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### *People First: Creighton University Medical Center Recognizes Employees for Service*

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### *Leader's Voice: Give Thanks, Feed the Need*

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## **News & Announcements**

- Critical Care Staff Completes Half Marathon
- Healthy at Tenet: 2011 Accomplishments
- Creighton EMS Pays Tribute to 911 Emergency Responders
- Health Science Library: My Family Health Portrait
- 2012 Blood Drives
- Celebrate America Recycles Day

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Dr. Carey Ronspies is a new provider who will see patients at the new location. She is a Creighton University School of Medicine graduate, with experience in internal medicine. Dr. Jacqueline Esch, who currently sees patients at the South Omaha Clinic will also see patients part-time at the new location. She is also a graduate of the Creighton University School of Medicine, with experience as a Family Practice Physician.

Physicians Health Clinic is opening new locations throughout Omaha. With Creighton physicians and friendly staff, it's easy to see why better health care is right around the corner.

For more information visit [www.PhysiciansHealthClinic.com](http://www.PhysiciansHealthClinic.com).

## *People First: Creighton University Medical Center Recognizes Employees for Service*



Creighton University Medical Center honored employees for their years of service, on October 28, at the annual Employee Recognition Dinner held at the downtown Hilton.

The 2011 Employees of the Month were recognized and the Employee of the Year was announced. Sarah Long was named the 2011 Employee of the Year. Additional photos from the event are posted in the Photo Gallery of the Connection.

Those recognized for their years of service include:

LISA	ANGEROTH	2
SUSAN	ARRINGTON	2
LINDA	BARATTA	2
DAVID	BEBEE	2
AMORETTE	BELT	2
TAMARA	BERNARD	2
LATISHA	BLACK	2
CATHERINE	BLIVEN	2
KENNETH	BLIVEN	2
MEGAN	BROWN	2
JOHN	BULLER	2
LEVI	BULTEZ	2

KENNETH	BURES	2
KATHLEEN	BURKE	2
ADRIENNE	CARLSSON	2
ANNA	CASTILLO	2
STEPHANIE	CHRISTENSEN	2
SARAH	CIUREJ	2
STEPHANIE	CORTESE	2
SARA	DARRAH	2
AMBER	DERICKSON	2
MARY	DICKERSON	2
CANDACE	DURFEY	2
JASON	FICHTER	2
ANGIE	GAVER	2
YOLANDA	GONZALES	2
DAWN	GRAEF	2
ROBERT	GREEN	2
JESSICA	HAHN	2
ELIZABETH	HAWKES	2
ANDRIY	HAYDUK	2
ERIN	HEISLER	2
JANA	HERRINGTON	2
ELSA	HESS	2
HEATHER	HINKEL	2
EMILY	HOENEMAN	2
SHANNON	HORTON	2
MICHELLE	IWANSKY	2
STEPHANIE	JOHNSTON	2
KRISTINA	JORDAN	2
PATRICIA	KEENAN	2
JANE	KENNEDY	2
PAUL	KERSCHINSKE	2
DUSTIN	KIEDROWSKI	2
JENNIFER	KJOLHEDE	2
BRYCE	KNEZOVICH	2
AMY	KNUDSON	2
KYLE	KNUDTSON	2
BRENDA	LEE	2
BRINT	LEMKE	2
ASHLEY	LEWIS	2
SARAH	LONG	2
LORI	LUCAS	2
SARA	MALOLEY	2
NICOLE	MARRA	2
MELANIE	MATHIS	2
HEATHER	MAYLONE	2
MARGOT	MCCOMAS	2
RACHAEL	MCMILLIN	2
CHERYL	MEIER	2
MAUREEN	MELVIN	2
TARA	MEYERS	2

