Healthy Balance Weight Management Program

A non-diet, whole-person approach to helping people set realistic goals and achieve a balance of healthy eating, physical activity, stress management and self-acceptance. Successfully piloted at two Aurora facilities, Healthy Balance is looking for health care professionals, dietitians, nurse educators, behavioral health professionals and exercise specialists who would like to facilitate and teach the Healthy Balance program sessions.

The first training session will be held from 9 a.m. to 4:30 p.m., Oct. 20 at the Heil Center. For information, call Beth Stewart, RD, at (414) 454-6741 or send an email message to beth_stewart@aurora.org

The Aurora Employees’ Partnership Campaign is off to a great start, but we still have a long way to go. If you haven’t made your pledge yet, take a minute now to fill out your pledge card and return it to your site coordinator.

A gift of just $1 per week can provide a half-hour of speech and language therapy for a child who is deaf or hard-of-hearing. Two dollars a week will provide two in-home counseling sessions for a child recovering from violent trauma. Three dollars a week will send a Scout from a financially disadvantaged home to a week of summer camp.

Your gift reaches people who need help the most, right here in your community. Funds are allocated by unpaid volunteers.

On the Aurora intranet site (www.ahcweb.aurora.org), “Aurora Service Management: Metro” is the definitive source for service management information within the Metro Region – besides your manager or supervisor, of course,” says Allen Stasiewski, director of Aurora Service in the Metro Region.

The intranet page replaces the IdeaNet bulletin board that had been on cc:Mail and Lotus Notes. This bulletin board is no longer in service.

Metro Region has new Aurora Pharmacy

Jendusa Pharmacy
304 Delafield Street
Waukesha, WI 53186
Phone: (262) 542-8006
Fax: (262) 542-5095
Hours: 8 a.m. to 8:30 p.m., Monday through Friday;
9 a.m. to 1 p.m. Saturday and Sunday
Chief Pharmacist:
Thomas Zimmerman, R.Ph.

To find the Aurora Service page, click on Operations on the intranet’s home page, then click on “Aurora Service Management: Metro.”

Among the information available on this page are Satisfaction Survey Reports, a service/quality article of the month, balance features, customer feedback, service tips and tools, service management announcements and a calendar of events. The Satisfaction Survey Reports documents are searchable.

“New information and services will be offered regularly, so visit often,” Allen adds.
Metro Region facilities outside Milwaukee County began the change to a new telephone area code on Sept. 25. Facilities within Milwaukee County will remain in the 414 area code. The rest of the Milwaukee area is changing from the 414 area code to the new 262 area code, except for small parts of Ozaukee, Racine and Waukesha Counties.

To place local calls within an area code, just dial the seven-digit number. To place local calls to a different area code, dial 1 plus the area code and the seven-digit number. For example, to call from St. Luke’s Medical Center to St. Luke’s New Berlin, dial 1-262-827-2900.

Until next March 4, either the old number or the new number can be used. After that date, callers will need to use the correct area code. Even though some local calls now must be dialed starting with 1 and an area code, they are billed as local calls.

Consider using the Aurora tie lines to make as many calls as possible to other facilities within the system. Tie line information can be found on the Aurora intranet site (www.ahcweb.aurora.org). From the home page, click on Aurora Phone Directory. Tie line directions are at the bottom of the screen that returns the information you request.

Thousands of older adults visited the Milwaukee County Zoo for Aurora’s Annual Senior Celebration on Sept. 3. Blood pressure checks were among the services offered.

Sinai Samaritan, St. Luke’s recognize service

Sinai Samaritan Medical Center Golden Moment Awards and St. Luke’s Medical Center Golden Sneaker Awards were presented in September to employees who exceeded the expectations of patients, patients’ families, co-workers and others.

The Golden Sneaker Award recipient of the month was Kathy Martin, 4CD. Also named as August Golden Sneaker recipients were Yvonne Lammers Von Toorenburg and Sharon Dederich, both of 4EF (not pictured).

SSMC Golden Moment

SLMC Golden Sneaker

From left: Mike Laven, hospitality services; John Milewski, concierge; Kathy Martin, 4CD; Lois Love, 4KL; Beth Mayes, 4KL; Lee Blumel, hospital services; Kary Zum, financial counseling; Jerry Wachowiak, anesthesiologist; Linda Patrice, surgery; Mara Crowe, urology; and Adela Obrodovitch, 9LM.
Employee flu shots

Influenza is a viral infection of the nose, throat, bronchial tubes and lungs that can make you ill whatever your age. Usually, flu occurs in the United States from November through April. If you get the flu, you usually have fever, chills and soreness and aching in your back, arms and legs. Vomiting and diarrhea are not symptoms of flu. Although most people are ill for only a few days, some people have a much more serious illness and may need to be hospitalized. In a typical year, thousands of people die in the United States from flu or complications of the flu.

