

This Week at MCL

A Memorandum to the Employees of the Medical Center of Louisiana, New Orleans
Charity Campus ■ University Campus

October 6-12, 2003

To Your Health: Flu Vaccine Available!

Flu vaccine will be available free to MCL employees, volunteers and residents from 7 a.m. to 3 p.m. **Monday, October 6, in the University Campus Auditorium, and Thursday, October 9, in the Charity Campus Auditorium.** Vaccine will also be available in the Employee Health Department, E607, Charity Campus, week days from 6:30 a.m.-3:30 p.m.



**“To Your Health” comes to you courtesy of Employee Health Services.
For more information, please call EHS at 2-1043.**

Lee National Denim Day[®]

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Denim Day to Fight Breast Cancer to be Observed Friday at MCL.

Among the alarming statistics about breast cancer is: “Before you get your next paycheck, over 8,000 people will be diagnosed with breast cancer.” In fact, over 210,000 Americans will be diagnosed with the disease this year. You can help to fund research, education, screening and treatment of breast cancer by taking part in Lee[®] National Denim Day this Friday, October 10. On that day the Medical Center of Louisiana will join others nationwide to raise awareness and funds for the Susan G. Komen Breast Cancer Foundation. Lee Jeans is the sponsor of this event, which has brought in \$36 million since its beginning in 1996. In exchange for a \$5 donation to the Susan G. Komen Breast Cancer Foundation, MCL employees will be allowed to wear denim (including jeans!) that day, provided that the clothing is tasteful (i.e. no holes, no belly buttons showing, no shorts, etc.). The Komen Foundation receives 100 percent of donations. Bring your donation – in either cash or checks made payable to the Susan G. Komen Breast Cancer Foundation – to either Administration, 1st floor, Charity Campus, or to Marketing, room 518, University Medical Office Building. Denim Day will take the place of October Dress Down Day. In place of a sticker, you will receive a pink ribbon pin.

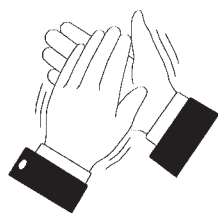
Are you fit?

If you are worried that you can't make the Walk to Wellness, come to the free fitness screening on October 21 and find out your fitness level. Sponsored by the Physical Therapy staff in observance of Physical Therapy Month, the screening will take place on the 21st at 4:30 p.m. in Education & Staff Development, 9 center, Charity Campus. Health-care professionals will take your heart rate and blood pressure, give you a step test for aerobic fitness, and check your posture, height, weight, body fat and BMI. You'll also receive a free fitness magazine.

2nd Time Around!

The National Crime Prevention Task Force has agreed to conduct another

session for MCL staff on personal safety awareness and crime prevention. It will take place on Wednesday, October 29, 2-4 p.m. in the University Campus auditorium. The instructor is a former law enforcement officer who gives up-to-date, "real-world" and practical information. Subjects include personal and workplace safety, traveling safety, road rage, car theft, identity theft, car jackings, random acts of violence, recognizing and identifying gang activity, stalkings, pickpockets, home invasion, holiday shopping do's and don'ts, and more. Pre-registration is recommended. Call 2-3372 to register.



Applause! Applause!

■ The following employees have been added to the 2003 Service Awards Honorees list: 30 years – **Jean Bobinger, Clementine Brown, Barbara**

Cheatham, Betty Doherty, Arthur Laporte and Robert Scott Lea; and 25 years – **Robert Chamberlain, Wanda Clark and Michael Maulet.** A total of 139 MCL employees will be honored on November 5 at the annual Service Awards Breakfast on Charity Campus. Dr. John Rock, Chancellor, LSU Health Sciences Center, will be guest speaker. The group represents 3,815 years of service to the Medical Center of Louisiana! The top honoree this year is **Joycelyn Bagley**, Accounting, who marks her 45th year in service!

■ **Cindy Burlette, RN**, Program Coordinator in Recruitment/Human Resources, has received a Superior Service Award for 2003 from the School to Career Healthcare Consortium. The consortium is a partnership of industry and educators designed to promote health careers to high school students in the Greater New Orleans area.

■ **Tyrone Jordon**, Facility Management Department, passed the test for his Class D Technician's License from the Louisiana State Fire Marshall's Office. The license allows him to work on fire protection systems at MCL. Tyrone has worked for approximately four years with **Romallis Theard** in Life Safety. "The Fire Marshall's Office has deemed Tyrone as competent as I always knew he was," Romallis said.