MEREDITH	MOCK	2
PATRICIA	MONTGOMERY	2
JANEL	MYERS	2
TAMMY	NISSEN	2
SARAH	NOVY	2
LISA	OBERG	2
JUSTIN	PARSLEY	2
RYAN	PEDERSEN	2
HEATHER	RAUCH	2
ANNELEISE	ROADY	2
DEBORAH	SCHMITZ	2
CHRISTOPHER	SEMANKO	2
MARY	SHERFIELD	2
PAMELA	SIMPSON	2
JERRI	SIMS	2
SANDRA	SMILEY	2
CONSTANCE	STORM	2
LEAH	TAEGE	2
STEPHANIE	THOMALLA	2
VERLA	THOMAS	2
AMY	VINTON	2
MARY	VOKES	2
MARVETTA	VOLKER	2
TASKER	WARDEN	2
ANDRE	WILSON	2
SARAH	WILSON	2
ANDREW	WOODARD	2
JASON	ZABLOUDIL	2
JOYCE	ZELLNER	2
AMY	AARSEN	5
FELICIA	AKARA	5
	BELLAVIA-	
LISA	BAKER	5
EMILY	BLANCHARD	5
JACKIE	BLOM	5
TRAVIS	BLUM	5
MINDY	BOSANEK	5
ASHLEY	CASH	5
SUSAN	CHANNEL	5
ROBYN	COBBS	5
MICHAELA	COIT	5
YVONNE	COTTON	5
BRETT	DAGEL	5
MICHAELA	FONFARA	5
JOHN	GUZALLIS	5
PAUL	INSERRA	5
MELISSA	JONES	5
KYLIE	LANG	5
LINDSEY	LANGEL	5
ANDREA	LEGBAND	5
NICOLE	MCCOY	5

MARY ANNE	MCCREA	5
SEAN	MCKENNA	5
KRISTI	MUELLER	5
KRISTINE	NIELSEN	5
ROBERT	NYE	5
DANIEL	ONDRACEK	5
LAURA	PFEIFER	5
KELLY	PITTS	5
DARRELL	REVELS	5
CODY	RUDOW	5
CRAIG	RYAN	5
JAMIEE	SANTIN	5
LORI	STEARNES	5
HEATHER	STUART	5
DRU	TAYLOR	5
FRANCES	THOMPSON	5
KAYLA	VALISH	5
NICHOLAS	WARREN	5
JOHN	WEISS	5
ANDREA	WITTE	5
SARA	WOLFE	5
JULIE	ZULKOSKY	5
KATHRYN	ALLEMAN	10
MICHAEL	ANDERSON	10
TAFFY	DEVERS	10
EDWARD	HAINOWSKI	10
ZORAYA	HERNANDEZ	10
NORA	HURT	10
EVERETT	JONES JR	10
AMY	KIELTY	10
THERESA	LAWSON	10
DAWN	LENTIS	10
PAMELA	LETT	10
MICHAEL	MCNEALY	10
CHRISTY	MINER	10
DONALD	PREISSLER	10
CAROLYN	REESE	10
MARY	ROHAN	10
DEANNE	SKOVGAARD	10
KRISTA	SMITH	10
LYNNE	ADAMS	15
SUSAN	DAVIS	15
THERESA	GREGG	15
TRACEY	HUERTA	15
PHILIP	LAZURE	15
ELIZABETH	MORSE	15
EMILY	ROSE	15
WENDY	SEIGEL	15
NATE'	SMITH	15
CARRIE	STONE	15

ANGELA	THOMAS	15
LORI	BARTLETT	20
LINDA	GREEN	20
ROBERTA	HAMILIUS	20
CATHERINE	JESUS	20
LYNEE	LIERMANN	20
ANN	LORENZEN	20
DENISE	MANNERS	20
KATHLEEN	NANFITO	20
JEAN	PECK	20
CHARLES	WALKER	20
ABDUL	BASSIA	25
DAWN	CONNELLY	25
MARY	DROUILLARD	25
LISA	GLODOWSKI	25
CHRISTINA	GRAF	25
TERESA	LAPHAM	25
TERESA	MAXWELL	25
SARA	MOSTAFA	25
KATHLEEN	SOLL	25
CYD	WYATT	25
MARY	CAVALIERI	30
DANIEL	COOPER	30
OLIVIA	CRUZ	30
RITA	FREE	30
DORIS	KIMBLE	30
CAROL	MCCORMICK	30
TAMMY	MCDONALD	30
JUDY	MCPECK	30
VERNON	PACKARD	30
PAMELA	PHILLIPS	30
PATRICIA	SIMMONS	30
KIMBERLY	SLATER	30
SHIRLEY	CHRISTENSEN	35
BARBRA	ELLIOTT	35
ALISSA	MILLER	35
DEBBIE	SOETHOUT	35
DOSH	WYNN	35
ROMONA	BERRY	40
PATRICIA	DAPPEN	40
JANET	KNUDSEN	40
EDWARD	RICO	40
THERESA	WORTH	40

