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The past year and a half have been incredibly challenging for Zandra Davis, a nursing assistant for the Metro Region float pool. Health problems have put a great deal of stress on her and her family, both emotionally and professionally. Yet she will tell you that this also has been one of the most uplifting times of her life. It all has to do with the kindness of strangers.

Zandra’s first encounter with kindness was in November 2006. She had knee surgery that month and was placed on light duty. She was assigned to the corporate office on Montana Street. Since she was only assigned there temporarily, Zandra did not have a key to get into the building. When she arrived early on her first day of work, her hands full with a cane and her bag, she was relieved when someone offered to help her into the building. That “young man” as Zandra describes him, opened the door for her, walked her to the elevator and pushed the button for her. “He was such a gentleman,” remembers Zandra. It wasn’t until later that day that Zandra found out that the kind stranger was Nick Turkal, MD, President and CEO of Aurora Health Care.

And Dr. Turkal’s kindness didn’t end there. He told corporate office employee Carole Czecholinski about Zandra. From that point on, Carole saw to it that Zandra got safely into the building each morning.

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While recovering from her knee injury, Zandra noticed that she had developed a bruise on her arm. Since she did not recall injuring her arm and because the bruise was not healing, Zandra sought medical attention. In February of 2007, just 10 months after her knee surgery, Zandra was diagnosed with a rare form of bone cancer.

Aurora will complete chemotherapy within the next month and is doing well. She plans to return to work at Aurora where she will be retrained in a new job. She attributes her successful treatment not only to the medical staff who have cared for her, but also to the kindness and support of her family, friends and Aurora co-workers.

Showing kindness toward your co-workers is central to the Planetree principle of caring for the caregiver. Zandra’s story is proof that whether you are opening the door for someone or donating your hard-earned PTO, kind gestures can have a profound impact on the people you work with. People will in turn pass that kindness on to others, resulting in a more healing environment for everyone.

“I was so incredibly touched by the compassion and kindness these people showed me. Since I will never know all of the names of the people who helped me, I just want everyone to know how humbly grateful I am.”

— Zandra Davis
Over 3,600 Aurora St. Luke’s employees protected themselves, their loved ones and our patients by getting vaccinated against the flu this year. By taking just a few minutes out of their day, these employees have enhanced patient safety here at St. Luke’s. The final system vaccination rate was 72%, which is outstanding!

Flu vaccination rates at St. Luke’s have steadily increased over the past three years. The flu vaccination rate was 56% in 2005 and jumped to 63% in 2006. We hit an all-time record by reaching 67% this year, another impressive increase over the previous year. We credit all of you – the employees who are stewards of patient safety – for our success with this initiative.

In celebration, all members of units/departments that reached 80% vaccination (our system goal) will be invited to attend a pizza party. The pizza party dates/times are as follows:

<table>
<thead>
<tr>
<th>Wednesday, March 5</th>
<th>Friday, March 7</th>
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</thead>
<tbody>
<tr>
<td>11:00 a.m. – 1:00 p.m.</td>
<td>11:00 a.m. – 1:00 p.m.</td>
</tr>
<tr>
<td>4:30 – 5:30 p.m.</td>
<td>4:30 – 5:30 p.m.</td>
</tr>
<tr>
<td>HS I &amp; II</td>
<td>Meeting Room C &amp; D</td>
</tr>
</tbody>
</table>

Third shift employees are invited to enjoy a free slice of pizza and a fountain soda on the dates/times: March 5, 12:30 a.m. – 3:00 a.m. and March 6, 12:30 a.m. – 3:00 a.m. Employees who bring their reusable tumbler along also will get a free cookie.

Managers were informed this week of their final flu vaccination rates. Departments with vaccination rates of 80% or above will receive tickets to distribute to employees, which must be presented to attend one of the parties or to receive the free pizza in the cafeteria.

