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Teamworks, September 23, 1997

Aurora Health Care

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After 18 years of caring for patients in the high-tech world of cardiac care, Aurora employee Janet Laughlin, RN, now cares for patients at Wiselives Center, a small, two-provider, family practice clinic, tucked into a strip mall on Bluemound Road in Wauwatosa.

Janet tells the story of a middle-aged woman who wanted to try an herbal remedy, but with the support of her Wiselives Center provider. That patient is now using the remedy secure in the knowledge that her primary health care provider understands and approves.

"Our patients are so grateful to Aurora for having the vision and taking the risk to develop the Wiselives Center," says Janet.

Janet, a single mom, arrived in Milwaukee from Springfield, Ill. in 1978 driving a 17-foot U-Haul, loaded with everything she owned, her two grade-school age children and their cat sedated with "kitty-downers."

"I expected to go to graduate school in nursing at UW-Milwaukee," explains Janet, but after she arrived in Milwaukee, graduate school didn't work out.

"There I was—no school, no job," says Janet. "So I looked in the newspaper and found that Mount Sinai Medical Center (Mount Sinai and Good Samaritan Medical Centers merged in 1987) had a part-time staff nurse opening." Janet applied for the job and was hired to help develop one of Milwaukee's first cardiac rehabilitation programs.

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"I fell into it," explains Janet. "And it was exciting to help cardiac patients have a better quality of life. We had been getting good at keeping them alive, but their lives were often limited because we didn't really know how strong they were."

"There were always people with vision helping me"

Maybe this new job is something she fell into too. "Before I joined Wiselives, I was beginning to wonder if there were other kinds of patient care I might like to do. Nor was I totally adjusted to my empty nest, maybe it was a mid-life crisis," says Janet. She says she followed her intuition.

She also credits Aurora's leadership for having vision. "There were always people with vision helping me," says Janet. Each step along the way, as she completed her education—she did go on to earn a master's in nursing—there were opportunities, including the opportunity to move within the Aurora system.

Janet sees that vision in the creation of the region. "It's very positive to be able to share resources, it's so logical."

Janet's worked at Wiselives Center since last fall and she loves it.

Not only has Janet changed jobs, she's also changed her life outside of work by learning to golf and beginning to travel. She's visited her son in Connecticut, her daughter in Colorado, and she's journeyed to Africa. "And I'm a reader, always a reader," she says.
Sunshine and smiles were abundant as more than 18,000 Aurora employees, volunteers and their families enjoyed a fun-filled day at the Milwaukee County Zoo. Pictured are a few Aurora employees from the Metro Region.
*Note: These are some of the employees who have been named to Metro Region management positions. Future issues of Teamworks, Metro Edition, will picture additional members of management in the Metro Region.
Are you cholesterol savvy? Cholesterol is a fat-like substance, or lipid, in the blood. Your body produces and needs a certain amount of it, and it is present in certain foods. Too much cholesterol can build up in your arteries and block the flow of blood through them. As your cholesterol level increases, so does your risk of coronary artery disease.

Simple screenings are one way to keep track of your cholesterol levels, but they should never replace testing through your doctor’s office. Here is an explanation of cholesterol levels for people 18 or older who do not have disease:

- less than 200 mg/dl is a desirable level
- 200-239 mg/dl is a borderline level
- more than 240 mg/dl is a high level

(These levels are from the National Cholesterol Education Program, National Institutes of Health)

Cholesterol levels can vary as much as 10% from day to day, so it’s best to have repeated checks done at the same place and time of day.

You can help control your high cholesterol level by adopting a heart-healthy lifestyle that includes:

- a low-fat, low-cholesterol diet
- regular exercise
- weight control
- quitting smoking

If lifestyle changes don’t adequately control your cholesterol, your doctor may prescribe medications.

Nearly 6,000 older adults from the Milwaukee area enjoyed a full day of health information at Aurora Health Care Senior Celebration on August 29, 1997. Representatives from departments throughout the Metro Region offered screenings, helpful suggestions and handouts at the ever-popular event, now in its 10th year. Additional activities included refreshments, aerobics, cooking demonstrations, bingo, prizes and musical entertainment.

Senior Celebration offers health services, screenings and much more.
Confidentiality Awareness

All employees welcome, especially for employees responsible for delivering confidentiality training.

1-3 p.m., Tuesday, Nov. 11
Aurora Conference Center
Buckeye I
Call (414) 647-3282 for more information or to register.

National Depression Screening Day

Thursday, Oct. 9
Free depression screening by Aurora Behavioral Health Services (ABHS) at eight sites on Oct. 9 throughout Aurora’s Metro Region. Call for an appointment.

1:30 p.m. St. Luke’s South Shore, (414) 769-4000
1-3 p.m. Grand Avenue Mall (Sponsored by SSMC), (414) 937-5000
1:30 p.m. Freedom Village Activities Center, (414) 357-8086
3 p.m. Milwaukee Psychiatric Hospital, Waukesha Outpatient Center, (414) 896-6000
6 p.m. St. Luke’s Medical Center, (414) 649-5116
6 p.m. Milwaukee Psychiatric Hospital, Franklin Outpatient Center, (414) 425-1250
7 p.m. Milwaukee Psychiatric Hospital, Northshore Outpatient Center, (414) 964-2828
7 p.m. Milwaukee Psychiatric Hospital, New Berlin Outpatient Clinic, (414) 796-8426

Family Therapy Training Institute

Postgraduate professional school for marriage and family therapists, continuing education in family systems therapy. Established in 1972 by Family Service of Milwaukee. Aurora employees qualify for 50% discount.

For further information and to request a brochure, call (414) 342-4560 (ext. 140 or 108).

Change in tax laws affects tuition reimbursement

Employees need to know that federal tax laws governing employer-provided tuition reimbursement will impact programs administered by Organizational Development. After June 30, 1997, federal income tax and FICA will be withheld from the reimbursement on all non-job-related classes in addition to state income tax.

Free Hearing Screening & Referral Service

Every Monday
West Allis Memorial Hospital
Call (414) 328-7410 to register.
The Organized Secretary: Juggling Priorities, Paper and People

Especially for secretarial and clerical employees.

8 a.m.-12 noon, Thursday, Nov. 13
Aurora Conference Center, Buckeye II

Call (414) 647-3282 for more information or to register.

The Wisdom of the Serpent:
Tools for Personal Balance

7:30-10 a.m., Tuesday, Oct. 7
Presented by Susan Winecki

The serpent and the cyclical process of shedding its old skin to make way for the new is an example of resilience in nature. In the workplace, resilience is the ability to shape, shift, change forms, use many facets of self in order to function well in an unpredictable environment.

Program is sponsored by the Mental Health Association in Milwaukee County. Corporate sponsors are Wisconsin Electric and Aurora Behavioral Health Services.

For further information and to register, call the Mental Health Association, (414) 276-3122.

Fee is $35 or $100 for the series that continues Nov. 4 and Dec. 2.