July 2018

Teamworks, October 6, 1998

Aurora Health Care

Follow this and additional works at: https://digitalrepository.aurorahealthcare.org/ahc_books

This Pamphlet is brought to you for free and open access by the Aurora Health Care at Aurora Health Care Digital Repository. It has been accepted for inclusion in Aurora Health Care Books, Documents, and Pamphlets by an authorized administrator of Aurora Health Care Digital Repository. For more information, please contact aurora.libraries@aurora.org.
Teamworks

October 6, 1998 • Metro Edition

Sinai Samaritan consolidation complete

The summer of 1998 has been more lively than usual for patients, employees, volunteers and friends of Sinai Samaritan Medical Center. Sinai Samaritan has just completed a two-year project to consolidate its services to a single campus at North 12th and West State Streets.

The move to one campus reaffirms Sinai Samaritan's continued commitment to providing the highest quality care to the community. The consolidation has allowed Sinai Samaritan to review how it provides care and to make it more convenient for the community to access quality health care.

Women's Services

Sinai Samaritan has been a leader in offering programs for women and infants. Women's Health Services provides for the full spectrum of women's health care needs. Included in Women's Health Services are the OB-Gyn and Midwife Clinics, the Birthing Center and the Neonatal Intensive Care Unit. The Women's Health Services entrance is located along 13th Street, next to the Emergency Department entrance.

Sinai Samaritan's Neonatal Intensive Care Unit (NICU) is the only one in the state which is nationally recognized as a Newborn Individualized Developmental Care and Assessment Program. The NIDCAP trained staff offers an unmatched level of care for infants born prematurely or very ill.

Rehabilitation

The new inpatient rehabilitation unit provides comprehensive physical, occupational and speech therapy to meet the needs of patients recovering from stroke, injuries to the brain or spinal cord or orthopaedic joint replacement. An expanded Easy Street Environments provides an ideal place for teaching patients the skills necessary to live independently with physical or cognitive limitations. Easy Street Environments provide a safe environment for patients to practice skills of daily living including shopping and getting in and out of a car.

Expanded Services

The new construction has also allowed Sinai Samaritan to expand its surgical suites and critical care units and to renovate the Emergency Department to improve services to patients and increase privacy.

See related stories on pages 4 and 5.

Aurora in the news

Representatives of Aurora's Metro Region sites are often quoted in the media on a variety of health care topics. Here's a partial list of recent interviews:

- Sept. 24 Dr. Darin Maccoux, a physician at Lakeshore Medical Clinic, did an interview on Milwaukee's Channel 4 about the pros and cons of the performance enhancing supplement creatine, being used by some high school athletes; earlier in the month he discussed athletic performance enhancing supplements with Milwaukee's Channel 6.
- Sept. 24 Hartford Memorial Hospital was featured on Milwaukee's Channel 58 about its Birth Day Center program, which offers free books to new mothers to encourage them to read to their newborn babies. Earlier in the month, a new mom was quoted by the Hartford Times Press and the West Bend Daily News on the same topic.

Continued on page 2
Aurora Family Picnic Report

It's a good thing the Milwaukee County Zoo is so big—we need the space!

At the Aurora Family Picnic, on a warm and sunny September day, 17,978 adults and children of Aurora Health Care enjoyed picnic fare, won prizes, rode the zoo train and zoomobile and, oh yes, looked at the animals.

We ate 5,200 pounds of bratwurst; 5,200 pounds of hot dogs; 32,000 buns; 390 pounds of diced onions; 7,500 pounds of potato salad; 525 gallons of pickles; 44,000 ketchup packets; 42,000 mustard packets; 438 cases of ice cream; and 2,166 pounds of popcorn. It took 1,600 pounds of charcoal and 34 bottles of lighter fluid to cook our food.

