August 2016


Aurora Health Care

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Making Planetree Come Alive at Aurora St. Luke’s

Work Teams Now Forming

Developing our culture of patient-centered care. At the employee Planetree retreats we will all learn what this means and how it can impact patients. But, how will Planetree actually look as we begin to transform our way of thinking and explore how we can enhance our patient-centered care? That is exactly the question the Planetree work teams are forming to answer.

**What are Planetree work teams?**
The work teams are one of several ways employees from all areas of the hospital can get involved to develop our Planetree culture. Each team addresses a specific component of the Planetree philosophy, such as importance of family and friends or spirituality. These teams recommend guidelines, solve problems and generate ideas to support the Planetree initiative and help develop our culture of patient-centered care.

**Join a Work Team**
Six work teams are now formed. Many more will be developed over the next year as we progress in our journey. Each team is focused on one of the ten components of the patient care philosophy. As you read through the descriptions below, see which of the areas may spark your interest and consider joining a team. You can call the work team leader with questions or to ask about joining the team.

**Planetree Work Teams at Aurora St. Luke’s**

**Human Interactions Work Team**
Planetree is about human beings caring for and serving other human beings. This involves not only providing nurturing, compassionate and personalized care to patients and families, but just as important, how staff care for themselves and each other. This work team will explore ways we can help staff personalize care for patients and how we can take care of our caregivers.

*Work Team Leader: Jan Mills, RN from 9LM at 649-6481.*

**Architectural Design Work Team**
Look around you as you read this. How does the environment around you make you feel? Whether you realize it or not, the physical space around you affects how you feel. Imagine the impact it can have on a person trying to heal while in the hospital. Planetree firmly believes that the physical environment is vital to the healing process of the patient. The work team will be looking at easy ways we can create a more healing environment in our existing spaces using lighting and other elements.

*Work Team Leader: Deb Hansen, patient care manager for CICU at 646-7956.*

**Healing Arts Work Team**
Creating an atmosphere of serenity and playfulness is an important aspect of the Planetree model. Art, music, humor and storytelling are just a few of the ways patients can connect with things that relieve stress and improve healing. This work team will explore ways healing arts can be integrated into our patient setting at Aurora St. Luke’s.

*Work Team Leader: Heidi Grow, director of human resources at 649-7382.*

**Nutritional Aspect of Food Work Team**
We all know that food is necessary to maintain healthy bodies, but it does more than that. Food is a source of pleasure, comfort and familiarity and takes on a whole new meaning...
More Planetree Retreats Dates are Here!
Sign-up Now for 2007

Additional dates for employee Planetree retreats are now set through June of 2007. We have added two Saturday dates and additional shuttle days. More dates will be scheduled this spring for the remainder of 2007. There will be enough spots for all employees to participate in an employee retreat by the end of 2007.

How to Attend a Planetree Retreat
After discussing scheduling with your manager, you can register for one of the dates through Learning Connection.

Helpful Tips for Registration
- Search Learning Connection using “ASLMC Planetree” to pull up our course and events.
- Click on “Events” at the top of the page to view the retreat dates.
- There are several pages of events that cover August through December. Use the arrows at the top of the page to move to the next pages of events.
- Do not place yourself on a waiting list. We are not using that function. If a session you want is full please choose another.
- Directions to Boerner Botanical Gardens, the retreat site, are contained in the confirmation email you will receive once you register for a retreat.
- If you have any problems registering or have any questions please call Karen Schaefer at 649-6504.

Shuttle Transportation
- For one retreat per month we will offer a shuttle to/from Aurora St. Luke’s only for those employees who usually take the bus and have no other transportation to Boerner.
- Retreat dates in 2007 where shuttle service is available are January 11, February 14, March 15, April 25, May 24 and June 6. More shuttle dates will be set for later in 2007.
- To reserve a shuttle spot you must call Karen Schulte at 649-6010 AND register for the retreat on Learning Connection.

We look forward to seeing you at a Planetree retreat for a transforming and fun experience!
Empowering Patients with Information
Our Library’s New Features Make it Easier

When you or a loved one has been diagnosed with an illness, what is one of the first things you do? For many, it is getting to the nearest computer to research the illness and treatment options available. In fact, in a 2002 national survey, over 70 million people reported going on-line to get health information.

Helping patients and loved ones fulfill their need for information and education is more important than ever. When patients can feel in control of their illness or condition they are better equipped to make decisions and participate in their care.

That is why the library at Aurora St. Luke’s Medical Center offers “patient friendly” services designed to make it easy for patients and families to access information and other resources to enhance their stay here. Our library offers:

- Personalized assistance to look up relevant information that is understandable by a non-clinical person.
- Seminars on how to surf the Web for the best health care information.
- Kid’s Korner to entertain children while Mom or Dad looks up information.
- Books and audiovisuals to help take one’s mind off health issues including fiction, entertainment DVDs in Spanish, videos to make you laugh and spiritual reflections.
- Access for patients and family members to check personal email.

Everyone is welcome to take advantage of the library services. Stop by to see what’s new and meet our librarians. If you ever have a need to research information, visit them on-line by clicking on Aurora Libraries on iConnect. Fill out an Ask the Librarian form and they will do the research and checking for you.

