Follow this and additional works at: https://digitalrepository.aurorahealthcare.org/ahc_books
Sinai Samaritan takes key role in Fight Asthma Milwaukee

Sinai Samaritan Medical Center recently became the focus of the fight against asthma in the central city of Milwaukee, according to Birdie Allen, manager of pulmonary services at Sinai Samaritan.

"We have become the fiscal agent for Fight Asthma Milwaukee, a coalition of health care providers who are working to achieve FAM's goal: to enable individuals, families and the community affected by asthma to achieve and maintain a healthy lifestyle," Birdie explains.

In accepting the fiscal agent role for Sinai Samaritan,

Continued on page 6

Gloria Steinem headlines lecture series sponsored by Aurora and the JCC

Writer, lecturer and humanitarian Gloria Steinem will be the opening speaker when the lecture series "Through the Seasons of a Woman's Life" begins its sixth year on Thursday, Jan. 28. Everyone is welcome to attend the talk, which is not for women only.

The series is sponsored by Sinai Samaritan Medical Center-Aurora

Continued on page 2

New Berlin employer looks to Aurora for prevention

Midland Plastics Inc. in New Berlin is an employer with a close working partnership with Aurora Health Care. Just last month, representatives from Aurora's Alternative Delivery and Community Programs spent a day screening 87 Midland employees who filled out health risk appraisals and had their blood pressure, cholesterol and body composition checked. That was a better than 80% turnout for the free, confidential screenings.

"It's a preventive response to health care costs," says Bill May, director of human resources at the company. "We believe there’s a link between our health care costs and employee health education — but it won’t be a short-term return."

Continued on page 3
Aurora in the news

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

Jan. 1 Channels 4, 6, 12, and 58 reported that 1999’s first baby in Milwaukee was born at Sinai Samaritan Medical Center.

Dec. 31 West Allis Memorial Hospital’s seasonal scrubs were the focus of a story in the Milwaukee Journal Sentinel. Interviewed was Bo Marsolek, RN, and Diane Strack, RN, director of patient care services.

Dec. 28 Gastroenterologist, Nimish Vakil, MD, of Sinai Samaritan Medical Center, was interviewed by the Milwaukee Journal Sentinel about a new study looking at Hepatitis B immunizations as a possible cure for the infection.

Dec. 27 St. Luke’s Medical Center’s Rockin’ Docs, Kevin Derus and Jeff Derus, were featured in a story in the Milwaukee Journal Sentinel.

Dec. 25 The Wisconsin Jewish Chronicle ran a story about the sixth annual women’s lecture series sponsored by Sinai Samaritan Medical Center and the Jewish Community Center.

Dec. 23 Babies in Christmas Stockings at Sinai Samaritan Medical Center was the focus of a story on Channel 12. Registered nurses Demery Buchwald and Lisa Condon made 70 Christmas stockings for babies born at the hospital over the holidays.

Dec. 17 House calls were the subject of stories in the Community Newspapers that included quotes from Dr. Steve Lamberton of Lakeshore Clinic and Dr. Bruce Hickman, a St. Luke’s Medical Center family practice resident.

Dec. 7 Dr. Philip Bain of Wilkinson Medical Clinic in Hartland was quoted in a Milwaukee Journal Sentinel story about pain and pain management.

Nov. 6 David Hoffman, president of Family Service of Milwaukee, was quoted in The Business Journal about his organization’s services that assist elderly people to stay in their own homes.

Gloria Steinem headlines lecture series

Continued from page 1

Health Care, WUWM FM 89.7 and the Harry & Rose Samson Family Jewish Community Center.

Steinem will discuss the impact the women’s movement has had and where it is now. She also will delve into the challenges that await both men and women as we approach the next century.

Steinem’s talk will begin at 7:30 p.m. at Congregation Shalom, 7630 N. Santa Monica Blvd., Fox Point. A book signing and reception will follow. The cost for the program is $20 in advance or $25 at the door.

Three other speakers round out the series. On Feb. 25, storyteller and author Peninnah Schram will appear at the Harry & Rose Samson Family Jewish Community Center, 6255 N. Santa Monica Blvd., Whitefish Bay. Storytelling has always played an important role in peoples’ lives in all cultures. Schram will engage the audience with stories rich with Jewish tradition during a program titled “And She Was Beautiful and Wise...” The program will run from 7:30 to 9 p.m. and cost $8 in advance or $10 at the door.

