

Bartlett Buzz

September 23, 2015

HR Notes



NEW EMPLOYEES!!

Christopher Sperry, Pharmacist

Erin Benson, Clinical Nurse III (SDC)

Catherine Hodapp, Physical Therapist

Galina Volkova, OR Tech

Susan Fritz, LPN-B (RRC)

Kenneth Lease, PRN Level III (CCU)

Allan Bradley, Accounting Tech I

Lee Henry, PRN Level II (CCU)

Shannon Phillips, PAS Rep

Jonathon Veryser, EVS Tech I

Lydia Tran, Pharmacy Intern

Amelia Harmon, OR Tech

Melissa Apodaca, PAS Rep

Dennis Starr, Maintenance Mechanic I

Jamie Masters, Admin Clerk II (DI)

Elli Braaten, CN I (SS/OR)

Annika Pearson, Student Intern (Accounting)

Dr. Henry Lucas, Psychiatrist

Kitanya Farmer, Nuclear Med Tech

Jenny Farley, CN I (OR)

Sara Baty, PRN III (CCU)

Charity Buker, PAS Rep

Cheryl Aceves is back!

A familiar face is back at BRH! Cheryl retired at the end of May but graciously agreed to return to help

Payroll and HR staff go live with Meditech.

Performance Evaluation Time!

2015 Performance Evaluations are being updated and assigned in Taleo, with a completion due date **no later than** November 30th.

Mary Veale is Retiring!

Mary Veale, Director of Physical Rehabilitation is retiring to manage her Bed and Breakfast in Oregon.

Mary does not want hospital-wide fanfare so be sure to stop by and say goodbye to her before September 30th!

Shutney Frisbie Named Clinical Assistant Manager for Emergency Department

By Rose Lawhorne



I am happy to introduce Shutney Frisbie, our new clinical assistant manager for the Emergency Department.

She comes with excellent nursing and management experience.

She has been a valued member of our ED team for the last couple of years and we are now fortunate to have her in a leadership role here at Bartlett. She hit the ground running with the Joint Commission readiness projects and will continue managing ED

operations and our trauma program. Her office will be located in the emergency room. Welcome, Shutney!

Celebration Committee Announces October Fest!

By Emma House

To celebrate the end of summer and the end of cruise ship season, we're having a free meal day to celebrate "**October Fest**" on Thursday, October 1 in the BRH cafeteria.

There will be hamburgers, hot dogs, assorted salads, and cake for dessert. Please join us!

Thank you for a great summer!

Jim Strader Tapped to Co-Chair Southeast Alaska United Way Campaign

OK, I'll admit that it feels a bit strange writing an article with my own name in the headline, but this sort of honor is just another reason I enjoy representing all of you at BRH in our community.

For those who might not have heard, I have been asked, along with Mark Mesdag, a partner with Elgee Rehfeld Mertz, LLC, Certified Public Accountants, to lead the United Way of Southeast Alaska's Annual Giving Campaign for this year.



The theme for this year's Campaign is "Give Where You Live" so the focus is to support the United Way mission of improving lives and communities in Southeast Alaska. Your donations stay here, helping your friends and neighbors.

As always, BRH will be offering you the opportunity to participate through payroll deductions. You can specify donations to any of the 33 partner agencies; you can target your donation to benefit programs that serve health, education, or income stability areas; or you can allow your donation to work for all of these areas.

As co-chair, I will have the opportunity to visit many of the organizations and businesses that generously support United Way. I also hope to visit with many of your departments and to share my 40-year story as a donor and volunteer for United Way agencies.

Look for more announcements as we kick off this year's campaign at Bartlett.

Thank you to all who have donated in the past and those of you who are willing to participate this time around.

Winter Storm Preparation

Shared by Mike Lopez



Prepare a Winter Storm Plan

- Have extra blankets on hand.
- Ensure that each member of your household has a warm coat,

gloves or mittens, hat, and water-resistant boots.

Assemble a Disaster Supplies Kit Containing:

- First aid kit and essential medications.
- Battery-powered NOAA Weather Radio, flashlight, and extra batteries.
- Canned food and can opener.
- Bottled water (at least one gallon of water per person per day to last at least 3 days).
- Extra warm clothing, including boots, mittens, and a hat.
- Assemble a Disaster Supplies Kit for your car, too.
- Have your car winterized before winter storm season.

