

Canticle

News for:
Colleagues
Physicians
Volunteers and Friends of
Sacred Heart Hospital

Heart Walk 2011



2011 Heart Walk a Huge Success Hospital Breaks Fundraising Record

On Saturday, September 24, more than 800 walkers participated in Eau Claire's 2011 Heart Walk to benefit the American Heart Association.

(continued on page two)



Sacred Heart
Hospital

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

Eau Claire Heart Walk

(continued from page one)



With final donations still coming in, this year the Eau Claire Heart Walk is on pace to exceed their goal of \$81,000 raised. Of that total, Sacred Heart had approximately 230 participants who were able to surpass the hospital's previous fundraising record by so far collecting more than \$18,800. "The walk was a huge success, and I'm so proud of all of our participants this year," said Nancy DeMars, Director, Cardiac Services, Sacred Heart Hospital. "Not only did we have a really great turnout, but everyone has done such a wonderful job raising funds for this most worthy cause."

Top fundraising teams included:

5-Cardiology - \$3,495

Respiratory Care/Critical Care/Surgical Intensive Care - \$2,159

Surgical Services/Sterile Processing - \$1,452

Short Stay Care/Post-Anesthesia Care - \$1,255

Radiology - \$1,169

Congratulations to all who participated!

A Gracious "Thank You" For Service Sacred Heart Hosts Annual Board Recognition Dinner

On September 14, Sacred Heart Hospital hosted its annual Board Recognition Dinner at the Eau Claire Country Club. The annual event was held to recognize and thank community members for volunteering their time to serve on Sacred Heart's various boards and committees. More than 70 people were in attendance for the celebratory evening that featured dinner, music and conversation as a small way for the hospital to thank everyone for generously donating their time and talents over the past year. In addition, the hospital specifically thanked board and committee members who graciously served on the board by presenting them with a commemorative St. Francis display.

The first speaker at the event was Sister Marybeth Culnan, OSF, Senior Vice President, Sponsorship and Governance, HSHS. She addressed the central role of Mission Integration in the daily activities of hospital colleagues, and gave moving examples of employees throughout HSHS who went above and beyond normal service in the care of their patients. The final speaker was hospital employee Theresa Schultz, a third generation employee of Sacred Heart Hospital. Theresa shared why she recently made a generous pledge to the Colleague Emergency Assistance Fund, which was newly established last year to assist hospital employees facing financially challenging circumstances.





Sacred Heart leaders, Faye Deich, COO, and Larry Schumacher, Interim CEO, receive their Flu shot

A message from our Interim CEO, Larry Schumacher

Dear Colleague,

Now that fall is officially here, so is something else we can always count on—flu season!

Recent years have seen concern over virulent strains such as H1N1, worries about a potential pandemic, and concern over the impact wide-spread illness has on the ability of business—especially health care—to function as normal if large numbers of colleagues become ill.

As a result, HSHS, along with a number of other health care organizations locally and across the country, has elected to be proactive in the fight against flu. For the first time, we are requiring colleagues to be vaccinated against influenza or wear a mask during working hours. This follows current caregiver vaccination recommendations of the American Hospital Association.

Vaccination to prevent many illnesses is an integral part of the HSHS Healthy Home program. This helps ensure we are doing all we can to help our patients and one another live well and to protect everyone's health and safety. Getting a flu vaccination is one of the most effective ways to help prevent unnecessary deaths and stem the spread of this preventable disease.

Since our hospital was founded, our patients have trusted us to take every precaution to ensure their safety while they are in our care. Guided by our mission and the legacy of service of the Hospital Sisters of St. Francis, we are committed to the health and well-being of our patients and our colleagues.

From now through October 14, free flu vaccinations are being offered at various sites throughout our hospitals (please see schedule at right). You will receive a flu shot sticker for your badge to indicate to patients, visitors and other colleagues that you have received the vaccine. Colleagues who do not receive a flu vaccination, will be asked to sign a declination and will be required to wear a mask through the remainder of flu season. The same applies to the very small number of colleagues with a medical contraindication or religious belief that prevents them from receiving the vaccine.

I have already received my vaccination. High quality care and safety are priorities for all of us and getting vaccinated shows we care about our colleagues, our families and our patients.

Thank you for your cooperation and your continued dedication to protecting the health and well-being of our patients, families and one another.