The viruses that cause flu frequently change, so people who have been infected or received a flu shot in previous years may become infected with a new strain. Because of this, people should be vaccinated every year. The vaccine itself cannot cause the flu. The vaccine is injected into the muscle of the upper arm and will begin to provide its protective effect in about one or two weeks. Immunity may decrease after several months. Flu shots will not fully protect all persons against the flu.

Influenza vaccines are strongly recommended for: persons age 65 or older; residents of nursing homes or other chronic care facilities; adults and children who have required medical follow-up or hospitalization during the previous year because of chronic diseases including diabetes, renal dysfunction, immunosuppression, etc.; children and teenagers (6 months - 18 years) who are receiving long-term aspirin therapy; women who will be in their second or third trimester of pregnancy during the influenza season; those who might transmit influenza to people at high risk, including: health care workers; household members of those in high-risk groups; and any person who wishes to decrease the likelihood of becoming ill with influenza.

Flu shots for employees of St. Luke’s Medical Center will be available on the following days. No appointment is necessary.

Mon., Oct. 11, 7 to 10 a.m., Dining Room B
Tues., Oct. 12, 9 to 11:30 a.m., HSI Classroom 3
Wed., Oct. 13, 7 to 10 a.m., Dining Room B
Thurs., Oct. 14, 7 to 10 a.m., Dining Room D
Fri., Oct. 15, 7 to 10 a.m., HSI Classroom 1
Mon., Oct. 18, noon to 3:30 p.m., Dining Room B
Tues., Oct. 19, noon to 3:30 p.m., HSI Classroom 2
Wed., Oct. 20, noon to 3:30 p.m., HSI Classroom 1
Thur., Oct. 21, 11 a.m. to 4 p.m., HSI Classroom 1
Fri., Oct. 22, noon to 3:30 p.m., Dining Room B

Life Memorial Service set

All staff members and volunteers of St. Luke’s Medical Center are invited to attend the 61st Life Memorial Service at 7 p.m. on Tues., Oct. 19 in the St. Luke’s auditorium. Many of the family members of those patients who died at St. Luke’s between May 1 and Aug. 30, 1999 will be attending. The service will last approximately one half-hour and refreshments will be served immediately following the service.

New Lymphedema Program offered

Lymphedema services are now available at three Aurora Rehabilitation Center locations: St. Luke’s Medical Center, West Allis Memorial Hospital and the Aurora Rehabilitation Center, Slinger.

Lymphedema is the chronic swelling of a body part — most often an arm or leg. The result of accumulation of fluid when the lymph nodes and vessels are blocked, removed or damaged, lymphedema may occur following surgery, radiation or trauma. It may also be due to a congenital abnormality of the lymphatic system.

Lymphedema can be treated and controlled with manual lymph drainage techniques, exercise and education in the areas of prevention, skin care and self-management home programs, and use of a sequential pump. Many times clients will be fitted with a compression garment as well. A thorough evaluation is completed to determine the most appropriate and individualized course of treatment.

Call (877) 633-2020 (toll-free) with questions or to make a referral.

Halloween Contest deadline near

The deadline for entering the Halloween Contest sponsored by the Karen Yontz Center is Oct. 15. Employees’ children can win a goodie basket, roller blades, McDonald's gift certificates and more.

All entries must be received by Oct. 15 in The Karen Yontz Center to be considered for awards. On the
Welcome new employees

Employees as of 9/13/99
Agnew, Daniel, NA trainee, 10LM
Balisteri, Sandy, NA, 2CEF
Cobb, Earl, Maintenance Tech
Franklin, Dolly, Env Asst,Env Serv
Gallion, Sabrina, NA, 10LM
Gouin, Carolyn, Mat Attendant
Grant, Kimberly, NA trainee, 3CD
Hendrickson, Kevin, Biomed Equip Proj Tech
Kerbel, Penny, Env Asst, Env Serv
Nowak, Melissa, NA trainee, 4KLM
Otto, Stacie, Coord, Qual Mgmt
Palacio, Argelia, NA Trainee, 11LM
Richardson, Rhoda, Echocardiography Tech
Riley, Kenya, Phlebotomist
Rivard, Russ, Hyperbaric Tech
Schwalbe, Sharon, RN, 3EF
Serkowski, Rebecca, HUC, 6GH
Topp, Mary, Health resource asst
Uko, Janet, RN, 4CD
Zeman, Dennis, Env Asst, Env Serv
Zyniecki, Catherine, RN, CVICU
Griebenow, Kathry, HUC, 4CD
Keelan, Julie, Reg Sup, Elec Lab
Kevek, Beth, Data Coord, card serv

