baltrusch—20 years
 Gail Grondahl—19 years
 Joseph Volk—18 years
 Mary Beth Coombs—15 years
 Joe Fisher—15 years
 Karen Koble—14 years
 Dana Fitzgerald—6 year
 Michael Glennie—3 year
 Kristine Junio—3 year
 Deborah Keller—3 year
 Arthur Payawal—3 year
 Athena Buchmiller—2 year
 Gene Jackoviak—1 year
 Pamula Melton—1 year
 Jody Schanhals—1 year

312 years of dedicated service to St. Aloisius Medical Center!



PARKING

Remember—Monday through Friday from 7 am to 5 pm the clinic and the hospital lots are not available for employee parking unless you have permission from your supervisor .

North parking lot is always available as well as the parking lot behind the hospital.

St. Aloisius Medical Center

Direct Dial Numbers

St. Aloisius Clinic—324-5131

Medical Floor - 324-5112

Unit A—324-5121

Unit B—324-5118

Daycare—324-5109

Sherri Engkvist—324-5120

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!

LIFE SAFETY SURVEY—LTC

Life Safety Survey was completed July 22, 2019. There is a change in the Fire Alarm response. Do as always—move patients and residents beyond the fire doors (if the fire is in your area). Pull the alarm; call the switchboard to say where the fire is. If smoke and/or flames are visible, call the fire department at 911 (8911 if using in-house phone). Shut doors, turn off any oxygen. Extinguish it if you can or evacuate to the other side of fire doors.

If no smoke or flame is visible, maintenance will be responsible for notifying the fire department.

In the event of a fire drill—we will simulate calling the fire department. The fire alarm system will always automatically notify the Harvey Police Department.

ACTIVE SHOOTER FULL SCALE DRILL COMING SOON!

This will not be a surprise—EVERYONE will know when it is going to happen.

59 staff members attended the tabletop exercise on July 11. Quite a few problems were brought up—including poor front desk person! Doing these exercises will get us funding (grants) for equipment needed to make SAMC more secure.

It also brings to everyone's attention how each of us needs to respond in the event of an emergency. Freezing is not an option!

In the mean time, be thinking what you would do if a shooter came to your department. **RUN—HIDE—FIGHT!!!**

This is immediate action—then what would you do?

If you have any questions, ask Marian.

FORMATION MINUTE

"The poor and the sick are the heart of God.

In serving them, we serve Jesus, the Christ." – St. Camillus de Lellis

In the Catholic Church, there are many saints who can serve as role-models for us in serving the sick. This month, I'd like to very briefly highlight a somewhat lesser known patron saint of the sick, St. Camillus de Lellis.

St. Camillus was born in 1550 in Bucchianico in the kingdom of Naples. He was a bit of a hot head and somewhat impulsive, growing up without much parental guidance. He served for a number of years in the military where, unfortunately, he developed a bit of a gambling problem which progressed to the point of gambling away all his possessions down to the shirt off of his back and was left with nothing.

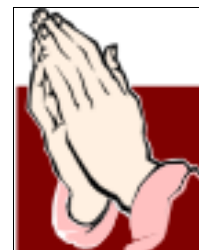
Having reached the bottom, he began working as a laborer at a Capuchin friary, where one day he experienced a deep conversion due to a friar's preaching. He felt called to join the order, but due to an unhealed wound on his leg which he received as a soldier (which would stay with him for the rest of his life), he was not allowed to join. This wound eventually led him to hospitalization in Rome where he became friends with St. Philip Neri, who became a spiritual father to him. While in the hospital, Camillus worked as a caregiver for other patients. He was eventually placed in charge of the hospital, and began reforming the care provided to the sick which, up to then, had been rather poor. Finding deep fulfillment in caring for the sick, St. Camillus discovered his life's calling, which was also a religious calling. St. Camillus received permission to study for the priesthood and found a religious order, the "Servants of the Sick", dedicated to caring for the sick.

Along with his order, St. Camillus continued his reform of hospital care and found other ways of helping the sick. His experience as a soldier led him to provide medical assistance on the battlefield, creating what was the first ever field medical unit. During the not infrequent outbreaks of the plague, St. Camillus and his men saw it as their sacred call to risk their lives to care for the people who had contracted the deadly disease. In fact, St. Camillus' order eventually added this as a unique vow, namely to "serve the sick, even with danger to one's own life."

