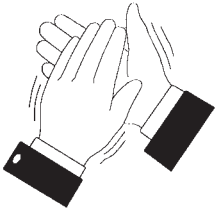


This Week at MCL

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

November 11-16, 2003



Applause! Applause!

■ **Lien Trinh**, Human Resources Analyst 3, is the September Employee of the Month for Charity Campus. Her nomination reads, "The

Medical Center of Louisiana and particularly our Human Resources Department are much better today because Lien Trinh is one of us. She is tirelessly dedicated to doing her job thoroughly and correctly, and at the same time always ready to help when others need her. Since Lien has been employed, she has volunteered to help interpret for our non-English speaking Vietnamese patients.

"Her accuracy and quality of work are impeccable, and she exhibits the highest standards of work ethic, dependability and honesty in everything she does. She always puts the employee-customer first and will spend whatever time it takes to help resolve an employee's problem. She is the shining example of the quality of employee we want to work with. She is a working example of Our Core Values!"

■ Receiving promotions in October (title reflects the promotion) were: **Conrad Barre**, Maintenance Repairer, Building Services; **Kristen Berberivich**, RN Clinical Coordinator, SICA; **Aloysius Bernard**, Bio Medical Technician; **Reneak Blackman**, Tech, and **Alberta Clark**, Manager, Admit; **Karl Carter**, LPN 3, Emergency Surgery 2; **James Coleman**, Worker 2, and **Karen Thomas**, Supervisor, Laundry; **Marquita Farlough**, Clerk Chief 2, Regulatory Compliance; **Sadikka Goines**, Stock Clerk 2, Warehouse; **Doris Jimerson**, Clerk 4, Pediatric Clinic; **Anita Joseph** and **Ernestine Summers**, Accounting Technicians, Patient Billing; **Phillana Meyers**, Clerk 4, Property Control; **Sandra Millon**, LPN 3, Medicine Clinic; **Dorothy Naquin**, RN Supervisor 1, and **Kathryn Powell**, RN3, EMS-Adult; and **Chiquita Scott**, Respiratory Therapist - Registered.

Diabetes Health Fair Set This Week.

The MCL diabetes educators and health-care providers will conduct the 2nd Annual Diabetes Health Fair on November 13 from 11 a.m. to 1:30 p.m. in the second floor auditorium on Charity Campus. Everyone is invited.

Notices from Education & Staff Development Department.

- The staff will give out information on smoking, how it affects health, and quitting tips: Charity Campus, 2nd floor auditorium, November 18, 8 a.m.-3:30 p.m., and University Campus, 4th floor auditorium, November 19, 10 a.m.-2 p.m.
- The deadline for submission of all completed paper work for the staff to apply for tuition exemption for the spring semester 2004 is 4 p.m. Friday, November 21. Participants of the program who attended classes in the spring and summer semesters of 2003 and have not submitted grades, will not be eligible for the program until grades are received in Staff Development. If you have questions or need more information, call Mary Fontenelle at 2-0865.
- Education and Staff Development has introduced a new on-line information folder. Go to the U:/drive and click on the folder labeled "Education Staff Development." There you will find the department's quarterly calendar along with information on other educational offerings. For details about classes call 2-2854. Many classes require registration in person and payment in the form of a check or money order only. The department staff reports that they are always looking for ways to better serve you, their customers, and to be at your service!

Surely it can't be tax time yet!

The time to file your 2003 taxes is fast approaching. To assure that you receive your 2003 W-2 on time Human Resources must have your correct address. All W-2s are mailed from the Payroll Office in

Shreveport to your current address in the PeopleSoft system. If you are not receiving your payroll check advice (yellow statement for employees with Direct Deposit) and have moved recently, please go to Human Resources, Butterworth Building, either room 404 or 405, and update your address. The deadline for doing so is Thursday, December 11.

*Thank
You*

■ Twenty four people were successful donors at The Blood Center drive at MCL October 29. Thank you to *those who gave as well as those who attempted to give* but were unable to. We also

extend a special thank you to the volunteers who helped recruit donors by distributing information about the drive: *Joszette Ford, Deborah Green, Olga Hurst and Bernice Long.*

■ *Second-year LSU medical students* visited the pediatric patients and staff on both 6 West Pediatrics Unit and the Pediatric Emergency Room on Halloween, bringing them candy treats, pencils and other goodies.

■ The Outpatient Physical Therapy Department sends the following note: "Special thanks to *Dr. Lionel P. Bourgeois* in Employee Health for being persistent in helping us solve an environmental problem in the L&M Building. We appreciate his dedication to the employees' welfare."

