

This Week at MCL

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

November 24-30, 2003



Applause! Applause!
Sandra Manner, RN, BSN,
presented a lecture on “The
Psychosocial Issues of the
Terminally Ill Patient
(Undergoing Radiation
Therapy)” at the annual

convention of the American Society for Therapeutic
Radiology and Oncology in Salt Lake City, Utah.

A Message to Service Award Honorees.

If you were unable to attend the Service Awards
Breakfast on November 5, please pick up your
certificate and pin from Marketing, room 518, 2025
Gravier Street between 9 a.m. and 4 p.m.



From the Mailbox.

We are writing to express the
appreciation of the American
Society for Clinical Pathology
for the contributions of **Daniel
Haun** [Section Director for
Client Services in Pathology]

and **Argie Leach** [Competency and Safety
Coordinator of Pathology]. The American Society
for Clinical Pathology has a long-standing history of
presenting high quality continuing education
programs for laboratory professionals. We could
not produce these programs without volunteers like
Daniel and Argie. Their role in presenting “Once
Upon a time . . . We Used a Typewriter” and
“Thinking Begins with Doubt” on June 24 at the
2003 CLMA/ASCP Conference and Exhibition in
Salt Lake City, Utah, allows the American Society
for Clinical Pathology to continue its tradition of
presenting innovative new concepts and procedures
in laboratory practice. The skills and knowledge
that Daniel and Argie have honed at the Medical
Center of Louisiana have made them a valuable
resource for laboratorians.

Without the support of Joyce Majonos,
Administrative Director, Pathology Services, and
the Medical Center of Louisiana, the American

Society for Clinical Pathology would be unable to
offer the quality continuing education needed by
laboratory personnel that is an important component
for insuring quality patient care. In this activity, the
Medical Center of Louisiana and the American
Society for Clinical Pathology work side by side to
provide this distinguished national teaching
treasury. – *Sue Beswa, SCT (ASCP), Chair,*
Associate Member Section & Lee Hilborne, MD,
Commissioner, Council on Continuing Education,
American Society for Clinical Pathology, Chicago

Happenings & Offerings.

- **Charity Cafeteria Temporary Closure.** Now
thru December 8. New equipment and display
serving areas are being installed, so food is being
temporarily served from the Doctors Dining Room;
seating is still available in the main cafeteria area.
- **Flu Vaccine.** Free to employees, residents and
volunteers. Employee Health Department, E607,
Charity Campus. Vaccine is available 7-9 a.m. and
1-3:30 p.m. Monday through Wednesday.
- **LSU Grand Rounds, Tulane Grand Rounds
and LSU/Tulane Multidisciplinary Breast
Cancer Conference.** All canceled this week due
to the Thanksgiving holiday.
- **Hazardous Material Team Training.**
November 25, University auditorium; November
26, Charity auditorium. The session 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.
- **Health Call.** Dr. Paul Dash will discuss
dementia during this week’s Health Call.
November 27, WLAE TV, 8 p.m.; rerun November
30, 12:30 p.m. This week’s show is a repeat so we
will be unable to accept calls during the program.
- **Holiday Memorial Service.** December 7,
3 p.m., University Campus auditorium, 4th floor.
For all mothers who have experienced a miscarriage
or a neonatal death.
- **CPR Classes. Healthcare Provider** – December

9, noon-4:30 p.m.; **Heartsaver** – December 16, 7:30 a.m.-noon; 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.

■ **Critical Care Course Offering #16: “Trauma Module I: Care of the Critically Injured Patient.”** December 9, 8 a.m.-4 p.m., Charity Campus, 9th floor, Staff Development & Education. 8.4 ANCC contact hours. Call 2-2854 to register.

■ **Save Lids to Save Lives.** Now through December 15. Yoplait will donate 10 cents for breast cancer research for every pink yogurt lid it receives, up to a maximum of \$2 million. Contact **Colleen Lemoine** at 2-3767 to have your lids picked up or drop them off at Teresa Krutzfeldt’s office, 4th floor, University Campus.

■ **ACLS for Non-Critical Care.** December 17 & 18 in Education & Staff Development, C-900, Charity Campus. Call 2-2854 to register.

■ **MCL Christmas Choir.** If you wish to join the MCL Christmas Choir contact the Volunteer Department at either 2-3021 or 2-2738.

■ **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.

Condolences.

We extend our condolences to **Dixie Lopez, RN**, Diagnostics & Treatment Department, on the loss of her mother, Sarah Medders Lopez.

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



Performance Improvement **Smokers: “Staying Quit” & Coping**

Congratulations to those who participated in the Great American Smoke Out on November 20, as well as those who have recently quit. You will not regret your decision, and with each passing day, “staying quit” will become easier. Here are some tips to help you to both “stay quit” and cope with withdrawal.

Remind yourself why you quit smoking. Go back and read your reasons for quitting.

Rehearse or practice what to do when you feel the urge to smoke.

Reward yourself each time you win over the urge to smoke. Praise yourself for your willpower and courage.

Take one day at a time. In any way you can, focus on getting through each day without cigarettes. Say, “I will not smoke today.”

Think like a non-smoker. Do not think of yourself as a smoker trying to quit. Think of yourself as a non-smoker, and you soon will be.

Weight Management. While it is normal to gain three to five pounds after you quit smoking, not everyone gains weight. Remind yourself that putting on weight for a while is not nearly as harmful as smoking. To avoid weight gain: brush your teeth or use mouthwash often to keep your mouth fresh; drink water before meals; eat normal well-balanced meals but decrease the amount you eat; get up from the table as soon as you have finished your meal; if you get hungry between meals eat sugarless sweets, low-calorie snacks, and fruit; and take a walk or exercise daily to burn calories.

This column was submitted by Education & Staff Development. Please direct any comments to the Employee Opinion Line at 2-3801.

Information from Micromedex.