Camillus died on July 14, 1614, after many years of physical suffering. He was canonized in 1746 by Pope Benedict XIV and, with St. John of God, was later named both patron saint of the sick by Pope Leo XIII and patron of nurses and nursing associations by Pope Pius XI.

St. Camillus de Lellis, Pray for us!

JT Kennelly
Director of Formation
SMP Health System



Lessons from the Counselor's Couch

By: Shawn Meier, MRC, LAC, NCAC II, SAP, Employee Assistance Program

Is There Such a Thing as Social Media Addiction?

Everywhere you go you see people on their phones, iPads, iPods, laptops, watches, or whatever they choose to use to connect to others through social media. Connecting to others is a healthy and vital activity plus social media has been proven to release dopamine in the brain. Dopamine is known as the "happy hormone" which is responsible for our feelings of pleasure and it motivates us to do more of what we love. Sounds all good, right? Well, there are many studies out there which talk about the negative effects on mental and physical health from engaging in social media. Feelings of isolation, jealousy, envy, sadness, and low self-esteem can stem from comparing ourselves to others. Sitting for long periods of time is linked to conditions such as obesity, heart disease, diabetes, cancers, breathing problems, digestive problems and other diseases. By sitting for more than two hours at a time, you increase your risk in higher blood pressure, higher levels of blood sugars, excess body fat, higher cholesterol levels, ulcers, and the list goes on and on.

So if we enjoy social media a little too much, we run the risk of poor mental and physical health including addiction. Would you be interested in knowing if you or someone you care about is "addicted" to social media? Then take the following quiz which is a list of 11 symptoms which are criterion for patterns of "usage" which could indicate addiction:

1. Do you "use" more and for longer periods of time than planned or intended?
2. Have you ever tried to cut down or quit with several unsuccessful efforts in doing so?
3. Do you spend a great deal of time trying to get it, use it or recover from it?
4. Do you have cravings or urges to use it?
5. Do you have difficulty in fulfilling your obligations at home, work or school because of it?
6. Do you continue to do it even though it's causing interpersonal problems?
7. Do you give up important social, occupational or recreational activities because of it?
8. Do you use it in physically hazardous situations or keep doing it over and over even when it puts you in danger (i.e. being on social media when you're driving)?
9. Do you continue to do it even when you know you have a psychological problem (such as anxiety or depression) or physical problem (such as high blood pressure) that is either caused by it or made worse by doing it?
10. Do you have a tolerance to it? (You need to do it more and more to get the same effect).
11. Do you have withdrawal from it when you're not doing it and it can be relieved when you do it again? (i.e. having anxiety and it goes away when you check your social media).

If you answered yes to 1 symptom, this is a sign you likely don't have a problem with social media. However, if you answered yes to 2-3 symptoms, this could indicate a mild problem. If you answered yes to 4-5 symptoms, your problem is considered moderate and if you answered yes to 6 or more symptoms, you likely have a severe problem. This quiz can be an eye opener for making some positive changes for yourself; consider it an exciting time to start focusing on yourself by increasing self-care and concentrating more on your loved ones.

**R&R Committee
(Retention & Recognition) NEWS**

1. **MORE MEMBERS ARE NEEDED FOR THIS COMMITTEE!**
2. They meet the second Wednesday of each month at 2:00 pm to discuss ways to promote employee recognition and retention. **YOU ARE NEEDED!**
3. 2nd Wednesday is a day to **WEAR JEANS** for \$1 with the money going to the R&R Committee to provide **STUFF**.
4. Are you one of the privileged ones to get a designated parking spot?



August is: Cataract Awareness Month

Cataracts are the leading cause of blindness in individuals 55 or older. (National Eye Institute) Some risk factors dealing with cataracts are age, medical conditions such as diabetes, physical injuries, UV light, steroids, and smoking. (Eye Surgery Education) Smokers are twice as likely to develop cataracts compared to non smokers.

Cataracts are a clouding of the lens in the eye. Some symptoms of cataracts are blurred vision, glare, and difficulty reading. The lens is the part of the eye which focuses light to give a clear image. Roughly 60% of people 65 or older have some degree of cataracts. Many individuals elect to have surgery to remove the cataracts from their eyes. You must go to an eye care professional for a check-up to see if you do have cataracts.