Here is the list of prizes and prize winners from the picnic drawing: 19" RCA color TV with VCR, Connie DeLaRosa, SSMC; Aiwa Mini Audio System, Mark Samet, SSMC; Green Bay Packers sweatshirt, Amy Janusz, Medical Surgical Clinic; Koss sound system, Zina Kaminski, SLMC; Northwestern Bell cordless phone, Marie Tycz, SLSS; Heated-Chilled Sports Seat, Scott Streicher, TRCH; Aiwa AM/FM stereo, Kim Fischer, SLMC; Braun's Instant Scan Thermometer, Rocco Giove, Kewaskum Pharmacy; Nike backpack, Marge Sebern, VNA; Kodak 35mm camera, Monie Carter, SLMC; Pyrex insulated food carrier, Linda Griffin, SSMC; Reebok duffel bag, Judi Borowski, SLMC; Nascar electronic game, Tommy Sundebird, FSM; Levi's clip watch, Annette Popelars, TRCH; Magnavox portable radio-cassette, Marge Reimer, SLMC; Cuddle Wrap, Roberta Evje, SLSS; Bucks sweatshirt, Deborah Mamon, FHC; golf bag/travel cover, Maria Mims, SSMC; beach bag/towel combo, Leann Rice, SLMC; Looney Toons collectible watch, Natalie Giedt, SSMC; fleece blanket/throw, Donna Mayne, SLMC; ceramic chip-dip bowl, Kim Cieszynski, SLMC; and Wisconsin Badgers rain poncho, Joan Simon, WAMH.

Aurora in the news

- Sept. 15 Dr. Cassandra Welch, who's on staff at West Allis Memorial Hospital, was quoted in an article, “Menopause: coping with transition” in a Milwaukee Journal Sentinel health supplement.
- Sept. 13 Clarke Square Family Health Center, Aurora's clinic in a grocery store, was featured on “HealthWeek,” on national public television and locally on Milwaukee's Channel 36.
- Sept. 10 Dr. Nimish Vakil, a gastroenterologist at Sinai Samaritan Medical Center, discussed over-the-counter antacids on Milwaukee’s Channel 36.
- Sept. 10 Dr. Jeff Niczgoda, medical director of hyperbaric medicine at St. Luke's Medical Center, discussed carbon monoxide poisoning on Wausau’s Channels 7 and 9.
- Sept. 7 Pat Bichanich, manager of nutrition services for the Metro Region, was quoted on obesity and nutritious eating in the Milwaukee Journal Sentinel.
- Sept. 2 Marcia Williams, a clinical nurse specialist at St. Luke’s Medical Center, was interviewed on trauma counseling by Milwaukee’s Channel 4.
- Aug. 31 Several spokespeople for Sinai Samaritan Medical Center were interviewed by Channels 4, 6, 12 and 58, Milwaukee television stations, about the move of mothers and babies to the medical center’s new building. Sinai Samaritan’s women’s health moving day resulted in 22 stories in the media.
- Aug. 31 Dr. Stuart Fine, a urologist at St. Luke’s Medical Center, was interviewed about prostate cancer on Channel 4, Milwaukee.
Annual benefits enrollment period begins soon

The annual benefits enrollment period is fast approaching.
Employees regularly scheduled to work more than 40 hours per pay period will receive a letter at the end of October showing current 1998 benefits. This letter will be mailed separately from the annual benefits enrollment packet. It will enable you to review your current benefits so you can make any necessary changes for 1999.
You must enroll for 1999 benefits between Oct. 26 and Nov. 6. The deadline for enrollment is Nov. 6. Make your choices carefully because you will not be able to make any changes during 1999 unless you have a qualifying change in your family or employment status.
A new service will allow employees to sign up for AuroraFlex benefits over the phone. AuroraFlex allows each employee to set aside before-tax dollars to pay for eligible medical, dental and vision expenses that are not covered by insurance, as well as for dependent-care expenses. Full- and part-time employees assigned to work 40 hours or more per pay period are eligible to enroll in AuroraFlex.
You are required to re-enroll in AuroraFlex every year. More information on enrolling in AuroraFlex by telephone will be included in the benefits enrollment packet you will receive at the end of October.

