August 2016

**Aurora St. Luke's Today, October 10-16, 2008**

Aurora Health Care

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Randall McKennie planned to be a doctor. He was studying pre-med at Howard University in Washington D.C., a 500-bed urban teaching hospital, when something happened that changed the course of his career. He took an abnormal psychology course that required him to visit an institution for the mentally ill. He was moved by what he saw and determined to do what he could to serve these vulnerable people. His first thought was how he could help as a physician, but a college professor persuaded him that as a hospital administrator, his reach could be much broader. He changed his focus and received a double major in psychology and pre-med.

To get real life experience before he pursued his masters in health administration, Randall worked as a mental health assistant at a mental health hospital. The experience had a powerful affect on him. He learned the importance in health care of working as a team and that everyone is a caregiver. He also learned that listening and being present are powerful tools.

Randall moved to Atlanta, Georgia where he completed his MBA and MHA. As part of his MHA, he was given two choices for his one-year residency: a hospital in Alaska or Washington D.C. It was an easy choice for him. Randall returned to D.C.’s Howard University Hospital where he was the evening administrator.

After his residency, Randall stayed in the D.C. area. He worked at a local hospital overseeing the ED and psychiatry departments before moving on to Southeast Community Hospital. It was there Randall had the opportunity to work in the community to seek solutions for the uninsured. Randall developed a collaborative program between the hospital and AT&T that put school-based health clinics in the poorest areas in D.C. The program was so successful that it was featured on CBS and Nightline.

Randall then managed mental health clinics in the area for eight years and worked at another local hospital before he was lured back to Howard University Hospital to run the medicine and cardiology departments. This particular time was daunting for anyone living in the D.C. area. “During my five years at the hospital we experienced 9/11, the anthrax mailings and the D.C. snipers. I learned a lot about crisis management.”

Five years ago, Randall and his family moved to Milwaukee to take the vice president of operations position for Aurora West Allis Medical Center. He enjoyed his work as an administrator and found the Planetree transformation particularly rewarding. “Planetree helps caregivers see how they can make a difference, and at West Allis it brought us closer together because regardless of our difference in title, degree or department, we understood the most important thing we have in common is the patient.”

Asked about his family, Randall is obviously proud. He has two boys. Ryan, 19, attends Hampton University in Virginia where he is studying to become a business entrepreneur and Duncan, 14, is seriously into sports. They have a big Alaskan malamute called Jazzy Song.

Randall’s wife, Stephanie, worked for years as a cardiac ICU nurse before she decided to go to the IS side of nursing and received an MSN in nursing informatics. She now teaches nursing students at MATC with the help of a patient robot that can be programmed to have symptoms of a condition or disease. The robot can talk and say, “You’re hurting me,” if the student does something that would hurt an actual patient. The patient robot can go into cardiac arrest or demonstrate any number of symptoms to help students learn.

Randall recently joined Aurora St. Luke’s as vice president of operations. He was drawn here because of our rich history and legacy of excellence. His goal is to be part of building on our success and making sure we remain a leader in the community. Randall’s areas of responsibility will include physical medicine and rehab, pulmonary/respiratory, lab services, facilities management, environmental services, nutrition services, valet services and loss prevention.
Stop the flu before it stops you

True or False?

1. People with asthma, diabetes and other chronic medical conditions should not receive the flu vaccine.
2. Nine out of ten people who are infected with the flu virus will know it, because they have symptoms right away.
3. Health care workers are exposed to so many germs that most have built up immunity to the flu virus.
4. Vaccination of health care workers in the hospital has very little effect on whether their patients get the flu.
5. Caregivers not involved in direct patient care do not really need to be vaccinated since they are not near the patients.

If you answered “true” to any of these statements... think again.

#1 is false. People with chronic medical conditions are one of the groups at high risk for the flu and its complications, and should be vaccinated. Aurora’s care management influenza initiative is targeted to those people as well as others in high-risk populations, such as adults age 50 and older, children age six months to five years, pregnant women and health care workers. The flu is a contagious and potentially deadly infection, especially for those at high risk for flu-related complications. Our goal is to ensure the protection of Aurora patients and caregivers through annual vaccination.

