How do you lose and win at the same time? For Brenda Voskuil, secretary II, in cardiopulmonary services at Aurora Health Center in Waukesha, the answer is to lose 100 pounds and run a marathon (that's 26.2 miles) all in a year's time.

Brenda and her husband, Brien, finished the 25th Annual Honolulu Marathon in 7 hours and 50 minutes. The marathon, on Sunday, Dec. 14, attracted more than 40,000 participants. Brenda and Brien jogged until mile 13, then walked and jogged.

"The miles from 13 to 23 were really tough. So many people passed us. When we hit mile 23, we knew we could finish," Brenda says. "We can always do three or four miles."

Brenda, 31, was inspired to begin training to run the Honolulu marathon by a Leukemia Society of America flyer she received in the mail late last year. The flyer began: "What are your fitness goals for this year?" It went on to say that if she agreed to raise at least $3,400, the Leukemia Society would provide training, transportation, lodging and the Honolulu marathon entrance fee. If she didn't raise the money, she'd have to pay the difference herself.

By the time she boarded the plane for Hawaii, she had raised more...
than $4,000. Brenda says that Leukemia Society participants in the Honolulu marathon raised more than $7 million. Brenda also was motivated to get involved because she has three family members who’ve been successfully treated for Hodgkin’s disease, which is similar to leukemia.

"It's hard, but it's worth it," Brenda says. "I'd recommend that everyone try it once."

“You realize what your body can do. Working in cardiac rehab, I’ve seen patients make significant changes. If they can do it, so can I.” Brenda says that she didn't really diet to lose the 100 pounds. “Once I started exercising, I just started to eat better, regular exercise changed the kind and amount of food I wanted.”

“I’m not your typical marathoner,” Brenda says. A few days before the marathon, her speed was 12 to 13 minutes a mile, and her longest run had been about 22 miles.

What’s next for Brenda and Brien? “We’re thinking we’d like to do a half marathon,” she says. “Or maybe a marathon a year, to keep us fit. I want to be one of those 90-year-old marathoners.”

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**SERVICE CORNER — Service with Insight at St. Luke’s**

The Coffee Shoppe at St. Luke’s Medical Center now has a new Braille menu. “The Braille menu was introduced in an effort to demonstrate a sensitivity to the special needs of some of our guests,” says Bruce Parker, supervisor-dining room services. It’s another way to deliver more personalized service and care to our internal and external customers. The Braille menu was produced with the help of the Visually Handicapped, Inc. volunteer services. St. Luke’s medical staff and volunteers who assist visually handicapped visitors and guests have been asked to mention this option. Bruce adds, “A Braille menu is just one of the many ways departments can strive to achieve our service promise and exceed guest expectations.”

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**Service counts at Sinai Samaritan Medical Center**

The Service Management Advisory Committee of Sinai Samaritan Medical Center presented four Golden Moment Awards in November. Recognized were Linda Niedziejko, RN, and Trudi Opad, RN, of the gastroenterology laboratory, and Virda Lovelace, surgical technician, and Marcia Hanizewski, RN, of the minor outpatient surgery department.

Linda and Trudi were nominated for exceptional leadership and service above and beyond the call of duty. They volunteered to be live subjects for staff training on new specialized equipment. Not only did they agree to have a tube inserted through their noses into their stomachs, but they also were required to go without food or water for the four hours before the demonstration.

Virda and Marcia intervened to assist a visitor who was in the midst of a heart attack. Virda noticed him using a phone near the department and learned he was having chest pain. She called Marcia to evaluate him and they took him to the emergency department. He was immediately referred to cardiac catheterization for further evaluation and treatment. The patient and his family say that Virda and Marcia saved his life.
Other changes include the use of scopes for gynecological, gastroenterological and orthopaedic surgery, which means smaller incisions that heal quickly. "In the past, a bleeding ulcer meant major surgery. Now we can stop the bleeding without even making an incision," Marilyn says.

It's this kind of change — improved techniques, better and faster-acting general and regional anesthesia, altered patient flow systems — that's causing hospitals across the country to create specialized ambulatory surgery departments.

Responding to that need in Washington County is Hartford Memorial Hospital, which will begin providing patient care in its new 13,000-square-foot Ambulatory Care Center on Feb. 2. Marilyn's been involved in planning the new center with Beverly Beine, manager of surgical services. "We started planning this addition more than a year ago, it's so exciting to see it all come together," says Beverly.

Key in the development of HMH's new Ambulatory Care Center was improving patient and physician satisfaction while increasing staff efficiency. "As part of the planning process, we did a matrix to help separate the things that were absolutely necessary from those that were just nice to have," Beverly says.

The new center has 10 patient spaces that have windows and breakaway glass doors (with privacy curtains), patient locker rooms, restrooms, a nurse station, a small kitchen and a family waiting area with TV, refreshments and computer access. There's also space for the Pain Management Center.

Surgery will be performed in the hospital's existing operating rooms. An area adjacent to the operating rooms will also be remodeled to create additional pre-surgical holding areas. This will significantly enhance patient flow.

It's a rewarding time for Marilyn, Beverly and the Ambulatory Care Center employees, who will welcome the hospital's board of directors for a tour on Jan. 26, hold a physician open house on Jan. 28, and offer employees a preview on Jan. 30.

Train for a career in medical imaging

The St. Luke’s Medical Center Schools of Radiologic Technology and Diagnostic Medical Sonography are currently accepting applications for classes beginning in July 1998.

