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For the Week of Jan. 29, 2012

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WHAT'S HAPPENING AROUND LEE MEMORIAL HEALTH SYSTEM

❑ **Check Out the February Issue of Healthy News**

Check out the February issue of Healthy News, our newsletter to the community, by clicking [here](#). The articles in Healthy News feature patient stories, our services, physicians and much more. This information can be useful in your work life and to your family and friends. To suggest a topic, email HealthyNews@LeeMemorial.org.

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❑ **Like Us – Follow Us – Subscribe to Us...and Win!**

Lee Memorial Health System is on several social media websites, including [Facebook](#) (page: Lee Memorial Health System), [Twitter](#) (username: Lee_Memorial) and [YouTube](#) (username: LeeMemorialMarketing). "Like" us on Facebook, "Follow" us on Twitter and "Subscribe" to us on YouTube and you will be entered into a weekly prize drawing for either a \$5 cafeteria gift card or a Lee Memorial Health System umbrella. Connect with us on Facebook, get one entry, add Twitter, get two entries, add YouTube and get three entries in our weekly drawing.

These sites will help you stay up-to-date on the latest news and events going on throughout the health system and provide valuable information to share with patients, friends and family.

The winner of this week's chance drawing is Lisa Harvey. Congratulations, Lisa!

Please note that system policy prohibits the use of social media in the workplace.

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❑ **Lee Memorial Health System Celebrates Heart Month 2012**

Lee Memorial Health System has several events in February to celebrate National Heart Month. We hope you will join in one or all of the events to help raise awareness that cardiovascular disease is the leading cause of death among women and men in the U.S.

- Feb. 3: American Heart Association Wear Red Day. "Go Red" and make a statement. Wear red to work to show your support. And, if your schedule allows, join us for a picture at 11:30 a.m. at the HealthPark Medical Center atrium staircase or at 1 p.m. in the Cape Coral Hospital main lobby.
- Feb. 14: Gulf Coast Medical Center Celebration. Celebrate "Heart and Stroke Awareness" with free blood pressure checks and information on heart and stroke. Wear a red T-shirt and/or tie for a F.A.M.I.L.Y. photograph in the lobby. More details to follow.
- Feb. 17: The cafeterias "Go Red" with special heart healthy food items.
- Every Friday in February: Celebrate American Heart Month by wearing jeans and/or a red T-shirt to work on Fridays in February. Donations of \$5 (cash or check made payable to American Heart Association) will be accepted in the gift shops at all four hospitals. You will receive an American Heart Association wristband to wear on the day(s) you participate. Choose your day or participate every Friday as the \$5 donation is good for one day or all days. Please note that Feb. 3 is a regular system monthly jeans day. You must comply with the Lee Memorial Health System dress code and your department's dress code, even when wearing your AHA wristband.

Lee Memorial Health System is the Lee County Cause Sponsor of My Heart My Life (Start!) and the Southwest Florida Cause Sponsor of Go Red for Women.

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❑ **Notice of Privacy Practice Forms Revised**

The Notice of Privacy Practice forms have been revised. Please discard your old forms. Click [here](#) for English; [here](#) for Spanish; [here](#) for Creole, and [here](#) for German. Also, for those who are ordering the English version from Connect, the replacement inventory is at LeeSar. Orders can be placed at this time.

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❑ **Reflection for Difficult Days**

"Great people are those who make others feel that they, too, can become great."
—Mark Twain

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SCHEDULED SHUTDOWNS / MAINTENANCE

❑ **Generator Test at Lee Memorial Hospital**

The monthly generator test will take place at HealthPark Medical Center on Feb. 2 at 1 p.m. and return to normal at 5 p.m., unless otherwise notified. You may experience one to three electrical bumps at these times. These bumps can affect computers and electronic equipment. Please ensure that your department is aware of this scheduled monthly event in time to exit computer programs and prevent data loss.

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❑ **Generator Test at HealthPark Medical Center**

The monthly generator test will take place at HealthPark Medical Center on Feb. 3 at 6 a.m. and return to normal at 7 a.m., unless otherwise notified. You may experience one to three

electrical bumps at these times. These bumps can affect computers and electronic equipment. Please ensure that your department is aware of this scheduled monthly event in time to exit computer programs and prevent data loss.

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SAFELEE

❑ **Progress Report Available Online**

The latest Progress Report (data from Dec. 1-31, 2011) is now available online. Click [here](#) to view it or go to the [SafeLee IntraLee page](#).