Larry Schumacher, COO, HSHS,
Interim CEO, Sacred Heart Hospital,
and Interim President, HSHS Division (Western Wisconsin)

Seasonal Flu Vaccine Schedule

September 28

Conf. RM 6: 7 - 9 am
Conf. RM 15: 2 - 3:30 pm

September 29

Conf. RM 3: 7 - 9 am
Conf. RM 6: 10:30 am - 12:30 pm,
Conf. RM 6: 2 - 3:30 pm

September 30 - Bishop Hall:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 3 - Bishop Hall:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 4 - Bishop Hall:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 5 - Rotunda:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 6 - Bishop Hall:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 7 - Bishop Hall:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 10 - Conf. RM 5:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 11 - Conf. RM 4:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 12 - Conf. RM 5:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 13 - Conf. RM 5:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm

October 14 - Conf. RM 5:

7 - 9 am, 10:30 am - 12:30 pm, 2 - 3:30 pm



COMMUNITY

Care

It's a Blessing! Hospital to Host Annual Blessing of the Animals

On Sunday, October 2, Sacred Heart Hospital will host its annual "Blessing of the Animals." The service will take place at 1 pm on the west lawn of the hospital. Father Edmund Klimek, Senior Chaplain at Sacred Heart Hospital, and Father James Arthur, Hospital Chaplain, will offer the blessing during a brief prayer service.

St. Francis of Assisi, The Patron Saint of Sacred Heart, was a man who served, administered to and spent his life caring for the poor, the under-served and the downtrodden. His love of all God's creatures also extended to animals. It is in honor of this love and in the spirit of this great saint that we offer this unique, ecumenical event. The event is free and open to the public.

For more information, please call Sacred Heart Hospital's Communications Department at 715-717-4015.



Register Now! Annual Event Celebrates Woman's Health Care

Don't forget to register for Sacred Heart Hospital's 13th annual Woman to Woman health care celebration by Friday, September 30. The sure to be sold out event will take place on Tuesday, October 11, at the Florian Gardens in Eau Claire (2340 Lorch Ave.).

Join us for an afternoon or evening of laughter, delicious food and good company. We are offering a choice of a lunch session or a dinner session with open seating.

Doors open for the lunch event at 11 am, with lunch being served at 11:30 am. Doors open for the dinner event at 4 pm, and will be served at 6:15 pm.

Featured performer Jana Stanfield combines music with a message that entertains, inspires and encourages. She delivers music and humor that makes people feel better about who they are, what they do and why they are doing it. Stanfield's music has been on *20/20*, *Entertainment Tonight*, *Oprah* and radio stations nationwide.

To attend this energizing event – which includes entertainment, booths, and lunch or dinner, and dessert – a completed registration form and fee of \$25 per person must be received by September 30 to the Center for Healthy Living at 2103 Heights Drive, Eau Claire.

Visit www.sacredhearteauclaire.org to download a registration form. The link to the registration form is located on the bottom left-hand side of the website, in a box that says "Woman to Woman 2011".



“A Mother’s Journey Through Grief” **The Healing Place Offers a Free Community Event**

The Healing Place: A Center for Life’s Journeys, Sacred Heart Hospital’s free grief support and holistic healing center, is offering a chance for community members to hear from Mary Rondeau Westra, award-winning author of “After the Murder of My Son,” as she shares her personal story of grief and loss upon the murder of her son.

Always intensely personal, Mary’s story traces her heartbreaking journey from realization to recovery as could only be seen through the eyes of a mother.

The event will take place September 29 from 6:30 to 8 pm in the hospital’s Community Auditorium. The program is free and is open to the public. For more information, please contact The Healing Place at 715-717-6028.

VOLUNTEERS NEEDED **for Distribution** **Hospital Hosts 9th Annual** **Coat/Blanket Drive**

In addition to seeking new or gently used coats, blankets, and warm winter clothing donations for Sacred Heart’s 9th annual Share a Coat/Blanket Drive, the hospital’s Center for Healthy Living is also seeking volunteers to help distribute items the day of the event.

All colleagues and volunteers are encouraged to participate by contacting Kelly Lauscher, Community Education Facilitator, Center for Healthy Living, at 715-717-1606. Volunteers are asked to help distribute items on Saturday, October 15, from 9:30 am to Noon in the hospital’s Community Auditorium.

Donated items will be collected from October 1–14, and can be dropped off inside the hospital’s Main Entrance and Cafeteria areas. Each year, hospital representatives collect more than 3,000 winter coats and blankets during the annual drive. This year, an emphasis has been placed on the need for children and infant coats and blankets.

Consider other ways you can help gather coats as last year we had over 500 people in attendance and not enough to meet all the needs. Please also note that St. Joseph’s Hospital will distribute coats on October 22. For more information, please call the Center for Healthy Living at 715-717-1600.



