



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

April 2013

We are all God's people taking care of God's people.

New Employees for February 2013

Welcome to the
St. Aloisius Medical Center Family!

Lanna Murdock – Dietary
Kevin Axtman – RN LTC

St. Aloisius Happenings *April 2013*

National Occupational Therapy Month
National Volunteer Week—21st through 27th
Medical Lab Professionals' Week - 22nd through 26th
Laundry Services Week—22nd though 26th
Administrative Professionals' Day—24th

1 *All Fools' Day*

2 *Prayer Time—Chapel—2:30 pm*

8 *Wellness—Harvey—6 to 10 am*

10 *Wellness—Harvey—6 to 10 am*

15 *Wellness—Drake—7 to 9:30 am*

16 *Wellness—Fessenden—7 to 9:30 am*

17 *Wellness—Harvey—6 to 10 am*

18 *Risk Management—1:30 pm*

22 *Earth Day*

23 *Department Managers Mtg—2 pm*

24 *OT Joy Booster—2 pm*

25 *QI—Noon*



Angel of the Quarter

1st Quarter 2013

Debbie White

Debbie had some free time and joined the residents and me in the Activity Room and helped us make out cards to friends, family and staff. She told us stories of her own holidays and made the residents laugh. After she left, one of the residents told me that it was very rare to have a staff member sit with her for that long and to treat her like a friend rather than a resident and how special it made her feel. Debbie should know she really is appreciated not just by staff but by the residents.

Nominated by Beckie Guerra



Alleluia! Christ is risen!
He is risen indeed! Alleluia!



April 2013

Introducing Positive Changes Into Our Lives

Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any praise, think of these things! (Philippians 4:8)

Every day in our health care institutions and in other places where care is given, individuals are redeemed through the loving touch of caring hands, the gentle washing of the wounds and the grime of life. We humble ourselves in order to do as Jesus has done.

These are areas that Healing Hospitality take place. As I looked back into our orientation materials, there were 6 points that make up healing hospitality which are CARE, COMMITMENT, DEDECATIONS, DIGNITY, RESPECT AND QUALITY.

As Christians, we must remain positive, as negativity has no place in our life, either at work or in our homes. We need to start each day with a personal affirmation: from this time forward I will be positive in my outlook. I will no longer permit negativity to enter my soul. When we are negative to our co-workers, or any one else for that matter, we are not showing respect to the other person.

Your attitude is one of the most useful tools available in your desire to turn your negative attitude into an internal dialogue that is encouraging, supportive and energetic. We can change our focus from having a negative attitude to a positive attitude by greeting people with a friendly smile. Like our radio add in the morning says we are your friends, family, neighbor, says how we really care about them.

I would like to end this article with a personal affirmation that we can all give to our selves before coming into work here at St. Aloisius Medical Center: From this time forward I will be positive in my out look. I will no longer permit negativity to enter my soul. Getting rid of all our negative words is our responsibility to create an environment of team-work, so that we can give the best we can do at all times.

No one can change your attitude from negative to positive, you are the only one who can change that part of your life, and it's up to each one of us to remember we are a Healing Hospitality, caring on the work of Jesus, in our day to day work here at St. Aloisius Medical Center. Good luck as each of us take a good look at ourselves, to see were we can improve in our positive comments and out look on life in general.

Your chaplain, Sister Mary Agnes
Pastoral Care department

Do you need to call someone at St. Aloisius Medical Center?

We have many direct dial numbers:

Do you need **Medical Floor?** 324-5112

Do you need **Unit A?** 324-5118

Do you need **Unit B?** 324-5121

Do you need **Daycare?** 324-5109

Do you need **Gail Grondahl?** 324-5120

Do you need **Candie Thompson?** 324-5113

Lab? 324-5116

Radiology? 324-5107

Physical Therapy? 324-5119

Tell your family members how to get a hold of you by calling directly instead of calling the switchboard. It will be faster!

Dates for the **M&M sessions** have been set for:

Wednesday evening, September 11, 2013

Thursday morning, September 12, 2013

Thursday afternoon, September 12, 2013

Please mark these dates, and the speaker will be Jodee Bock from Fargo. More information to follow.





SISTER'S CORNER



Healing Fire & Light

Earth Day

Monday, April 22, 2013

As a Catholic health care providers, climate change is a moral concern and our faith demands prudent action to reduce our carbon footprint, protect human life and dignity, care for "the least of these" (Mt 25) and raise our voice on behalf of creation and the Poor.

As health providers, we are committed to the protection of human life and dignity. In this light we are concerned that "many diseases will surge at the atmosphere heats up: (Scientific American), and that burden of caring for People will be born in part, by the Catholic health ministry.

Here are a few ways we can help by turning off the lights, Re-cycle as much as we can, Light bulb exchange, powder down, bike to work, electronic waste recycle and there are many other ways we can all help in this area. All suggestions are welcome. St. Aloisius Medical Center has the following people of going green committee, and they are: Gary Kenney, Kim Rust, Lanette Mertz and Sr. Mary Agnes. If there are others who wish to serve on the committee, please contact Sr. Mary Agnes, as we are a new committee and there are policies to write etc.