■ *Michael Webster*, LSU Health Sciences Center Health Promotions Coordinator, reports that more than 400 cell phones were collected during the HopeLine Campaign, a national program sponsored by Verizon Wireless, last month! "Thank you to everyone who made the campaign a success," he said. The phones will be donated or sold, with proceeds going directly to purchase new wireless phones and to support nonprofit domestic violence agencies.

Happenings & Offerings.

■ **Flu Vaccine.** Free to employees, residents and volunteers. Employee Health Department, E607, Charity Campus. *Please note the times the vaccine is available:* 7-9 a.m. and 1-3:30 p.m. Monday through Thursday; 7 a.m.-3:30 p.m. Friday. The vaccine is also available to students, attending staff

physicians, and other MCL contract employees working within MCL for \$12 – pay at the cashier's window and bring receipt to Employee Health.

■ **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.

■ **Tulane University Health Sciences Center Medicine Grand Rounds.** November 12, noon-1 p.m., 1430 Tulane Avenue, 1st floor auditorium. "Toxic Molds: Are they for real?" with Dr. Manuel Lopez, Professor and Chief, Section of Clinical Immunology, Allergy and Rheumatology.

■ **LSU Health Sciences Center Medicine Grand Rounds.** November 13, 8-9 a.m., 1542 Tulane Avenue, 1st floor auditorium. "Ovarian Hormones and Cardiovascular Disease: The Good, the Bad and the Uncertain," by Dr. Suzanne Oparil, Director of Vascular Biology and Hypertension Program..

■ **Health Call.** Multiple sclerosis will be the topic during Health Call this week, with *Dr. Amparo Gutierrez* as guest. Live November 13, WLAE TV, 8 p.m.; rerun November 16, 12:30 p.m. Dr. Gutierrez welcomes your calls during the program.

■ **"Genetics: Your Family & Your Health."** A free public education event for the people of Louisiana. November 15, 9 a.m.-1 p.m., LSU School of Dentistry, Administration Building, 1100 Florida Avenue, New Orleans, near City Park. *Wylie Burke, PhD, MD*, University of Washington, and *Lynn Jorde, PhD*, University of Utah, will discuss implications of genetics, new medicine, the linkage of ancestry and genetics and genetics. Participants will have the opportunity to interact with the health-care providers of genetic services in Louisiana. For registration and more info, send e-mail to jlabor@lsuhsc.edu or call 568-6117. This community event is organized by the Center for Molecular and Human Genetics at LSU Health Sciences Center and the South Louisiana Region Area Health Education Centers.

■ **"Families in Crisis: Women & Substance Abuse."** November 19, 8 a.m.-4:30 p.m. in Charity Campus, 2nd floor auditorium. Contact hours for nurses, social workers and substance abuse counselors. Call 2-3372 to register.

■ **ACLS for Non-Critical Care.** November 19 & 20 in Education & Staff Development, C-900,

Charity Campus. Call 2-2854 to register.

■ **CPR Classes.** *Heartsaver* – November 21, 7:30 a.m.-noon; *Healthcare Provider* – December 9, noon-4:30 p.m. 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 #14: “Immune & Hematological Systems/Blood Components.”** November 25, 8 a.m.-4 p.m., Charity Campus, 9th floor, Staff Development & Education. 4.2 ANCC contact hours; 3.9 AACN contact hours. Call 2-2854 to register.

■ **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.

■ **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.

■ **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.

Welcome to MCL.

Hermika Armour, Kendra Barnett, Rohomonda Brown, Jason Chuter, Arie Hayes, Kelli LaRose, Joseph M. Satterlee, Jr. and Tuan Tran,