Supporting Care Integration through Broadband Expansion in WI

Sacred Heart and St. Joseph's Hospitals were two of 16 organizations honored last week with the "Friend and Advocate" award for being a model of collaboration to expand broadband infrastructure. Ray Cross, Chancellor, University of Wisconsin (UW)-Extension and UW Colleges, presented the award to the broadband collaborative of hospitals, clinics, schools, colleges, universities, libraries, municipalities, and commended the group as "a role model for the state and nation."

The collaborative group is one of four demonstration communities working with UW-Extension to expand community networks with federal broadband grants totaling nearly \$33 million. Chancellor Cross thanked HSHS for critical advocacy that helped rescue the \$33 million federal grant from being terminated in the WI Budget bill this past June.

The broadband collaboration and grant strengthens the HSHS Care Integration Strategy by expanding technology and relationships to link patients, providers and care facilities. The result is superior value, improved care and quality, enhanced efficiency, and increased satisfaction for patients and providers.

Enhancing Patient Care Certified Neuroscience Registered Nurse Accreditation

At Sacred Heart Hospital, encouraging colleagues to continually better themselves by seeking higher education has always been among our strategic efforts to enhance the level of care provided to you or your loved ones. With that in mind, the hospital is pleased to announce that Kristin Peters, RN, CNRN, has recently earned her Certified Neurosciences Registered Nurse (CNRN) accreditation. The CNRN accreditation provides nurses a unique body of knowledge enabling them to better treat critically injured or ill neuroscience patients. "We are very proud of Kristin for completing this certification, which adds to the diverse, multidisciplinary approach to



Kristin Peters

patient care that we've accomplished here at Sacred Heart," commented Kate Nulsen, RN, MSN, CCRN, CNRN, Director, Critical Care Center. "Most importantly, it demonstrates Kristin's ability to always provide the highest quality of care during that critical moment when it matters most."



Taste of Rehab Celebration National Rehabilitation Awareness Week

In recognition of National Rehabilitation Awareness Week from September 18-24, Sacred Heart Hospital's L.E. Phillips Rehabilitation Department recently hosted a "Taste of Rehab" on September 22.

In gratitude of the dedicated staff who support this program throughout the year, more than 250 hospital colleagues, physicians, and volunteers were treated to appetizers/desserts, registered for door prizes, and saw all the unique technology and services offered to our patients.

As the only CARF-accredited inpatient rehabilitation center in western Wisconsin, Sacred Heart is proud to offer our patients a variety of multidisciplinary therapy services, including Occupational, Speech, Physical, Recreational, and Music Therapy, who work closely with physicians, nurses, and dieticians to help patients regain their independence.



Back to School

Hospital Offers Tips for Backpack Safety

Whether walking to school, hiking trails or on a family outing, backpacks are a popular and practical way to carry books and other supplies. Compared with large purses, briefcases or shopping bags, a backpack is a better choice to help avoid injury.

Sacred Heart Hospital reminds everyone that it is important to not over pack backpacks and to wear them properly. “Backpacks that are too heavy or not worn correctly can cause muscle aches and strains, as well as pain in the back, neck and shoulders,” said Kelli Worthing, OTR, Occupational Therapy Supervisor, Sacred Heart Hospital. “This can lead to serious health effects including back problems, injury and poor posture for children as well as adults.”



Tips for Backpack Safety

In order to use backpacks safely and not cause yourself injury, Sacred Heart Hospital suggests people follow these tips:

- Both shoulder straps should always be worn. Wearing a pack slung over one shoulder can cause a person to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well padded shoulder straps.
- Adjust the shoulder straps so that the main load of the backpack sits in the center of the middle and lower back, but not too low at the hips. A pack that hangs loosely from the back can pull the upper body backwards and strain muscles.
- A heavy backpack forces the upper body to bend forward. When organizing the contents, place the heaviest items closest to the back and attempt to distribute the contents evenly in the various compartments.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- Do not bend over at the waist when wearing or lifting a heavy backpack. Bend both knees and lift with your legs. Put one strap on at a time.
- Check the weight of your child's backpack periodically. The weight of the backpack should not exceed 10 – 15 percent of the child's body weight. For example, a child who weighs 100 pounds should not carry a backpack heavier than 10 to 15 pounds. A backpack that forces children/students to lean forward, backward or lose their balance is too heavy – and potentially dangerous.
- Encourage your child to use their locker or desk frequently throughout the day if possible, instead of carrying the entire day's worth of books in the backpack.
- Backpacks on wheels can help if you walk or stand for long periods; however, be cautious. These usually weigh quite a bit more even when empty, and there is a tendency to pack more into these types of bags. They also must be lifted over curbs, onto buses and up steps along the way. The pulling forward or dragging motion with the arms may result in rotary forces on the spine that could result in injury.

