

hospital times



DAY OF DANCE EMPLOYEE CELEBRATION

Day of Dance® for Health is a community-based event hosted by Spirit of Women® hospitals across the country. This event welcomes the entire community to dance, celebrate their health and learn about cardiovascular disease. In honor of this event, North Kansas City Hospital employees are invited to join in the Day of Dance Employee Rally on Wednesday, Feb. 17, 3-4 pm in Prairie View.

Employees are encouraged to wear their Day of Dance shirts and red shoes to the employee celebration. Those wearing their red shoes, or red socks for men, to the celebration will earn a prize.

The Red Shoes video that will be recorded February 8-10 will debut at the employee celebration. Pam O'Dell, from Finance, will also be teaching some dance moves to get you moving towards good health. She will be teaching dance steps to the song "The Way You Make Me Feel," by Michael Jackson, as well as the Charleston. Snacks and refreshments will also be available.

The Day of Dance community event will take place on Saturday, Feb. 27, at Zona Rosa in The Grove, lower level of the Marshall's building. Employees, physicians and volunteers are encouraged to come with their friends and family. See upcoming issues of *Hospital Times* for more details.

Pillar: Employer of Choice



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*PAYDAYS

FEBRUARY 8-10

Red Shoes video shoot

Call Marketing Services at ext. 1680 for more details.

FEBRUARY 11 & 12, 7AM-4PM

Auxiliary Valentine Sale

Raffles for 1 doz. roses and large basket of goodies, PrairieView

FEBRUARY 17, 3-4PM

Day of Dance Employee Rally

Employees wearing red shoes, or red socks for men, will earn a prize, PrairieView

FEBRUARY 27, NOON-4PM

Day of Dance® for Health

Bring family and friends and win free prizes, Zona Rosa, in The Grove, lower level of the Marshall's building.



Hospital Times is published weekly by Marketing Services, 2800 Clay Edwards Drive, North Kansas City MO 64116-3220. The newsletter also can be viewed on the NKCH Intranet. Direct inquiries to Tiffany Coffey at 816.691.3022 or tiffany.coffey@nkch.org. All submissions to be considered for Friday's noon publication are due by noon the preceding Wednesday. Marketing Services reserves the right to edit copy for content and space.

ADULT VOLUNTEER AWARDS

The following volunteers have been recognized for the time they donate to the Hospital:

Maxine Anderson, 729 hours

Vera Beamer, 10,040 hours

Betty Bennett, 704 hours

Donald Borraccini, 2,062 hours

Gahee Choi, 117 hours

Madelyn Crump, 113 hours

Jeanie Dutton, 104 hours

Warren Edmundson, 3,031 hours

Eva Gray, 514 hours

Susan Robeson, 316 hours

Sharon Russell, 2,032 hours

Cathy Salisbury, 113 hours

Sharon Seutter, 121 hours

Connie Simon, 130 hours

Ernest Stacy, 152 hours

MARK YOUR CALENDARS FOR THE RESEARCH COUNCIL'S RESEARCH DAY

North Kansas City Hospital is hosting the first annual Research Council's Research Day from 7:30 am to 12:30 pm, Thursday, Feb. 18, in PrairieView. Healthcare professionals are invited to attend this event to learn how to conduct research projects in their field of practice. Booths will be set up so employees can learn the process of how to get involved in research-based studies. Staff will also learn services and resources the Hospital has to offer.

Additionally, Becky Wills from Home Health will be speaking at 11 am about "Participating in Clinical Trials to Advance Nursing Practice." Becky will share her experience of participating in a research project with what might be thought of as a non-traditional method. Lisa Rigga, from Saint Luke's, will be talking about "Building a Clinical Nursing Research Program."

Employees who decide to work on a research project will receive work hours to pay for their time. They will also be provided with one-on-one coaching to help get them started, as well as mentors to provide support throughout the process. NKCH decided to start this program for employees to create new knowledge to provide the best solutions for patients and to keep up with current, state of the art research.

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WEAR JEANS FOR HAITI



**American
Red Cross**

North Kansas City Hospital employees can help those suffering in Haiti by wearing "Jeans for Haiti" on Friday, Feb. 19, for a \$5 donation. All donations will go to the American Red Cross and their relief efforts to help those in Haiti. The American Red Cross is currently focusing on three areas through the emergency response: sending food

to those in need, providing clean drinking water and distributing shelter items.

A booth for payroll deduction will be on the first floor of the Pavilion, by Season's Cafe, February 16-18, 7-8:30am and 11am- 1pm.

Please call Kelli Schroeder, at ext. 1333, if you would like to help run the booth. Two people are needed per shift.

