Aurora HealthCare

Teamworks
March 9, 1999 • Metro Edition

Cardiac rehab program certified

Sandy Zemke, cardiac rehab supervisor for the Metro Region, and her manager, Lynn Fischer, program manager of Metro Region's cardiac services, are proud to represent one of the first cardiac rehab programs in the United States to earn the new certification from the American Association of Cardiovascular and Pulmonary Rehabilitation.

"So far, only 293 programs out of thousands nationwide are certified, and we're one of the few multi-site programs to be certified," Sandy says. "The certification measured our program against essential standards of care."

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New weight loss program offered

A seven-week weight management program aimed at people who want to lose 25 to 30 pounds will be offered at the new Aurora Health Center in New Berlin.

"Healthy Balance: Weight Management Program" is not about stepping on a scale and weighing in each week. It is designed to help patients safely make lifestyle changes necessary to establish life-long weight management through balanced nutrition and activity, explains Robbie Carlson, clinic administrator.

The program's multidisciplinary team of experts includes a registered dietitian, exercise therapist, clinical psychologist and registered nurse, all of whom work at the Aurora Health Center in New Berlin.

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Get the credit you’ve earned —
the Earned Income Tax Credit

The Earned Income Tax Credit (EITC) means extra cash in the pockets of many workers. But many people who are eligible for the credit don’t get it. Why? Because in order to get the tax credit, you must file a tax return. Some workers earn so little that they legally don’t have to file. By not filing, they are missing out on money they’re entitled to receive — possibly as much as $3,756.

The EITC is a special tax break for lower-income workers. It’s a refundable credit that reduces the tax some workers owe and may give them refunds. A unique feature of the credit is that you can get it even if you don’t owe the IRS any tax or have no tax taken out of your paychecks. In fact, you can get the credit even if your earnings are so low that you legally don’t have to file a tax return.

The credit is based on the amount of income earned and the number of qualifying children a worker has. A qualifying child can be a son or daughter, adopted child, grandchild, stepchild or foster child. Workers without a qualifying child can also get the credit.

To qualify, workers must have earned income from wages or self-employment. The 1998 income limits (based on qualifying children) and the maximum credit levels are as follows:

<table>
<thead>
<tr>
<th>Qualifying children</th>
<th>Income must be less than</th>
<th>Maximum credit</th>
</tr>
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<tbody>
<tr>
<td>Two or more</td>
<td>$30,095</td>
<td>$3,756</td>
</tr>
<tr>
<td>One qualifying child</td>
<td>$26,473</td>
<td>$2,271</td>
</tr>
<tr>
<td>No qualifying child</td>
<td>$10,030</td>
<td>$341</td>
</tr>
</tbody>
</table>

Workers with no qualifying child must also be at least age 25 and under 65, not be eligible to be claimed as a dependent on someone else’s tax return and must have a main home in the United States for more than half the year. All workers claiming the credit cannot have more than $2,300 in investment income, such as interest or dividends, and cannot be a qualifying child on someone else’s return. Special rules may apply to U.S. military personnel, non-resident aliens and divorced couples who have dependents.

While the IRS wants people who are eligible for the credit to claim it, they are also cautioning taxpayers who claim the credit to be certain they qualify. Due to new tax legislation, people who aren’t eligible for the credit — but claim it anyway — could be prohibited from taking the credit for up to 10 years.

For information on the Earned Income Tax Credit, call the IRS at (800) 829-1040. You also can order a free copy of Publication 596, in English or Spanish, by calling the IRS at (800) TAX-FORM or by visiting the IRS web site at www.irs.ustreas.gov.

(Reprinted from “Helpful hints from the IRS.” The W-5 forms to claim the Earned Income Tax Credit are available through the Human Resources and Payroll Departments throughout the Metro Region.)

Weight loss program

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Topics for week one through seven include: Balanced Nutrition, Getting Physical, Healthy Cooking, Short Circuiting Stress, “New Trition” (the newest supplements and health foods), Holistic Living and Special Occasions (dining out and social gatherings).

The program will be held on seven Thursdays from 6 to 7:30 p.m. April 15 through May 27. The fee is $99. Call (888) 863-5502 to register.

Shoulder Symposium 1999

The Sports Medicine Institute and the Marquette University Physical Therapy Program will present Shoulder Symposium 1999 April 16 to 18.

