

MONDAY, AUGUST 1, 2011

pulse



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A BIWEEKLY NEWSLETTER FOR PHYSICIANS, EMPLOYEES AND VOLUNTEERS FOCUSING ON THE HOSPITAL'S MISSION OF PROVIDING QUALITY CARE AND IMPROVING THE QUALITY OF LIFE TO THOSE WE SERVE



New stove and ovens



Walk-in refrigerators and freezers



Food prep area

Gigantic kitchen equipment arrives

Good news: Construction is getting closer to completion with the arrival last week of tons – literally – of new kitchen equipment. Interior finishes and the placement of the equipment in the kitchen, which will now be located in the east campus' basement, along with the utility connections, are near done. Within the next two weeks, all the mechanical systems will start up, and LMH begins a one-and-a-half month commissioning and testing process for the OSHPD inspection and sign off, which hopefully will take place mid-September. At that time LMH's kitchen staff will roll up their sleeves and begin work in their new, modern kitchen. They will begin training on the new equipment and perfecting their menus.

The current kitchen was built between 1950-52. LMH's kitchen crew have been living with it ever since. Minor changes have taken place since the 1952 opening, but not many. The kitchen's needs outgrew their space long ago, but the creative staff there have managed to make do. The new kitchen will much better allow staff to feed patients, visitors, volunteers, physicians and staff. One improvement planned to start late October is a room-service menu for patients. That's expected to help increase LMH's patient-satisfaction scores considerably.

In all, the new kitchen contains 255 new pieces of equipment. Components include three walk-in refrigerators; three walk-in freezers; one blast chiller; 10 reach-in refrigerators; nine ovens; three four-burner ranges; one griddle; one char broiler; one fryer; three blenders; one waffle oven; one Panini press; three mixers; one 40-gallon soup kettle; 34 mobile carts; eight hand-washing sinks; one dishwasher; two can racks; one high-density shelving system; and 45 storage-shelving racks. And, as might be imagined, this equipment isn't the standard kitchen equipment found in homes, but mammoth equipment that allows the LMH kitchen staff to prepare thousands of meals each month. In all the price tag for the project is \$14.5 million. That includes design, construction, licensing and permits, (Nancy Reich, ext. 7612).

Library volunteers lend a helping hand

After 15 years at LMH, medical librarian Andrea Morais has decided to retire. With her departure, the LMH Medical Library will undergo some minor changes. Effective Mon., Aug. 1, the library will be open Mon.-Fri., 12:30-4:30p. Volunteers will staff the library during these hours to assist with staff and visitor requests. New volunteers Suga Moriwaki and Lee Mulford join LMH with a passion for books and enthusiasm for helping others. Current courtesy-desk and gift-shop volunteers Lenore Donato and Janet Wilcox are excited to expand their volunteer resumes and offer their LMH knowledge to ease the library transition. JD Johnson, a college student, and Spencer Schrenk, a high-school student, will gain work experience and enhance the library with their familiarity with technology. Those seeking medical information are welcomed to visit these volunteers or call for assistance, 339-7567, (Megan Johnson, ext. 5170).



Moriwaki



Mulford



Donato



Wilcox



Johnson



Schrenk

Nonstress tests move to OB Clinic

Outpatient nonstress tests (NSTs) for OB patients began taking place at the LMH OB Clinic, rather than in the LMH Perinatal Department, in July. This change frees up labor rooms for inpatients at the main hospital. The NST is a common method of prenatal screening. It involves 20 minutes of electronic fetal-heart-rate monitoring. NST is based on the premise that a normal fetus moves at various intervals, and the central nervous system and myocardium respond to movement with acceleration of the fetal heart rate (FHR). Acceleration of the FHR during fetal activity is a sign of fetal wellbeing. The OB Clinic is located at 2415 W. Vine St., Ste. 103. Lesley Muscha, RNC, BSN, is available 8a-5p, Mon.-Fri., 333-3039, to care for antepartum patients. July 7 marked the first OB Clinic NST. Param Gill, MD, was the first physician to take advantage of the service's new location, (Toni Barajas, ext. 3037).