Stay Tuned for Storm Warnings

- Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information

Know What Winter Storm WATCHES and WARNINGS Mean

- A winter storm WATCH means a winter storm is possible in your area.
- A winter storm WARNING means a winter storm is headed for your area.
- A blizzard WARNING means strong winds, blinding, wind-driven snow, and dangerous wind chill are expected. Seek shelter immediately!

When a Winter Storm WATCH is Issued:

- Listen to NOAA Weather Radio, local radio, and TV stations, or cable TV such as The Weather Channel for further updates.
- Be alert to changing weather conditions.
- Avoid unnecessary travel.

When a Winter Storm WARNING is Issued:

- Stay indoors during the storm.
- If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs.
- Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin.
- As the wind increases, heat is carried away from a person's body at an accelerated rate, driving down the body temperature.



- Walk carefully on snowy, icy, sidewalks.
- After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks. Avoid overexertion.

Avoid traveling by car in a storm, but if you must:

- Carry a Disaster Supplies Kit in the trunk.
- Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.

If You Do Get Stuck:

- Stay with your car. Do not try to walk to safety.
- Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.
- Start the car and use the heater for about 10 minutes every hour. Keep the exhaust pipe clear so fumes won't back up in the car.
- Leave the overhead light on when the engine is running so that you can be seen.
- As you sit, keep moving your arms and legs to keep blood circulating and to stay warm.
- Keep one window away from the blowing wind slightly open to let in air.

Meet Allan Bradley, Jr. and Justin Christy!

By Karen Taug

Please welcome two new employees to the Finance Department.

Justin Christy is our Financial Analyst. In this position, Justin will



be assisting with Department Income Statements, budget preparation and analysis, fixed assets and inventories. He comes to Bartlett Regional Hospital with experience in accounting, real estate and a tour with the U.S. Coast Guard. He relocated to Juneau from Arizona about a year ago.

Allan Bradley, Jr. is our Accounting Technician, responsible for ensuring all of Bartlett Regional Hospital's bills are posted and processed for payment. Allan has a few years' experience in processing bills, but in addition has 12 years of purchasing experience.

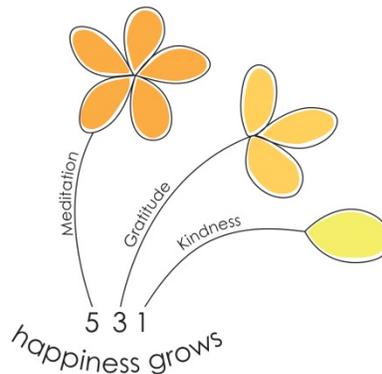


Both gentlemen are great additions to our team in Finance. Please stop by and say hello any time.

Would You Like to Be Happier and Less-Stressed at Work?

By Darcy Lockhart

Join us for the **5.3.1** program and learn how.



“I would say that anyone can learn to be happier at work,” says Dr. Richard Davidson, founder and chair of the Center for Investigating Healthy Minds at the Waisman Center at University of Wisconsin-Madison. According to Dr. Davidson, “There’s now overwhelming evidence to indicate that happier people are actually healthier.”

We will be using the **5.3.1** Program advocated by Dr. Davidson’s colleague, Shilagh Mirgain, PhD, senior psychologist at the Center for Investigating Healthy Minds. She promotes learning the skills of well-being with:

- **5** minutes of meditation a day. Meditating even for 5 minutes allows our minds to quiet and our brains to destress and recover.
- **3** things that went well today and why they happened. Just reflecting on “what went well and why” can improve your mood. Writing them down on your computer or in a gratitude journal anchors your savoring and gives you a record of your progress.
- **1** act of kindness extended to someone else daily can lead to experiencing greater well-being and happiness.

This evidenced-based practice can help you increase your health and well-being, increase your productivity, and reduce your stress.

The health benefits are derived from practicing **5.3.1** and we want to help you develop a practice. We will meet in the hospital meditation room across from the gift shop at noon on Tuesdays and Thursdays for 15 minutes. We will teach you the **5.3.1**



program and get you started on the path to greater happiness and health.

