



St. Aloisius
Medical
Center

SMP Health System

HEALING FIRE AND LIGHT

Marian Hase—Editor Staff News

January /February 2013

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

St. Aloisius Happenings February 2013

12 *Lincoln's Birthday*

13 *Ash Wednesday*

14 **VALENTINE'S DAY**

18 *President's Day*

21 *Risk Management Meeting 1:30 pm*

22 *Washington's Birthday*

26 *Department Managers 2 pm*

28 *QI Meeting Noon*



WASH THOSE HANDS!

According to the North Dakota Department of Health, the number of people testing positive for influenza is on the decline. But lots of people are still getting sick.

The best defense is washing your hands with soap and water often!



On December 7, 2012 thirty-six people were recognized for the years of service ranging from 5 years to 40 years to St. Aloisius Medical Center patients and residents. These 36 people worked for 625 years! This is an average of 17.37 years!



This is a strong indication that St. Aloisius Medical Center is a great place to work! We are God's people caring for God's people! (See "Sister's Corner" on page 3 for the cause!)

New Employees for December 2012

Aaron Walters—Dietary

Kylah Heil—Dietary

Heather Lemer—LTC

Darin McClintock—LTC

Savannah Porter—LTC

New Employees for January 2013

Lisa McIntosh—Dietary

Tanner Walters—Dietary

Daniel Sherlock—Dietary

Angie McGee—Med/Surg

Welcome to the
St. Aloisius Medical Center Family!

Monday, February 11, 2013 is a world day of prayer for the sick and care givers. The Mission Integration Committee will offering different prayers over the loud speaker during that week. We will not be able to hold a special prayer time during that time because of the remodeling going at that time. Keep tuned!



Character Counts—January

Trustworthiness:

Be honest. Don't deceive, cheat or steal.

Be reliable—do what you say you'll do. Have the courage to do the right thing.

Build a good reputation.

Be loyal—stand by your family, friends, and country.



January 2013

Slowing Down and Thinking About All We Have

Today, let's take some time to think about how we work. For many of us, taking time to reflect—even for a few minutes—feels like a luxury we just can't afford. It's easy to walk through the doors at work and get swept p in the demands coming at us from all sides, almost simultaneously. And yet, taking time for reflection before or even during the work day can create a vital shift in our attitude, open us to unexpected answers to nagging problems, inspire a new approach to treating a patient or coworker—in other words, enliven our work lives with a renewed energy and even generosity of spirit. The health benefits of reflection or meditation are widely know: lowered blood pressure, improved heart rate and the other positive physical effects that we feel when we take steps to lower our stress. It's worthwhile and practical to give ourselves the gift of time. One place to start is to cultivate and attitude of gratitude.

Each day we have a chance to recognize our blessings. Is your stomach full? Do you live in a real home? Are you free to pursue your own kind of happiness? For those who have grown up with these gifts, it is so easy to take them for granted. But it's important to realize that millions of people across the globe do not have these basics . When we feel grateful, we want to share out good fortune with others. In the East, they have a saying: give something away “creates an empty space” for something new to come into your life. When we carry the awareness of abundance into our work, we will see occasions to express gratitude all around us. The opportunity is as immediate as the stranger walking toward us, the patient in the next room, or our colleague in the neighboring cubicle.

While no work place is perfect, many of us are blessed to have valuable jobs and pleasant working conditions. It only takes a moment to recognize that most of the things we complain about are small compared to our blessing.

I will slow down and take time to reflect on all of the gifts in my life. I will carry this attitude into all that I do and see how opportunities arise that enrich my experience and the lives of those I meet. Every staff person working here at St. Aloisius Medical Center, I wish you all the best of luck in the coming year, and thank you to each one of you who are caring on the Mission of the sisters of Mary of the Presentation.

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.

This was printed in the Herald Press.

The Terry Stadum family would like to offer our sincerest thanks to all those who helped us during Terry's illness and passing. To start, we'd like to thank the St. Aloisius Medical Center in Harvey for everything they did for her. As the family gathered during Terry's last days, we couldn't help but marvel at the amount of love and kindness both she and Gary were given by the staff.

Many tears were shed over her bed and not all of them were from the family. To see those who cared for her on a daily basis crying as her life drew to a close showed us what a loving environment it was. What a comfort to know that her last few years were spent in a place where she wasn't just looked after but was treated with love and tenderness.

So you see, what you do at your job really does make a difference. And it is noticed! See next page for "Sister's Corner" for more!





February 2013

Just a job or a vocation?

What do you do for a living? This is a common question, easily answered: I'm a teacher, nurse, architect, chief, accountant, lawyer," etc. Each answer points to a personal choice and suggest years of study and preparation in a specific field. Each job provides individuals with a means of supporting themselves and those they love. At times, however, even the best of jobs can become a necessary but tedious chore.

How might our tedium ease, our attitude improve, our spirit be lifted if we see what we do in life with fresh eyes? What if we consider our job and our very existence as a vocation?

Life is an ongoing dialogue of call and response with a compelling Other who bestows love and mercy and expects our responsibility and accountability. Our relationship with our Creator, Provider, Protector and Redeemer gives us a frame of reference from which we make deliberate decisions about our world, our freedom and our personal responsibility for the well-being of others. We are to live in a manner that reflects and responds to the life-giving action of God, which has been given its fullest expression in Jesus. In emptying himself in loving obedience, in suffering for the sake of sinners, Jesus has revealed the very goodness of God.