From the Mailbox.

■ I brought my son to Charity with a head injury.

Johnie Nunery, Interview Screening/Admit, was so gracious and helpful at a time of great distress for my son and myself. He had a calming effect on me, and his compassion and understanding were above and beyond the call of duty. He went out of his way to help, understand and listen. I wish that others had a fraction of the professionalism and joy he has in working with people. He is one of your best employees! Thank you for my memory of Charity Hospital. It would be my first choice in any situation.



– *Karen Oliver, St. Bernard*

■ When I went to the Emergency Room at University Hospital I was treated so well I felt like a Super Star! The doctor talked to me and listened to my past history. My grandson was at Charity Hospital and the doctors there did a wonderful job. Thank you to **Dr. Dwayne Thomas** for the changes he has made. I am sure I am not the only person who has benefited from his efforts to respond to the needs of the people who depend on University Hospital.

– *Gail J. Wahl, Metairie*

Happenings & Deadlines.

■ **LSU/Tulane Multidisciplinary Breast Cancer Conference.** Each Monday, 4-5 p.m., 1542 Tulane Avenue, room 507. Physicians who wish to have a case presented, call Nicole Chatelain at 568-4765.

■ **Microsoft Training Classes. Excel** – October 7. **Word** – October 10; both classes are 9-11 a.m. in E-903, Charity Campus. Call 2-6369 to register.

■ **Tulane University Health Sciences Center Med-Peds Joint Grand Rounds.** October 8, 8-9 a.m., 1430 Tulane Avenue, 1st floor auditorium. "Walkin' & Talkin': The Tale of Ambulatory Medical Education," with Dr. John K. Chamberlain, Clinical Associate Professor of Medicine and Pediatrics, University of Rochester School of Medicine and Dentistry, Rochester, NY.

■ **LSU Health Sciences Center Medicine Grand Rounds.** 8-9 a.m., October 9, 1542 Tulane Avenue, 1st floor auditorium. "The Coming of the Second

Revolution in Medical Education,” with Dr. Kenneth M. Ludmerer, Professor of Medicine, Washington University, St. Louis. MO.

■ **CPR Classes. *Healthcare Provider*** – October 9; ***Heartsaver*** – October 30 ; both classes are from 7:30 a.m.-noon in Staff Development, C-900, Charity Campus. Must register in person with \$4 per class, payable by check or money order to MCLNO Foundation. Call 2-2854 or 2-2057.

■ **Health Call.** Dr. Donald Bergsma will answer the question, “When is cataract surgery necessary?” during this week’s program. He welcomes your calls during the show. Live October 9, WLAE TV, 8 p.m.; rerun October 12, 12:30 p.m. Health Call, now in its 13th year on the air, is sponsored by MCL.

■ **Hazardous Material Team Training.** October 13, University auditorium; October 15, Charity Campus. Covers skills and knowledge required to be a HazMat Team member. 16.8 contact hours/CEUs for RNs, radiology techs, and respiratory therapists. To register call **Tim Butcher**, 2-2687 or e-mail him at tbutch@lsuhsc.edu.

■ **Mind, Body & Soul Health Fair.** October 18, 9 a.m.-noon. Israelite Baptist Church, 2100 Martin Luther King Boulevard. If you can serve as a volunteer or have clothes you wish to donate to those in need that day please call Charlotte Godchaux, Case Management, at 2-2613.

■ **Critical Care Course Offering #9: “Neurological System 1”** October 21, 8 a.m.-4 p.m., Charity Campus, 9th floor, Staff Development & Education. 9.0 ANCC contact hours. Call 2-2854 for cost, registration and remaining classes.

■ **ACLS for Non-Critical Care.** October 22 & 23 in Education & Staff Development, C-900, Charity Campus. Call 2-2854 to register.

■ **MCL Blood Drive.** October 29, noon-5 p.m., University Campus auditorium. Donors will receive a free meal in the cafeteria (\$4.50 value), cholesterol screening, choice of T-shirt or coverage for the donor and the donor’s family for one year in the blood assurance program. A Halloween Parade of Prizes will be featured at the drive.

■ **Exercise Classes. *Exercise*** – Tuesdays & Thursdays, 4:30-5:30 p.m, Education, 9 center, Charity Campus. □ ***Tai Chi*** – Thursdays, noon-1 p.m., Lions Clinic, Neuroscience Center. Free.