Welcome New Employees
Gina Andujar, Patient Service Associate
Stacy Anguiano, Scheduler Surgery
Adelaida Arroyo, Patient Access Assistant
Debbie Banker, Information Services
Jill Barbian, Business, Office
Sherry Beamon, Nursing Assistant
John Beauchamp, Regional Manager

Shelly Berndt, Nursing Assistant
Mary Brown, Nursing Assistant
Delgadina Bucio, Nursing Assistant
Anne Burks, Nursing Assistant
Rachel Burrows, Patient Service Associate
Sarah Brusky, Registered Nurse
Josephine Cancel, Nursing Assistant
Shannon Carey, RRT, Respiratory Care Services
Sheila Castro, Patient Service Associate
Cheryl Chaulklin, Business Office
Zoraida Cordova, Rehabilitation Services
Kathy Crosbie, Registered Nurse
Meggan Dircks, Registered Nurse
Dennis DeQuardo, Linen Services
Kristi Fijalkiewicz, Centralized Employment
Maureen Folger, Pulmonary Function Tech
Annette Fortier, Registered Nurse
Tracy Frahman, Transporter Aide, Surgery
Tricia Friel, Creative Services
Linda Galarza, Environmental Assistant I
Willis Garrett, Nursing Assistant
Rhonda Giesfeldt, Admitting Clerk
Denice Gray, Nursing Assistant
Jimmie Gulley, Nursing Assistant
Joylynn Guyton, Patient Service Associate
Emmanuel Harris, Cardiography Services
Debbie Heller, Linen Services
Tanya Hoffren, Nursing Assistant
Phyllis Jackson, Business Office
Tamiko Jackson, Nursing Assistant
Joan Keller, R.T.R., Radiologic Technologist
Lisa Kolpack, Business Office
Nicole Koulos, Business Office
Danielle Lanese, Registered Nurse, Surgery
Richard Lewis, Nursing Assistant
Kelly Lidwin, Patient Service Associate
Tina Liebzeit, RRT, Respiratory Care Services
Rachel Logan, Nursing Assistant
Jennifer Maldonado, Nursing Assistant
Andrea Mau, Registered Nurse
Erin Mollet, Registered Nurse

Welcome New Employees
Gina Andujar, Patient Service Associate
Stacy Anguiano, Scheduler Surgery
Adelaida Arroyo, Patient Access Assistant
Debbie Banker, Information Services
Jill Barbian, Business, Office
Sherry Beamon, Nursing Assistant
John Beauchamp, Regional Manager

