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Aurora St. Luke's Medical Center

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August 2016

### Aurora St. Luke's Today, 2006, Jun 16-22

Advocate Aurora Health

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# Aurora St. Luke's TODAY

June 16 to 22, 2006

## *A Fresh Start with Fresh Air*

### **St. Luke's Summer Employee Cookout!**

Temperatures are rising, days are getting longer and St. Luke's employees will gather for a cookout – sure signs that summer is here! All employees, volunteers and physicians are invited to celebrate the start of summer and our first day of being tobacco-free. Come and relax, visit with fellow employees and enjoy a great classic cookout meal. It's a wonderful time to get a breath of fresh air and launch the beginning of our tobacco-free campus.

This year we will have a few displays on hand with great information about lung health and quitting smoking as well as recognition of fellow employees who recently quit. Also, the 100-Day Nursing Blitz committee will have information about the blitz and new prizes.

**We look forward to seeing you there!**

**Wednesday, June 21 2006**

**Times:**

**10:45 am – 1:45 pm**

**4:00 pm – 5:30 pm**

**11:30 pm – 1:00 am\***

Cookout located on the east side of the hospital between the main entrance and the parking structure, under the skywalk overhang.

### **Kicking Off Our Tobacco-Free Campus**

#### *Calling All Quitters!*

We want to recognize your great accomplishment! Stop by our table to add your name to our display that celebrates employees who have recently quit smoking.

#### *Going Tobacco-Free*

Stop by the display to learn more about lung health and resources available to help you or your loved ones quit smoking.

#### *Other Activities*

Learn how you can win Brewer tickets. Stop by the 100-Day Nursing Blitz table to learn more about our new Brewer tailgate prize just by referring a nurse to work at Aurora St. Luke's.

### **Classic Cookout Menu Planned**

*Enjoy all the cookout greats  
at this year's event like:*

- Grilled hamburgers and chicken
- Potato salad and coleslaw
- Baked beans
- Watermelon
- Barrels of freshly tapped root beer
- Plus much more!

\* Meals will be delivered to departments during this time.

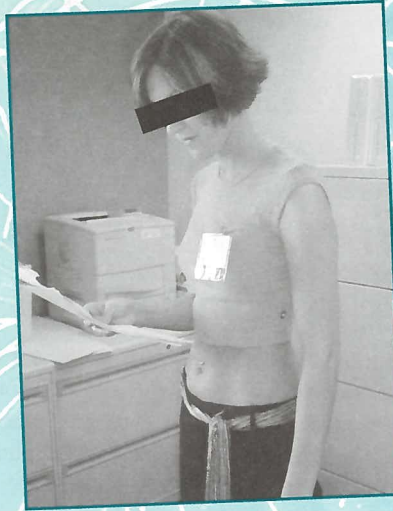


# Aurora St. Luke's Exclusive Summer Fashion Guide

With warm weather just around the corner, summer clothes are coming out of storage ready for wear. To help you stay in fashion while staying in sync with our dress code policy, we bring you our "Fashion Do's and Don'ts Guide."



**Fashion Don't.** Artificial fingernails can create quite a fashion statement. However to make an Aurora St. Luke's fashion statement, employees who provide direct patient care must not wear artificial nails or extenders. Natural nail tips must be kept less than 1/4 inch long and nail polish must not be chipped.



**Fashion Don't.** Bare midriff tops, although they may keep you cool on hot days, are not allowed according to Aurora's dress code standards.



**Fashion Don't.** Even with lovely painted nails, open-toe shoes must be worn with nylons. Everyone should wear socks or stockings at all times.



**Fashion Don't.** Although they are fun and clever, shirts with logos or words are not allowed unless worn in conjunction with approved promotions or reasons specifically approved by the supervisor.



**Fashion Don't.** While this is a great fashion combo for a stroll in the park or a visit to a café, sleeveless tops or dresses are not allowed. Any visible tattoos must be covered. Capri length pants also are not considered of suitable length for the work environment.