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WELLNESS COACH TIP

❑ **Make Smart Food Choices**

When trying to lose or maintain your weight, think about your food choices. It is easier to make better choices when you are not hungry. Think about choosing foods that allow you to fill up on fewer calories. Those foods are minimally processed, high in fiber and low in fat and sugar. Examples include fruits; vegetables; beans and whole grains such as barley, oatmeal, whole wheat products and brown rice. Check out the ingredients; this will let you know just how processed the food is. The more ingredients, the more processed. Foods that have at least 3 to 5 grams of fiber per serving are a better choice. Look at the total calories and the fat calories; if something has 150 calories but 75 calories from fat, that means it is 50 percent fat. When you look at sugar grams on the food label, remember every 4 grams equals 1 teaspoon of sugar. If something has 39 grams of sugar in 12 fluid ounces (soda), that equals 10 teaspoons of sugar.

Need help keeping to your New Year's resolutions? Call wellness coach Jeanne Struve at 437-7324.

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FOOD & NUTRITION SERVICES NEWS

❑ **“Savor the Flavor” Program**

Every month, Food and Nutrition Services will highlight a different food item, and each Wednesday a special recipe using the featured item will be available.

The flavor to be savored in February is sweet potato. We all love the sweet, caramelized flavor of the sweet potato, but don't let that sweetness fool you. Inside the orange interior, sweet potatoes are packed full of nutrients from which you can easily benefit. They are loaded with carotenoids, vitamins, potassium and fiber. Like citrus, sweet potatoes are a good source of vitamin C, which helps fight infections, heal wounds and absorb iron. A medium sweet potato provides 35 percent of your daily recommended amount of vitamin C. The sweet potato also provides twice the recommended daily allowance of vitamin A, which is necessary for strong tissues and is required to maintain a healthy immune system function and develop resistance to infection.

The featured recipe at our cafeterias on Wednesday, Feb. 1 is sweet potato pie.

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❑ **Produce Purchasing Tips From Food & Nutrition Services**

Food & Nutrition Services monitors the price of fruits and vegetables to ensure that we purchase the best and most affordable options. We want to share what we know so you, too, can get the healthiest options at the best prices.

Good buys include:

- Blackberries
- Blueberries
- Broccoli and cauliflower florets
- Grapefruit
- Romaine lettuce
- Oranges
- Peaches
- Pears
- Strawberries
- Roma and layer tomatoes

More expensive options:

- Red apples
- Asparagus
- Cantaloupes and honeydew
- Cucumbers
- Lemons
- Raspberries
- Yellow squash and zucchini

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WOW, WHAT A TEAM

❑ **Southern Gulf Society of Health System Pharmacists Names Officers**

Congratulations to the following employees, who were elected to positions with the Southern Gulf Society of Health System Pharmacists:

- President David Wolfrath, PharmD, HealthPark Medical Center pediatric pharmacy supervisor
- President-Elect Peter Duggan, RPh, Gulf Coast Medical Center pharmacy director
- Treasurer Steve Kessinger, RPh, Cape Coral Hospital pharmacy director
- Secretary Shannon Previty, PharmD, Cape Coral Hospital pharmacy night supervisor

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❑ **Congratulations, Dr. Jehaimi**

Cayce Jehaimi, M.D., pediatric endocrinologist with The Children's Hospital of Southwest Florida, recently passed the board certification exam in pediatric endocrinology. With this certification, Dr. Jehaimi is the only board certified pediatric endocrinologist between Tampa and Miami. Way to go, Dr. Jehaimi!

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❑ **SPCU Wins Local Award**

The Surgical Progressive Care Unit (SPCU) at Gulf Coast Medical Center, led by nursing director June Schneider, RN, was nominated for Lee County Medical Society Medical Service Award and won! This award recognizes exemplary lasting contributions to the medical profession as a (nonphysician) member of the medical profession. These nurses exemplify the best in clinical care. Congratulations to this dedicated group of caregivers.

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GET FIT FOR EPIC

❑ **Provide Feedback on Epic**

As part of Information Services' efforts to improve the quality of service we provide to our staff, we would appreciate your feedback on several aspects of the Epic implementation at Cape Coral Hospital and the on-going use of Epic at Gulf Coast Medical Center. If you practice at either hospital and use the EHR system, please take a few minutes to give us your feedback on the training, support and functionality of Epic.

In appreciation of your time to provide your feedback, if you include your name in the survey response, you will be entered into a random drawing for a \$25 gift certificate. You must be a Cape Coral Hospital, Gulf Coast Medical Center or Business Office Epic user to be eligible.