Diagnostic Radiology; *Toni Armstrong, Yvonne Casmire, Dwayne Freeman, Paula Galmon, Lionyel Johnson, Terriane Spriggs, Roniece Thomas and Tiffany Youngblood*, Medical Record Services; *Christian Barnett and Joseph Jones, Jr.*, Laundry; *Trenise Bell, Joycelyn Cobb, Victor A. Despenza, Jr., Trina Lewis, Tanya McKinnis, Keisha Moore and John Smith*, Patient Billing; *Kim Carter and Ashley Jones*, Communications; *Gilbert Casmire*, BioMed; *Marsha Cleveland*, Respiratory Therapy; *Steven Doucette*, Nuclear Medicine; *Damian Gray*, Environmental Services; *Shannon Jackson*, Fast Track; *Rhonda Lewis*, Emergency Surgery 1; *Christina Lirette and Karen Pichon*, EMS-Adult; *Corinthnia MaGee*, Neurosurgery; *Billie Mayo*, Telemetry Intermediate Care; *Annette Muhammad*, Regulatory Compliance; *Katie Nguyen*, Pharmacy; *William North, CRNA*, Anesthesia; *Elaina Richardson*, Ophthalmology Clinic; *Mary Jo Turner*, Nutritional Services; and *Stephanie Youngblood*, Cardiology. **Westaff:** *Samuel Carey, Rodney Davis, Mary Guillot, Anthony Hudson, Othelo Lewis, Henry Smith, Curtis Spiller, Ernest Tillery,* and *Byron Winston*, Building Services. **RN Pool:** *Alicia Pecoraro*, CCU.

Reach Out and Read Update



■ Plan to do some holiday shopping at the Reach Out and Read Holiday Book Fair this week: November 13 and 14 on University Campus, cafeteria lobby, basement. Times are 10 a.m.-5 p.m. on Thursday, and 7 a.m.-4 p.m. Friday. Sign up for the drawing for a free gift; winner need not be present. You can get terrific bargains and since part of the proceeds go to ROR, at the same time you will be helping fight illiteracy in our community. ■ Ten members of the International Business Fraternity-Delta Sigma Pi from Loyola University read to our patients in the Pediatric Emergency Room on October 25 for “Make a Difference Day,” a national initiative to have adults make a difference by reading to a child. ■ The Young Leadership Council donated 50 books to the Pediatric Emergency Room.



Performance Improvement

Smokers: Why quit?

- An estimated 47 million Americans smoke; the habit is responsible for one out of five deaths annually.
- For each of the approximately 22 billion packs of cigarettes sold in the U.S. in 1999, \$3.45 was spent on medical care caused by smoking, and \$3.73 in work time lost because of smoking-related illness, for a total cost of \$7.18 per pack.

If you are a smoker and looking for reasons to quit, we offer the following:

Your Family. Your family needs your financial and emotional support. If you die prematurely from a smoking-related illness, who will do all the things you do for your family? The amount of money many people spend on smoking equals a car note. Do the math.

Your Kids. Kids exposed to secondhand smoke at home are more prone to colds, ear infections and allergies than children of nonsmoking parents. By age 7, they may be shorter than their friends, lag behind in reading ability, and have behavior problems. Worse still, they will likely become smokers themselves.

Yourself. It's never too late to quit smoking. Right away, you'll look better, feel better and enjoy life better.

What next? You know why you want to quit. Now put a big red circle around November 20 on the calendar. That is the date of the Great American Smoke Out when people across America will be quitting at the same time. Plan what you will need to help you quit smoking, such as gum or hard candies, or check with your physician to get help with medications or nicotine products.

Get psyched. Every night before going to bed, say your reasons for quitting out loud 10 times. MCL's mission states, "Yes, we can!" We know you can! Get ready. Get set. Quit!

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

Information from American Cancer Society (www.cancer.org) and Centers for Disease Control (www.cdc.org.).



Wellness Walk Update.

For those who have wondered, Dr. Charles Brown, Chairman of the Walk to Wellness, informs us that the distance of the Walk from University Campus to the double door just past the Claiborne exit is 1,600 feet. (One mile = 5,280 feet.) He also reports that LSU Health Sciences Center plans to roll out the "Walk Walkers Society" in 2004. Emphasis will be placed on the steps taken instead of the distance. The steps will be measured by a pedometer. The average sedentary person takes between 2,000 and 4,000 steps a day, so a goal of working up to 10,000 steps a day may be a suggested target. "We are actively working on many plans for the Walk in the near future," Dr. Brown said.

Please spread the word . . .

The parking garage in the University Medical Office Building is closed for an undetermined period of time while repairs are being made. All contract parkers have been assigned to other lots until further notice.

Condolences.

We extend our condolences to those who have suffered personal losses: **Regina Bankston**, Pharmacy, her father, Donald Ray Reeder; **Carole Charles**, Pharmacy, her father, Oscar C. Womack; **Tempie Waters Davis**, Finance/Audit, her daughter, Angelique Richardson; and **Alegri Terrell**, Radiology, her grandfather, Oscar C. Womack.

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. **The deadline for the November 17-23 issue is 9 a.m. Tuesday, November 11.** 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 attention at 903-3699; or through interoffice mail. Thank you.