Shelly Berndt, Nursing Assistant
Mary Brown, Nursing Assistant
Delgadina Bucio, Nursing Assistant
Anne Burks, Nursing Assistant
Rachel Burrows, Patient Service Associate
Sarah Brusky, Registered Nurse
Josephine Cancel, Nursing Assistant
Shannon Carey, RRT, Respiratory Care Services
Sheila Castro, Patient Service Associate
Cheryl Chaulklin, Business Office
Zoraida Cordova, Rehabilitation Services
Kathy Crosbie, Registered Nurse
Meggan Dircks, Registered Nurse
Dennis DeQuardo, Linen Services
Kristi Fijalkiewicz, Centralized Employment
Maureen Folger, Pulmonary Function Tech
Annette Fortier, Registered Nurse
Tracy Frahman, Transporter Aide, Surgery
Tricia Friel, Creative Services
Linda Galarza, Environmental Assistant I
Willis Garrett, Nursing Assistant
Rhonda Giesfeldt, Admitting Clerk
Denice Gray, Nursing Assistant
Jimmie Gulley, Nursing Assistant
Joylynn Guyton, Patient Service Associate
Emmanuel Harris, Cardiography Services
Debbie Heller, Linen Services
Tanya Hoffren, Nursing Assistant
Phyllis Jackson, Business Office
Tamiko Jackson, Nursing Assistant
Joan Keller, R.T.R., Radiologic Technologist
Lisa Kolpack, Business Office
Nicole Koulos, Business Office
Danielle Lanese, Registered Nurse, Surgery
Richard Lewis, Nursing Assistant
Kelly Lidwin, Patient Service Associate
Tina Liebzeit, RRT, Respiratory Care Services
Rachel Logan, Nursing Assistant
Jennifer Maldonado, Nursing Assistant
Andrea Mau, Registered Nurse
Erin Mollet, Registered Nurse
Elizabeth Nameth, Health Unit Coordinator
Courtney Opper, Pharmacy Tech I
Jessie Ott, Clinical Information Services
Kristine Owen, Employment Representative
Kerri Ploch, Cardiopulmonary Services
Lori Plyer, Patient Service Associate
Cindy Raether, Clinical Information Services
Linda Rehorst-Paea, Transporter, Radiology Department
Victoria Roloff, Nursing Assistant
Dawn Schneider, Registered Nurse
Barbara Shelton, Registered Nurse
Suzanne Shoemaker, Business Office
Patricia Slack, Secretary II
Craig Stasiak, Information Services
Crystal Stolowski, Nursing Assistant
Carol Strem, Accounting
Kurt Stuart, Information Services
Pamela Topczewski, Health Unit Coordinator
Jerry Trimark, Information Services
Beth Turay, Physical Therapist Aide
Christine Turner, Physical Therapist
Linda Wall, Payroll
Julie Wilding, Environmental Assistant
Melvin Williams, Information Services
Ruby Williams, Mental Health Tech
Danielle Wittenberg, Nursing Assistant
Erica Wright, Business Office
Patricia Wright, Nursing Assistant
Amy Yung, Registered Nurse
Debra Zachman, Registered Nurse
Teresa Zicarelli, Patient Access Specialist

Send us your news
We would like to recognize the accomplishments of the St. Luke’s Medical Center staff in this newsletter. Please share news about the professional accomplishments of yourself or your staff members (graduations, honors, certifications earned, seminars attended, presentations given in the community, etc.) Information may be submitted to Kathy Muszynski by phone at (920) 803-9595, by fax at (920) 803-9596, or preferably by e-mail (muszyn@execpc.com). The deadline for the next insert is Friday, Oct. 9. Please include the name and number of a contact person.
October is National Brain Injury Awareness Month
St. Luke’s uses team approach in rehabilitation

“Rehabilitation is the process of helping a person achieve his or her highest level of independent functioning,” says Peggy Stefanac, patient care manager, 2CEF-Rehab, at St. Luke’s Medical Center.

This means helping the brain-injured patient relearn skills that were disrupted by the injury, and helping the patient learn techniques to compensate for the skills and abilities that don’t return.

“It takes a team of health care professionals, guided by a physiatrist and including nurses, physical, occupational, speech and recreational therapists, social workers and psychologists and support staff to treat each patient,” Peggy says.

It’s to the team’s credit that in the first half of 1998, 80% of the patients discharged from St. Luke’s Rehabilitation Brain Injury Program were able to go home and not to an extended care facility.

Brain Injury Facts and Stats

- Traumatic brain injury is the leading killer and disabler of children and young adults in this country.
- Each year an estimated two million Americans sustain brain injuries, with 75,000 to 100,000 resulting deaths.
- Of those who survive, 500,000 require hospitalization, 70,000 to 90,000 experience lifelong disabilities and 2,000 exist in a persistent vegetative state.
- Two-thirds of all people who experience a brain injury are younger than 30.
- One-fourth to one-half of all brain injuries are alcohol related.
- Young men are twice as likely as young women to have a brain injury.