The survey is open Jan. 30-Feb. 13. The drawing will take place Feb. 17.

To complete the survey, go to the [MyEpic IntraLee page](#) and under "Announcements," click on the survey link which best matches your location and job function.

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HUMAN RESOURCES

❑ **Hypertension and Hyperlipidemia**

Two of the top diagnoses for our Lee Memorial Health System health plan are hypertension and hyperlipidemia. The Health Plan Committee plans to have WEB-TPA do case management outreach calls to individuals with the greatest care gaps. The calls are to educate and refer members to the appropriate resources, including the programs we have with Lee Health Solutions.

To create an awareness campaign, Rowe Hudson, director of Lee Health Solutions, will have information tables outside of the cafeterias with educational materials between 11: 30 a.m. and 1 p.m. on these dates and at these locations:

- Feb. 1 and March 2, Gulf Coast Medical Center cafeteria
- Feb. 8, Santa Barbara Building atrium
- Feb. 3, Information Systems Building lunchroom
- Feb. 15, Lee Memorial Hospital cafeteria
- Feb. 22, HealthPark Medical Center cafeteria
- Feb. 24, Cape Coral Hospital cafeteria

Additionally, Sal Lacagnina, D.O., vice president of health & wellness, is available to come to your unit/department to speak on these topics. Please contact Pat Knudson at 573-4508 to schedule.

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NEWS FROM THE MEDICAL LIBRARY

❑ **Recommended Resources Now Available Online**

Another textbook from the Lee Memorial Health System Recommended Resources has been added to the e-book collection on the library website. The eighth edition of Clinical Nursing Skills by Smith, Duell and Martin now is available [here](#), under the "Nursing Books" section.

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WELLNESS CENTER NEWS

- ❑ **Get Healthy and Win a Cruise for Two**
Registration for the Healthy Me, Healthy Lee fitness challenge has begun. This fitness challenge was highlighted in the recent [Employee Wellness Newsletter](#). It is open to all employees who are motivated to improve their health. A letter from Dr. Lacagnina covering all the details, as well as the forms & support materials, can be found on IntraLee under the Employee Wellness department listing or by clicking [here](#).

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- ❑ **Massage at Lee Center for Rehabilitation & Wellness**
Maximize your Healthy Bucks for year-long health maintenance with massage at Lee Center for Rehabilitation & Wellness.
 - Stressed out? Get three relaxation massages for \$150.
 - In pain? Get two therapeutic massages for \$150
 - Purchase your next "package" for the same price.
 - Refer five people and receive a free 60 minute massage of your choice.

To set up an appointment, call Debra Ziebell at 244-7599 or Silvana Coomer at 297-7483.

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NEWS FROM THE AUXILIARY

- ❑ **Specials from the Cape Coral Hospital Auxiliary Businesses**
The Cape Coral Hospital Auxiliary businesses are offering the following specials:
 - Coral Tree Gift Shop: All pictures, wall plaques and picture frames are 25 percent off through Feb. 5. Valentine's Special - All merchandise with pink or red is 25 percent off Feb. 6-14.
 - Cape Uniforms & More: Save 20 percent on anything with a heart (in-stock only).
 - Cape Coral Hospital Thrift Store: We still have a nice selection of Valentine's Day gifts and accessories at great prices. We also have some nice warm sweaters and coats for those cold days. Getting rid of furniture? We're taking furniture donations. Call at 772-4443 to see if pick-up is available.
 - Cape Coral Hospital Auxiliary Upcoming Fundraisers: Wild Tree Herbs, Feb. 21 at Santa Barbara Building, Feb. 22-23 at Cape Coral Hospital lobby. Masquerade \$5 Jewelry, March 20 at Santa Barbara Building, March 21-22 at Cape Coral Hospital Auxiliary Meeting Room.

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NEWS FROM THE FOUNDATION

- ❑ **Spring Shopping at Belk**
On Jan. 31, Belk at Gulf Coast Town Center is hosting a Health Care Appreciation Day. Everyone in the health care field will receive an extra 20 percent off most merchandise in the store with very few exclusions. This is Belk's way of saying thanks for everything you do for our community.

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- ❑ **Feeling Lucky? Want to Enhance Your Style in 2012?**
Donate \$20 to buy one ticket, or buy three tickets for \$50 to win one of three great prizes to benefit the Regional Cancer Center.

- Grand Prize valued at \$7,000-\$9,000 - Breast enhancement/augmentation performed by Marc S. Schneider, M.D.
- Second Prize - One body part laser hair removal (entitles winner to receive 6 treatments over the year to one body part)
- Third Prize - Botox-one 40 unit treatment or Juvederm treatment.