From 7:30 to 9:15 p.m. March 11, Aurora Health Care will present a panel of complementary health care specialists for a program titled “Sampling Health: Herbal Supplements, Vitamins & Food for Life.” The panel will share current trends in natural foods and in herbal vitamin and mineral supplementation. The audience will learn about the benefits of a wide variety of natural foods, including soy, garlic, green tea, ginger and olive oil. The program, which will be held at the JCC, is being sponsored in part by Outpost Natural Foods. The cost is $8 in advance or $10 at the door.

Find out “What’s Brewing” during the final session of the series on April 22. Wendy Selig-Prieb, the new president and chief executive of the Milwaukee Brewers baseball club, will offer a woman’s perspective on Major League Baseball just as the 1999 baseball season begins. Selig-Prieb is responsible for the day-to-day operations of the Brewers as the team prepares to say goodbye to Milwaukee County Stadium and hello to Miller Park. Her talk will run from 7:30 to 9 p.m. at the JCC. The cost is $8 in advance or $10 at the door.

Pre-registration for all four programs is available at a discounted rate of $36. For information on any of the sessions, or to register, call the Harry & Rose Samson Family JCC at 967-8221.
Calling all talented employees: We’re ‘All Stars’ and we need you!

Dust off your dancing shoes and unearth that musical instrument that’s been packed away in the back closet.

The United Performing Arts Fund campaign is nearing, and employees have an opportunity to get in on the action. A select group of musical entertainers and performers (neatly disguised as St. Luke’s Medical Center employees) is being recruited to create an in-house video to generate interest in the UPAF campaign. The video will be shown to St. Luke’s employees and managers, in place of the standard UPAF informational video.

“I know that we have many creative and talented employees at St. Luke’s Medical Center, so we want to create our own video showcasing the talent we have right here,” said Audrey Blumenfeld, who is coordinating this year’s UPAF campaign at St. Luke’s. “We are asking employees to volunteer only a small amount of their time. Aurora Creative Services will videotape their performance, so they will only have to perform once. The theme of this year’s UPAF campaign is ‘We’re All Stars,’ and that’s what we would like to demonstrate.”

Call Audrey at 649-7403 before Friday, Jan. 29, if you’re interested in participating.

1999’s first birth came at 3:57 a.m.

The Birthing Center at St. Luke’s Medical Center recorded its first birth of the new year early on New Year’s day. A baby boy weighing 9 lb. 3 oz. was born at 3:57 a.m. Mom and baby are doing fine.

In-house TV channels offer patient education

St. Luke’s Medical Center has four in-house television channels dedicated to patient education – Channels 14, 15, 16 and 17. Channel 17 is the “Newborn Channel” and is shown only on 4CD and 4EF. Several new programs will be added in 1999, according to Allen Gsiiewski, manager of service management.

Here’s a listing of the current titles, grouped by topic:

- Heart care includes: Cardiac Catheterization, Your Heart Test; A Patient’s Guide to PTCA (Angioplasty); Open Heart Surgery: A Patient’s View (What you need to know before and after having heart surgery); Back Into Circulation (Discharge instructions); Your Heart & How It Works; Karen Yontz Center “One Chance – One Heart;” Insufiscencio Cardiaco (Congestive Heart Failure in Spanish); Congestive Heart Failure; and Coumadin Therapy and You.

- Surgery, procedures or therapy includes: Your Surgery; Your Operation – Hysterectomy/Oophorectomy; and Voldyne 2500/5000 – Deep Breathing Exercises.

- Wellness includes: How to beat Cigarettes; From the Heart (People talk about lowering their cholesterol); Lean N Easy (Preparing meat with less fat and more taste); and Stress Management for Dieters.

- Cancer prevention or treatment includes: Taking Control of Your Health; Cancer-Finding Help and Hope; Testicular Self Exam; Prostate Cancer: What everyone should know; Breast Self Exam; Cancing for Your Central Venous Catheter-Hickman; Caring for Your Central Venous Catheter-Groshong; Harbor of Hope; No Where to Hide-Breast Cancer Detection; and Managing Chemotherapy Side Effects.

- Managing chronic disease includes: Stress and Relaxation Techniques for Pulmonary Patients; Living with Peripheral Vascular Disease; The HIV Antibody Test; and Pulmonary Rehabilitation.

- Other titles include: Advanced Directives; Stroke- Focus on Feelings; Coming Back from a Stroke; Stroke- The Story of Treatment and Recovery; Managing Thinking and Behavioral Problems After Brain Injury; Building and Remodeling for Accessibility; and Rehabilitation Services.