Saving Lives

Car Seat Checks Engage Parents

In the U.S. motor vehicle crashes are the leading cause of death to children 3-14 years of age— fatally injuring nearly 34,000 in 2009. In response to this startling statistic, Sacred Heart is proud of the collaborative efforts being made between the hospital's Center for Healthy Living and Chippewa Valley Safe Kids to ensure that parents have access to the quality resources required to make transportation of their children as safe as possible.

In recognition of National Seat Check Saturday in accordance with National Child Passenger Safety Week, the program recently hosted a seat check at Markquart Chevrolet in Hallie on September 24. There, 29 car seats were installed by 8 certified child passenger safety technician volunteers, ensuring the safety of children on our roadways.

The next Safe Kids Chippewa Valley Car Seat Check will be held **Saturday, October 22 from 10 am to 1 pm** at **Tower Auto Body CARSTAR in Eau Claire.**



An 'Always' Hospital Service Tip of the Week

New HCAHPS Survey Pays for Quality of Care

With publically reported HCAHPS surveys currently underway, creating a culture of 'Always' has never been more important. HCAHPS measures our patients' perception of the consistency with which we meet their needs; ensuring that facilities will be reimbursed based on the percentage that those needs are 'Always' met. 'Always' is about every patient, every department, every shift, and every day. In an experience-based survey, patients must experience excellent care on all shifts and with every interaction.

POSSIBLE QUESTION:

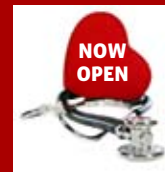
During this hospital stay, how often was your pain well controlled?

Possible responses:
ALWAYS, Usually,
Sometimes, Never



Social Media Networking Staying Up-To-Date on Facebook

As a regional health care provider committed to coupling the newest technologies with the brightest medical minds, Sacred Heart Hospital is dedicated to providing state-of-the-art care to the Chippewa Valley. To learn more about Sacred Heart Hospital and stay up-to-date on its innovative programs and services, all are encouraged to become a Facebook Friend by visiting www.sacredhearteauclaire.org and clicking on our Facebook icon.



**Sacred Heart
URGENT CARE**
Open
6 am – 10 pm
Everyday

United Way Drawing Announced

Thank You to United Way Day of Caring Volunteers

Since Sacred Heart began its pacesetter campaign on August 10, colleagues have pledged a total of more than \$45,500 towards the United Way Campaign. Very generous donations were made and we thank you for your contributions.

Congratulations to the United Way Drawing Winners:

Two Packer tickets for December 25th game vs. Chicago Bears -
Nicole Hemenway, Speech Therapy

Flat Screen TV -
Carol Rudd, Respiratory Care

Movie Tickets for a year -
Cathy Barkovich, Case Management

\$100 Target gift card -
Marcia Arneson, Center for Healthy Living

\$100 Wal-Mart gift card -
Renee Thompson, Center for Cancer Care

\$50 cash for First Time Pledges -
Jan McIntyre, Health Information Management

\$50 cash for 10% increase Pledges -
Billie Jo Webb, Laundry

Also, a special "Thank You" goes out to all who volunteered during the United Way of The Greater Chippewa Valley's annual Day of Caring. The Day of Caring was Friday, September 16, and was the largest one-day community service event in Western Wisconsin. More than 450 volunteers from Eau Claire businesses worked on more than 40 different projects. This saved United Way partner agencies and other non-profits in our community over \$32,000 in labor costs!

Thank you for your pledges and support of the United Way.



Canticle is a Sacred Heart Hospital newsletter that appears on the second and fourth Tuesday of every month and is available internally on the hospital's Pillar Boards & Intranet. It is also distributed by email and mail, and posted under the Media Center link at www.sacredhearteauclaire.org. Please direct comments, suggestions or requests for email newsletter (e-*Canticle*) subscriptions by phone at (715) 717-4256; or by email to DPaulson@shec.hshs.org; or by writing the Communications Department, 900 West Clairemont Avenue, Eau Claire, WI 54701. A "canticle" is a sacred song and is a reminder of our Franciscan tradition, the Hospital Sisters' healing ministry and Joy (one of our Core Values). Our newsletter's name is a tribute to "The Canticle of the Sun," by St. Francis, which praises God for all creation.