Click [here](#) to purchase tickets. Drawing takes place on Feb. 8 at the Giving Heart for Cancer fashion show, at Harborside Event Center. Tickets for the fashion show are \$50 and can be purchased at any Lee Memorial Health System gift shop, online, or by calling the Foundation office at 239-343-6950.

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❑ **Ninth Annual Barbara's Friends Charity Classic**

Get out your golf clubs, take advantage of our beautiful weather, and have fun while also helping our young cancer patients. Lexington Country Club is sponsoring a golf event with all proceeds going to Barbara's Friends - The Children's Hospital Cancer Fund. The event is Feb. 19, with double shotgun starts at 8 a.m. and 1 p.m. The format is a four-player scramble; singles or twosomes will be paired by the Golf Shop.

Sign up now and enjoy the day on the beautiful fairways of Lexington as well as a delicious lunch and dinner in their lovely clubhouse.

For more details or to register, call 437-3380. The deadline for registration is Feb. 16, and hole and tournament sponsorships still are available.

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EMPLOYEE / COMMUNITY EVENTS

❑ **Free Tax Preparation Through April 17**

United Way of Lee, Hendry and Glades is offering free tax preparation services by IRS-trained and certified volunteers. If you have a household income of \$50,000 or less, you qualify for this great benefit. To find a location near you and schedule an appointment, dial "211" or call 433-3900.

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❑ **Free Skin Cancer Screenings**

Free skin cancer screenings, courtesy of Riverchase Dermatology, SHARE Club and the Regional Cancer Center, will be held 9 a.m.-noon on the following dates:

- Jan. 31, HealthPark Medical Center Rooms 1A, 1B
- Feb. 3, Cape Coral Hospital Auxiliary Meeting Room
- Feb. 9, Lee Memorial Hospital Medical Staff Conference Room

No appointments are necessary.

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❑ **The Go Red for Women® Red Dress Dash**

Men and women are invited to put on their best red, as much red as they can manage, grab a team of friends, and join the Go Red for Women® Red Dress Dash. Walk, strut or stride across the finish line to uncover the truth that heart disease kills more women than all forms of cancer combined. NBC-2 anchor Stacey Deffenbaugh will lead the crowd in choosing winners for the following categories: Most Red, Most Glamorous and Most Spirited. Lee Memorial Health System is one of the sponsors and will offer free screenings. The event takes place 6-8 p.m., Feb. 3 at Waterside Shops in Naples. Registration fee of \$15 can be paid in advance by calling

American Heart Association staffer Monica Seif at 495-4903. Registration also will be accepted at the event.

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❑ **IndiaFest 2012**

Lee Memorial Health System is a sponsor of the India Association of Fort Myers' India Festival 2012, Feb. 4, 11 a.m.-8 p.m. at Hammond Stadium, 14100 Six Mile Cypress Parkway, Fort Myers. Celebrate a "Journey to India" with a cultural program, Indian cuisine, arts and crafts and much more. Tickets are \$5 each (includes free parking), kids younger than 5 are free. For more information, go to www.iafortmyers.org.

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LEE-BAY

❑ **Free: Printer Cartridges**

Two HP27 laser jet printer cartridges. One is brand new and the other is used. Call John at 424-2423 or Nancy at 424-2363.

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❑ **Free: File Cabinet and Typewriter**

The Cape Coral Hospital medical library has a four-drawer, side-by-side file cabinet with hanging files. There are bookshelves above the cabinet. They also have a Brother ML 300 electric typewriter. Email Narges.Ahmadi@LeeMemorial.org at or 424-2204.

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❑ **Wanted: Crash Cart**

The ultrasound department at Cape Coral Hospital needs a cart similar to crash cart in which to lock supplies. Email Bobbi.Jesse@LeeMemorial.org.

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❑ **Wanted: File Cabinet**

Surgery administration at Lee Memorial Hospital needs a two-drawer file cabinet. Call Elaine at 343-2664.

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THE FINE PRINT

❑ **Need to Distribute Your Information? Use the "HYH" Newsletter**

Want to announce a System fundraiser or System-sponsored event?
Have a retirement party to announce?
Need to get rid of office furniture?
Want to tell the System about a name change?

Take advantage of the weekly "Have You Heard?" newsletter. It comes out every Friday in both email and print format. If you need something published, send your text announcements (no flyers or ClipArt, please) to HYH@LeeMemorial.org. Don't forget our weekly deadline—Thursdays at noon.

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