



canticle

news for staff, physicians, volunteers and friends of Sacred Heart Hospital


5.25.10



Unwind your mind



Take control of your stress



In small doses, stress can motivate you to do your best. But when you are under constant stress—whether it be from everyday hassles and deadlines, or from constant pain or illness—your mind and body can pay the price. [Sacred Heart Hospital's Center for Healthy Living](#) offers an eight-week course called Mindfulness-Based Stress Reduction (MBSR). The course teaches you techniques you can use to reduce your stress, decrease your pain, increase your ability to relax and enjoy greater energy.

(continued on page two)



there is hope here.

Mindfulness-Based Stress Reduction

(continued from page one)

“Our culture is filled with noise, constant pressure to multi-task and the need to be productive at all times,” says Karen Alseth, MEd, BSN, and MBSR program facilitator at [Sacred Heart Hospital](#). “Because we are rewarded for doing ... doing ... doing, we fall into unhealthy patterns of rushing to accomplish everything we think we need to get done. MBSR helps people slow down and become more aware and clearer about how they are living their lives.”

The Center for Healthy Living’s MBSR course is based on the Stress Reduction Program founded in 1979 by Jon

Kabat-Zinn, PhD, at the University of Massachusetts Medical School. The course includes elements of mindfulness meditation and yoga, mixed with group discussions and weekly assignments, to help you learn to see more clearly and relate more directly to the challenges in your life.

“Being mindful is being fully aware of what is happening inside and outside yourself in that moment,” says Alseth. “When you find yourself in a stressful situation, **if you are aware of what you are thinking and how you are feeling at that moment, you can make choices about how you react.**”

MBSR can help you discover new ways to deal with stress, find better balance and begin living a more deeply satisfying life. You can also learn to:

- Decrease the physical and psychological symptoms of stress
- Increase your ability to relax
- Enhance your ability to deal with pain
- Increase your resilience
- Reduce your panic and anxiety levels
- Enjoy greater energy
- Cope more effectively with stressful situations

“Many people tell me that they are able to use the tools they learn in the MBSR course right away,” says Kelly Lauscher, education facilitator at Sacred Heart Hospital’s Center for Healthy Living. “When they return to the group from one week to the next they are eager to share stories about how dealing with stress in a more mindful manner is working in their daily lives. Many people tell stories of living more meaningfully and with more joy.”

Geri Coggins of Eau Claire participated in the MBSR course this past spring. Before the course she was a multi-tasker who lived a fast-paced life and found herself anxious or worried much of the time.

“The course gave me the tools I needed to be able to calm myself when I became anxious,” says Coggins. “I learned to be more aware of my breath. Many times when we are stressed we hold our breath, or don’t breathe properly. Just taking the time to breathe properly is amazingly calming. I also learned to live in the moment and not worry about yesterday, or what I had to get done tomorrow. Being more relaxed has made me more aware of my surroundings and I think my mind is a little more acute and clear. I am definitely more at peace.”

Mindfulness -Based Stress Reduction FREE orientation

Thursday, August 26

Please note: attendance is required prior to program participation.

You may choose one of the following sessions:

12 - 1 pm or 5 - 6 pm

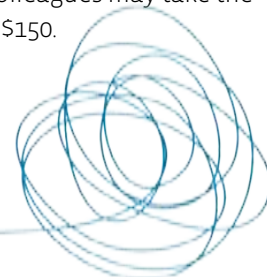
St. Bede Retreat & Conference Center
1190 Priory Road, Eau Claire, WI

COURSE SCHEDULE

Thursdays, September 9—October 28
5 - 7:30 pm
All-day retreat, Saturday, October 16
St. Bede Retreat & Conference Center

COURSE FEE

The \$350 course fee includes all materials. Payment in cash or check may be made in full at the first session or in three installments during the course. Sacred Heart/St. Joseph’s Hospital colleagues may take the course for \$150.



For more information about MBSR and what it can do for you, call Sacred Heart Hospital’s [Center for Healthy Living](#) at 715.717.1600, or go to sacredhearteauclaire.org.



