April 27, 2016

Update on Pillars of America

We just missed the deadline for the last Buzz, but we still want to congratulate Suzette Vu, Gail Morehead, and Sara Clauder as winners in the drawing for tickets to this year’s Pillars of America presentations.

Bartlett Honored by Cancer Connection

By Jim Strader
I wanted to share this with all of you and to also congratulate our own Kari Natwick on her individual honor of being named Volunteer of the Year.

Dear Jim and the Staff of Bartlett Regional Hospital:

Cancer Connection annually recognizes some very important people and sponsors in our community that have positively impacted the cancer community of survivors. We have a special event on June 3rd with a Celebration of Life event honoring those folks as part of National Cancer Survivors Day.

This year, we are excited to recognize you and Bartlett Regional Hospital as our Corporate Partner of the Year! We feel that your business contributions to the survivor community have been overwhelmingly positive and supportive. We want to say thank you for your work with Cancer Connection, your ongoing commitment to support the cancer community, and keeping your donation local. You and your business practices and partnership epitomize compassion and support as you continue to give back to your community and our organization year after year.

Your support has been the backbone of our Community Health Forums for almost 20 years. The Mammography squad, the doctors and the nurses, the infusion therapy unit, and your nutritionists have all had a part in our long term partnership. We salute you folks and hope you know how much we appreciate the quality of health care we have in our own regional community.

You and Bartlett will be honored along with the Volunteer of the Year, (Kari Natwick), Medical Professional of the Year, (Dr. Eugene Huang) and Survivor of the Year, (Mike Erickson).

We are proud to recognize your contributions and look forward to honoring you and Bartlett Regional Hospital at this year's Cancer Connection Celebration of Life event on National Cancer Survivors Day.

Thanks Jim, for being one of the good guys that we can always count on and for keeping the mission of Cancer Connection in your heart.

Congratulations and Best Regards,
Tish Griffin Satre
Cancer Connection Board Member
NCSD Event Coordinator

Shout Outs!

From Angela Guerrero
I want to give a kudos to James Banda in IT because I called about a problem and he took the time to call and let me know when it was complete. I really truly appreciate the update.

From TK Khan
A big thank you to Suzette, and PAS in general, for always being so helpful, courteous, and friendly.

HR Notes

New Employees:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jessica Sperry</td>
<td>PRN II</td>
<td>CCU</td>
</tr>
<tr>
<td>Gretchen M Wade</td>
<td>Risk Manager</td>
<td>Quality/Risk</td>
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BRH Benefit Enrollment

Mark Your Calendars!

May 16 – June 3, 2016

BRH Employee Benefit Annual Enrollment is just around the corner! This is your chance to review and/or make changes to any of the benefits below:
Health & Dental Benefits including dependent verification(s)
Flex Spending Account for Medical and Dependent Care
Voluntary Life Insurance
Aflac Group Voluntary Benefits
457 Deferred Compensation through ICMA-RC

What must you do?
Pick up your benefit coverage letter to confirm and/or make changes.

Where can you get your letter?
Two ways:
1. Attend a Benefit Fair!!
   Many dates/times to choose from:
   
   Room 203A
   • May 16-8:00-11:00 am
   • May 17-3:00-8:00 pm
   • May 18-ALL DAY
   • May 19-2:00-5:00 pm
   • May 20-8:00-11:00 am

   Bartlett Cafeteria
   • All week 11:00-1:00

2. If you can’t come by one of the benefit fairs, stop by the HR office.

IMPORTANT REMINDER!
Are you covering a spouse or children?
• Locate your marriage certificate and/or birth certificates for the dependent verification

These can be submitted to HR any time PRIOR to July 1, 2016

HAPPY RETIREMENT TO JO BOEHME!
ICE CREAM RECEPTION
FRIDAY, APRIL 29
@ 2:00 (1400)
IN THE GALLERY

Health Yourself

By Jess Brown

Here are the remaining activities that you can use to earn your 100 Health Yourself points (or if you have already earned the reward... you can enjoy them anyways!)

• April-May Health Yourself Cooking Classes: (all classes are now full, but feel free to email me to get on the waitlist). Click here for more info; all classes are worth 5 points.

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• Monday, Wednesday & Thursdays 5.3.1 Program: @ BRH meditation room, Noon-12:15. Gratitude, Meditation, and Acts of Kindness. Attend 5 in one month to earn 10 points.