**Team Green Tip of the Week**

- Drive less. Consider carpooling to work. If you live nearby, walk or ride a bike. You’ll save one pound of carbon dioxide for every mile you don’t drive.
- Check your tires. Keeping your tires inflated properly can improve gas mileage by more than 3%. Every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere.
- Drive the speed limit. Speeding causes extra air resistance on your vehicle and speeds above 60 mph can especially be a drag. The U.S. Department of Energy estimates that for every five miles per hour above 60, the decreased fuel efficiency is the equivalent of paying a $0.20 surcharge on each gallon. The costs to you and the environment can quickly add up.

Source: www.terrapass.com

Do you have a “green tip” that you would like to share? Please e-mail Meghan Parsche at meghan.parsche@aurora.org.
Haven’t attended a Planetree retreat yet? Sign up today!

To date, 75% of Aurora employees have attended a Planetree retreat. That means that 25% of you still need to attend a retreat before the deadline, which is June 26, 2008.

**How to sign up**

There are many dates open between now and the end of June. After discussing scheduling with your manager, you can register for one of these open dates in the Learning Connection. To register:

- Log into iConnect.
- Click on Learning Connection under Quick Links on the left-hand side of your screen.
- In the box next to “Search by Course Title,” type ASLMC.
- From the search results, find “ASLMC Planetree Retreat” and click on “View Events and Enroll.”
- Register for any of the retreats with seats remaining by clicking on “Enroll.”
- You will receive a confirmation e-mail with driving directions to Boerner Botanical Gardens.

If you have trouble signing up in the Learning Connection, you can still attend a retreat. Walk-ins are accepted on all dates.

**Free shuttle transportation**

We will offer a roundtrip shuttle from Aurora St. Luke’s to certain retreats for those employees who usually take the bus and have no other means of transportation.

- Shuttle service has been scheduled for the following retreats: 2/26, 2/27, 3/13, 4/10, 5/8 and 6/5.
- To reserve a shuttle spot, please call Lynn Paszkowski at 414-219-6784. You also will need to register for the retreat on the Learning Connection.
- Riders need to be at the main entrance of the hospital by 7:20 a.m. – the shuttle leaves promptly at 7:30 a.m. The shuttle will return you to the main entrance in the afternoon.

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**Menu Highlights**

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**Sunday, February 24**

**Breakfast:**
Belgian Waffle
Breakfast Sandwich

**Soup:**
Wisconsin Cheese

**Lunch/Dinner:**
Baked Breadcrad Cod
Meatloaf with Mushroom Gravy
Chicken Teriyaki*

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**Monday, February 25**

**Breakfast:**
Omelettes Made to Order
Belgian Waffle

**Soup:**
Chicken Noodle

**Lunch/Dinner:**
Tortilla Crusted Tilapia
Sloppy Joe
Vegetable Lasagna*

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**Tuesday, February 26**

**Breakfast:**
Omelettes Made to Order
Cheesy Hashbrown Bake

**Soup:**
Broccoli Cheese

**Lunch/Dinner:**
New Orleans Style Grouper
Nacho Grande
Mardi Gras Glazed Pork Medallion*

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**Wednesday, February 27**

**Breakfast:**
Omelettes Made to Order
Biscuit and Gravy

**Soup:**
Vegetarian Vegetable

**Lunch/Dinner:**
Roasted Jamaican Jerk Pork
Mahi Mahi with Mango
Pineapple Chutney
Grilled Orange Chicken Breast with Pecans and Cranberries*

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**Thursday, February 28**

**Breakfast:**
Omelettes Made to Order
Eggs Benedict

**Soup:**
Barley

**Lunch/Dinner:**
Broccoli Cheese Scrod
Spaghetti and Meatballs
Chicken Breast with Spinach and Mushrooms*

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**Friday, February 29**

**Breakfast:**
Omelettes Made to Order
Stuffed Pancakes

**Soup:**
Potato Corn Chowder

**Lunch/Dinner:**
Oven Baked Crusted Catfish
Cod Nuggets
Pasta Primavera
(chicken available)*

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**Saturday, March 1**

**Breakfast:**
Belgian Waffle
Breakfast Egg Roll

**Soup:**
Chicken Dumpling

**Lunch/Dinner:**
Fish – Catch of the Day
Golden Chicken Tender
Hot Ham on a Whole Wheat Roll*

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* Healthy Choice Item

The Cafeteria is open every day from 6:30 am to 7:30 pm and 12:30 am to 3:30 pm.

