



E-News ONLINE is St. Mary Medical Center’s virtual newsletter sent to all SMMC e-mail users every other Friday. Please print, distribute, or post E-News Online for staff members who do not have access to e-mail.

***** TOP OF THE NEWS *****



Dr. Steve Shea and Ardel Avelino, RN were on hand to cheer St. Mary’s “Amazing Woman.”

**Kathy Crow, RN, DRC Coordinator:
Press-Telegram
“Amazing Women” Finalist**

Congratulations to Kathy Crow, RN, Disaster Resource Center Coordinator, who was nominated and selected as a Press-Telegram “Amazing Women” finalist. She was recognized in the Health category and honored at a dinner on Thursday, September 30th at the Hilton in downtown Long Beach. This was the first annual “Amazing Women” Program and twenty-seven women were selected from around the city.

The categories included were Arts and Culture, Business, Community Service, Education, Environment, Family, Health, Sports and Youth. Though Kathy did not officially win in the health category, she is already a winner as it was an honor to be recognized for her leadership and extraordinary commitment, her dedication to our community and to be included amongst such distinguished and accomplished women. She is definitely an “amazing woman” and represents St. Mary very well in the community as she daily demonstrates and lives the values of excellence, dignity, stewardship, collaboration and justice. Congratulations, Kathy! ☺



Kathy is a hands-on Disaster Resource Coordinator. She works with community agencies throughout Long Beach, including the Police Department, the Fire Department and the Health Department, as well as area hospitals and military to coordinate disaster training and preparation.



BENEFITS FAIR

Date: Tuesday, October 19th
Time: 7:00 am to 3:00 pm
Location: HEC A&B

- *Perfect time to receive information directly from vendors.*
 - *Enroll online with HR's assistance.*

*Benefits Open Enrollment is Oct 13th thru Nov 12th
Enroll online at www.CHWBenefitConnect.com*

Enter the RAFFLE and win a prize!



EAP CORNER

Elder and Child Care Referral and Consultation

Anthem EAP provides employees and their household members with a customized list from their network of over 375,000 licensed child care providers throughout the United States. Anthem EAP offers self-search resources through their interactive website. In addition, depending on the EAP model chosen, their assisted-search function may be available via the toll-free EAP number.

Services may include, but are not limited to, the following:

Acute/post-acute rehabilitation programs	Geriatric case management and services
Adaptive transportation services	Home medical equipment
Adult day care	In-home care
Alzheimer's support	Independent living centers
Babysitters	Nanny agencies
Before and after school child care	Retirement communities
Cancer care centers	Special needs care
Chore and companion services	Summer programs

With EAP's Enhanced plans, full-time, part-time and per diem employees have free and confidential access 24 hours a day, seven days a week to assisted work/life program services via toll-free number (800) 999-7222 OR visit anthemEAP.com and enter CHW.



"Be Spontaneous. Be Courageous. Be Yourself!"

***** HOSPITAL AND DEPARTMENT HIGHLIGHTS*****

St. Mary Awarded \$1.9 Million Federal Grant to Expand Primary Care Residency Program



St. Mary Medical Center is the recipient of a \$1.92 million Department of Health and Human Services (HHS) grant to expand the hospital's Internal Medicine Residency Program, from 32 to 38 residents. The agency awarded hospitals, clinics and community colleges throughout California with more than \$32.2 million to create opportunities for training which will result in additional healthcare jobs and place more emphasis on primary and preventative care delivery. Out of the seven medical centers that received funds in California, St. Mary and Children's Hospital, Los Angeles are the only two facilities who are not part of the University of California system, which received a large portion of the grants, nearly \$14 million. Additionally, St. Mary's Internal Medicine Residency Program is the only medical center to receive a Primary Residency Expansion grant. Funding will be issued over a five year period.



The grant will support expansion of the residency program through the primary care track. Two residents per year for each of the first three years of funding will be added and it will allow maintenance of the additional residents for the remainder of their training. This will strengthen the program's primary care emphasis and eventually provide primary care physicians, as health care reform continues to rollout.