Love is the essence of God's character, and we, who also are called by love personified, are to respond in king-loving not only god, which is easy, but loving all others, which is a daily challenge. The ability to love freely, and fully is God's gift. We, for our part, are to cultivate this gift so that our love does not consist in words only but in works that serve the needs of those who are lovable and those who are not. Their needs constitute God's call to us, and our care for them constitutes our response to God.

Luke 4:18 gives us a sense of how Jesus dealt with the challenges of his vocation. Jesus followed the suffering servant's mission to bring good news to the poor, proclaim liberty to captives, give sight to the blind and freedom to the oppressed, but then Jesus also had to bear the scorn of those who found him too familiar to be credible. His attempt to call forth the faith of his friends and neighbors went unanswered. Yet he did not depart from his course, nor did he preach only what would have been acceptable to his contemporaries.

Like all others we are called by God to believe, to enter into a relationship and to consider our entire being as our response to a God who calls forth the best in each of us.

TO WHAT IS GOD CALLING US TODAY? ARE WE LISTENING?

Sister Mary Agnes Huber
Pastoral Care

This is from St. Margaret's Health's Communication Team (one of our sister facilities)

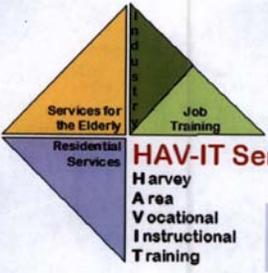
Positive Attitude: I will...go beyond my patient's expectation. I will...greet patients, visitors & other employees. I will...smile and make eye contact.

Communication: I will...answer the phone promptly and politely. I will...return calls and emails in a timely manner. I will...not speak unkindly in regards to other co-workers or departments.

Ownership: I will...be accountable for my work. I will...take pride in our organization and live by our Mission & Value Statement. I will...not engage in negative conversations of staff or the organization.

Cleanliness: I will...maintain a clean work environment. I will...report any concerns to Environmental Services as quickly as possible. I will...pick up trash and litter.

Does this sound like something we all should be doing? Quality Care with a Personal Touch!



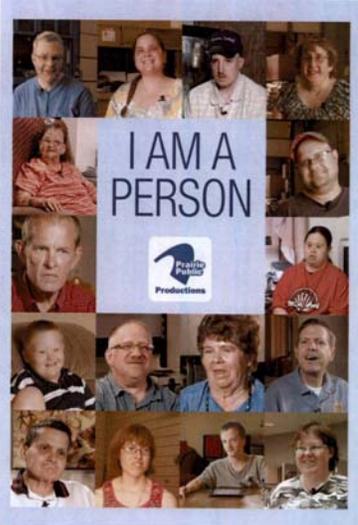
Please join us for...
The PREMIER
 showing of
"I am a Person"

Sun., Feb. 10th at 1:30
 Central Cinema

This documentary highlights personal stories of several people who have intellectual disabilities living in North Dakota communities.

The purpose is to challenge the stigmas and myths still held by the general public. It explores what is possible when people are provided with the supports they need to live full and happy lives and shows how people contribute to their communities through their work and development of social capital.

This production will also be shown on PBS on Wed., Feb. 20th at 8:00 p.m..



Sponsored by HAV-IT Services
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 the North Dakota Association of Community Providers NDACP
 Co-Funded by ND State Council on Developmental Disabilities SCDD and
 Prairie Public Broadcasting, Inc.

Fun Stuff

A dark-chocolate bar contains about 12 grams of sugar.
 A glass of orange juice—22.

FYI Get out the vacuum cleaner!

The virus that causes the stomach flu can survive on a dirty carpet for more than a month.

Fun Stuff

The coldest month at the North Pole—February.
 The South Pole—July.

Do You Know?

.... **What is the Safety Action Menu?** This is a program by Workforce Safety and Insurance that helps employers improve safety and prevent incidents and thus reducing our workers' compensation costs. The success of any safety effort depends on the employer's (St. Aloisius Medical Center) commitment, involvement and support. This also gives St. Aloisius Medical Center a 25% discount on our annual premium.

Our Safety Action Menu includes:

- **Drug-Free Workplace Program.** Check your employee handbook for an explanation of our policy and procedure. We have in place drug/alcohol testing for any employee exhibiting signs or symptoms of being under the influence of drugs or alcohol. We have supervisor training. Our employees are reminded about this in our annual on-line learning. And we have the Employee Assistance Program in place to assist anyone testing positive.
- This past year we implemented the **Safe Driver Program.** We have a Vehicle Operations Policy. We are implementing a comprehensive vehicle maintenance program for all company vehicles which will include pre-trip vehicle inspections. All employees who drive once a month or more for work related duties (company or private vehicle) completed a Driver Safety Training program (EVOC, WSI Learning Management System).
- **Safety Committee Program**—this is our Risk Management & Safety Committee meeting on the 3rd Thursday of each month. This committee is composed of labor and management; we have a short training; we discuss incidents that occur and how we can prevent them from occurring again.
- This year we intend to start the **Safety Orientation System.** This orientation for new employees (or employees changing departments) will provide more training on hazards in the workplace, reporting incidents and concerns, emergency response procedures, our regulatory required safety training. It will include safety mentoring. New employees will have someone with more experience to share knowledge, skills, information and perspective with them for a minimum of 3 months.

If you have any questions or concerns regarding safety, speak to your supervisor or you can contact Marian at mhase@staloisius.com.