## Quitting smoking... with a little help from your friends

Dolly Franklin, a nursing assistant on MRICU, recently celebrated three full months without lighting up a cigarette. After smoking for more than 27 years, kicking the habit, she says, was the hardest thing she's ever done.

And it wouldn't have happened without you, her co-workers at Aurora St. Luke's Medical Center.

"I doubt that people even realize how much they helped me," says Dolly. "Every day, people at the hospital encouraged me. Every day, people on my unit gave me the thumbs up. Every day, Janice Gibbons – a housekeeping supervisor – made it a point to stop by to ask how I was doing, if I was hanging in there. She kept telling me, 'You can do

it, I know you can.' These were the people who really truly influenced me, who gave me the strength to keep trying."

To be sure, anyone who is trying to quit smoking needs friends. The Wisconsin Tobacco QuitLine, in fact, considers "choosing allies" an essential step in the smoking cessation process. According to the QuitLine's self-help guide, allies can be anyone you like and trust, such as family members, friends, roommates or people you work with. They are individuals who can best support you during this difficult time and may be people who have quit tobacco themselves since they know what you are going through. Some of the ways that allies can help you get through the initial phase of smoking cessation include being a

(continued on next page)



# Quitting smoking (continued)

good listener, not being critical or judgmental and checking on you to see how you are doing.

That's exactly what Dolly says her co-workers did. "I warned everyone I knew at the hospital that I was going to quit and that I might be acting different. I was cranky, for sure," she says with a laugh. "But all the nurses and other nursing assistants on my unit just kept encouraging me and telling me I was going to be okay. I needed that comfort and reassurance."

Other people who had a significant influence on Dolly's successful effort include her doctor, who "was so supportive and happy for me," her family, "who couldn't believe I finally did it," her boss, Sue Katz, "who never smoked herself but who seemed to understand how tough it was to quit," Aurora St. Luke's respiratory therapy staff, "who offered both emotional and practical support," and finally, "all the co-workers I used to smoke with outside who did it first. They were a real inspiration to me," says Dolly. "They got me thinking, if they could quit smoking, why not me? In my first few weeks without a cigarette, those were the people who kept going through my mind."

As Aurora St. Luke's Medical Center becomes a tobacco-free campus on June 21, many employees, patients and visitors will be struggling to cope with the new policy. "It's important that we all be as supportive as we can for one another," says Dolly. "People were there for me, and it made a huge difference in my attempt to quit. Together, we can get through this, just like we always help our patients get through tough times. Now we all need to help take care of each other."



*Dolly Franklin recently quit smoking with the help of many others.*

**For a free copy of the Wisconsin Tobacco QuitLine's guide to "Getting Ready to Quit and Your First Two Weeks," call the organization's new toll free number, 1-800-QUIT-NOW.**