• Sun, 4/24 Turf for Tots @ Dimond Field House, 10am-12pm- bring your kiddos of any age to play, play, play! 5 points.

• Tues 4/26 Gardening Lunch n’ Learn: @ BRH Classroom 204, Noon- 12:45. Learn about fruit and vegetable gardening from UAF cooperative extension expert! 5 points.

• Wed 4/27 Gardening Lunch n’ Learn: @ Assembly Chambers, Noon- 1. Learn about fruit and vegetable gardening from UAF cooperative extension expert! 5 points.

• Wednesdays in April & May Free Salsa Classes @ Suite 907 from 7-8:15. Join these free community classes where couples dance in a circle while somebody calls the next move so everybody is doing the same steps and you get to change partners and have fun!

• Month of May Bike Everywhere Month. Form a team or ride solo to try and ride as much as you can this month! Learn more and join the challenge here and make sure to choose ‘City and Borough of Juneau’ as your organization. Earn 5 HY points for every 5 days you ride--up to 30 points.

• Month of May Safety Challenge: what changes can you make to improve the safety of your workplace? Learn more and document these improvements here. 5-10 points total.
• **Mon 5/2** Health Yourself Family and Friend Swim @ Dimond Park, 6-8. Bring your family or a friend and swim for free! 5 points

• **Sat 5/14** ComPsych Seminar on Overcoming Procrastination @ Valley Library, 10-11am. Learn from one of our local behavioral health counselors how to be more effective in time management. 5 points.

• **Fri 5/20** Bike to Work Day. Join the nation in commuting to work by pedal this day. Send a selfie with your bike to Jess for 5 points.

• **Tues 5/24** Canning 101 Lunch n’ Learn @ the downtown library, noon-1pm. Learn the basics of canning from a UAF cooperative extension expert to keep you safe and healthy! 5 points.

• **Wed 5/25** Pickling and Fermenting Lunch n’ Learn @ BRH classrooms, noon-1. Learn how to pickle vegetables, make kimchi and more from a UAF cooperative extension expert! 5 points.

**Safety Tip**

*By Officer Mike Lopez*

Please secure your car and do not leave valuables in plain sight. Mark any mobile device with your name and contact number in a hidden area of the mobile device if possible.

Ensure your animals have water, food and ability to stay cool. Let security know if you see any suspicious people in and or around cars and parking lots.

Most of all enjoy the spring season.

Thank you!

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**B.E.H.R Pause from Clinical Administration:**

Be sure to check the “B.E.H.R. Pause” binder located in your clinical department each shift for the most recent Meditech best practices.

The most recent B.E.H.R. Pauses include:

- VTE Discharge Instructions (Nursing)

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**Nurse of the Year Named**

*By Debbie Kesselring*

I wanted to inform you that the MSEC has selected **Luke O. Dihle**, RN, of BRH Critical Care Unit, to be this year’s recipient of the 2016 Excellence in Nursing Award. The ceremony for this award will be held on Tuesday, May 10, 2016 at 2:00 p.m. in the BRH Art Gallery (second floor hallway located by Physical/Occupational Therapy) during the Florence Nightingale cake cutting ceremony.

Dr. Sharon Fisher, Chief of Staff, or her designee, will present Luke with a beautiful plaque and a check as a token of appreciation for his dedication to outstanding patient care. Both items were provided by the Juneau Medical Society (JMS).

Thank you for all of the nominations for this year’s award. It was a pleasure to read the amazing attributes to BRH, and the healthcare that each nurse gives on a daily basis was touching.

The next time you see Luke, be sure to congratulate him.
From the Engagement Committee

By Emma House

4th of July Parade Team
The Engagement Committee is still seeking volunteers to help with planning, decorating, and participating. Please contact Emma House at x8425 or by email at ehouse@bartletthospital.org.

Hospital Week
May 8th to May 14th, 2016
Health Care from the Heart – be on the lookout for Hospital Week event details, coming soon!!

Service Awards – Saturday, April 23rd
If you attended the annual Employee Service Awards event WE WANT TO HEAR FROM YOU. We want feedback and suggestions about how you feel the event went this year at a new location with a new format. We’re open to any ideas for future events. Please feel free to send feedback and suggestions through interoffice mail to Administration or please email ehouse@bartletthospital.org.

Thank you, from your Employee Engagement Committee!

Check out the pictures from this year’s event!