Healthy Reward Points! Attend five sessions within a month and earn ten points.

The first session is Thursday September 24 at noon.

If you want to check out the 5 minute meditation, here's the link:

<http://www.today.com/video/try-an-easy-5-minute-meditation-478123587733>.

For more information, contact: **Toni Petrie** or **Darcy Lockhart**.

Shout Outs!

From Jenna Hiestand, MD:

*I want to thank **Joyce Chambers** for all of her work on the P-doc (physician documentation) portion of Meditech! She never complains! And the pharmacists as a whole!*

From Jim Strader:

*Shout out to **Emma House** for accepting the Chair position on the Employee Celebration Committee!*

October Healthcare Observances

Month-long Observances

- Breast Cancer Awareness Month (National)
- Chiropractic Health Month (National)
- Dental Hygiene Month (National)
- Disability Employment Awareness Month (National)
- Domestic Violence Awareness Month

- Eye Injury Prevention Month
- Health Literacy Month
- Home Eye Safety Month
- Medical Librarians Month (National)
- Medical Ultrasound Awareness Month
- Patient-Centered Care Awareness Month
- Pharmacists Month (American)
- Physical Therapy Month (National)
- SIDS, Pregnancy and Infant Loss Awareness Month
- Talk About Your Medicines Month

Week-long Observances

- 4–10 Fire Prevention Week
- 4–10 Healthcare Supply Chain Week (National)
- 4–10 Mental Illness Awareness Week
- 4–10 Midwifery Week (National)
- 4–10 Nuclear Medicine and Molecular Imaging Week
- 5–11 Healthcare Foodservice Workers Week
- 6–12 Physician Assistants Week
- 11–17 Case Management Week (National)
- 11–17 Healthcare Security and Safety Week
- 11–17 Central Service Week
- 11–17 Emergency Nurses Week
- 12–17 Dialysis Technician Recognition Week (National)
- 18–24 Healthcare Quality Week (National)
- 18–24 Hospital and Health-System Pharmacy Week (National)
- 18–24 Infection Prevention Week (International)

19–23 Medical Assistants

- Recognition Week
- 19–23 Nuclear Science Week (National)
- 23–31 Red Ribbon Week (National)
- 25–31 Health Care Facilities and Engineering Week (National)
- 25–31 Pastoral Care Week
- 25–31 Respiratory Care Week (National)

Recognition Days | Events

- 9 Depression Screening Day (National)
- 12 Arthritis Day (World)
- 14 Stop America's Violence Everywhere (SAVE) Today
- 22 Stuttering Awareness Day (International)
- 26 Lock Your Meds Day
- 28 Lung Health Day
- 29 Psoriasis Day (World)

Bartlett Regional Hospital

Harnessing the Power of Compassionate Communication

Presenters: Kathleen Macferran and Jared Finkelstein

October 30, 2015
8:00 am to Noon

BRH Administration Building Classrooms
3260 Hospital Drive

Program Description:

Kathleen and Jared are certified trainers from the Center for Nonviolent Communication. They present the concepts of Compassionate Communication at conferences and institutions throughout the Pacific NW. Also called Non-Violent Communication (NVC), the concepts of Compassionate Communication are practical, learnable and immediately applicable in our work and home relationships. People who practice NVC have found greater authenticity in their communication with increased understanding, deeper connections and improved conflict resolution.

Intended Audience:

Nurses, Case Managers, Healthcare Providers
4.0 Nursing Contact Hours
5 Healthy Rewards Points for BRH Participants

Course Objectives

- Learn the four steps of Compassionate Communication that help you connect with others
- Learn how to transform habitual communication patterns into effective, open, and honest dialogues with patients and colleagues
- Learn specific tools to heal painful interactions with patients and colleagues

Course Fee: \$45.00

Bartlett Regional Hospital is an approved provider of continuing nursing education by the Montana Nurses Association, an accredited provider by the American Nurses Credentialing Center's Commission on Accreditation.

BRH Employees: register on SwankHealth

Non-BRH: log into www.BartlettHospital.org and click on Resources and Classes