■ **Employee Assistance Programs.** All the following groups meet at LSU Lions Clinic, 2020 Gravier Street, 5th floor. Call 568-3931 with questions or for full details: ***Co-dependency Anonymous***, Mondays at noon, free; ***AA***, Tuesdays at noon, free; and ***a psycho-educational group*** for those who may be chemically dependent or have family members who are, Thursdays, 4-5 p.m., \$10 per week for 10 weeks.

On a recent Thursday I became surrounded by Angels! It began when, leaving for the day, I discovered I had a flat tire. I called Hospital Police and asked for help. While waiting, Mr. & Mrs. Don E.

Fulham, heading to the elevator, offered to help. In the course of getting the job done, the gentleman discovered that my jack was missing, so he retrieved his. A resident doctor passing by assisted with loosening a stubborn lug nut. Captain Joseph Hunter, Hospital Police, unable to find an officer to help, came to check on me. As Mr. Fulham finished changing the tire, he urged me to stop at the nearest gas station to get air as my temporary tire looked almost flat; his wife gave me quarters to make sure I had enough change for the air. They refused my offer of payment, saying they were glad to help, that I should drive safely. When I arrived at the gas station, the attendant also took good care of me, checking the air in all my tires. In a world where we often see and hear about hate and violence, it’s reassuring to know that Angels *do* exist, and they are out there in our times of need!

– Donna Earles, *Inpatient Pain Management*

Welcome to MCL!

RN Applicants – **Andre Broomfield**, Oncology-6 East, **Ketina Evans**, High Risk Antepartum, **Keith Price**, Cardiology Telemetry-5 East, and **Andrea Washington**, Nursery Level 3; RNs – **Casandra French**, Emergency Surgery 1, and **Dawn Pevey**, MICU/MICA; **Barbara Gilson** and **Jo Ann White**, Mental Health Services; and **Charles Smothers, III**, Environmental Services. RN Pool: **Jerry Turgeau**, One Day Stay, UH, and **Luretha Williams**.

CAMPUS FEDERAL

Your Campus Federal Visa card is now equipped with “Verified by Visa” – a free password-protection service. The next time you shop at a participating online store, you will see the Verified by Visa screen. Enter the information requested to activate your card in order to complete your transaction. Your card will then have password protection whenever you shop online. Shop online with greater security at participating stores listed at www.visa.com/shopverified. Also, check out the Verified by Visa site on the Campus Federal Web site at www.campusfederal.org. For more information about this and others services offered to Campus Federal Credit Union members, call 568-8425.



When Jordan Weiss observed her Bat Mitzvah, a rite of passage ceremony for Jewish girls turning 13, she took a portion of her money to buy gifts for our pediatric inpatients on 6 West. Showing her pleasure at being the recipient of one of Jordan's 15 gifts is Briana O'Neal. On behalf of our patients, we thank Jordan, a student at Country Day School, for her generosity.



Performance Improvement Tips for Computer Users

- ▶ *Try to get up from your chair every 20 to 30 minutes and do some gentle stretching.* Taking advantage of the natural pauses in your work is key to breaking up this pattern of stillness.
- ▶ Sitting requires a solid base of support. *Try to keep your feet flat on the floor.* If that is not possible, consider a foot rest.
- ▶ *Avoid hovering or holding excess tension in your arms/hands as you key.*
- ▶ *Keep the mouse at the same level as the keyboard* and in as close to your body as possible. Try to use a mouse design that best fits your work task type and hand size.
- ▶ *Watch for lighting glare.* Try the 20-20-20 rule: Blink 20 times and stare 20 feet away from your screen every 20 minutes.
- ▶ *Avoid movements that put your neck in an awkward position* (e.g. frequent neck turning or bending to look at copy, documents, etc.).
- ▶ *Work to keep your trunk muscles strong and your posture erect.* Sitting requires lots of endurance in this area.

This P.I. column was submitted by the staff of Physical Therapy in observance of National Physical Therapy Month.

This Week at MCL is published through the MCL Marketing & Public Relations Department, suite 518, 2025 Gravier Street, New Orleans 70112, Jerry Romig, Director, Lynn Lorando, Editor. All items and pictures submitted must have prior supervisory approval. Please send information to Lynn Lorando on e-mail to mloran@lsuhsc.edu; by fax to her attention at 903-3699; or through interoffice mail. Thank you.