Physical therapists, physical therapy assistants, athletic trainers, physicians and physician assistants are invited to attend. Participants will gain knowledge and hands-on skills for the evaluation, prevention and rehabilitative treatment of shoulder dysfunction and injury. For information, call the Sports Medicine Hotline at 219-7776, or (800) 219-7776.
Aurora’s United Performing Arts Fund campaign to run from March 15 to 26

The performing arts in Milwaukee are made possible in part through the support of thousands of people who donate to the United Performing Arts Fund (UPAF). Ticket prices typically cover less than half of what is needed to maintain our area’s outstanding performing arts groups.

Aurora Health Care employees will be asked to help support the 1999 UPAF campaign March 15 to 26, according to Marcia Martin, who works in behavioral health services at St. Luke’s South Shore. Marcia is leading the fund drive.

This year’s campaign features a challenge grant. Employees who have contributed to UPAF in the past and who increase their contribution this year, or any new contributor to UPAF, will have their contributions matched by an anonymous donor, dollar for dollar.

Everyone who contributes to the campaign will be entered into a drawing for prizes. The drawing will be April 7. The grand prize is a $350 gift certificate to the Black Wolf Lodge in Wisconsin Dells. Second prize is a $100 gift certificate to Coerper’s Five O’clock Restaurant, plus four tickets to the Florentine Opera. Gifts to UPAF may be made by cash, check or payroll deduction.

UPAF members include First Stage Milwaukee, Milwaukee Repertory Theater, City Ballet Theatre, Milwaukee Musical Theatre, Ko-Thai Dance Company, Florentine Opera Company, Milwaukee Dance Theatre, Bel Canto Chorus, Milwaukee Symphony Orchestra, Next Act Theatre, Milwaukee Chamber Theatre, Great Lakes Opera Company, Milwaukee Youth Symphony Orchestra, Danceworks, Skylight Opera Theatre, Present Music, Milwaukee Ballet Company, Theatre X, Milwaukee Chamber Orchestra, Milwaukee Public Theatre, and Wild Space Dance Company. UPAF awards grants to other arts groups as well.

Metro Region cardiac rehab program certified

Continued from page 1

It’s voluntary and its emphasis is on standard, consistent policies and procedures and measurement of outcomes.”

“We think that third-party payers will be looking for this kind of proof that cardiac programs can deliver what they promise,” Sandy says.

The certification process also reviewed the qualifications of those staffing the region’s programs to be assured that they had the appropriate education, experience and training.

The Metro Region’s cardiac rehab program is staffed by registered nurses, exercise physiologists and dietitians.

The typical patient attends cardiac rehab three times a week for six to 12 weeks after being discharged from the hospital for a cardiac event, such as open heart surgery, angioplasty or heart attack. The region’s cardiac rehab sites also allow patients who have completed that program to participate in cardiac rehab maintenance on a self-pay basis two times a week for as long as they like.

The primary goals of cardiac rehabilitation are prevention of future cardiac events and supporting a quick recovery to allow the patient to regain self-confidence and return to work and the activities of daily living.

The medical director of the Metro Region Cardiac Rehabilitation Program is cardiologist Samuel Wann, MD.
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:

Feb. 13 Dr. John Whitcomb of the St. Luke's Medical Center emergency department was interviewed about influenza by Channel 4.

Feb. 12 A new stroke drug was the topic of a Channel 4 interview with Dr. Arvind Ahuja, a neurosurgeon at St. Luke's Medical Center.

Feb. 10 Children and sudden cardiac death were discussed by Dr. Anwer Dhala, an electrophysiologist, with Channel 4 in response to the deaths of two high school athletes.

Feb. 1 Pharmacist Kate Rekowski, whose pharmacy is at the Aurora Health Center in New Berlin, talked with Channel 4 about prescription interaction dangers.

Jan. 29 Vicki George, Metro Region vice president/chief nurse executive, and Audrey Blumenfeld, manager of The Karen Yontz Women's Cardiac Awareness Center, talked with the Business Journal about women's marketing initiatives.

Jan. 28 Dr. Michael Katzoff, of Hartford Memorial Hospital, talked with the West Bend Daily News about the Sleep Disorders Center.

Jan. 28 Dr. Joseph Geenen, a gastroenterologist, talked with Channel 4 about a study of pancreatitis being conducted at St. Luke's Medical Center.

Jan. 28 The Journal Sentinel ran a story about the Women's Series being sponsored by Sinai Samaritan Medical Center and the Jewish Community Center.

Jan. 22 Dr. Tanvir Bajwa, a cardiologist at Sinai Samaritan Medical Center, was interviewed by Channel 4 about the role of genetics in patients with coronar artery disease.