Send us your news

We recognize the accomplishments of employees in this newsletter. Share news about graduations, honors, certifications earned and presentations given in the community. Send information to Kathy Muszyinski by phone (920) 803-9595, fax (920) 803-9596, or preferably by e-mail (muszyn@execpc.com). The deadline for the next insert is Jan. 15. Please include the name and phone number of a contact person.
Golden Sneaker Awards

Here are the Golden Sneaker Award nominees for the month of December at St. Luke's Medical Center:
Aimee Pinkowski, 6KLM; Deanna Smith, Laboratory; Karen Helmach, Pharmacy; Mark Vogel, Physical Therapy; Catherine Smith, Dietary; Ruven Ruiz, Plant Operations, HVAC; Brendan Jacobson, Plant Operations/Maintenance; Guy Bohiman, Plant Operations/Maintenance; James Proesel, Plant Operations/Maintenance; Vicki Acker, Surgery; Alvin Jackson, 6KLM; and Dr. Steven Nakata, Anesthesiology.

Catherine Smith, Dietary, is the Golden Sneaker recipient for the month of December. Her nomination reads: “Catherine is always willing to do whatever she can to meet the needs of the patients. No matter what time I go down for stat meal trays (or whatever), she always greets me with the biggest, warmest smile and makes sure that I’m taken care of. And if she’s busy, she will find someone else to help me right away.”

Cheryl Nordseth, Family Practice Center, was selected as the Golden Sneaker Award recipient for the year for 1998. Her nomination reads as follows:

“When I’ve read the stories accompanying the awarding of the Golden Sneaker Award, I’ve noticed that most nominations, as worthy as they are, usually involve one incident. I know of an individual who performs an exemplary service on a regular basis for one of our patients, and I’d like to share this with you. Cheryl Nordseth is a medical assistant at the St. Luke’s Family Practice Center. I work with her in the laboratory there. One of our patients is a long-term AIDS survivor, probably one of the longest surviving in the country. She comes in on a regular basis to receive IV fluids, a process that can take hours. Both she and Cheryl live on the northwest side of Milwaukee. Cheryl picks this patient up on her way to work and brings her here on an almost weekly basis. She often also takes her home. This has been going on for months. It must be a real treat for this patient to have a pleasant conversation with someone of similar age and family situation on her way to receive treatment. Even though this in itself is a fine example of ‘going the extra mile,’ I recently learned that Cheryl has done even more for this patient.

“During the severe rainstorm of a month ago, this patient’s sons were stranded at a store and she had no way to pick them up herself. She called Cheryl at home to see if she would. Cheryl went out of her way to pick them up and bring them safely home. Cheryl is not the type of person who would ‘blow her own horn’ concerning this, but I feel her generous sharing of her time and vehicle deserves consideration for the Golden Sneaker Award.”

Service Management seeks your opinions and ideas

Would you please take a moment to help the Service Management staff assess the usefulness and effectiveness of tools used to communicate service standards? Simply write in your comments on the survey below, cut it out and forward it to Allen Stasiewski, Service Management, via interdepartmental mail.

As we move into 1999, we are very interested in finding out your opinions and ideas on the best methods or tools that are being used, or could be used, to communicate service standards to employees in our organization.

1.) Many of our Aurora Health Care facilities have now produced small tri-fold cards with service standards printed on them. In your opinion, is this tri-fold card useful? __________________________________________

2.) Do you remember receiving a service standard tri-fold? __________

3.) If you answered yes to question #2, do you still have it? __________

4.) Have you seen any other methods used to communicate service standards to employees? (if so, please explain) __________________________________________

5.) If we were to develop new methods or tools to communicate service standards to employees, what would you recommend? __________________________________________

6.) Please add any other thoughts you might have regarding the communication and/or the effectiveness of St. Luke’s Medical Center’s service standards. __________________________________________
The Great Icescape for Kids is coming!

The Great Icescape for Kids is an annual fundraising event that benefits children served by the Visiting Nurse Association of Wisconsin in both pediatric home care and pediatric hospice programs.

The event will take place from 4 to 6 p.m. Sunday, March 7, at the Pettit National Ice Center. For a donation of $20, individual participants will receive admission to the Pettit Center, skate rental, a T-shirt and a chance to win one of several terrific door prizes donated by community businesses. Two-some and family rates are also available. In addition, Olympic Gold Medalist Bonnie Blair will be signing autographs at this year's event.

