

CARING FOR OUR COMMUNITY



Project SEARCH students and alumni, including Brian Bodfield, Ivett Felix, Esdras Juarez, Gerardo Juarez, Jerome Kurczodyna, Matt McAuliff, Chris Marienau and Freddy Sanchez hosted an open house on Thursday, Feb. 23, at Saint Francis Medical Center. McAuliff, Marienau and Sanchez are all Project SEARCH alumni.

Project SEARCH hosts open house

By Terry Douglass

Marketing Communications

This year's Project SEARCH class at Saint Francis Medical Center welcomed visitors to an open house on Thursday, Feb. 23, in its classroom area, located in the former birthing unit.

The open house featured current and former Project SEARCH students as well as educational displays about the program. Refreshments were also served.

Project SEARCH is a high school transition program. It uses internships that are designed to transition young adults with disabilities into employment within the workplace.

Throughout the school year, interns participate in a functional academic curriculum that

stresses employability and independent living skills that includes career exploration, money management, goal-setting, job-seeking skills, employability skills, healthy life choices, communication, social skills and job-specific skills. The goal for each intern is competitive employment.

Project SEARCH business partners include Saint Francis Medical Center, Grand Island Public Schools, Vocational Rehabilitation Services, Health and Human Services Developmental Disabilities, Nebraska Commission of the Visually Impaired and Nebraska Assistive Technology Partnership.

Students are referred to the program through their school district and apply in the spring of the year prior to entering the program. The student and family complete and

submit the application by a predetermined deadline.

Space is limited for students applying and the selection is carried out by members of the Project SEARCH Advisory Committee. The committee reviews the application packets, interviews the students and notifies eligible students and families.

Project SEARCH began in 1996 at Cincinnati Children's Hospital Medical Center. Concerned with a high turnover rate, the hospital experimented to see if individuals with disabilities could fill entry-level jobs.

Since then, Project SEARCH has grown from one original program to more than 150 programs across 42 states and four countries.

This year marks the third Project SEARCH class at Saint Francis Medical Center.

Power foods boost immunity

By **Jenny Roush**
Educational Services

You're washing your hands, using hand sanitizer like crazy and sneezing into your shirt-sleeves. Now, add these super foods to your family's meals for extra flu-fighting punch.

Yogurt

Probiotics, or the "live active cultures" found in yogurt, are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs. Although they're available in supplement form, a study from the University of Vienna in Austria found that a daily seven-ounce dose of yogurt was just as effective in boosting immunity as popping pills. In an 80-day Swedish study of 181 factory employees, those who drank a daily supplement of *Lactobacillus reuteri* — a specific probiotic that appears to stimulate white blood cells — took 33 percent fewer sick days than those given a placebo. Any yogurt with a Live and Active Cultures seal contains some beneficial bugs, but Stonyfield Farm is the only U.S. brand that contains this specific strain.

Your optimal dose: Two six-ounce servings a day.

Oats and barley

These grains contain beta-glucan, a type of fiber with antimicrobial and antioxidant capabilities more potent than Echinacea, reports a Norwegian study. When animals eat this compound, they're less likely to contract influenza, herpes, even anthrax; in humans, it boosts immunity, speeds wound healing, and may help antibiotics work better.

Your optimal dose: At least one in your three daily servings of whole grains.

Garlic

This potent onion relative contains the active ingredient allicin, which fights infection and bacteria. British researchers gave 146 people either a placebo or a garlic extract for 12 weeks; the garlic takers were two-thirds less likely to catch a cold. Other studies sug-

gest that garlic lovers who chow more than six cloves a week have a 30 percent lower rate of colorectal cancer and a 50 percent lower rate of stomach cancer.

Your optimal dose: Two raw cloves a day and add crushed garlic to your cooking several times a week.