The Health Care Reform Act calls for implementation of a patient-centered medical home model of care that is offered by primary care providers. However, there is widespread concern that there will be a severe shortage of primary care physicians to meet the need created by new federal reforms.

Drew Gagner, Foundation Vice President of Campaigns, stated, "We're very pleased. It's a program the community both needs and deserves. If we can give residents the right kind of experience in their training, perhaps we can convince more to stay."

Dr. Chester Choi, Medical Education Residency Director, will serve as Project Director. During his tenure Dr. Choi expanded the residency program by two residents and increased the number of Chief Residents to four. These Chief Residents have completed their Internal Medicine training and remain at St. Mary to support teaching and administrative functions associated with the additional resident slots.



United Cambodian Community Honors Jeanetta McAlpin With "Community Volunteer" Award



Congratulations to Jeanetta McAlpin, Families in Good Health Program employee, who was honored at the annual United Cambodian Community Awards event. Jeanetta was recognized for her commitment and dedication to volunteering in the Cambodian community. Jeanetta said, "I enjoy volunteering and assisting wherever and whenever I can; despite obvious language challenges – I manage to communicate the way that is most important, with my heart and actions." Thank you, Jeanetta, for all you do to serve humanity!

Weight Watchers at Work

Join your fellow St. Mary's colleagues on a journey to embrace a healthier lifestyle- lose those unwanted pounds and learn how to keep them off permanently.



17 Week Series

Meeting Day/Time: Wednesdays, 11:30 am -1:30 pm
(Meeting begins @ noon)

Dates: September 22nd - January 12th, 2011

Cost: \$186 (check, credit card, cash, or payroll deduction acceptable)

Contact: Sister Gerard- Ext. 3837 or Susan Lonza (ext. 3675)



Support St. Mary and Long Beach Marathon by Becoming a Volunteer!

When: Sunday – October 17th

Contact Susan Lonza (Susan.Lonza@chw.edu), or
Please call 562-491-9675 ext. 3675



30th Anniversary Auction and Dinner: Volunteers Needed!



On November 6th the Foundation will be hosting its 30th Anniversary Auction and Dinner charity fundraising event at the Hyatt Regency Long Beach. We are in need of volunteers to assist in set up during the day and to work the event in the evening. This stellar event has raised over \$10 million net dollars benefiting Hospice, Cancer, Women's Heart Health and Palliative Care programs at St. Mary. If you are interested in volunteering your time, please contact the Foundation Auction office at extension 7981. Thank you for your participation.



Yoplait - Save Lids to Save Lives: Breast Cancer Month

Yoplait has pledged to donate 10¢ for every pink lid to Susan G. Komen for the Cure up to \$1.6 million with a guarantee to donate \$500,000.

Help find a cure for breast cancer by purchasing Yoplait yogurts with the pink lids. Rinse the lids and bring them to the hospital. Containers will be placed in the hospital cafeteria, at Henry's coffee stand "Moca Max" at the Breast Center (1040 Bldg. Ste 102), and at Pacific Shores Medical Group.



Tell your friends and family and have them all join in helping to fund a cure for breast cancer. If you cannot bring them into the hospital, you may mail them directly to Yoplaait:

Save Lids to Save Lives
P.O. Box 420704
El Paso, TX 88542-0704

All lids must be received by December 31st
<http://www.yoplait.com/sls/>



Calling All St. Anthony Saints!



St. Mary works closely with nearby St. Anthony High School in various capacities; Sister Gerard is on their Board of Trustees, Father Magana is on the St. Mary Board of Trustees, several of St. Mary's orthopedics work with the school's sports program and Marc Viens, Volunteer Coordinator in our Neonatal Intensive Care Unit is also the Assistant to the President and Principal at St. Anthony. Marc is currently compiling a list of St. Mary employees who are St. Anthony graduates, have children there or plan to do so. If that applies to you, please contact Marc. Additionally, if you would be interested in participating in St. Anthony's Career Day in March at the St. Mary outreach table, please let Marc know. He can be reached at marc.viens@LongBeachSaints.org or Marcel.Viens@CHW.edu. He can also be reached at (562) 435-4496, ext. 1217. Thanks and GO SAINTS!