New Berlin employer looks to Aurora

Continued from page 1

A recent issue of The Kiplinger Washington Letter reported that employers should do more to involve employees in their own health care.

Midland has worked closely with the Aurora Health Center in New Berlin, 2801 S. Moorland Rd., inviting physicians and a physician assistant to speak about various health care topics at “brown bag lunches” for employees. In the future, “we plan to develop programming around the issues identified during the screening,” explains Mike Crowley, quality assurance manager.

While the individual employee results are confidential, Midland will receive an executive summary of health issues identified during the screening. “For example, if we find we have a high number of smokers who are thinking about quitting, we could ask the clinicians to offer information about smoking cessation,” says Bill. This allows employees to meet a health care provider in a safe, casual setting and feel comfortable that they know someone at the clinic.

Midland Plastics is a privately held company founded in 1945. The company provides plastics distribution, thermoforming and fabrication, and operates a retail store at each location. Midland employs 135 people at five locations: New Berlin, Green Bay, Madison, Wausau and Rockford, Ill.

The Visiting Nurse Foundation, host of the Great Icescape for Kids, enables the VNA to provide charitable care to children whose families otherwise could not afford these critically needed services.

This is your chance to skate on the Olympic oval with your family members and several sports mascots while doing something special for the children of your community. Join this fun and healthy family event. Call 647-6335 for a registration form. Your participation in this event can make a difference in the lives of the VNA's youngest patients.
Clinical nurse specialists begin weekend coverage

Clinical nurse specialists (CNS) are now available on weekends as a resource for staff at Metro Region hospitals, according to MaryKay Jinicka, RN, CNS, who headed the work group that investigated the necessity and feasibility of this new service.

Usually called in by the staff nurse or clinical nurse coordinator, the CNS will provide a number of services including consultation regarding complex patient and family situations; individual and family support during a crisis; and referrals to additional resources.

Two clinical nurse specialists will be on duty 8 a.m. to 4 p.m. each Saturday and Sunday. They will make unit rounds and be available by pager through hospital operators. The service began Jan. 2.

Leftovers from West Campus put to good use

When Sinai Samaritan Medical Center consolidated operations last year at its East Campus, 945 N. 12th St., unneeded equipment and furniture were left at the West Campus, and it was up to Ray Kroupa’s staff in Metro Region’s Property and Interior Management Department to see that it was put to good use. The plan they developed involved a series of steps to help ensure that the equipment and furniture left at the West Campus was used where it was most needed and appreciated.

The first step was to invite all Sinai Samaritan managers in for a walk-through to make sure that everything that could be used at the East Campus was used. The second step involved inviting Metro Region managers in to see what they could use. After Metro Region managers reviewed the equipment and furniture, what was left was made available to the other regions, Aurora Medical Group and other Aurora organizations. Then Aurora’s non-profit community partners were invited to see what they could use. The next step was the employee rummage sale, which attracted several hundred employees looking for bargains. The final steps involved offering the equipment and furniture to non-profit organizations throughout the city, then packing and shipping containers for needy organizations overseas.

It was a huge job. Thanks to the hard work of the employees in Property and Interior Management, nothing from the West Campus was wasted.

Rejuvenate at the Karen Yontz Center

“Now that the holidays are over, temptations are gone and resolutions have been made, are you ready to center in on your health?”

That’s the question posed by Audrey Blumenfeld, director of the Karen Yontz Women’s Cardiac Awareness Center.

If your answer is yes, Audrey recommends letting the center’s consultants help you shape healthier eating, exercise and lifestyle habits. The center also offers stress management programs, including tai chi, yoga and aromatherapy.

“Better health is not just for grownups,” Audrey says. Studies show that healthy habits during childhood often carry over into adulthood. For this reason, the Karen Yontz Center is selling the 1999 Kid Beat Calendar or Kids’ Recipe Book for only $1. Targeted at children ages 5 to 12, the calendar and recipe book seek to make better health awareness a part of daily life.

The Karen Yontz Center also is accepting heart-healthy recipes for future publication. The recipes must be for low-fat, low-calorie foods that are easy to prepare and taste great. Call the center for information on how to submit your favorite recipes for publication.

“Ring in the new year by making a healthy connection with your body, mind and spirit,” Audrey suggests. “Remember, prevention begins with you.”

For information about the programs offered by the Karen Yontz Center, call the center at 649-5767 or stop by the center, which is located within St. Luke’s Medical Center.
1500 attend Sinai Samaritan's Season's Greetings event

Sinai Samaritan's cafeteria was the setting last month when 1,500 parents and children visited the hospital to participate in a health care event with a holiday twist.