AMG clinic supports Walk to Cure Diabetes

A team organized at the Aurora Medical Group in New Berlin participated in the Juvenile Diabetes Foundation (JDF) Walk to Cure Diabetes, Sunday, Sept. 27, at the Milwaukee County Zoo. Team leaders were Jeanne Clark, IDX project super user; Peg Downs, medical records clerk; and Janet Scheidt, RN, occupational health coordinator, with Robbie Carlson, site administrator. Jeanne also chairs JDF’s checkpoint sponsorship and signage committee. The New Berlin team raised more than $1,200, with more than 45 clinic employees donating amounts from $1 to $75.
An afternoon dedication ceremony was held Sept. 27 for the newly consolidated Sinai Samaritan Medical Center. The afternoon event centered on establishing a time capsule to commemorate the day and to turn the focus toward the future.

The ceremony began with an invocation lead by Sinai Samaritan Chaplains Rev. Ed Foster and Rabbi Tsvi G. Schur.

At the ceremony, Len Wilk, administrator of Sinai Samaritan, asked those participating to share what they had brought for the time capsule.

Mark Ambrosius, president of Aurora's Metro Region, brought footprints of a baby born at Sinai Samaritan, to represent the medical center's commitment to the future. This idea was suggested by Cathy Leek, an employee in Sinai Samaritan's Birthing Center.

Thomas Ament, Milwaukee County executive, shared a proclamation.

William I. Jenkins, past president of Sinai Samaritan, and president of Alternative Delivery and Community Programs, shared a symbol of parish nursing, which started in Milwaukee at Sinai Samaritan.

Melanie Gray, an employee representing all Sinai Samaritan employees, brought the symbol of the Golden Moment award, the medical center's service award.

Dr. Richard Haas, chief of staff at Sinai Samaritan, shared two thermometers, old and new, to represent the medical center's commitment to basic health care, a commitment to use today's and tomorrow's technology to make health care more accurate, coordinated and timely.

Pat Kerns, chairman of the Sinai Samaritan board of directors, shared photographs of the original three hospitals that merged to form Sinai Samaritan Medical Center.

Elizabeth Coggs-Jones, Milwaukee County supervisor, read a proclamation from the County Board.

Len Wilk concluded the ceremony by inviting the audience to make their mark on the day's celebration by adding their handprints to the "Make Your Mark" display.
Sinai Samaritan has an unusual history among the Aurora hospitals. It was formed by the merging of three hospitals from three religious heritages. The oldest of the three, Milwaukee Hospital, was founded by Lutherans in 1863, and was the first Protestant hospital west of Pittsburgh. Next was Mount Sinai Hospital, founded by Milwaukee's Jewish community leaders in 1903. The third was Evangelical Deaconess Hospital, which was founded in 1910 by German-preaching pastors of the Evangelical Synod, which eventually joined with other groups to become today's United Church of Christ.

Here's the sequence of events: Milwaukee Hospital changed its name in 1966 to Lutheran Hospital. In 1980, it merged with Deaconess to form Good Samaritan Medical Center. After a short time running two campuses, the Deaconess property was sold to Marquette University. In 1987, Mount Sinai merged with Good Samaritan to form Sinai Samaritan Medical Center, which operated two campuses for more than 10 years. In August of this year, Sinai Samaritan completed the consolidation of services at the campus that originally had been Mount Sinai. Sinai Samaritan's old West Campus (the Lutheran facility) was purchased by the Wisconsin Preservation Trust and is being marketed as Kilbourn Square.
Volunteer advocates being recruited for SATC

The Sexual Assault Treatment Center at Sinai Samaritan Medical Center will begin a volunteer advocate program this fall, according to Debbie Donovan, RN, who is coordinating the program. “We’re looking for volunteers who want to give of themselves by supporting our clients and their family members here at the SATC,” Debbie says. “Clients who come in alone need support, and often the friends or family members who come in with patients need support, too. Being a volunteer advocate takes a special person. Violence is such an issue, and many people feel passionately that they have to do something to help.

“Volunteer advocates will have good listening skills, be non-judgmental, refrain from imposing their own impressions, be informative and be able to assess what the client can handle during this critical time,” Debbie says. “Mostly, advocates will be women, because rapists are usually men.”

Kandice Mallinger has signed up to become an SATC volunteer advocate. She had been a volunteer with Call Rape in Tulsa, Okla., before moving to Milwaukee this summer to attend graduate school.