Green News... Sharing information to help us become more environmentally-friendly.



Basic terms and terminology:

Pollution

Pollution is when harmful substances are released into the environment.

This is important because: Pollution can infect the water, air, and ground. Pollutants can cause diseases and illnesses and even kill us.

Global Warming

Global warming, sometimes called climate change, is when the earth's temperature begins to rise.

This is important because: Global warming can cause sea levels to rise, intensify storms and weather patterns, and increase the likelihood that disease will spread faster and farther around the planet.



Simple Steps: When you play outdoor sports, try not to litter and go the extra mile by picking up and properly disposing of any trash you see. If every sports fan picked up and properly disposed of just one piece of litter per year, more than 1,480 tons, or enough to fill 185 garbage trucks, of unsightly could be removed from trails, beaches, lake, rivers, forests, oceans, and other fragile ecosystems.

Consider renting or leasing sports equipment on a per use basis as opposed to wasting money and cluttering up your garage with gear that you know you won't be able to enjoy more than once or twice a year. You'll reduce the energy needed to produce an additional piece of equipment and decrease the amount of waste eventually sent to the landfill



Letters to Enews...



GI Lab:

On September 24th I went to the GI lab for a screening colonoscopy. I was very sick when I arrived: headache, elevated blood pressure and shaking from cold. The staff took very good care of me; they were gentle and caring. I appreciated their attention because I really felt terrible. They bundled me up with warm blankets. As soon as Dr. Simmons arrived, he gave an order for medication to address my nausea. Although I can't see ever going through another colonoscopy or have to be hospitalized, should that be the case, I would wish the GI staff could take care of me.

-- SMMC Employee Name withheld



Save the Date!



Monday, October 11th - Hearing Check Provided by Anjan 'Jay' Muhury, BC-HIS, ACA 9:30 – 11:30 am- St. Mary Senior Center

Do you or someone you know experience problems hearing casual conversations, or have trouble hearing the TV or radio? If a hearing problem is disrupting your life, please call **1-888-478-6279** TODAY to schedule a free required appointment!

**Tuesday, October 12th – “Everything You Ever Wanted to Know About Weight Loss Surgery”
7:00 – 8:00 pm – Health Enhancement Center – Parr Room**

The Center for Surgical Treatment of Obesity offers this monthly seminars for those who are considering weight loss surgery. Learn about the various procedures and get your questions answered about how it can help improve your health, appearance and overall well-being. RSVP at 1-888-4STMARY.



**Thursday, October 21st – “It’s all About Me... A Night of Health & Beauty”
4:00 - 8:00 pm – Health Enhancement Center – Parr Room**

Come join us for a night of informative lectures concerning health topics of interest to women as well as dinner and dessert. Browse the information booths with many free services, including bone density and cholesterol screening, Cookie Lee Jewelry, Weight Watchers, Mary Kay & more! A complimentary manicure, make-up session or mini-massage will be offered as well.

☞ Free event for **Ladies Only!**

☞ **Reservations Required! Call: 1-888-4STMARY (888) 478-6279**

☞ Validated Parking

☞ Free Door Prize Drawing

Presented by St. Mary Senior Services, and HealthCare Partners.

Thursday, October 28th – “Straight Talk about Breast Cancer”
9:30 – 10:30 pm – Health Enhancement Center – Parr Room



Please join Andrew Burg, MD, Chief Medical Officer for an informative presentation on Breast Cancer; early detection, prevention, new treatment options! The effects of breast cancer can be devastating and life changing...get involved...learn how you can reduce your risk! ~ *Complimentary continental breakfast*

Friday, October 29th - Ask the Pharmacist- Don't let the Flu Bug Get You!
1:30-2:30pm- Health Enhancement Center – Parr Room

Topics include:

1. Why is an annual flu shot recommended?
2. Who should get the flu vaccine?
3. Will I get the flu if I receive the vaccine?
4. How can I know if the vaccine is safe?