A joyful celebration

Friends Host Donor Appreciation Events

Donors to [Sacred Heart Hospital](#) make special things happen every day, so last week, [Friends of Sacred Heart Hospital](#) hosted two events to honor their generous contributions. Monday, May 17, Friends held a Caritas Guild Dinner honoring the lifetime philanthropy of those Friends featured on the hospital's Donors Wall. 70 donors were in attendance to listen to Keynote speaker Peter Scobie, President and CEO of R.W. Scobie, and hear inspirational stories from two individuals whose lives were touched by Sacred Heart Hospital and the Friends-funded projects that changed their lives. Tuesday, May 18, Friends held a Donor Appreciation Open House in recognition of the

generous donations of over 75 attendees who financially assist the mission of Sacred Heart Hospital. In addition to this event providing the opportunity for Friends staff to personally thank each of its very special Friends for their support each year, attendees also enjoyed fellowship as they toured the hospital to learn about three areas impacted by Friends' donations: [da Vinci Surgical Robot](#), [intra-operative CT Smart Operating Suite](#), and an endoscope used in the [Emergency Medical & Trauma Center](#). You can go to the Sacred Heart Hospital Web site to see video stories of these special projects. If you would like a copy of the Friends Annual Report, please contact Glenda at 717-4925.

Business Hall of Fame A History Devoted to a Healing Ministry

On June 16, the Eau Claire Area Chamber of Commerce will host the Second Annual Business Hall of Fame luncheon to formally induct the Hospital Sisters of St. Francis into their Business Hall of Fame. The Business Hall of Fame award recognizes individuals or groups who have made significant contributions to their business and the community over the past 50 to 100 years. "With quiet determination and very little startup cash, these nuns [founded a hospital](#) that would bring healing and hope to hundreds of thousands in the Eau Claire area," commented Steve Ronstrom, President and CEO, HSHS Division (Western Wisconsin). "This year marks over 120 years of their hospital's work to save lives and improve the health and well-being of people in the Chippewa Valley. Over that time, Sacred Heart also spurred economic progress and today provides more than 1,300 jobs." Other businesses inducted this year include: Bill Cigan, BJ Farmer, Walter Gold, Hobbs Family, and Dr. Hans Christian Midelfart.

Colleague Engagement Survey Coming Soon

Sacred Heart Hospital would like to hear from you, our valued colleagues. Since our last Colleague Survey in 2007, Sacred Heart Hospital and the services/programs we offer have grown significantly. This is an opportunity for every employed member of our organization to weigh in on matters that are important to our Mission, our leadership, staffing and other areas critical to you and our patients. Our Colleague Engagement Survey will be conducted from June 7 to June 20. Your service area director will coordinate your schedule in order for you to complete it during working hours.

For more information, please watch for a special edition Canticle being distributed on June 1.



Have you heard?

Commemorating Excellence Cancer Center Celebrates Program Success



From left: Vic Galfano, Assistant Administrator Professional Services; Criss Gutsch, Marshfield Clinic Oncology Service Line Director; Georgia Smith, Director of Sacred Heart's Center for Cancer Treatment & Prevention; and Steve Ronstrom, President and CEO, HSHS Wisconsin (Western Division)

In commemoration of Sacred Heart's [Center for Cancer Treatment & Prevention](#) and the Marshfield Clinic Regional Cancer Center at [Sacred Heart Hospital](#) receiving a three-year renewed accreditation from the American College of Surgeons Commission on Cancer (CoC), hospital administration, physicians, and colleagues recently hosted a celebration to honor the program's success. Not only is the program the only cancer treatment center in the Chippewa Valley

accredited by this group, but it actually exceeded CoC expectations in all eight possible areas. Applying for and maintaining CoC approval is a voluntary commitment by a cancer program that ensures its patients will have access to the full scope of services required to diagnose, treat, rehabilitate, and support patients with cancer and their families. According to the Commission on Cancer, the accreditation in all eight areas puts Sacred Heart's cancer program in the Top 5% of all cancer programs in the US.

Simply the Best

Celebration of Women Event a BIG Success

On May 11, Sacred Heart Hospital's Center for Healthy Living partnered with Junior League of Eau Claire to offer the community a "Celebration of Women." The event took place at Florian Gardens and was attended by more than 260 women who were able to visit over 30 educational booths from local businesses. In addition to the Center for Healthy Living highlighting their new programming calendars and Women's Wellness Camp in August at Camp Manitou, the event featured keynote speaker, Barbara Bartlein, RN, LCSW, CSP, as she presented "Wanting What You Have...Instead of Wanting More." A stand up comedy enthusiast, Barbara has appeared at "The Comedy Club" and provided an entertaining program with take-home content to help attendees balance their lives. For more information about upcoming programs offered by the Center for Healthy Living, please call 717-1600 or visit them online at www.sacredhearteauclaire.org/center-for-healthy-living-resources.