#2 is false. Only half of us infected with the flu virus will have symptoms. So, you could easily pass the virus to others without knowing it. Even if you do get symptoms, you can pass the virus to others for up to four days before those symptoms appear. The virus can stay alive for at least five minutes on your hands, and for 24 to 48 hours on non-porous surfaces.

#3 is false. Due to the nature of their jobs, health care workers have an increased risk of exposure to the flu. The flu virus strains vary from year to year, so an annual vaccination is the best way to protect yourself and others. The best time to be vaccinated is from mid-October through December – the earlier the better, as it takes about two weeks for the antibodies to build up in your body.

#4 is false. There is no question that any of us could pass the flu virus to a patient. Unvaccinated health care workers are thought to be a key cause of flu outbreaks in health care settings. Studies have linked vaccination of health care workers to a significant reduction in patient mortality. This is why the employee health and wellness department schedules numerous opportunities for all Aurora caregivers to be vaccinated.

#5 is false. You may not have direct contact with patients, but by being vaccinated, you help protect your coworkers, family and anyone you are with who may be in a high-risk category. AND, you protect yourself. A study of healthy working adults receiving the vaccine showed 25% fewer respiratory illnesses, 43% fewer sick days and 44% fewer physician visits for upper respiratory infection.

PLEASE GET VACCINATED!

Aurora St. Luke’s flu clinics will take place
Monday, Tuesday and Wednesday, October 20 – 22 in the cafeteria from 7 a.m. to 4 p.m.

Both the flu shot and FluMist® intranasal vaccine will be available at the caregiver vaccination clinics. You may receive the FluMist intranasal vaccine if you are healthy and less than 50 years of age.

Medical library hosts caregiver event!

All caregivers are invited to attend the Aurora St. Luke’s medical library celebration of National Medical Librarians Month on Tuesday, October 21 from 9 a.m. to 4 p.m.

Come visit the temporary medical library in the Health Science building, Suite 101 to enjoy fun activities, tasty treats and great prizes. Test your knowledge of the Aurora libraries by taking the short online survey at the Aurora libraries Web site, accessible through iConnect, for a chance to win a USB drive.

“Dig deep, ask your medical librarian” is the theme of this year’s National Medical Librarians Month.

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.
Declutter day is back!

On Wednesday, October 15, from 7 a.m. to 3:30 p.m., the Architectural Design Planetree work team will host another declutter day. All areas of the hospital are encouraged to bring their unwanted equipment, furniture, computers, printers or supplies to the storage room adjacent to the dock on the first floor.

Equipment and furniture can be in any condition and supplies can be current or expired – no questions asked. There will be representatives from clinical engineering, I.S. telephony, central supply, interior, maintenance and asset management present to help determine if the items can be reused, recycled or need to be discarded.

If you have any questions about the event, please email Jennifer Albrecht or Neva Reimer.

Calling all crafty caregivers!

Decorate a wreath for our silent auction

For the past few years, the Aurora Partnership Campaign Committee has helped raise funds for various charities by hosting a wreath auction. Caregivers have already volunteered to decorate wreaths for this year’s silent auction, but we still have wreaths left that need your special decorative touch! Please consider donating a little bit of your time and talent to decorate one this year.

Wreaths will be auctioned off during a silent auction that will run from November 21 until December 2. All wreaths will need to be completed by Wednesday, November 19, which gives you a little over a month to create your masterpiece.

The amount of the winning bid from each wreath will go to a fund or organization selected by the wreath decorator. Tags will inform bidders which fund/organization will benefit from the sale of each individual wreath.

To volunteer, please contact Jean Vella in quality management at 414-649-7151.