Please take a moment to congratulate these employees.

### *Leader's Voice: Give Thanks, Feed the Need*

This time of year we are reminded of everything we have to be thankful for. At Creighton University Medical Center we have made a lot of progress this year adding new equipment like

the da Vinci Si robot and remodeling various areas of the hospital. We are thankful for our co-workers, family, friends and all of the luxuries we have work so hard for. As we give thanks we are reminded of those in need. Continuing with our annual tradition we will once again embark on the challenge to "Feed the Need" in our community by collecting food for the Siena Francis House.



Our goal is to collect 35,000 pounds of food between Nov. 14-Dec. 15. Department challenges this year include:

- IT/Fiscal/Communications vs. Pharmacy/Rehab Services
  - Imaging Services vs Emergency Department
  - Jesus/Hayko/Knapp vs Security/HR/EHS/Volunteers/Interpreters
  - Biomed/Facilities vs Novotny (all departments)
  - Laboratory/Respiratory Therapy vs Operating Room
- Pac vs Lobby Admissions vs ED Registration
  - Fans v EVS

Weigh in will be held Dec. 14 from noon-6 p.m. and Dec. 15 from 6 a.m.-10 a.m. Volunteers are needed. If you are interested please email me at [pat.townley@tenethealth.com](mailto:pat.townley@tenethealth.com). Save the date for the presentation on Thursday, Dec. 15 at 11:30 a.m. in the Becic dining room!

### *Patient Focus: Creighton University Medical Center Protects Patients and Employees Through Influenza Vaccinations*

Creighton University Medical Center implemented a mandatory influenza vaccination policy in 2010 to help protect employees and reduce the likelihood that patients or individuals served would be exposed to influenza.



Studies have demonstrated that health care workers can be a potential source of influenza infection. Both the Joint Communication and the Centers for Disease Control and Prevention recognize the importance of influenza vaccination for health care workers and provide health care organizations with guidance for staff vaccination.

The new policy at Creighton University Medical Center requires all hospital employees, medical staff, housestaff, students, contractors and volunteers to receive the flu vaccine or an approved exemption signed and supported for a medical or religious reason. Those who receive an exemption are required to wear a mask throughout the influenza season.

There are several reasons why Creighton University Medical Center made the decision to make the influenza vaccine mandatory for all employees last year explains Cathy Jesus, director of clinical quality improvement at Creighton University Medical Center. "Unvaccinated or unmasked healthcare personnel can transmit influenza virus to patients. An immunization or wearing a mask helps prevent our employees from getting the influenza from someone else so they can care for patients but also protects our patients and their families from getting sick."

According to the CDC, annual influenza vaccination is the most effective method for preventing influenza virus infection and its complications.

"Influenza is a patient safety issue. We are contagious for 24 hours before we experience influenza symptoms," said Ann Lorenzen, infection prevention nurse at Creighton University Medical Center. "More and more health care facilities are making it a requirement because many hospitals do not have a high rate of influenza vaccination."

Although Creighton University Medical Center was an early adopter of this policy it is likely a model more health care organizations will follow in the future. Currently only 17 percent of organizations reporting their data to Joint Commission Resources achieved Gold Level status. Creighton University Medical Center was one of the hospitals recognized reaching a 95 percent or greater influenza vaccination rate among employees during the 2010-2011 influenza season.

The hospital used a variety of communication tools including posters and email messages communicate the importance of this new initiative. Employees were offered free influenza immunizations during various times in employee health. The hospital also made rounds with a "Flu Cart" to make it convenient for employees and housestaff to receive the vaccination.