Fish

Selenium, plentiful in shellfish such as oysters, lobsters, crabs, and clams, helps white blood cells produce cytokines-proteins that help clear flu viruses out of the body. Salmon, mackerel, and herring are rich in omega-3 fats, which reduce inflammation, increasing airflow and protecting lungs from colds and respiratory infections.

Your optimal dose: Two servings a week (unless you're pregnant or planning to be).

Chicken soup

When University of Nebraska researchers tested 13 brands, they found that all but one (chicken-flavored ramen noodles) blocked the migration of inflammatory white cells—an important finding, because cold symptoms are a response to the cells' accumulation in the bronchial tubes. The amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine, which may explain the results. The soup's salty broth keeps mucus thin the same way cough medicines do. Added spices, such as garlic and onions, can increase soup's immune-boosting power.

Your optimal dose: Have a bowl when feeling crummy.

Tea

People who drank five cups a day of black tea for two weeks had 10 times more virus-fighting interferon in their blood than others who drank a placebo hot drink, in a Harvard study. The amino acid that's responsible for this immune boost, L-theanine, is abundant in both black and green tea — decaf versions have it, too.

Your optimal dose: Several cups daily. To get up to five times more antioxidants from your tea

bags, bob them up and down while you brew.

Beef

Zinc deficiency is one of the most common nutritional shortfalls among American adults, especially for vegetarians and those who've cut back on beef, a prime source of this immunity-bolstering mineral. And that's unfortunate, because even mild zinc deficiency can increase your risk of infection. Zinc in your diet is very important for the development of white blood cells, the intrepid immune system cells that recognize and destroy invading bacteria, viruses, and assorted other bad guys, says William Boisvert, PhD, an expert in nutrition and immunity at The Scripps Research Institute in La Jolla, CA.

Your optimal dose: A three-ounce serving of lean beef provides about 30 percent of the Daily Value (DV) for zinc. That's often enough to make the difference between deficient and sufficient. Not a beef person? Try zinc-rich oysters, fortified cereals, pork, poultry, yogurt, or milk.

Sweet potatoes

You may not think of skin as part of your immune system. But this crucial organ, covering an impressive 16 square feet, serves as a first-line fortress against bacteria, viruses, and other undesirables. To stay strong and healthy, your skin needs vitamin A. "Vitamin A plays a major role in the production of connective tissue, a key component of skin," explains Prevention advisor David Katz, MD, director of the Yale-Griffin Prevention Research Center in Derby, CT. One of the best ways to get vitamin A into your diet is from foods containing beta-carotene (like sweet potatoes), which your body turns into vitamin A.

Your optimal dose: A half-cup serving, which delivers only 170 calories but 40 percent of the DV of vitamin A as beta-carotene. They're so good, you might want to save them for dessert! Think orange when looking for other foods rich in beta-carotene: carrots, squash, canned pumpkin, and cantaloupe.

EAP services available

By **Diana Shaffer**
Human Resources

Do you need someone to talk to? Do you need help with a family situation? Are you facing a divorce or possible legal problem? Do you think you or a family member might have an addiction problem?

Our Employee Assistance Program (EAP) benefits are provided through a company called Value Options. More information is available via the Internet at www.achievementsolutions.net/chi or by calling value options toll-free at 1-877-679-3819. This benefit is provided at no cost and is for all employees and their eligible dependents.

You will have unlimited telephone access to a counselor 24 hours per day, seven days per week, plus you may be referred to a local contracted provider for up to three face-to-face consultations per year per issue. In addition, you will have access to Value Options' Website where you can find helpful information and self assessment tools. All services are confidential.

Professionals are available to help you cope with issues that affect your work and personal life, such as: Stress or anxiety, depression, relationship and family concerns, child-care issues, workplace concerns, legal and financial issues, alcohol and substance abuse, health issues, defining goals, life planning and school stress and support.

Our EAP is available to all employees and their dependents at any time. We all may need a little help at times, so please remember this benefit is here for you. If you see a co-worker in need, don't hesitate to mention EAP services.