Service Awards

February recipients of the St. Luke's South Shore Big Storm Award are (from left) Lori Best, social services; Mary Ann Degenhardt, 3MESG; and Curt Finger, environmental services. The Big Storm Award recognizes outstanding service.

Grief teleconference is moderated by Cokie Roberts

A program titled "Living with Grief: At Work, At School, At Worship" will be offered from 12:30 to 3 p.m. April 14 at St. Luke's Medical Center's Stiemke Auditorium.

Sponsored locally by the hospice program of the Visiting Nurse Association of Wisconsin and the VNA's Milwaukee Hospice Home Care and Residence, the teleconference, which originates from the East Coast, will be moderated by ABC News correspondent Cokie Roberts.

"Living with Grief" will feature experts who explore the ways in which grief influences us in various settings. People often discuss how they grieve, but rarely consider the places where they grieve. Participants will learn how to help families and caregivers cope with grief and loss.

There is no charge to attend. Registrations will be taken after March 15. Call 647-6335.
Neurosurgical inpatient unit being developed

Plans are under way for the new neurosurgical unit on 6GHJ at St. Luke's Medical Center. The new unit is expected to open during the second quarter of 1999. The unit will be in space previously occupied by the subacute unit.

The neurosurgical inpatient unit will have the capability of providing 24-hour nursing care throughout the continuum, and is geared toward patients recovering from procedures or having diagnoses that include cerebral edema, craniotomy, spine surgery, acoustic neuroma, cerebral aneurysm, brain tumor, cerebral angiogram, stereotactic radiosurgery, brain biopsy, intercranial hemorrhage, arteriovenous malformation and specialty treatment options for Parkinson's disease or seizure disorders.

In addition, ischemic or hemorrhagic stroke patients who have received appropriate medication or surgical treatment also will be part of the patient population on this unit.

Telemetry monitoring will be available, and nurses will be certified to perform NIH stroke screenings.

When construction of the unit is completed, the total number of beds is expected to be approximately 30. Employment opportunities on the new neurosurgical unit are available for nurses, nursing assistants, patient service associates and health unit coordinators.

Employees who have questions or would like additional information may call Linda Ahrens, interim patient care manager, at 385-4883.

Refresher tours offered

Can't keep track of department moves? Do you ever wonder which new construction projects are starting now? If so, get a fresh look at St. Luke's Medical Center through our “refresher tour” and information packet. Tours begin at noon March 25 and take place on the last Thursday of each month. Each tour takes only about 20 minutes. Anyone interested in attending should meet at the main entrance.

If you can't find the time to go along on a refresher tour, request a “What's Happening” packet, so you can be in the know when someone asks you a question such as “What’s happening?” or “Where is that department moving to?” To request a packet, call Trish Slack in Service Management at 649-6147.

When you are traveling through the halls of St. Luke's, it’s always good to know what’s up ahead, so you don’t fall into the dreaded black hole of “I don’t know.”

Golden Sneaker Award

Here are the Golden Sneaker nominees for the month of February:

Bob Hagemeyer, Plant Operations
Jim Sawyer, Van Services
Darwyn Green, Facility Services
Dr. John Kim, Family Practice Resident
Mary Schigoda, 4EF
Karen Brubakken, 4EF
Bruce Dooley, Circulatory Dynamics Lab
Marian Cavelta, Volunteer

Bob Hegemeyer, Plant Operations, was selected as the Golden Sneaker recipient for February. His nomination read: “Bob has been very helpful in facilitating the delivery of St. Luke’s and Aurora employee donations for the annual volunteer employee food drive. His willingness and hard work have been greatly appreciated for several years, especially this year when he had to receive the early donations at the St. Luke’s dock by himself unexpectedly.”

Physicians and nurses volunteer in Haiti

A group of St. Luke’s physicians and nurses recently volunteered their time as part of an annual medical mission to Haiti to provide health care services. They included: Chris Storm, RN; Christine Schedler, RN; Dr. John Brusky; Dr. Steve Dinkle; Dr. Jack Pope; Gina Menyah, RN; Dr. Don Hackbarth; and Dr. Meghan Warren.

The delegation from St. Luke's spent a week in Leogane, Haiti, about 30 miles from Port-au-Prince. Dr. Brusky and his wife spent two weeks there. This team of health care providers delivered a variety of medical services, and St. Luke’s donated medical supplies.
Service Management
quotes of the week...
"Sometimes GOOD is the enemy of being the BEST."
"Word of mouth advertising is the most powerful
advertising in the world."
It's the APOLOGY that matters... it's the RECOVERY
that counts!