Menu

Sunday, October 12
Breakfast:
Belgian Waffle
Breakfast Sandwich
Soup:
Wisconsin Cheese
Lunch/Dinner:
Baked Breaded Cod
Grand Slam Flavored Burger
Klement's Sausage

Monday, October 13
Breakfast:
Omelettes Made to Order
Belgian Waffle
Soup:
Chicken Noodle
Split Pea
Lunch/Dinner:
Tortilla Crusted Tilapia
Sloppy Joe’s
Beef Lo Mein with Fortune Cookie

Tuesday, October 14
Breakfast:
Omelettes Made to Order
Cheesy Hashbrown Bake
Soup:
Broccoli Cheese
Lunch/Dinner:
Nacho Grande
Sweet and Sour Chicken with Rice

Wednesday, October 15
Breakfast:
Omelettes Made to Order
Biscuit and Gravy
Soup:
Vegetarian Vegetable
Lunch/Dinner:
Broccoli Cheese Scrod
Panko Chicken Breast
Meat Lasagna with Vegetable

Thursday, October 16
Breakfast:
Omelettes Made to Order
(Tex Mex Omelette)
Eggs Benedict
Soup:
Beef Barley
Lunch/Dinner:
Sweet Baby Ray's Pork Chop
Cheese Stuffed Shells with Bread Stick

Friday, October 17
Breakfast:
Omelettes Made to Order
Stuffed Pancakes
Soup:
Potato Corn Chowder
Lunch/Dinner:
Oven Baked Crusted Catfish
Cod Nuggets
Coconut Chili Lime Chicken with Rice

Saturday, October 18
Breakfast:
Belgian Waffle
Breakfast Egg Roll
Soup:
Chicken Dumpling
Lunch/Dinner:
Fish – Catch of the Day
Golden Chicken Tenders (4)
Spaghetti and Meatballs

The cafeteria is open everyday from 6:30 a.m. to 7:30 p.m. and 12:30 a.m. to 3:30 a.m.

Meals are served:
Breakfast: 6:30 a.m. – 9:30 a.m.
Lunch: 10:30 a.m. – 2:00 p.m.
Dinner: 4:15 p.m. – 7:30 p.m.

The deli is open Monday through Friday from 7:00 a.m. to 3:00 p.m. It is not open Saturday and Sunday.
Are you at risk for diabetes?

According to the American Diabetes Association, over 20 million people in the United States have diabetes, but nearly one-third are unaware they have the disease.

Caregivers can find out if they are at risk for developing diabetes by getting their blood sugar screened on Friday, October 17 from 7:30 a.m. to noon at the Aurora St. Luke's pharmacy, located in the Physician Office building. There is a $10 fee and you will need to fast for 12 hours prior to the screening in order to obtain accurate measurements.

Please call 414-649-6930 to schedule an appointment today!

Add to your life

Everyone could use a little more “green” in their pockets. Fortunately, there are lots of things you can do to save money while helping the environment.

Here are the green tips for week three in our special series, 50 green tips in 10 weeks.

1. Ride a bike.
2. Walk, jog or run.
3. Go to your local library instead of buying new books.
4. At holidays and birthdays, give your family and friends the gift of saving the earth. Donate to their favorite environmental group, foundation or organization.
5. Get off junk mail lists. Go to www.greendimes.com to get started. They'll even plant a tree for you!

Get connected to the For Your Well Being retail store

Are you interested in being one of the first to know about special sales and events happening at the For Your Well Being retail store? Do you want to read about new products and get great gift ideas?

If so, then fill out your information below to join the For Your Well Being electronic mailing list!

For Your Well Being

Sign me up for the mailing list!

Name: 

Email: 

Please check one: I am a...

□ Visitor

□ Aurora Health Care caregiver

Your information will not be sold or given away. For Your Well Being store use only.

Planetree Healing Arts work team recruiting new members

The Aurora St. Luke’s Planetree Healing Arts workgroup is looking for additional members to join the team. The group meets for just one hour per month and helps to increase our patients’ engagement and enjoyment while in the hospital.

The Healing Arts team has enhanced Aurora St. Luke’s by adding the piano in the Galleria, arranging for musical concerts, adding elevator ceiling panels, organizing the mitten tree event during the holidays and raising awareness on pet and art therapy. They also have created activity chests and joke jars, and organized a caregiver photo contest.

If you’d like to be a part of this creative and fun team, please contact Heidi Grow at 414-649-7382.

Adding more green to your life

Ideas or articles can be submitted to:

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