Weight Watchers® open house Aug. 2

Want to lose weight, look great and live more healthfully? Join the Weight Watchers® At Work program. In the first campaign, LMHers and their families collectively dropped more than 404 pounds – with one week to go. To find out what the program is all about, stop by an open house on Tues., Aug. 2, from 4:30-5:30p, in Classrooms F and G. There will be finger foods from the Weight Watchers cookbook and a demo of the eTOOLS online-tracking system to show how easy the program is. Feel free to bring a co-worker, family member or friend to the meeting. There's nothing to lose but weight. Those interested in joining at the open house should bring a form of payment or be prepared to sign up for payroll deduction. Can't make it to the open house? No worries. Participants can join at anytime during the campaign. It is a 17-week commitment that will cost \$186 (averages \$10.94 per week) with no registration fee (a \$20 savings). Also included are 19 weeks of eTOOLS, free West Fitness membership, and the chance to earn the \$75 Live More Healthfully wellness reward each quarter of the year for those who have the LMH Preferred Care medical plan. Let's set an example and be true leaders in health for the community, (Kevin Vondergeest, ext. 3063).

Open enrollment begins Oct. 1

The entire month of October, from the first to the 31st, is considered open enrollment for the LMH Preferred Care health-insurance plan. LMH benefits specialist Lynette Havens will be available the entire month to assist employees with questions and completion of enrollment forms. Stop by human resources for more information. For those employees who work in facilities outside the main hospital, scheduled visits will be made. In addition, an annual employee-benefits fair will be held on Fri., Oct. 28. Employees will have an opportunity to meet representatives from companies who offer benefits to LMHers, receive valuable information and enter drawings for prizes. Those with questions should contact Lynette Havens, ext. 7598, (Lynette Havens, ext. 7598).

Hospital supervisor earns master's



Please congratulate Cynthia Soto, who recently completed a master's degree in nursing, with a specialization in education, from the University of Phoenix. Cynthia began her journey with LMH in July 2000 as a certified-nursing assistant in the transitional-care unit at LMH West. In 2004 she received her RN license and began working on med/surg. She currently works as a hospital supervisor on variable day and NOC shifts and as a nursing-clinical instructor for University of Phoenix. She is a relentless advocate for quality patient care and is committed to helping others as a matter of routine. Her passion for teaching has been evident throughout the years as she has preceptored many student nurses. She continues to instruct future nurses in the clinical setting. Cynthia serves on several LMH committees and continually strives to improve processes throughout the organization. Thank you, Cynthia, for your contributions and commitment to LMH, (Mary Kay Wiss Dodgion, ext. 7504).

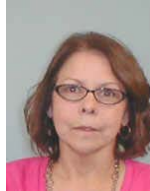
Gift shop welcomes five volunteers



Parodi



Akbar



Bowen



Ochoa



Martin

Gift-shop regulars might have already noticed some new faces in the gift shop. Joseph Parodi has excellent computer skills and will be a great asset with the new cash register. Shahzad Akbar is a Delta College student who wants to become a surgeon. Carol Bowen is currently taking business classes at Humphrey's College and will volunteer on weekends. Paula Ochoa majors in psychology at CSU Stanislaus and works at McDonalds. Ricardo Martin is also a student at CSU Stanislaus. He is interested in chemistry and hopes to become a pharmacist. LMH is thrilled to have these new volunteers, (Sarah Beasley, ext. 7616).

Summary-plan descriptions available

Employees who'd like a copy of a summary-plan description (SPD) for the voluntary life and voluntary accidental-death-and-dismemberment insurance plans may pick them up in the LMH Human Resources Department. The SPD, provided by the carrier, Symetra, is for informational purposes only. The HR department is open from 7:30a-5p, Mon.-Fri. Contact Lynette Havens, ext. 7598, with questions, (Lynette Havens, ext. 7598).

Fan mail

A med/surg patient writes: *My stay at LMH was very excellent. The staff was well trained and pleasant. My condition was comfortable, except the tube in the nose (expected, of course). I had a pleasant, comfortable time. The new addition is beautiful.*