“Making More Birthdays”

Eau Claire Relay for Life Seeks Fundraisers

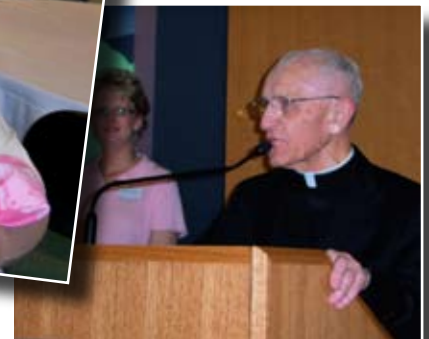


On Friday, June 11, all are encouraged to attend the [American Cancer Society Relay for Life](#) at Carson Park beginning at 6:00 pm. Over 50 teams from [Sacred Heart](#) and other local businesses will be walking all evening and throughout the night, until Saturday morning, to raise money and awareness benefitting cancer screening, research, and treatment. So far, over 400 participants have already raised over \$40,000

for this most worthy cause. This year's theme is “Making More Birthdays”, so join your friends and neighbors to help make more birthdays for our community. If you would like to help out the Sacred Heart Angels Team, please stop by the Cancer Center to get your “Making More Birthdays” T-shirt available with a \$10 donation to the cause. For more information contact either Paula Probst at 717-4153 or Georgia Smith at 717-4090, or go to www.relayforlife.org/eaucleairewi.

Celebration Recognizes & Honors Cancer Survivors

On June 6, in recognition of National Cancer Survivors' Day, Sacred Heart Hospital and the Marshfield Clinic [Cancer Center](#) at Sacred Heart will host their 16th Annual Celebration of Life Summer Social, from 1-3 pm in the hospital's Community Auditorium. Cancer survivors and their guests are invited to attend for complimentary refreshments and a Survivors' Cake, as well as entertainment by Mr. Frank Steinmetz and his accordion. The event will recognize guests for their many years of survivorship, as well as feature Father Klimek as he blesses a tree to be planted in remembrance of those who are not with us to celebrate. The Cancer Center is looking for volunteers to help host and serve. If you are interested in helping please contact [Georgia Smith](#) in the Cancer Center at 717-4090.



The Traveling Quilt

Hospice Quilt Tours the Region in Honor of Loved Ones

On March 25, the first viewing of the 2009 Hospice Remembrance Quilt was held at [St. Joseph's Hospital](#) for the families and friends of patients who died with support of St. Joseph's Home Hospice. Approximately 150 people attended the event at St. Joseph's. After the event, the quilt began a tour of the region and can now be found in Sacred Heart Hospital's Welcoming Atrium, near the Lobby piano. "Many of the names on this year's quilt are familiar and dear," commented Jeanne Weggel, Palliative Care Coordinator, Sacred Heart Hospital. "Sacred Heart knows that hospice is often the best care that can be provided at end of life and we try to access hospice whenever it can help us meet the needs and goals of our patients and families." Next, the quilt will travel to surrounding Marshfield Clinics and the Chippewa Falls Senior Center. The quilt will then return to St. Joseph's Hospital where it will hang permanently with other hospice quilts on the ground floor near the Hospice office.



From left: Jeanne Weggel, Palliative Care Coordinator; Gerry Martinez, Palliative Care Counselor; and Georgia Smith, RN, BSN, MHA, OCN, Director, Center for Cancer Treatment & Prevention

The very essence of compassion

2010 'Nurse Exemplar Award'

On May 11, Michaelene "Mike" Nye, RN, [Emergency Medical & Trauma Center, Sacred Heart Hospital](#), received the 2010 Nurse Exemplar Award for her dedication to delivering outstanding patient care at the hospital. The peer-nominated award recognizes an extraordinary nurse who exhibits excellence in caring for patients and families, provides personalized patient care, and has a superior level of knowledge and skill.

Mike, a **Sacred Heart colleague for 29 years**, has been a teacher, leader and role model for peers, employees and students alike. She holds certifications in Trauma Nurses Core Course, Advanced Cardiac Life Support – Experienced Provider, Pediatric Advanced Life Support, and Basic Life Support. She is also an Adult and Pediatric Sexual Assault Nurse Examiner. She is the charge nurse in the hospital's Emergency Department.