Menu Highlights

<table>
<thead>
<tr>
<th>Sunday, August 27</th>
<th>Tuesday, August 29</th>
<th>Thursday, August 31</th>
<th>Saturday, September 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
</tr>
<tr>
<td>Belgian Waffle</td>
<td>Omelettes Made to Order</td>
<td>Omelettes Made to Order</td>
<td>Belgian Waffle</td>
</tr>
<tr>
<td>Breakfast Sandwich</td>
<td>Cheesy Hashbrown Bake</td>
<td>Eggs Benedict</td>
<td>Breakfast Eggy Roll</td>
</tr>
<tr>
<td>Soup:</td>
<td>Soup:</td>
<td>Stuffed French Toast</td>
<td>Soup:</td>
</tr>
<tr>
<td>Wisconsin Cheese</td>
<td>Broccoli Cheese</td>
<td>Beef Barley</td>
<td>Chicken Dumpling</td>
</tr>
<tr>
<td>Lunch/Dinner:</td>
<td>Lunch/Dinner:</td>
<td>Lunch/Dinner:</td>
<td>Lunch/Dinner:</td>
</tr>
<tr>
<td>Pork Cutlet</td>
<td>Italian Breaded Chicken Breast</td>
<td>Mock Chicken Legs</td>
<td>BBQ Beef on a Bun</td>
</tr>
<tr>
<td>Golden Chicken Tenders</td>
<td>Sloppy Joe’s on a Roll</td>
<td>Chicken Divan Casserole</td>
<td>Fried Shrimp</td>
</tr>
<tr>
<td>French Dip*</td>
<td>Caribbean Crusted Filet of Fish*</td>
<td>Salmon Florentine*</td>
<td>Healthy Choice Sweet and Sour Chicken*</td>
</tr>
<tr>
<td>Monday, August 28</td>
<td>Wednesday, August 30</td>
<td>Caesar Salad Bar**</td>
<td>The Cafeteria is open everyday from 6:30 am to 7:30 pm and 12:30 am to 3:30 am.</td>
</tr>
<tr>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td></td>
<td>Meals Are Served:</td>
</tr>
<tr>
<td>Omelettes Made to Order</td>
<td>Omelettes Made to Order</td>
<td></td>
<td>Breakfast:</td>
</tr>
<tr>
<td>Belgian Waffle</td>
<td>Cheesy Hashbrown Bake</td>
<td></td>
<td>6:30 am – 9:30 am</td>
</tr>
<tr>
<td>Breakfast Sandwich</td>
<td>Soup:</td>
<td></td>
<td>Lunch: 10:30 am – 2:00 pm</td>
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<tr>
<td>Soup:</td>
<td>Vegetable</td>
<td></td>
<td>Dinner: 4:15 pm – 7:30 pm</td>
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<tr>
<td>Chicken Noodle</td>
<td>Lunch/Dinner:</td>
<td></td>
<td>The Deli is open Monday through Friday from 7:00 am to 7:00 pm. It is not open on Saturday and Sunday.</td>
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<tr>
<td>Lunch/Dinner:</td>
<td>Mostaccioli with Meat Sauce</td>
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<tr>
<td>Meatloaf with</td>
<td>Sliced Turkey on a Kaiser</td>
<td></td>
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<tr>
<td>Mushroom Gravy</td>
<td>Tortilla Crusted Tilapia*</td>
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<tr>
<td>Chicken Gyro</td>
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<tr>
<td>Lemon Peppered Cod*</td>
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</tbody>
</table>
Planetree Work Teams
(continued from front)

as a way to improve health and healing for patients. This work team will look at ways we can use food to connect with what is important for patients, how food can create a nurturing environment and how we can educate patients and staff on healthy eating.

Work Team Leader: Shirley Nelson, dietitian at 646-6474.

Spirituality Work Team
Spirituality plays a vital role in healing the whole person. The work team will explore ways we can support patients, families and staff in connecting with their own inner resources to create a more healing environment. The team will look at spaces for reflection and prayer and ways chaplains can continue to support spiritual needs.

Work Team Leader: Peg McGonigal, chaplain at 649-5283.

Human Touch Work Team
Touch is an essential way of communicating caring and is critical to the healing process. This work team will look at ways human touch can be incorporated into our environment for both patients and their families and staff. Things like massage programs will be considered.

Work Team Leader: Ryan Healy, occupational therapist at 649-6276.

If you have any questions about the work teams or the Planetree structure at Aurora St. Luke’s you can call Carolyn Glocka at 649-7921. She is the Planetree co-champion along with Mary O’Brien, our new chief administrative officer.

Wayfinding Tip:
Use First Floor When Directing Patients

Visitors should be directed to the Cafeteria and Wound Care/Hyperbaric area via the first floor, not through the basement. The basement is considered an “off-stage” area and is very busy with traffic from linen carts and other employee activity. We want to limit visitor access in most areas of the basement.

Directing Visitors
To the cafeteria: The best way to direct visitors from other buildings is to have them take the elevator to the first floor and walk across to the North building elevators. Then take the North elevator down to the basement. The cafeteria is on the right as they stop off the elevator.

To the Wound Care/Hyperbaric department: Have visitors take the Knisely building elevators down to the basement. The department entrance is on the right as they step off the elevator. Do not direct them to the Center elevators.

New Asian Food Entrees Coming to Skywalk Food Cart

Do you enjoy bold, flavorful Asian food? If so, you are in for a great new taste treat. We are pleased to bring the Jump’ Asian Express cuisine to our hospital. Starting August 29 exciting new oriental entrees will be added to your menu selections at the Skywalk Food Cart. Every Tuesday, Wednesday and Thursday you can enjoy items like orange chicken, fried rice, Szechwan vegetables, pepper steak and much more. Stop by next week and give your taste buds a treat!

Keeping InTouch
Using InTouch is simple. Call toll-free 1-877 MY INPUT (1-877-694-6788). When your call is answered you will be asked to enter our Passcode Number: 649. Then, just follow the instructions to record your message. InTouch is completely confidential.

Ideas or articles can be submitted to:
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Aurora St. Luke’s Today is published by Internal Communications at Aurora St. Luke’s Medical Center.
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