Monthly Prayer Time

At our March meeting, the Mission Integration Committee decided to offer a monthly time of prayer to bring the needs and concerns of our coworkers and community before the Lord.

It will be held the first Tuesday of each month at 2:30 pm and will be brief, lasting 5 minutes or less. It is open to all employees, with members of the Mission Integration committee taking turns at leading the prayer.

We will remember the names on the Healing Tree and requests in the prayer book kept in the chapel.

The first prayer time will be April 2, at 2:30 pm in the chapel. Meeting locations will change as we enter our renovation and the location will be announced when the meeting reminder is announced.

We encourage all employees to feel welcome to come together to lift one another up in prayer.

St. Alexius Medical Center



K2 Spice: Synthetic Marijuana



Another New Menace in Town

The New World of Synthetic Drugs

A new wave of synthetic drugs is hitting the streets, containing a blend of herbs, incense and spices typically sprayed with compounds similar to those found in marijuana.

K2, commonly known as "Spice" or the combination, "K2 Spice" is sold online, found in smoke shops, gas

stations and stores where incense is sold.

The brightly-colored packages are designed to appear harmless with names such as Bliss, Tranquility, Bombay Blue, Supernova, Spice Silver, Gold or Diamond, Zohai and Blueberry Haze just to name a few.

Synthetic drugs are commonly packaged as incense or herbs to mask their intended purpose. The combination looks like crushed potpourri and often contains a compound known as JWH-018. Because these drugs skirt many state and federal laws that ban possession of them, they are an instant hit with drug abusers.

When consumed, synthetic cannabis is claimed to cause effects similar to those of marijuana and hashish. However, the blends are often contaminated with unidentified toxic substances which contribute to various hallucinogenic effects.

After consuming the product, Spice users report a litany of symptoms that range from pleasurable feelings to those of hallucinations, agitation, anxiety and in some cases, profound depression.

Users under the influence may engage in self-harm or become extremely disorganized and confused. The symptoms may persist for some time after use of the drug. The effects are much like those caused by the abuse of methamphetamine.

What makes K2 so dangerous? Synthetic drugs such as herbal incense usually

contain a cocktail of different chemicals that can include anything from rat poison to fertilizer. Because of the different substances found in the packages, users never what type of "high" they will be getting. The type and quantity of mind-altering agents in many blends vary not only between brands, but between packets with the same label.

What are the risks? An 18 year old Michigan resident was found dead along the shore of Wing Lake after smoking herbal incense. Two teenagers died and several more were hospitalized after a house party in OK where they ingested a synthetic drug that was purchased on the internet.

Physicians in ND have reported they have treated patients with extreme nausea, vomiting, hallucinations, severe agitation, anxiety, tremors and seizures. There is no antidote for these effects; doctors can only treat the symptoms. In some cases, it is too late for doctors to do anything.

Parents and other family members who suspect that a loved one may be smoking herbal incense should seek help before damage becomes evident and irreversible.

For more information, contact your **Employee Assistance Program** at (701)530-7195 or 1-800-327-7195. The EAP is confidential, informal and free. Your employer has paid the fees. There's no charge for initial counseling services.

Employee Incident Reports

If you are injured: IMMEDIATELY (if not sooner)

- 1) Tell your supervisor
- 2) Go to front desk and get incident report from receptionist whether you see Dr or not
- 3) Fill out incident report
- 4) Turn it in to Admin. Secretary – Nancy



Workforce Safety demands incident to be reported within 24 hours or SAMC pays \$250.

Reporting begins with YOU!

Supervisors: You are responsible for doing the incident investigation. If you have questions, ask Nancy or Marian

Do You Know?

.... **Corporate Compliance** St. Aloisius Medical Center is committed to conducting all of its business activities in compliance with ethical standards and all applicable laws, rules and regulations. Employees must recognize their duty to act in accordance with this essential directive.

Your duty includes:

1. To report your good faith belief of any possible violations of law occurring within the facility or involving the facility's assets.
2. The cooperate fully with the Board of Directors, the Compliance Officer and their agents in any investigation of suspected/reported non-compliance.
3. There will be no retaliation by St. Aloisius Medical Center or its agents as a result of such cooperation or reporting.

To report instances of possible non-compliant conduct, contact the Compliance Officer (Marian Hase) either by phone at (701)399-9486 or email (mhase@stalouisus.com). We have forms available to fill out and an investigation will follow.

Types of activities that should be reported: If you suspect instances of fraud, submission of false medical billing claims or other non-compliance with federal, state, local laws, regulations or SAMC policies you should report it. Any activity that violates any state or federal law (such as corruption, bribery, theft, fraud, coercion, or misuse of government property), or wastes money or involves gross misconduct, gross incompetence or gross inefficiency should be reported.

How to report: If you become aware of any of the above you should report the activity to one of the following:

1. Your supervisor. If you are a supervisor and receive a report, immediately contact the Compliance Officer or the President/CEO of SAMC.
2. The facility Compliance Officer (Marian Hase)
3. President/CEO of St. Aloisius Medical Center (701)324-5101 or (701)324-4651

Education: You should contact any of the above individuals with any questions regarding the Employee Education about False Claims Recovery policy or the Corporate & Facility Compliance Program and the written Standards of Business Conduct.