Employees as of 9/20/99
Allison, Lisa, Instrument Tech, Surgery
Eads, Amy, NA, 3EF
Ferver, Cindy, Respiratory Therapist
Gilmore, Gail, Phlebotomist
Glasgow, Sarah, Surgical Tech
Gross, Jessica, Rad Tech
Kapusta, Mark, Security Officer
Lever, Portia, Env Asst, Env Serv
Meyer, Jessica, Dietary Assistant
Paszkowski, Lynn, Secretary, Plant Ops.
Penniston, Susan, RN, Ophthalmology
Perez, Ruben, Linen Services Attendant
Peterson, Carol, Transcriptionist
Robinson, May, Linen Services Attendant
Schall, Michelle, Transcriptionist
Cortez, Judith, Secretary, Sleep Disorder
Jakimczyk, Nancy, RN, DTC
Jordan, Julie, Admin. Asst.
Tienor, Cynthia, Member Service Rep

Employees as of 9/27/99
Brawner, Carol, Secretary, Rehab-Racine
Diabate, Messini, NA, 11LM

Dressler, Melanie, Employment Assistant
Garcia, Maria, Env Asst, Env Serv
Grisdale, Nancy, Director - Employment
Hart, Kerrie, Supervisor- Pt. Collections
Herbst, Kathy, Pt. Access Asst, ICU FW
Johnson, Jessica, Ultrasound Student
Kadow, Steve, Env Asst, Env Serv
Lucas-Jordan, Jackie, RN, Emergency
Padilla, Anna, DTC Tech Specialist
Pajot, Mary, Switchboard Operator
Sieracki, Millie, Health Nurse Advisor
Syed, Firoza, Rehab Aide
Van Asten, Julie, RN, CVICU
Weber, Tricia, ER Tech
Baker, Jeanine, Secretary, Pulmonary
Luckey, Ann, HUC, Emergency
Stefanac, Peggy, Metro Referral Coord.
Young, Sandy, ANA, 9LM

Briefly

Alverno College Fine Arts Festival, 10 a.m. to 4 p.m., Sat. Oct. 16, gymnasium, 3401 S. 39th St. More than 50 juried artists will exhibit and sell paintings, pottery, photographs, sculptures, textiles, jewelry and other works of fine art. Admission is $2 per person.

Milwaukee Public Schools (MPS) is seeking volunteers to tutor children in its “Let’s Read” after school program. Volunteers are trained to provide one-on-one tutoring. Let’s Read is offered at 20 Milwaukee elementary and middle schools that have after school programs and Community Learning Centers. These programs provide safe, supervised environments for children and their families to use after school, in the evenings, and on weekends. For more information about upcoming training sessions or a list of school sites and tutoring times, call the MPS volunteer hotline at (414) 475-READ.

Respiratory Care Week, Oct. 3 to 9

Send us your news
We recognize the accomplishments of employees in this newsletter. Please 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, Oct. 8. Please include the name and phone number of a contact person.
West Allis Memorial Hospital

**Amputee Support Group**

2 to 4 p.m.
Wednesday, Oct. 6, Nov. 3 and Dec. 1
Enter through the main entrance and follow the signs. For information, call Cathy Cauley, (414) 328-6637, or Patty Nault, (414) 328-6639.

St. Luke’s Medical Center

**The Karen Yontz Women’s Cardiac Awareness Center Support Group Series**

7 to 8:30 p.m., Second Monday of each month through March 13. Call (414) 649-5767 for information.

St. Luke’s Medical Center

**Post Surgical Bra and Prosthesis Service Available**

St. Luke’s Medical Center and Sinai Samaritan Medical Center both offer post surgical bra and prosthetic products. A wide variety of styles and sizes are available from Amoena, Camp and Jodee. Appointments are preferred for a fitting.

For more information or for an appointment, call St. Luke’s, (414) 649-7623 or Sinai Samaritan, (414) 219-7370.

Family Service of Milwaukee ElderServices

**Share the Wisdom**

Interfaith Older Adults Programs invites you to consider serving as a volunteer with the Neighborhood Outreach Program. Older adults need friendly visitors, drivers to medical appointments, grocery shoppers, help with paperwork and help with small fix-it jobs. Volunteers serve in their own neighborhoods according to their own schedules.

Call 291-7500, ext. 234, for the Interfaith Program in your neighborhood.

St. Luke’s Medical Center

**Hearing screenings**

Are offered free to Freedom 55/65 members and other patients from 1:30 to 3:30 p.m. the first Thursday of every month. Registration is required by calling 219-7837.

Sinai Samaritan Medical Center

Have your child’s seat safety checked at Hartford Memorial Hospital’s emergency department.

Call 670-7201 for an appointment.