Season's Greetings was the first in a series of grassroots events planned for Sinai Samaritan to give people from the community an opportunity to enjoy positive experiences at the medical center.
CPR instructors needed

S

inai Samaritan Medical Center and the American Heart Association are sponsoring a community cardiac event including an adult Heart Savers course. The event will be held from 9 a.m. to 1 p.m. on Saturday, Feb. 13.

“We are hoping to have approximately 100 community participants register for the CPR portion and are looking for 17 to 22 instructors,” says Kelley Bock, outreach coordinator for Cardiac Rehabilitation. “The majority of the instructors are needed for the practical hands-on portion of the CPR training. Only a couple of instructors are required for the educational lecture portion of the CPR training.”

CPR instructors interested in presenting the educational portions, assisting with the practical portion and/or cleaning the mannequins may contact Kelley at 219-3029.

Sinai Samaritan takes key role

Continued from page 1

Len Wilk, administrator of Sinai Samaritan, wrote: “We look forward to improving the health care of the community we serve, we recognize the value Fight Asthma Milwaukee provides in reaching individuals with asthma.”

Among the services FAM will offer beginning Jan. 23 is the Free asthma Clinic to be held 9 a.m. to noon every Saturday at the Isaac Coggs Community Health Center, 2770 N. 5th St. The clinic will offer asthma care and education to uninsured and underinsured people living in the city of Milwaukee. It will be staffed by volunteers — physicians, medical students, nurses, respiratory therapists and support staff — and the medications and other equipment it will dispense have been donated.

Asthma is the most common childhood chronic disease and the No. 1 cause of hospitalization and school absenteeism. In 1993, the Wisconsin Bureau of Public Health reviewed hospitalization records to assess asthma’s impact in Wisconsin. The analysis showed that the asthma hospitalization rate among African American children was five times the rate for white children, and that the childhood asthma hospitalization rates in central Milwaukee were two and a half times higher than the state average. Asthma accounts for more than 5,550 emergency room visits each year in Milwaukee, about 15 a day.

In the past decade, asthma has become more prevalent and the hospitalization rate and death rate have been increasing. The burden of asthma is not equally distributed in the population; asthma is more common among children, African Americans, Hispanics, urban residents and the poor. Birdie says that “triggers” in the environment of low-income groups are responsible for their high rate of asthma. Triggers include cockroaches, tobacco smoke, dust mites and environmental air pollution.

To help improve asthma care, the Bureau of Public Health established an asthma surveillance system in Milwaukee, which resulted in the bureau receiving funds from the U.S. Centers for Disease Control to conduct a community-based asthma intervention demonstration project. FAM was the result of that project.

Physicians, pharmacists, advocates, environmental specialists, parents, nurses and others interested in asthma make up the diverse membership of FAM. The coalition seeks to help families and children affected by asthma achieve and maintain a healthy lifestyle. FAM also is supported by organizations such as the State of Wisconsin Bureau of Public Health, the City of Milwaukee Health Department, the American Lung Association of Wisconsin, Children’s Hospital of Wisconsin and the Medical College of Wisconsin.

Birdie says that the state’s Wisconsin Works, or W-2, welfare reform program has identified asthma as a barrier for participants who are seeking to train for a job or hold a job, either because the adult trying to enter the workforce has asthma or because the adult has a child with debilitating asthma.

“If the adult’s or child’s asthma is not managed, the result is often missed training or missed work,” she explains.

Since Sinai Samaritan Medical Center became the fiscal agent for FAM, the organization has received more than $120,000 in grants, the largest coming from Wisconsin’s Bureau of Public Health, and three additional grants from the American Academy of Pediatrics, the Medical College of Wisconsin and the U.S. Environmental Protection Agency.

The money will be used to develop and offer an asthma education and management program for Milwaukee welfare-to-work participants who have asthma or have a family member with asthma. Also involved will be all five welfare-to-work agencies in Milwaukee County.
February 1999 Nursing Education Classes

The classes listed here are free to Aurora employees unless a fee is indicated in the course or class description. All classes are held at the Aurora Conference Center, 2920 W. Dakota St., Milwaukee. Courses or classes may be canceled if the minimum registrations are not received. Preregistration is required for every class and course. For more information or to register, call nursing education, (414) 647-6370, or fax the registration to nursing education, (414) 647-4878, or e-mail on CC Mail to nsg_ed or on the internet to nsg_ed@aurora.org.