Pillar: Community Needs

GET YOUR HEART PUMPING IN FEBRUARY

February is heart month, so take a step in the right direction with the free programs offered through the Healthy Lifestyle Challenge Program. Programs range from educational meetings, exercise classes, blood pressure screenings and health assessments.

The Cardio Challenge step and abs class on Monday, Wednesday and Friday, noon-12:30 pm, in the Aerobics Room in Professional Building North remains popular. This class consists of 20 minutes of step routines and 10 minutes of abdominal work. A new class has been added on Tuesday and Thursday mornings, 8-8:30 am, that consists of 20 minutes of cardio and 10 minutes of abdominal work. All classes are free to Healthy Lifestyle Challenge Program members.



Do you need a progress check? Stop by the blood pressure check and quick assessment table on Thursday, Feb. 18, 10 am, in the Pavilion lobby. Members can get a quick assessment or reassessment to receive \$100 off of your NKCH health plan premium. You are eligible to receive this rebate if you are a Healthy Lifestyle Challenge Program member and complete a vital measurement assessment, biometric lab screening, an online health risk appraisal and have an annual physical exam. These rebates will only be processed in March and November.

Save the date for the Healthy Lifestyle Challenge Program meeting on Thursday, March 4, at 7 am, 9 am, 1 pm or 3 pm, in Burlington. Learn how to make easy breakfast choices and swap recipes.

Congratulations to the holiday bingo winners Becky Capps, Joyce Conley and Sharon Hunt who won heart monitors. Movie tickets went to Kate Wiederrich and Brenda Swihart.

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INFORMATION TECHNOLOGY GOING GREEN

Information Technology recently contracted to purchase computers from a company that will unbox the computers at their facility. This vendor recycles all the packed cardboard, wraps the components and places them on racks to be delivered to the Hospital, saving our IT technicians a great deal of time and also ensuring the recycling of each cardboard container.

In the past, IT has been recognized in *Hospital Times* for their green efforts. They are changing to software that consolidates our servers, and in turn, reduces our power and cooling usage in the computer room as well. Plus, they started changing the desktop computers to ones that utilize a central server instead of individual hard drives. This is an 80 percent savings of the normal 300 watts a typical computer needs, and a savings of Hospital support costs as well.

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WELCOME TO THE NKCH FAMILY

Martha Blando, Patient Registrar

Kristen Breault, Pharmacy Tech

Joshua Eklund, Pharmacy Tech

Alex Ferrell, CNA, 11th Floor,
Med/Surg

Derrick Gaston, Nurse Tech,
Admitting Assessment Unit

Mary Grabosch, Ambassador

Hali Huffman, Nurse Tech,
Oncology 5S

Connie Meeks, Unit Secretary,
Oncology, 5S

Aaron Newberry, Police Officer
(PRN)

Amie Roysdon, Surgery Support
Instrument Tech

Cathy Silvey, Assistant Chaplain

Reginald Singletary, Communications
Clerk

DIFFERENCE MAKERS

RETIREMENT SEMINARS HAVE BEEN RESCHEDULED due to employee forums. North Kansas City Hospital and ING invite you to explore your retirement possibilities. This seminar will help you define your journey, determine how you will get there and chart your course. Each seminar will take place in North Oak and lasts approximately 45 minutes.

Seminar dates and times are:

- Tuesday, Feb. 23: 7:15 am, noon and 2 pm
- Thursday, Feb. 25: 7:15 am, noon and 2 pm

EMPLOYEES HAVING TROUBLE ACCESSING your personal menu from a remote computer or your outlook email should contact the HELP desk at ext. 4357. You can access your personal menu at www.nkch.org/secured and your personal email at <https://mail.nkch.org>

HIPPA TIPS ARE DESIGNED TO REMIND NKCH employees of key ways we can maintain the privacy of our patients' protected health information. You may view HIPAA tips at any time on the Intranet by selecting "Education", then "Employee Education" then "HIPAA Tips." We are committed to maintaining confidentiality for our patients.

MEDIA ACTIVITY

- Dr. Richard Hellman will be featured in an upcoming *Kansas City Star* section about accomplishments of area physicians. Dr. Hellman is the founder of the Heart of America Diabetes Research Foundation.
- Christine Robbins, breast navigator, was interviewed for a story about breast cancer that will appear in *Sunny and Josephine* magazines.
- Dr. Michael Farrar and Director Donna Cash talked with a *Business Journal* reporter for a story on the Hospital's cardiac services.
- Dr. Stephen Gimple and Director Michele Malone will speak on women and heart disease with a reporter from *The Sun Tribune*.
- Dr. Brian Matthys will be featured in a story on Channel 9 highlighting ingredients/products to consider to benefit your health during a difficult economy.