“I volunteer to be there for the victim who comes forward,” Kandice says. It takes courage to tell what happened — it’s so personal and so invasive. This is one of the most important things I’ve done in my life. It’s one way I could make a difference. Volunteers support the victim and the secondary victims, the families and loved ones who feel such anger, sorrow and guilt.”

The SATC has space for as many as 18 to 20 volunteer advocates in its program. Volunteer advocates will be on duty 8 p.m. to 8 a.m. weekdays and around the clock on weekends. The advocates will be able to wear their own street clothes, consistent with the appearance policy, and will be provided with free parking.

Volunteer advocates will be invited to attend the SATC’s monthly staff meetings to be sure that they have the opportunity to know the staff and to share their experiences.

The SATC sees 600 to 700 clients a year, or approximately two clients in each 24-hour period. Staff at the SATC includes full-time social workers and registered nurses and a number of on-call registered nurses. The center is now recruiting registered nurses for its on-call staff.

An orientation program for volunteers is scheduled to be held at the end of October. To volunteer or for information about the volunteer advocate program, call Debbie, at 219-5938.

The advocate

- Is here to listen, not to work miracles.
- Is here to help women discover what they are feeling, not to make feelings go away.
- Is here to help a woman identify her options, not to decide for her what she should do.
- Is here to discuss steps with a woman, not to take the steps for her.
- Is here to help a woman discover she can help herself, not to take the responsibility for her.
- Is here to help a woman learn to choose, not to make it unnecessary for her to make difficult choices.

Customer service telephone numbers

There was an error in the customer service telephone numbers listed in the last issue of Teamwork. The correct numbers are: Physician Billing, 647-3466 or (800) 270-7855; Hospital Billing, 647-3147 or (800) 958-6202.

Customer service hours for both hospital billing and physician billing were recently expanded to 7 a.m. to 8 p.m. Monday through Friday and 8 a.m. to noon Saturday. Aurora customer service representatives are available during those hours to answer patients’ questions about the bills they have received for services at St. Luke’s and Sinai Samaritan Medical Centers, Milwaukee Psychiatric Hospital, Hartford Memorial Hospital, the AMG clinics and Aurora Health Centers and Lakeshore clinics.
November 1998 Nursing Education Classes

The classes listed here are free to Aurora employees unless a fee is indicated in the course or class description. Courses or classes may be canceled if the minimum registrations are not received. Preregistration is required for every class and course. For information or to register, call nursing education, 647-6370, or fax the registration to nursing education, 647-4878, or e-mail on cc:Mail to nsg_ed or on the Internet to nsg_ed@aurora.org.

3 Cardiac Transplant Overview, 8 a.m. to 4 p.m., Aurora Conference Center.
5 Dual Chamber Pacing Concepts, 8 a.m. to noon, Aurora Conference Center.
6 Safe At Home II, 7:30 a.m. to 12:30 p.m., Aurora Conference Center. This program is designed for those who have attended the initial Safe At Home I full day program. To register, call 647-3347.
11 Basic ECG Interpretation Course begins, 8 a.m. to 4:30 p.m., Aurora Conference Center.
13 9th Annual Orthopaedic Nurses' Day Fall Symposium & Women's Health: A Lifetime Of Health Care Challenges, 7:45 a.m. to 4 p.m., Aurora Conference Center, $20 fee to Aurora affiliate employees. For more information, call Sue Truchan, 647-3597. To register, call Peggy Wipplinger, 647-3347.
16 Critical Care Module - Hemodynamic Monitoring, 8 a.m. to 4:30 p.m., Aurora Conference Center.
17 Critical Care Module - Cardiovascular, 8 a.m. to 4:30 p.m., Aurora Conference Center.
19 Basic Physical Assessment Review, 7:30 a.m. to 4:30 p.m., Aurora Conference Center.