According to the U.S. Centers for Disease Control and Prevention (CDC), on average, more than 200,000 people in the United States are hospitalized each year for respiratory and heart illnesses associated with seasonal influenza infections. Additionally, over a period of 30 years, between 1976 and 2006, estimates of influenza-associated deaths in the United States ranged from a low of approximately 3,000 to a high of approximately 49,000 people.

These statistics provide a glimpse at why in a health care setting it is important to protect yourself, each other and patients to prevent influenza.

## Critical Care Staff Completes Half Marathon

A few members of the Creighton University Medical Center critical care department recently completed a half marathon run in Omaha. Pictured, Cody Rudow, Molly Morgan, Francine Ebert and Lauren Yager pose for a photo with their awards.



They all work in the Intensive Care Unit and thought the event would be a run team building exercise outside of work.

## Healthy at Tenet: 2011 Accomplishments

In communities across the country, there is a prominent trend toward broader and deeper approaches to wellness. Wellness is the integration of mind, body and spirit. Optimal wellness allows us to achieve our goals and find meaning and purpose in our lives. The Creighton University Medical Center Wellness program, directed Tenet has tried to encourage all employees to participate, set and achieve goals while participating in a program to reward behavior with incentives towards either your HSA account or money to be used towards your Health Care Premiums.

At Creighton University Medical Center participation in the Healthy At Tenet Program has grown from 41 percent in 2010 to 65 percent in 2011. It is our goal to set the bar higher in 2012 at 80 percent of our employees taking advantage of the full Healthy at Tenet incentive.

**Here are some 2011 statistics:**

- We have 756 full-time and part-time benefited employees
- 554 employees accessed the website and got at least 5 points
- 489 Employees received the first level of Incentive - \$100 or \$150 depending on which plan you choose
- 445 Employees reached the Silver level and are eligible for \$250 or \$200 in health care incentives
- 312 Employees reached the Gold and will receive \$350 or \$250 incentive
- 218 employees achieve the 200 point incentive for the Maximum incentive awarded

The Highest level of Points achieved went to Theresa Gregg from the Emergency Department who achieved 405 points to be the overall point achiever at the hospital. Point leaders following closely by Beverly Gabel-Medical Records; Tim Salin- Facilities and Kelli Orsi in Labor and Delivery.

These four people will be awarded a one year CUMC fitness center membership for their commitment to the wellness program at this facility. Membership to the CUMC fitness center is available for all employees. Stay tuned for updates in 2012 to changes that will be made to enhance our facility.

**The hospital has a walking club that is vital part of Healthy at Tenet. It began one year ago and to date has accomplished the following:**

- 35 plus walkers
- 70,165,395 total steps in 2011 thru September 1, 2011
- 13,514,382 total aerobic steps in 2011 thru September 1, 2011
- 17 people had a least 1 month with over 10,000 step daily average

The 2012 Healthy at Tenet program is currently underway and although the website is down. When the site is relaunched in November we'll start issuing challenges. Please encourage your co-workers to take advantage of this benefit offered by Tenet Healthcare.

The Incentive for 2012 will be the same structure but the maximum incentive for the HSP (health savings plan) for employee is \$600 and spouse is \$600.

In 2011 the Wellness Committee used their budget of money, (based on the number of employees that participated in 2010) to purchase a new recumbent bike for the fitness center, the Chug A Jug Challenge, maintenance agreement for the fitness center equipment, participation prizes, walking club support, and making improvements to the fitness center.

**The winners in the 2011 participation drawing are:**

TV—

Diane Sam Huftless ICU

Playstation 3 with game  
Karen Snyder/Recovery room

Apple ipod  
Allison Post  
Paul Kerschincke

IPAD  
Janel Myers  
Theresa Lawson  
Beverly Clark

Wii and Wii Fit  
Kathy Wolter

Sign up a buddy gas card winner  
Donna Goodman Recovery

## Creighton EMS Pays Tribute to 911 Emergency Responders

Joe Fortis, a 19-year EMS veteran and training officer for the New York City Fire Department (FDNY) and a first responder to the World Trade Center tragedy on Sept. 11, 2001, will speak Friday, Nov. 18, at Creighton University.