► *Complimentary Refreshment*

Presented by SMMC Pharmacy Department

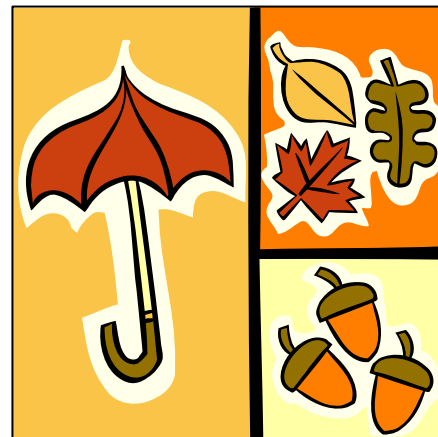


Health Observances

- 1-31 Breast Cancer Awareness Month
- 1-31 Health Literacy Month
- 1-31 Sudden Infant Death Syndrome
- Pregnancy and Infant Loss Awareness Month
- 1-31 Physical Therapy Month

Week-Long Observances

- 1-8 Gerontological Nurses Week
- 4-10 Healthcare Food Service Workers Week
- 6-12 Physician Assistants Week
- 17-23 Kids Care Week
- 18-23 Medical Assistants Week
- 23-31 Red Ribbon Week
- 24-30 Pastoral Care Week



Days/ Events

- 13 Stop America's Violence Everywhere Today
- 15 Mammography Day

St. Mary employees, physicians, and volunteers are encouraged to use *E-News Online* as a way to communicate important information. Send your news in Word document format and list your extension by Friday at 5:00 p.m. on the “non-pay” week to Daa'iyah Jordan at djordan@chw.edu.

Exciting News!!!
Bootcamp FREE for 3-weeks!!!

Attention: All Employees, Volunteers & Physicians
If you have wanted to try it or been hesitant, this is the time to come

Sponsored by EAC
REVISED DAYS

October 5 to October 21

Come out one day or every day at no cost.

Time: 5:00 pm to 6:00 pm

Days: Tuesday, Wednesday, Thursday

Where: Parking Lot Rooftop (8th floor)

No need to reserve a spot just come on out.



Exercises can be altered to meet all fitness levels and needs.

Perfect for men and women!

www.necessaryruffnessfit.com

Call x3254 or 3252 for more info

What is Bootcamp?

Necessary Ruffness Bootcamp is an outdoor fitness program. If you're tired of the monotony of the gym, or haven't worked out in a while come workout in a supportive group setting. NR Bootcamp is a motivating, positive program that WILL get you results!! Affordable and FUN!!

Includes core training, plyometrics, resistance bands, medicine balls, dumbbells, a cardio/boxing workout and running!!

Presented by: JOINT WELLNESS PROGRAM
SPONSORED BY
CHW & SEIU-UHW in conjunction
with SMMC– Employee Activities Committee.

Join First Lady Maria Shriver For

**THE
MODERN
HOUSE
CALL
FOR WOMEN**

Free Medical & Financial
Services for Women...
All Under One Roof

What: The Modern House Call for Women presented by Maria Shriver

When: Friday October 22 – Sunday October 24

Where: The Walter Pyramid at California State University at Long Beach

Free Health Services:

DENTAL: Cleanings, fillings, extractions, and other procedures

VISION: Eye and vision exams, prescriptions and eyeglasses

MEDICAL SERVICES: Medical exams and screenings (including diabetes and hypertension), and women's health (mammograms and pap smears). Chiropractors, acupuncturists, and many other medical specialists will also be available

**To Attend the Clinic, You Must Pick Up a
Wristband**

**Sunday, October 17th
at Long Beach City College**

**1305 East Pacific Coast Highway
Long Beach, CA 90806**

**Starting at 1pm until all wristbands are gone
Wristbands will be color-coded for different days.
First Come, First Served**

Please note the different locations for the wristband give-out and the clinic

** Services are provided by volunteer doctors, nurses, dentists, dental hygienists, dental assistants, ophthalmologists, optometrists, opticians, and other trained health professionals from the State of California.*

**For more information, please see our website: www.themodernhousecall.com or call
877.490.9284**