Hartford Memorial Hospital

**Blood Drive**

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

Sports Medicine Institute

The Sports Medicine Institute now offers massage therapy services downtown at Sinai Samaritan Medical Center. The massage therapists, located in the new massage suite, are trained in a number of massage therapy techniques including Swedish, sports, neuromuscular and pre-natal massage. No prescription is necessary. For information, call the Sports Medicine Hotline at (414) 219-7776 or toll free at 1-800-219-7776. Massage therapy is offered by Complementary Medicine, part of Aurora’s Alternative Delivery and Community Programs.

Visiting Nurse Association

Contribute to the VNA when you shop at Pick ‘N Save. Designate the VNA’s account number — 898450 — when you apply for or change your Pick ‘N Save Advantage Card. A donation will go to VNA each time you use your card.
December 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 Street, 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 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  Metro Experienced Nursing Assistant Orientation Day, 8 a.m. to 4 p.m., WAMH. To register, call Bette Jo Jennings, (414) 328-6285.

3  Metro ANA/APCA course begins, 7:15 to 11 a.m., SLMC. To register, call Bette Jo Jennings, (414) 328-6285.

7  Basic Oncology Nursing course begins, 7:30 a.m. to 4 p.m., Aurora Conference Center. For more information about content, call Sue Truchan, (414) 647-3597. To register, call Peggy Wipplinger, (414) 647-3347.

7  RN Preceptor Workshop, 8 a.m. to 4:30 p.m., Aurora Conference Center.

15 Metro Experienced Nursing Assistant Orientation Day, 8 a.m. to 4 p.m., WAMH. To register, call Bette Jo Jennings, (414) 328-6285.

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Read Teamworks online

The Teamworks newsletters are now available on the Aurora intranet site (www.ahcweb.aurora.org). You can read current issues as well as previous issues. You also can read newsletters from the other regions. You’ll find Teamworks under “Employee Communications” on the intranet’s home page.

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1999 Aurora Family Picnic Prize Drawing Winners

Virginia Bowen, VNA
Lori Garceau, Two Rivers Clinic
Lori Glisch, AMG Wauwatosa
Cecilia Wooden, SLMC
Lon Garceau, Two Rivers Clinic
Lon Glisch, AMG Wauwatosa
Cecilia Wooden, SLMC
Marge McCarthy, SLMC Volunteer
W.L. Moore, SLMC
Debbie Carstensen,
Lake Geneva Medical Center
Edward Pfeifer, SLSS
Maureen Hoffer, SLMC
Diane Sowinski, SLMC
Inge Liegi,
Lakeland Medical Center
Penny Behi, SLMC
Anne Sesing,
Fond du Lac
Melissa Manders,
Kewanee Health Care
Claudia Cychoz, SLMC
Judy Bell, SLMC
Edward Sobczak, SLSS
Hope Jones, Kenosha
Melissa Wing, SLMC
Jacwiga Michelus, SLMC
Laurie Wallich, SSMC
Michelle Schluetermann, SLSS
Julie Rack, SSMC
Jack McGill, WAMH
Alice Kaluzney, WAMH

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Introduction to the Aurora Libraries’ Intranet Site

Learn how to access the Aurora Libraries’ intranet page and begin using the resources available to all Aurora employees. Resources include various Web-based databases, including Medline and CINAHL, 32 full-text online journals, various online medical textbooks and consumer health information.

At the St. Luke’s computer lab, classes will be held 8 to 10:30 a.m., Oct. 15; 2 to 4:30 p.m., Oct. 28; 8 to 10:30 a.m., Nov. 4; 9 to 11:30 a.m., Nov. 18; 2 to 4 p.m., Nov. 23; 2 to 4:30 p.m., Dec. 15; and 9 to 11:30 a.m., Dec. 16.

At the Sinai Samaritan computer lab, classes will be held 9 to 11:30 a.m., Oct. 20; 2 to 4:30 p.m., Nov. 16; and 9 to 11:30 a.m. Dec. 17.

To register for any of the classes, call the SLMC Library at (414) 649-7356. Classes for special groups are also available.

20" Panasonic Color TW w/NCR
Aiwa Mini Audio System
Year Supply of Men's Supplement Vitamins
Year Supply of Women's Supplement Vitamins
Koss Portable Radio/Cassette
Cobra 2-way Radios
Panasonic Portable CD Player
Business Organizer
Nike Duffel Bag
Panasonic Cordless Phone
Kodak 35 MM Camera
Cooler on Wheels
Aiwa Clock Radio
Timex Watch
Blockbuster Gift Certificate
Relic Pocket Watch
Bucks Sweatshirt
Blockbuster Gift Certificate
Beach Bag/Towel Combo
Brewers T-Shirt
Packers Glassware
Comfort Quad Folding Chair
Wisconsin T-Shirt
Picture Frame
Glass Fish Candle