"Each and every day, Mike demonstrates excellence in practice, caring and dedication to patients and their families," said Denise Shepler, RN, BSN, who nominated Mike for the award. "Mike's leadership, perseverance and persistence have helped Sacred Heart's Emergency Department become what it is today. She is the very essence of the words kindness, compassion, dedication, commitment and love." Not a week goes by without a compliment from patients or coworkers regarding Mike's outstanding nursing care, great attitude, enthusiasm for nursing, and commitment to excellence. She brings the same patience, respect, and care to all of her patients and their families."

Community Gives Back

Palliative Care Receives Handmade Blankets

Sacred Heart Hospital's [Palliative Care](#) program offers compassionate end of life care services available to anyone who has a life-limiting, advanced illness or injury. Since the inception of the program, **through the generosity of the community, Palliative Care has gifted about 400 blankets to patients each year.**

Recent donations include:

- May 14, students from Clear Lake High School delivered 15 blankets (As the original pilot donor for this program, Clear Lake has donated 4 consecutive years)
- May 19, students from Cameron High School delivered 13 blankets
- May 19, Mrs. Phyllis Vetterkind of New Auburn delivered three large, show quality quilts
- May 20, Chad Murray from First Congregational Church delivered ten blankets from his youth group

"Our patients so very much enjoy receiving these blankets," commented Gerry Martinez, Palliative Care Counselor. "While these donations demonstrate care for our hospitalized patients, it also shows how the community gives back to Sacred Heart Hospital for all that it does in continuing to maintain the Hospital Sisters' mission of service." To donate blankets and quilts or to receive more information, please contact Gerry Martinez or Jeanne Weggel in Sacred Heart's Palliative Care Service at 717-1468.



Students from Cameron High School

MEDITECH Update

Less than 100 days to Go-Live!

The MEDITECH Project status is 70% complete and is on track for the HSHS Division (Western Wisconsin) goal of a September 1st Go-Live. Key activities that [Sacred Heart](#) and [St. Joseph's](#) colleagues and physicians continue to be involved in are:

- Process Redesign**
 MEDITECH is not only about implementing a new computer information system, but it's also about taking a close look at how work is done. Process redesign focus groups are completing 'current state/future state' design on over 30 clinical and revenue cycle processes. Colleagues from both Sacred Heart and St. Joseph's hospitals have an important role on these teams as we focus on improving patient safety and quality outcomes. Teams have looked at such processes as registration, medication reconciliation, and hand off communications, just to name a few.
- MEDITECH System Testing**
 Core team colleagues will be involved in the first round of integrated testing of the MEDITECH system the week of May 24th. Integrated testing involves entering sample patient data/scenarios into the newly built MEDITECH screens to test that the data flows across the system from admission, through clinical care, to dropping a claim.
- Medical Staff Preparation**
 Medical Staff representatives from both hospitals are serving on the Physician's Advisory Committee (PAC), under the leadership of the PAC Champion, Dr. Richard Daniels, Evergreen Surgical; and Medical Staff President, Sacred Heart Hospital. The PAC is working to define the needs of the medical staff during the transition to MEDITECH, as well as promote best practice and clinical adoption of the system.
- Training Preparation**
 Training is key to ensure that colleagues and physicians have the tools and knowledge to use MEDITECH. Training for (Super-Users), colleagues who are taking on a trainer/supportive role at Go-Live is scheduled through June. The 'Super-Users' will then train 2,000+ colleagues and physicians, 'End-User,' in July and August. Check with your Leader/Supervisor regarding the training schedule for your area.



A National System Leader in Environmental Stewardship



On May 12 in Baltimore, Hospital Sisters Health System and several Local Systems received 11 sustainability awards at CleanMed, an international conference on environmentally sustainable healthcare. The 2010 awards included the prestigious "System for Change" recognition—one of only five systems recognized in the nation—and were presented by Practice Greenhealth for demonstrating the highest degree of commitment to environmental sustainability:

System for Change: Hospital Sisters Health System (Springfield, IL)

Environmental Leadership Circle/ Sustained (only 23 nationally):

- Sacred Heart Hospital (Eau Claire, WI)
- St. Mary's Hospital Medical Center (Green Bay, WI)

Partner for Change, with Distinction: St. Vincent Hospital (Green Bay, WI)

Partner for Change: St. John's Hospital (Springfield, IL)

Making Medicine Mercury-Free: St. Joseph's Hospital (Highland, IL)

Partner Recognition:

- St. Anthony's Memorial Hospital (Effingham, IL)
- St. Elizabeth's Hospital (Belleville, IL)
- St. Joseph's Hospital (Highland, IL)
- St. Mary's Hospital (Streator, IL)
- St. Nicholas Hospital (Sheboygan, WI)