1 IABP course begins, 8 a.m. to 4 p.m. Enrollment is limited and pre-reading is required.
2 9 Understanding Rate Responsive Pacer Concepts and Single Chamber Pacer Malfunctions, 8 a.m. to noon.
3 Basic ECG Interpretation course begins, 8 a.m. to 4:30 p.m.
4 Advanced Electrophysiology, 8 a.m. to noon.
5 Critical Care Module – Hemodynamic Monitoring 8 a.m. to 4:30 p.m.
6 Critical Care Module – Cardiovascular, 8 a.m. to 4:30 p.m.
7 Cardiac Transplant Overview, 8 a.m. to 4:30 p.m.
8 Basic Physical Assessment Review, 7:30 a.m. to 4:30 p.m. Bring stethoscope and wear comfortable clothes. See unit flyer for details.

St. Luke's

The Vince Lombardi Cancer Clinic will be selling raffle tickets for a Super Bowl package for two people (Super Bowl tickets, round trip airfares, five nights at the Ramada Sea Club Resort, Fort Lauderdale, and a Hertz compact car rental with unlimited miles). Tickets are $10 each or three for $25. At St. Luke's, the tickets are available at the following locations: Vince Lombardi Cancer Clinic, administration, philanthropy office; tickets are also available at the Aurora Credit Union and at the Aurora pharmacies in the Metro Region.

The drawing will be held at 6 p.m. Friday, Jan. 22 at Bestway Tours, 12740 W. Capitol Dr., Brookfield. You need not be present to win. The winner will be telephoned with the good news. To be sure you're entered in the drawing, buy your tickets by the end of the day Tuesday, Jan. 19.
**METRO REGION BULLETIN BOARD**

**Classes offered by Aurora Libraries**

The Aurora Libraries are now offering one-hour classes on how to access and search MEDLINE on the new Aurora intranet site. Librarians will be teaching the use of the new Web software including how to access full text journal articles. If you already had the Introductory Aurora Libraries class or only wish to learn how to search MEDLINE, this one is for you. For those who also wish to learn how to search the HEALTH REFERENCE CENTER consumer health database and the Online Book Catalog of the Aurora Libraries, please consider registering for the full three-hour Introduction to the Aurora Libraries Database Network (ALDN) class. Call the Medical Library at St. Luke’s Medical Center, 649-7356, to register.

**Computer Lab, Medical Library, SLMC**

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<td>Jan. 19</td>
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<td>Feb. 3</td>
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<td>Feb. 12</td>
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<td>April 6</td>
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<td>March 1</td>
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<td>April 21</td>
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**Computer Lab, Hurwitz Memorial Library, SSMC**

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<td>May 4</td>
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<td>April 14</td>
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**Thanks from St. Michael’s Congregation!**

A heartfelt thank you to Alternative Delivery and Community Programs, Business and Market Development and the Academic Clinics for making our health fair at St. Michael’s Catholic Church, 1445 N. 24th St., a huge success! More than 500 people attended the fair.

May God bless you always, Rev. Dennis Lewis, Pastor, and Robert Manley, RN, Parish Nurse, and the Members of St. Michael’s Congregation.

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**Aurora Behavioral Health Services**

**Community Programs**

- Jan. 20 Eating Disorders: A Family Affair
- Jan. 26 Coping with the January Blues (the Jan. 26 program will be held from 6:30 to 8 p.m. at Barnes & Noble bookstore, Mayfair; no registration is necessary for that program)
- Feb. 2 What Parents Need to Know About Attention Deficit Disorder
- Feb. 9 Don't Get Mad – Get Talking!
- Feb. 18 A Parent's Guide to Teenagers

These evening programs are offered in Wauwatosa, Cudahy and Waukesha. To register, call the toll-free 24-hour registration line, (888) 771-ABHS (2247).

All Aurora Behavioral Health Services (ABHS) programs are free.

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**Sinai Samaritan**

**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.

1 to 4 p.m. Sunday, Feb. 21, at Sinai Samaritan Medical Center

To register, call Childbirth Education Services at 649-7726 or toll-free at (888) 524-8555.

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**Hartford Memorial**

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

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**Teamworks**

Teamworks, Metro Edition, is a 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 Lepere, internal communications coordinator, Public Affairs Department, 3031 W. Montana, Milwaukee, WI 53215. Phone (414) 647-3126. Fax (414) 671-8560.

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