**Meals Are Served:**
Breakfast: 6:30 am – 9:30 am
Lunch: 10:30 am – 2:00 pm
Dinner: 4:15 pm – 7:30 pm

The Deli is open Monday through Friday from 7:00 am to 3:00 pm. It is not open Saturday and Sunday.
Diabetes screening being offered February 26

To help increase awareness about the disease, Aurora Pharmacy – Aurora St. Luke’s Medical Center is holding a blood sugar screening to help identify patients who are at risk for developing diabetes. The screenings will be held on Tuesday, February 26 from 7:30 a.m. to noon. There will be a $10 fee and patients will need to fast for at least 8 hours prior to the screening in order to obtain accurate measurements. Aurora Pharmacy is located on the 1st floor of the main building, across from the glass elevator. Please call 649-6930 to make an appointment today.

The Aurora St. Luke’s Endocrine Diabetes Center offers help for people at risk for diabetes

Pre-diabetes means that a person’s blood sugar numbers are higher than normal but not high enough to be called diabetes. Millions of people have pre-diabetes but do not know it. Having pre-diabetes puts you at greater risk for getting Type 2 diabetes within 10 years. It also means that you are at higher risk for heart disease and stroke.

Can you reverse pre-diabetes?
Yes. Physical activity and weight loss help to lower blood sugar levels. Studies have shown that these changes can reduce the risk of diabetes by as much as 58%. In fact, many of the people returned to normal blood sugar levels.

How can I get help?
Dietitians and nurses are available to help you learn more about pre-diabetes and develop an action plan to reduce your blood sugars.

Is there a fee for this?
Some insurance companies cover these services. United Medical Resources covers diet counseling and education with a diagnosis of pre-diabetes, diabetes, congestive heart failure or hypercholesterolemia.

How do I make an appointment?
To schedule an appointment, call the Endocrine Diabetes Center at Aurora St. Luke’s Medical Center at 328-7314. A referral from your doctor is required and we can help you get that if needed.

Aurora Libraries Lunch & Learn Event:

Google/PubMed/OVID

Bring your lunch and learn in less than 30 minutes!

Come and learn differences and similarities of the Google, PubMed and OVID search engines, and learn which search engine will best fit your individual research needs.

Wednesday, March 5, 2008
Meeting Room C
11:30 – 11:50 a.m.
12:00 – 12:20 p.m.
12:30 – 12:50 p.m.

Skywalk food cart moving

Construction will soon begin on a new general store that will be located in the space currently occupied by the Skywalk food cart. To allow for construction, the food cart will be moving to the center of the Skywalk on February 29. Food management will be offering a limited selection of beverages, sweets and sandwiches. We appreciate your patience as we improve that space to better meet the needs of our patients, visitors and employees.

A new and improved Aurora Star program at Aurora St. Luke’s

There is no better feeling than getting recognized for a job well done. The Aurora Star program allows Aurora employees to nominate each other for going above and beyond in their roles as caregivers. To give Aurora Star recipients the recognition they deserve, the Planetree Human Interaction work team is revamping the program at Aurora St. Luke’s.

The presentation ceremony will move from a monthly schedule to every other month to allow the work team to put their plan in place. Plans include enhancing the celebration by sharing all Aurora Star stories with staff in “Aurora St. Luke’s Today” and by adding special touches to the presentation ceremony.

The next Aurora Star presentation will be held on Thursday, March 20 at 2:30 p.m. in Health Science I & II.