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For the Week of Jan. 8, 2012

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WHAT'S HAPPENING AROUND LEE MEMORIAL HEALTH SYSTEM

❑ **Pharmacy Director Reassignments**

Effective Jan. 16, Connie Hogrefe will be the director of pharmacy at Lee Memorial Hospital and Chris Scott will be the director of pharmacy at HealthPark Medical Center. Best wishes to these talented professionals in their new roles!

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❑ **Reflection for Difficult Days**

"Today: Begin."

-- Anonymous

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WELLNESS COACH TIP

❑ **Food for Life Class**

Ready to start eating healthier in 2012? If you want to increase the servings of whole grains, fruits, vegetables and beans in your diet, but don't know where to start, join us for the Food for Life Nutrition and Cooking Class. The nutrition information, cooking demonstrations and food sampling will help you get your eating on track for the new year. Classes begin Jan. 31 and run for four consecutive Tuesdays, 5-7 p.m. at Cape Coral Hospital Meeting Room A. Class size is limited and registration has begun. Contact Jeanne Struve at 437-7324 or Jeanne.Struve@LeeMemorial.org to register. Healthy Bucks and payroll deduction also are accepted as payment. Cost is \$40 for employees.

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FOOD & NUTRITION SERVICES NEWS

❑ **Food & Nutrition Services Kicks off "Savor the Flavor" Program**

Beginning in January, Food & Nutrition Services will be kicking off a new program called "Savor the Flavor." Every month a different food will be highlighted, and each Wednesday a special recipe using the featured item will be available. The flavor to be savored in January is oatmeal. Oats and oatmeal have been part of the human diet for more than 3,000 years, although they were first eaten accidentally as a weed growing among grains. Oats contain more soluble fiber than other grains, which is why they are so good for lowering cholesterol, blood sugar and weight. If you don't already know, this month you will discover that oatmeal can be absolutely delicious. Whether instant, cooked on the stove or baked in the oven, the combination of flavors you can fit into a serving of oatmeal is only limited by your imagination. Last Wednesday's feature was an "Oatmeal Bake" for breakfast at each of the hospital's cafeterias. Click [here](#) for the recipe.

The featured recipe at our cafeterias on Wednesday, Jan. 11 is "Spicy Oat Crusted Chicken with Sunshine Salsa."

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WOW, WHAT A TEAM

❑ **January Shining Star**

Congratulations to January's Shining Star - Julie Rairick. Julie is a lab assistant in the general lab at HealthPark Medical Center. She is a huge team player and always lends a hand to anyone in need of help, in and out of her department. Members of the Friends Committee, along with Julie's director, made a surprise presentation to her that included a cake, balloons and an award certificate. As the selected nominee, Julie will have use of the designated Employee of the Month parking spot, and a choice of gifts from the uniform store, gift shop, cafeteria or Wellness Centers, as an additional reward.

Nominations forms and flyers are available in your departments. Questions, comments and completed nomination forms should be directed to Karen Paras at ext. 36900 or Nadia Owen-Gaumond at ext. 35118, or may be placed in the Friends Committee mailbox in the fourth floor mailroom.

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HUMAN RESOURCES

❑ **Healthy Bucks Cards**

If you had a balance on your Healthy Bucks card for 2011, you should have received a new VISA Healthy Bucks card in the mail from our vendor Eagles Benefits by Design. This is so you can use the balance on the card in 2012. Just to clarify – it has the balance from 2011 on it and this can be used for any designated Healthy Bucks program. For example, if I had my wellness exam and received the \$150 VISA card in 2011 and used \$100 of it in 2011 but still had a \$50 balance to use, then this new card would have \$50 on it for me to continue to use. This is the information that also was provided to you in Benefits Open Enrollment.

The vendor also mailed out new VISA Healthy Bucks cards for 2012 that have no money loaded on them and cannot be used at this time. However, if you have another wellness exam in 2012 and once the vendor is notified that the exam is completed, then this card will be loaded with another \$150 for you to use for designated Healthy Bucks programs. Please do not try to use your card until after you have your exam and are notified it is loaded. For questions, call the HR Call Center at 424-3500. The vendor also mailed a letter to explain this to you.

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NEWS FROM THE MEDICAL LIBRARY

❑ **Recommended Resource Now Available Online**

Stedman's Medical Abbreviations, Acronyms & Symbols—one of Lee Memorial Health System's recommended resources—now is available online. In addition to definitions of acronyms, symbols and abbreviations, this regularly updated resource contains color illustrations and videos. In order to view video clips, you have to install Quick Time on your computer. You will find Stedman's on the "e-books" page of Medical Library IntraLee site or click [here](#).