The 1 - 3 p.m. presentation is Creighton University's EMS Education Program's tribute to fire and police officers, medical personnel and others who helped after Sept. 11 at what has become known as Ground Zero. The talk, which is free to the public, will be held in the EMS program's main classroom, located in Kellom Plaza at 2514 Cuming St.

Fortis will discuss the construction of the World Trade Center in the 1960s - 1970s, his personal experiences with the 1993 World Trade Center bombing, his experiences during and after the 9/11 attack on the World Trade Center, the building of a national monument to commemorate 9/11 heroes, and more. His presentation will also include photos and seldom-seen videos as well as a video tribute to the fallen heroes. [Click here](#) to read Fortis's official account of Sept. 11, 2001, to the World Trade Center Task Force.

Following the presentation, Fortis and other members of the New York City Fire Department will present Creighton University with a Flag of Heroes, flown in New York City and designed to honor and remember the fallen.

On Saturday, Nov. 19, Fortis will lead an FDNY team competing against approximately 19 other EMS teams from Florida, Lincoln, Omaha, Bellevue and Nebraska City in Creighton's Fifth Annual EMS Competition. The 8:30 a.m. - 5 p.m. event, also free to the public, will be held in the Skutt Student Center Ballroom on the Creighton campus. [Click here](#) to learn more about the event.

## Health Science Library: My Family Health Portrait

Knowing your family's health history adds to your understanding of your risk factors for certain diseases such as heart disease, cancer, stroke and diabetes. The US Surgeon General's Office has developed an online tool to build a family health history called "My Family Health Portrait". The web-based tool helps users organize family history information and then print it out for presentation to the family doctor. The Surgeon General's Family History Initiative encourages all American families to learn more about their family health history especially during the late fall and early winter when many families gather together to celebrate religious and national holidays. Judi

Bergjord, from the Health Sciences Library will be presenting My Family Health Portrait on Wednesday, November 16 and again on Wednesday, December 14 at noon in the Thune Seminar Room at the library.

For more information on the "My Family Health Portrait" project, contact Judi Bergjord ([Bergjord@creighton.edu](mailto:Bergjord@creighton.edu) ext. 5199) at the Creighton Health Sciences Library/Learning Resources Center or go to the US Surgeon General's website at <https://familyhistory.hhs.gov/>.

## 2012 Blood Drives

Thank you to everyone who donated blood at the Creighton University Medical Center blood drive on Friday, October 28. We were able to collect 52 productive units which is a great turnout.

Save the following dates for blood drives throughout 2012:

Thursday, January 19  
Thursday, March 22  
Thursday, May 17  
Thursday, July 19  
Thursday, October 18

## Celebrate America Recycles Day

On November 15<sup>th</sup>, communities across the country will come together to celebrate America Recycles Day. This is an event that has been carried on since 1997. Considered more than a celebration, this is the **one** and only nationally recognized day dedicated to the promotion of recycling in the United States. This is the **one** day we can all pitch in, get our neighbors, family, friends, and community leaders to work together to set an example for others to follow. This is the **one** day to make recycling bigger and better for the rest of the year. GET INVOLVED! MAKE THIS **ONE** DAY COUNT!

Help spread the word and increase recycling by hosting an **America Recycles Day** event in your workplace, school or community. Visit the America Recycles Day website at <http://americarecyclesday.org> and you can get started in just three easy steps:

**Step 1:** Create a user account.

**Step 2:** Register your event. Want ideas on hosting an event? Check out the toolkits page. There are go-to guides with step-by-step instructions for: education events, tailgating recycling events, and plastic bag recycling events as well as templates and other resources to promote recycling awareness, commitment and action.

**Step 3:** Order promotional material. Become eligible to order free promotional materials (banners, posters, pencils, buttons, etc.) when you register your event. Ready to start? Sign up for an account and register your event now.