Compassionate nursing care survey winding down

By Terry Douglass

Marketing Communications

Nursing care rarely ceases at the time of death. Many times, the focus may shift from the patient to the remaining family and friends who are left at the bedside of the deceased loved one.

What course of action nursing staff members take at the time of death can influence the memory of the event in a very positive or very negative way when one has experienced the loss of a loved one.

This is the focus of a research project called Compassionate Nursing Care after a Patient's Death, being conducted at Saint Francis Medical Center by the Compassionate Care Research committee.

"Members of the committee have all worked with patients, families and staff that have experienced a death at Saint Francis and have noted varying practice's in after death care," said Cathy Ferguson RN, HealthConnect at Home hospice manager. "Unfortunately, there is very little research directed to care after death. As employees of Catholic Health Initiatives, we must uphold the sanctity of the human body, even after death.

"Our staff at Saint Francis is incredibly caring. We want to help the nursing staff determine what the best care is for patients and families. Our goal is to be a model for best practices in after death care for the community and surrounding area."

Anne Obermiller RNC, MS, differentiated practice and magnet specialist, said the Magnet model utilizes Exemplary Professional Practice, New Knowledge Innovations and Improvements, Transformational Leadership and Structural Empowerment to lead to Empirical Outcomes.

"This research project is a great example of how Saint Francis Medical Center is utilizing the Magnet Model and the 14 forces of Magnetism," Obermiller said. "It reflects Exemplary Professional Practice by creating a sense of autonomy and by creating a professional model of care to be followed by the hospital staff. This model of care gives nurses the responsibility and authority for the provisions of direct patient care of the deceased

patient.

"New Knowledge Innovations and Improvements are incorporated by looking at the current state of care and performing research to make improvements in the quality of care after a patient's death. Structural Empowerment is demonstrated by incorporating the image of nursing by characterizing nurses as an essential part of this research project. This project is a great example of getting outcomes that exemplify excellence in nursing and will be beneficial as we pursue our Magnet Status."

Registered nurses and Licensed

Practical Nurses in the Saint Francis Tower, Skilled Care Unit, Emergency Department, Home Health Care and Hospice are encouraged to help the Compassionate Care Research Committee, by completing the assigned survey in LEARN before March 2, 2012. The survey will contain six short questions about current practices and barriers for caring for patients after death. The survey answers will be anonymous.

"It is important for nurses to complete this survey so that we can get a good idea of current practices and barriers when caring for a patient

after death," said Adriane Ogden RN, BSN, employee education instructor. "This is how we will determine what interventions we can implement to help ensure we are providing best practice.

After the survey is completed, Ogden said the Compassionate Care Research Committee will compile the answers and look at trends in information.

A team of nurses who are interested in helping with the project will determine how Saint Francis will implement best practices and what effect those practices have on our nursing staff.

"Visiting Ours" Gift Shop Spring/Easter/Garden Open House

March 1 • 9:00 a.m.- 5:00 p.m.

*Come stroll the shop & browse the nice
selection of Spring, Floral, Garden,
Easter and Everyday Merchandise*

Register for FREE Doorprize!

Free Refreshments While Browsing!

**Thank you for
your support!**

*All Gift Shop proceeds are
allocated back to patient care.*

Well beyond healthcare.™

CATHOLIC HEALTH
INITIATIVES

**Saint Francis
Medical Center**

Calendar of Events

Thursday | FEB. 23

Friday | FEB. 24

Saturday | FEB. 25

Sunday | FEB. 26

Monday | FEB. 27

Tuesday | FEB. 28

Wednesday | FEB. 29

Send calendar items to Terry Douglass, communications coordinator, via Meditech or e-mail at tdouglass@sfmtc-gi.org

BRIEFLY

■ PERSONNEL

Philippi joins HR staff

Morgan Philippi joined the Human Resources staff on Feb. 13 as the new HR assistant.