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❑ **New Additions to the Medical Library Collection**

New additions this month include the following:

- E-books

Chemotherapy and Biotherapy Guidelines and Recommendations for Practice

Evidence-based Cardiology

Washington Manual of Medical Therapeutics

- Obstetrics and gynecology

Evidence and Skills for Normal Labour and Birth: A Guide for Midwives

- Patient Education
Diabetes Demystified: A Self-teaching Guide
Shingles: New Hope for an Old Disease

- Patient Experience and Patient Safety
The Worst is Over: What to Say When Every Moment Counts

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WELLNESS CENTER NEWS

□ **Words on Wellness**

“Word on Wellness,” the monthly newsletter for our Wellness Centers, is available [here](#). This issue features articles about starting the new year on a healthy note. Back issues also are available at this link. Seminars this month include:

- The Fitness Challenge by Dr. Salvatore Lacagnina, 11 a.m., Jan. 12 at Lee Center for Rehabilitation & Wellness and 4 p.m., Jan. 18 at Wellness Center of Cape Coral
- Exercise Your New Year's Resolutions by Heather Wilcox, exercise specialist, 4 p.m., Jan. 23 and 11 a.m., Jan. 25, both at Wellness Center of Cape Coral

To register, please call Wellness Center of Cape Coral at 573-4800 or Lee Center for Rehabilitation at 418-2000.

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NEWS FROM THE AUXILIARY

□ **Change it up in the New Year**

Add more choices to your handbag collection with a new innovative concept from Miche Bag. Just use the interchangeable outer shells to transform one handbag into many—without transferring the contents. A time-saving and design savvy alternative with “one bag and its endless possibilities.” Come to the Miche Bag sale sponsored by the Lee Memorial Auxiliary from 7 a.m.-4 p.m. on the following dates:

- Jan. 16-17 at Lee Memorial Hospital
- Jan. 19-20 at HealthPark Medical Center

Your purchases at Lee Memorial Auxiliary sales in 2011 helped provide almost \$250,000 for education, equipment, projects and programs for our patients, their families and the Southwest Florida community. We appreciate your ongoing support.

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□ **Specials from the Cape Coral Hospital Auxiliary Businesses**

The Cape Coral Hospital Auxiliary businesses are offering the following specials:

Coral Tree Gift Shop- All plush items 25 percent off. Shop early for best selection.
Cape Uniforms & More - All khaki solids 20 percent off (in-stock only). Please note our extended hours, 7:30 a.m.-7:30 p.m., Monday-Friday; 9 a.m.-5 p.m., Saturday; and noon-4 p.m., Sunday.
Cape Coral Hospital Thrift Store - Check out our nice selection of cold weather items, including heavy coats and jackets.

Cape Coral Hospital Auxiliary - Mark your calendars to visit our January fundraiser featuring International Jewelry Creations on Jan. 17 at Santa Barbara Professional Building and at Cape Coral Hospital on Jan. 18-19. Great chance to get that Valentine's gift for someone special!

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❑ **Sewing Group Seeks Donations**

The Cape Coral Hospital Auxiliary Sewing Group is seeking donations of fabric to make cough pillows for surgery patients, rice bags for new moms, and yarn for baby blankets and hats. Please send donated items to the Volunteer Resources office at Cape Coral Hospital.

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❑ **Gulf Coast Medical Center Auxiliary Fundraiser**

Stop by the two-day white sale from a new company, called Ultimate Linen, 7 a.m.-4 p.m., Jan. 12 and 13 in the main lobby. Browse bedding and bath accessories and much more. Cash, credit cards and payroll deduction are accepted. These funds help support the many Auxiliary programs, including scholarships and hospital equipment.

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EMPLOYEE / COMMUNITY EVENTS

❑ **WINK News Feeds Families Hunger Walk 2012**

Lee Memorial Health System is sponsoring the WINK News Feeds Families Hunger Walk 2012 to benefit the Harry Chapin Food Bank. The walk takes place 9:30 a.m., Jan. 21 at the Miromar Outlet Mall (Corkscrew Road and I-75). If you are interested in participating or forming a team, click [here](#) for more information and pre-registration.

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❑ **Great Prostate Cancer Challenge 5K Run/Walk**

Lee Memorial Health System is a sponsor for the Great Prostate Cancer Challenge 5K Run/Walk. The event takes place 8 a.m., Jan. 28 at Lakes Regional Park. If you are interested in participating or forming a team to participate, visit the [website](#) for more information and pre-registration.

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❑ **Foundations of Faith Community Nursing 2012 Prep Course**

Faith Community Nursing is a unique, specialized practice of professional nursing that focuses on the intentional care of the spirit. Registered nurses work within area churches to educate, advocate, counsel and connect individuals to resources in the community. Curriculum is prepared by the International Parish Nurse Resource Center. Cost is \$350 and includes course syllabus, 36 CEUs, certificate of completion and pinning ceremony. Deadline for registration is March 30. The course meets April 20, 21, 22, 27, 28, 29. For registration or questions, call Nancy Roberts at 343-5182 or Nancy.Roberts@LeeMemorial.org.

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❑ **HealthPark Friends Committee Seeks New Members**

The HealthPark Friends Committee is looking for new members, especially "night shift" staff to join our ranks. The Friends Committee typically meets once a month and hosts several "staff participation desired and required" activities throughout the year. Within the past quarter, the committee has launched the Shining Star of the Month program, organized HealthPark Medical Center's 20th anniversary celebration and hosted the Christmas tree lighting ceremony. There are several fun events planned for the upcoming months. If you are interested in joining or

have any questions, contact Nadia Owen-Gaumond at 343-5118 or Nadia.Owengaumond@LeeMemorial.org.

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LEE-BAY

❑ **Wanted: Rolling Exam Stools**

Lee Physician Group's infectious disease office at HealthPark Medical Center needs four or five rolling exam stools. Contact Chantay Lucas at 343-9710 or Chantay.Lucas@LeeMemorial.org.

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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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