Great American Cleanup
St. Luke's Medical Center/Jackson Park Neighborhood
9 a.m. to noon Saturday, April 24
Rain or Shine!
Call 649-7375 for information or to register.
Participants get a free T-shirt and are entered in a
drawing for prizes.
Friends and family welcome!

Mardi Gras festivities a hit at St. Luke's
St. Luke's Medical Center celebrated Mardi Gras Day
in the employee cafeteria on Fat Tuesday, Feb. 16. The
event included Mardi Gras decorations, beads and a
special menu. The menu featured Cajun favorites such as
jambalaya, okra and hush puppies. Aurora's very own
Chef Tom Wild, with the assistance of Cafeteria
Coordinator Jeff Gavitt and Cook Jeanne Roehl,
provided cooking demonstrations throughout the day
and evening. More than 500 servings of shrimp creole
were served to employees! The Food Management staff
says a sincere thank you to employees for all of the
wonderful comments received throughout the day.

Hall closing announced
Employees are reminded that the Diagnostic and
Treatment Center is participating in live transmissions of
gastrointestinal procedures to the auditorium. During
these live transmissions, the second floor hallway
between the Center and Schroeder elevators will be
closed. The hallway will be closed from 8:30 a.m. to 4
p.m. March 20. Please use the first floor hallway during
this time.

Discounted Admirals tickets
The Sports Medicine Institute of Aurora Health Care
and the Milwaukee Admirals invite all St. Luke's Medical
Center employees, physicians, volunteers and their
families to "Aurora Nights with the Admirals" at the
Bradley Center. All Aurora staff are eligible for
discounted tickets for the games at 7 p.m. on Wednesday,
March 17, against the Fort Wayne Komets; at 7:30 p.m.
on Saturday, March 20, against the Chicago Wolves; and
at 7:30 p.m. Saturday, April 17 against the Indianapolis
Ice.

The Aurora discount for these games is $4 per seat,
bringing ticket costs down to $10 and $6. Tickets need to
be ordered in advance. Please pick up a form from the

As the sports medicine provider for the Milwaukee
Admirals for the past eight years, Aurora's Sports
Medicine Institute offers the advice and care of team
physicians, physical therapists and athletic trainers to
players and coaches before, during and after the season.
Services include pre-season conditioning and physicals,
injury prevention and treatment and nutrition
counseling.

Dry cleaning services offered
Convenient, drop-off cleaning and laundry services
are available at St. Luke's Medical Center for employees,
volunteers and physicians. The service is provided by
Wolf Cleaners. Here's how it works: Drop off your items
to be cleaned on the first floor directly across from the
Gift Shop. Order forms, price sheets and plastic bags for
clothing to be cleaned are available at the unattended
pickup/drop off site.

Wolf Cleaners picks up and delivers at St Luke's
Medical Center every Monday, Wednesday and Friday. If
your order is placed on Monday, it will be ready for you
to take home on Wednesday. Items dropped off on
Wednesday will be ready on Friday, and so on. If your
order includes alterations or repairs, it will take longer.

On your first order, complete the form for billing.
After that, you need only put your name on the order
slip. Bills are sent to your home address monthly.

Wolf's offers a 30% discount on all dry cleaning and
laundry through the month of March. Beginning April 1,
competitors' coupons will be accepted and can be
attached to your order slip. Wolf's also will offer
monthly specials. Watch this newsletter for details.

In addition to full-service dry cleaning, Wolf's offers
shirt laundering and pressing, hand-finished lab coats,
leather and suede cleaning, alterations, shoe repair and
other services.

If you have questions, call Wolf Cleaners at 223-4078.

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 Muszynski by
phone (920) 803-9595, fax (920) 803-9596, or preferably
by e-mail (muszyn@execpc.com). The deadline for the
next insert is Friday, March 12. Please include the name
and phone number of a contact person.
Aurora Credit Union Annual Meeting
5:30 to 7 p.m.
Wednesday, April 7
Aurora Conference Center

Aurora Credit Union members are invited to attend this annual meeting to act on the agenda and participate in the election of members to the board of directors.

New Baby, Changing Emotions
Join other new mothers. Explore causes of the baby blues.
Get help. Lead by Margaret Mahoney, MSN, RN, and Vani Ray, MD. Sponsored by Women's Health Services and Aurora Behavioral Health Services.