The School of Radiologic Technology has prepared hundreds of students for rewarding careers in radiography. The 24-month, full-time program combines classroom and clinical experience. Candidates for admission must be high school graduates and have a 2.0 combined grade point average.

The School of Diagnostic Medical Sonography was one of the first nationally accredited programs in the nation. The full-time program is 14 months. Candidates for admission must have graduated from a minimum two year allied health occupation training program or have a bachelor's degree with course work in human anatomy, biology, college algebra, as well as documentable patient care experience.

The application deadline for the schools is Feb. 1, 1998. For a brochure or additional information, call (414) 649-6305.
St. Luke's South Shore collected more than 3,000 new teddy bears to help calm and comfort children visiting its emergency department. Last year nearly a quarter of all the patients treated in the ED were children. All the donated teddy bears were new and had their manufacturer's tags still attached. Call Linda Luedtke, office of philanthropy, for more information, (414) 489-4162.

Sinai Samaritan Medical Center has donated discontinued medical supplies to King William's Town, South Africa. Milwaukee has a new sister city/county relationship with the town approved recently. With help from a group called the Milwaukee Friends of Africa, hundreds of items no longer used by Sinai Samaritan, including gloves, masks, dressings, tape, tubing, bandages, surgical gowns, catheters, resuscitation bags, blood gas kits, suction devices and bedspreads are being sent to government-funded health clinics in King William's Town that face nearly constant shortages of medical supplies.

Tributes honor 900 at WAMH

The 10th Annual Christmas Love-Lite Tree tribute program at West Allis Memorial Hospital was a wonderful success, says Angela Kaczecka, director-volunteer services. More than 900 lights were purchased, raising nearly $3,000 and making the Christmas tree beautiful and meaningful. “Thanks to all who participated in purchasing lights, and thanks to those persons and departments who helped with the program,” Angela says. Chairing the event for the 10th year was auxiliary vice president Betty Dahm. Betty deserves special thanks for all her hard work, Angela says. More than 225 people attended the event. The names of those for whom lights were purchased were listed in the West Allis Star weekly newspaper before Christmas.

Information specialists certified

Congratulations to three Metro Region clinical information services employees who have earned new credentials. Beverly Parker received her Coding Specialist certificate and Pat Seefeldt and Cindy Roth received their Accredited Record Technician certificates. The certificates were awarded by the American Health Information Management Association and verify that Beverly, Pat and Cindy meet national standards in the field of clinical information. All three are based at St. Luke's Medical Center.
Spend quality time with your baby!
St. Luke's Medical Center offers Infant Massage
6:30-7:30 p.m. Dining Room C
Tuesdays, Jan. 6, 13, 20 & 27
$30 for the four sessions
Call Women's Health, (414) 649-7726
for more information and to register.

Even good Samantans need protection nowadays. The outpatient pharmacy at the Milwaukee Heart Institute of Sinai Samaritan Medical Center has CPR MicroMasks available for personal use for $13. These are reusable masks that have replaceable positive, one-way, non-rebreathing valves with filters. For information, call (414) 219-6660.

What should you do if you pick up the phone at work and the caller is a newspaper, television, magazine or radio reporter?
Don't panic, just refer all media inquiries to the media relations number for the Metro Region: (414) 649-7114. After regular office hours and on weekends, refer the caller to the main switchboard at your site, the call will be referred on to a public relations staff member.
Do your part to see that information about Aurora Health Care is accurate.

The American Heart Association reports that heart disease is the #1 killer of American women. Stroke (brain attack) is their #3 killer and #1 cause of serious disability. For more information about heart disease and stroke call The Karen Yontz Women's Cardiac Awareness Center, (414) 649-8380, or the Karen Yontz Heartline, (800) 788-8380.

Play Volleyball!
Volleyball league has space for one more team on Monday nights. Call Kathy Otto, (414) 489-4024 for further information and to register.
AuroraHealthCare

Teamworks, Metro Edition, is a bi-weekly newsletter for employees and volunteers in Aurora Health Care’s Metro Region. Comments, questions and suggestions are always welcome and may be directed to Susan Lebergen, internal communications coordinator, Public Affairs Department, 3031 W. Montana, Milwaukee WI 53215. Phone (414) 647-3126. Fax (414) 671-8560.

Mark Ambrosius
President, Metro Region

Three American Association of Critical-Care Nurses (AACN) Teleconferences will be held at St. Luke’s Medical Center. No pre-registration is required; programs are free. Continuing education credits are available through AACN for a nominal fee. For information, please call Nora Ladewig, (414) 649-7214.

Mentoring: The art of giving and receiving, Mon., Jan. 12, 1-2 p.m., Auditorium, presented by Tamera L. McHaffey, RN, MSN, post graduate fellow, University of Nebraska Medical Center, and president, Leadership Development Associates, Lincoln, Neb.

Wide complex tachycardias: differential diagnosis and treatment strategies, Thursday, Jan. 15, noon to 1 p.m., HS 3, presented by Susan D. Housholder, RN, MSN, CCRN, nurse administrative manager, cardiac intensive care unit, Henry Ford Hospital, Detroit, Mich.

Look what’s bugging the patient: Battling multi-drug resistant organisms, Friday, Jan. 30, 11 a.m. to noon, HS 2, presented by Christine Ashley Kessler, RN, MN, CS, director and lecturer, Critical Care and Holistic Nursing Consultants, The Catholic University of America, Alexandria, Va.

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young. — Henry Ford