Philippi's hours will be 9 a.m.-2:30 p.m. on Monday, Tuesday, Thursday, Friday and 12:30-4:30 p.m. on Wednesday. She will be responsible for a variety of things and will be your front line go-to person and can be reached at Ext. 5645.

Please join the HR department in welcoming Morgan to Saint Francis Medical Center.

In other HR personnel news:

- Yolanda Pieper is now the Compensation Analyst for CHI Nebraska. Her job is to help all of the CHI Nebraska facilities with compensation.

- As the Recruiter for Saint Francis, Amy Phelps can help with your employment and recruitment needs and questions.

- As Business Partner for Saint Francis, Tara Edwardson can help you with most any of your questions, whether it is benefit related, employment relations, or an employment situation or problem.

- Diana Shaffer is the HR director at Saint Francis and also has the responsibility for helping with compensation for CHI Nebraska.

Meister named clinical manager

Jennifer Meister has started her in her role of clinical manager for fifth floor and the Multi-Specialty nurses at Saint Francis Medical Center.

Meister's office is located on fifth floor across from the conference room. Her office phone number is (308) 398-8955 and her Cisco phone extension is 5908.

Sandra Krolkowski has moved into an office on the seventh floor across from the conference room. Her phone number remains (308) 398-3226 and her wireless phone number is (308) 380-4506.

■ CARING FOR OUR COMMUNITY

Blood drive collects 26 units

Thanks to everyone who made last week's blood drive at Saint Francis Medical Center a great success as we exceeded our goal of 23 units.

Saint Francis had 29 donors present and collected a grand total of 26 units. A special thank you to all of our on-call donors who were able

to fill in when unexpected openings occurred.

Our donors included: Becky Puncocar, Sandy Milton, Jeri Erickson, Dave Kozak, Heather Furstenau, Matt Becker, Larry Seifert, Gloria Broekemeier, Brandi Falkena, Melissa Bruha, George Hood, Regina Rathman, Katie Robbins Case, Bill Brennan, Jennifer Lemkau, Krystal Rogers, Becca Chevalier, Cheryl Stepp, Rick Geist, Lura Switzer, Lynda Berggren, Myla Power, Mike Hruskoci, Lynn Feeken, Aimee Burch, Steve Luerck, Vineeth Yeddula, Sandra Krowlikowski and John Stokely.

It takes many people for a successful blood drive. Thanks to Plant Operations for loading and unloading the truck and Environmental Services for arranging the room and cleaning up after the drive.

Cookies and juice were provided by Beth Clemans, Jeri Erickson, Kim Nunnenkamp and Becky Owings. Thanks to Gary Witmer for the drink coupons to the Cafeteria for our donors.

Appointments were taken by Becky Owings, Pixie Kyle and Jill Hibbs.

■ EMPLOYEE EDUCATION

Celebrate national Heart Month

Did you know that February is Heart Month? Please check out the display table in the front lobby area by the Cafeteria at Saint Francis Medical Center. There are some educational handouts on heart disease, diet, high blood pressure and cholesterol.

There is also a "Face the Fats" quiz that you are encouraged to fill out and forward to cardiac rehab per interdepartmental mail. This is a chance to win great prizes.

Remember, daily exercise and a heart-healthy diet are essential for your Heart Health.

For more information, contact Joan Jakubowski at Ext. 5541.

HealthStream assignments

The majority of Saint Francis Medical Center employees should have received a message from HealthStream recently, informing them of two mandatory LEARN assignments that opened on Feb. 15 for compliance.

One assignment is Fraud and Abuse and the other is a Privacy/Security module. There are some employees in Plant Operations, Environmental Services and Nutritional Services who are not required to take these. You would not have gotten a message if you are in this group. The due date for these courses is May 15, 2012.

The Spirit of Saint Francis is produced weekly by Saint Francis Medical Center.

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Cathy Brockmeier

PRODUCTION
Terry Douglass