4025 N. 92nd St., Wauwatosa
To register, call Laura, 427-3400.

April 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, unless otherwise noted. 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 (414) 647-6370, or fax the registration to (414) 647-4878, or e-mail on cc:Mail or Lotus Notes to nsg_ed@aurora.org.

7 Critical Care course begins, Aurora Conference Center.
9 Metro ANA/APCA course begins, 7:15 to 11 a.m., SLMC.
12 Safe At Home I, 7:30 a.m. to 4:30 p.m., Aurora Conference Center. This is the initial domestic violence education program. To register, call (414) 647-3347.
12 Metro Experienced Health Unit Coordinator Orientation begins for experienced health care personnel crosstraining into the HUC role.
14 Basic ECG Interpretation course begins, 8 a.m. to 4:30 p.m. Aurora Conference Center.
14 Metro Experienced Nursing Assistant Orientation Day, 8 a.m. to 4:30 p.m. SLMC.
19 Critical Care Module — Cardiovascular, 8 a.m. to 4:30 p.m. Aurora Conference Center.
21 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. See unit flyers for more information on topics to be presented. To register, call (414) 647-3347.
26 Critical Care Module — Hemodynamic Monitoring, 8 a.m. to 4:30 p.m. Aurora Conference Center.
28 Metro Experienced Nursing Assistant Orientation Day, 8 a.m. to 4:30 p.m. SLMC.
29 Dual Chamber Pacing Concepts, 8 a.m. to noon, Aurora Conference Center.

Hartford Memorial

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

Beginning Yoga
7:30 to 8:45 p.m. Tuesdays, beginning March 30
9:30 to 10:45 a.m. Wednesdays, beginning March 30

Hartford Memorial Hospital

Presenter Bruce Van Dyke offers a gentle approach to better health through this seven-week yoga course. Instruction includes 35 yoga exercises concentrating on different parts of the body, limbering exercises to release tension, meditation, deep breathing and stress management techniques. The fee is $50. Call (888) 841-8454 to register.

Support Group for those with Anorexia Nervosa and Bulimia Nervosa, 7 to 8 p.m., Wednesdays. Call 454-6502 for information.

Support Group for family members, spouses and friends of those with eating disorders, 6-7 p.m., Thursdays. Call 454-6797 for information.

Largely Positive Support Group — Promotes size acceptance and healthy self esteem, 7 to 8:30 p.m., first and third Thursdays. Call 299-9295 for information.
The Prenatal Care Coordination Program
The Prenatal Care Coordination (PNCC) program at Sinai Samaritan Medical Center cares for more than a thousand low-income, at-risk pregnant women each year. The program has been effective in reducing the incidence of prematurity, low-birth weight and infant mortality in the central city of Milwaukee since it was established in 1993.

Every month this year, PNCC will be asking Aurora employees to donate specific items that are needed by patients. In March, the needed items are infant sleepers and T-shirts; in April, toddler clothing; and in May, women's supplies, including lotions, soap and shampoo. Please send or deliver donations to room K4747 at Sinai Samaritan.

Check the Teamworks Bulletin Board in future issues for the kinds of items needed throughout the year.

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 can get a needed break. For information, call 453-1400.

Classes offered by Aurora Libraries
Call the Medical Library at St. Luke's Medical Center, 649-7356, to register.

MEDLINE on the Intranet (SLMC Library Computer Lab)
March 16, 8:00 A.M. - 10:00 A.M. taught by Joan Clausz
March 25, 2:30 P.M. - 4:30 P.M. taught by Stephanie Hanus
April 6, Noon - 2:00 P.M. taught by Joan Clausz

MEDLINE on the Intranet (SSMC Library Computer Lab)
March 5, 8:00 A.M. - 10:00 A.M. taught by Mary Jo Koenen
May 4, 2:00 P.M. - 4:00 P.M. taught by Mary Jo Koenen

Introduction to the ALDN (SLMC Library Computer Lab)
March 1, 9:00 A.M. - Noon taught by Joan Clausz
April 21, 8:00 A.M. - 11:00 A.M. taught by Kathy Strube

Introduction to the ALDN (SSMC Library Computer Lab)
April 14, 1:30 P.M. - 4:30 P.M. taught by Mary Jo Koenen

Become an infant massage instructor
Applications are now being accepted for an Infant Massage Instructor Class to be held March 19, 20 and 21 at the Milwaukee Heart Institute at Sinai Samaritan Medical Center. There's a discount for Aurora employees. Call Karen Nelms, RN, instructor trainer, at 906-1798 for more information.