## Menu Highlights

\* Healthy Choice Item

\*\* Strawberry Shortcake Bar  
10:30 am – 2:00 pm

**Sunday, June 18**

**Breakfast:**  
Belgian Waffle  
Breakfast Sandwich

**Soup:**  
Wisconsin Cheese

**Lunch/Dinner:**  
Pork Cutlet  
Chicken ala King with Biscuit  
Healthy Choice Cheese  
Stuffed Shells\*

**Monday, June 19**

**Breakfast:**  
Omelettes Made to Order  
Belgian Waffle

**Soup:**  
Chicken Noodle

**Lunch/Dinner:**  
Southern Fried Catfish  
Smothered Chicken  
Macaroni and Cheese

**Tuesday, June 20**

**Breakfast:**  
Omelettes Made to Order  
Cheesy Hashbrown Bake

**Soup:**  
Broccoli Cheese

**Lunch/Dinner:**  
Chicken  
Enchilada Casserole  
Baked Salmon\*  
Strawberry Shortcake Bar\*\*

**Wednesday, June 21**

**Breakfast:**  
Omelettes Made to Order  
Biscuit and Gravy

**Soup:**  
Vegetarian Vegetable

**Lunch/Dinner:**  
Sweet Potato Chicken Tenders  
Tuna Casserole  
Potato Crusted Cod

**Thursday, June 22**

**Breakfast:**  
Omelettes Made to Order  
Eggs Benedict  
Stuffed French Toast

**Soup:**  
Beef Barley

**Lunch/Dinner:**  
Country Fried Steak  
Spaghetti and Meatballs  
Cod Almandine\*  
Strawberry Shortcake Bar\*\*

**Friday, June 23**

**Breakfast:**  
Omelettes Made to Order  
Breakfast Pizza

**Soup:**  
Boston Clam Chowder

**Lunch/Dinner:**  
Milwaukee Style Fish  
Taco Salad Bowl  
Salmon Croquettes with  
Cream Peas\*

**Saturday, June 24**

**Breakfast:**  
Belgian Waffle  
Breakfast Egg Roll

**Soup:**  
Chicken Dumpling

**Lunch/Dinner:**  
Trucker's Special  
Turkey  
Beef and Bean Burrito  
Sweet and Sour Pork\*

The Cafeteria is open everyday  
from 6:30 am to 7:30 pm and  
12:30 am to 3:30 am.

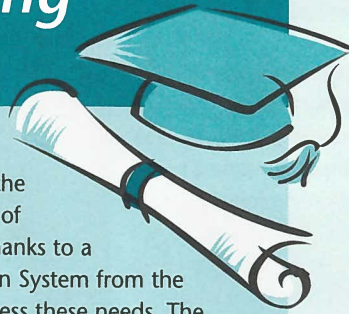
Meals Are Served:  
Breakfast: 6:30 am – 9:30 am  
Lunch: 10:30 am – 2:00 pm  
Dinner: 4:15 pm – 7:30 pm

The Deli is open Monday  
through Friday from 7:00 am  
to 7:00 pm. It is not open  
Saturday and Sunday.



# Get Your Master's Degree in Nursing

## with Aurora's Help



Those of you who are on a waiting list to enter nursing school know firsthand about the shortage of nursing faculty within the State of Wisconsin. It has reached a critical point. Thanks to a grant received by the University of Wisconsin System from the Department of Labor, we can begin to address these needs. The grant will expand the number of Master's prepared nurses for faculty positions.

Aurora is participating in the grant and will support a number of employees for the program. The program allows an employee to obtain a Master's degree in Nursing in exchange for a three year part-time teaching commitment upon graduation. Aurora will support employees with one paid day per week for course work.

*To be eligible for consideration you must:*

- Have full-time Employment Status
- Be an ADN or BSN prepared nurse
- Not be in active disciplinary process
- Not already be enrolled in a Master's degree program
- Have taken a senior level undergraduate statistics course in the last five years

**The program is set to start January 2007. Admission deadline is September 1, 2006.**

**To learn how to apply please contact Pat Volkert at 414-647-6483 or email her at [patricia.volkert@aurora.org](mailto:patricia.volkert@aurora.org).**

# Finding Reliable Health Information

**Aurora Libraries Offers Classes That Can Help**

*Is surfing the Internet or using the Aurora Libraries ALIS site for health information overwhelming to you?*

*Are you unsure about which sites are reliable and credible?*

*Do you know the best places to go for information on surgical procedures, symptoms, health decision guides or about doctors and hospitals?*

*Do you know how to find information in Spanish?*

Come to a new class that can guide you through the Internet to find what you need. Learn how to find and evaluate a wide range of sources of consumer health information. The two hour class includes on-line practice and is taught by experienced Aurora Librarians. Class sizes vary and space is limited, so pre-registration is required. Aurora employees as well as community members are encouraged to attend.

## Register at

[www.aurorahealthcare.org](http://www.aurorahealthcare.org). Click on "Calendar" and search using "Find a Class." Dates include June 26, July 13, August 24 and October 11.

## Keeping InTouch

Using InTouch is simple. Call toll-free 1-877-MY-INPUT (1-877-694-6788). When your call is answered you will be asked to enter our Passcode Number: 649. Then, just follow the instructions to record your message. InTouch is completely confidential.

Ideas or articles can be submitted to:  
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