West Allis Memorial Hospital

Is there a pregnancy in your future?
Here's a free class designed to help you make good health and lifestyle choices before you become pregnant.
7 to 9:30 p.m.
Thursday, Nov. 19, at West Allis Memorial Hospital
To register, call Childbirth Education Services at 649-7726 or toll-free at (888) 524-8555.

West Allis Memorial

Free Medical Symposium about Lupus
Co-sponsored by St. Luke's Medical Center and the Lupus Foundation of America-Wisconsin Chapter
1 to 3:30 p.m. Sunday, Oct. 11
Steinke Auditorium
Call 541-3033 for information.

West Allis Memorial Hospital offers free health screenings. Appointments are required.
Hearing screening and referral, every Monday, call 328-7410.
Glaucoma screening, every Thursday, call 328-6115.

St. Luke's

School of Diagnostic Ultrasound Program in Echocardiography
A 35-week formal instructional program in echocardiography will be offered at St. Luke's Medical Center. The prerequisites include educational minimums and 100 recent, documented hours of patient care experience. For information, call the Department of Radiology at St. Luke's, (414) 649-6689.
October Community Programs

Oct. 12 Who's in Control at Your House — You or Your Kids?
Oct. 15 Finding Meaning in a Plus-Size Body
Oct. 21 Are You Meeting Everyone's Needs But Your Own?
Oct. 29 Coping with Caregiver Stress

These evening programs are offered in Glendale and Wauwatosa. To register, call the toll-free 24-hour registration line, (888) 771-ABHS (2247). All Aurora Behavioral Health Services programs are free.

Volunteers Needed to Help Children and Families

Children's Service Society of Wisconsin needs volunteer respite care providers for special needs children (physically handicapped, developmentally delayed, emotionally disturbed or children from families under stress). Respite care is the temporary care of a special needs child so that parents or foster parents get a needed break. For information, call (414) 453-1400.

Obesity and Type 2 Diabetes: New Trends in Management

1 to 4:30 p.m. Wednesday, Oct. 28
Holiday Inn, Manitowoc

Speaker is Marion J. Franz, MS, RD, CDE. Topics include obesity and insulin resistance, hyperinsulinemia, glucose intolerance and appetite control and regulation. Sponsored by Aurora Diabetes Care — Manitowoc County. Fee is $10. Contact Jan Wilsmann, RN, CDE, at Two Rivers Community Hospital, (920) 793-6200, for information.

Donate blood, 2 to 6 p.m. the first Tuesday of each month. Call (800) 243-5124 for an appointment.

October is National Breast Cancer Awareness Month

Early diagnosis improves the success of breast cancer treatments. Regular mammograms are recommended for women beginning at age 35 to 40, then every two years until age 50. After age 50, annual mammograms are recommended. For a list of mammography sites in Aurora's Metro Region, check the fall 1998 issue of Regarding Health, which arrived in your mailbox early in September.

Aurora will be promoting mammography in October through a partnership with WISN, Channel 12, which will air 30-second announcements about regular mammograms and host a live phone bank on Wednesday, Oct. 14. For information, call Jodi Moris, (414) 647-3010.

The Family Service Foundation's 15th Annual Founders Celebration will welcome Jacki Lyden, National Public Radio correspondent and author of "Daughter of the Queen of Sheba," her memoir of growing up with a mother who is manic-depressive. Lyden will be the keynote speaker at a dinner on Thursday, Oct. 22, at the Woman's Club of Wisconsin. Proceeds will benefit Milwaukee Mental Health Consultants and Milwaukee Psychiatric Hospital. Call Lerlena Floyd, 345-3090, ext. 171, for information.

Lyden will also be the featured speaker at the Family Therapy Training Institute's day-long workshop on Friday, October 23, for professionals working with families. Call Marie Liebrecht, 345-3090, ext. 140, for information.

Milwaukee Chamber Theatre offers Aurora employees $5 off the ticket price of its season opener, David Hare's "Skylight," Oct. 17 through Nov. 1. Mention the discount code END to receive the savings. The box office is at 291-7800.