

CAPSULES

Published weekly for the employees, volunteers, and Auxiliary of New Hanover Health Network

September 5, 2002

English as Second Language adds health

Initiative is state's first effort to improve health practices in those with limited English

Coastal Area Health Education Center and Cape Fear Community College have partnered to develop the state's first health education curriculum for English as a Second Language (ESL) classes. The program, called "Expecting the Best," is supported through a grant from the March of Dimes. The curriculum aims to increase knowledge and improve health practices associated with good preconceptional health among women with limited English proficiency as well as inform students about local health services.

Classes began Aug. 20 at Cape Fear Community College's downtown campus. The health component will be integrated into an existing ESL class next week at Centro Latino on Market Street. The classes are free and open to all students 16 and older. Once the curriculum is perfected, it will be used throughout the state's community college system.

The idea grew out of a venture that began when AHEC's Department of OB/GYN and New Hanover Regional Medical Center



CFCC's Kim Small teaches verbs to students in a pilot program of "Expecting the Best."

sent certified nurse midwives to provide women's health services through health departments and private clinics in Pender, Brunswick and New Hanover counties.

"The nurse midwives found that many of those seeking services were Hispanic women - 70 percent in Pender County alone - who speak little or no English," said Sandy Diehl, MPH, Research Associate with Coastal AHEC.

That finding led AHEC to explore affiliation with existing ESL classes at the

community colleges.

A three-year grant from the March of Dimes provided funding to hire an instructor and develop a curriculum that combines health and wellness education into the ESL curriculum.

Anyone wishing to learn more about the program or refer someone can call Sandy Diehl at 343-0161 ext. 284. Anyone desiring to participate in the class should call Nikki DeUnger at 362-7049 or Kim Small at 343-9746.

Insurance questions?

Meetings to learn more about the insurance plans offered to network employees will be held in October.

Open enrollment to select your plan will be held in November.

If you have questions, call Eileen McConville at 343-7839.

If you want a copy of the *Special Capsules*, call Iris Baker at 343-2470.

Remembering 9/11

To provide a source of comfort and outlet for grief as we observe the tragic anniversary of the Sept. 11 terrorist attacks, the network's Spiritual Care Department will provide the following services on Wednesday, Sept. 11.

Remembrance Service, 8:30-8:50 a.m.: In honor of President Bush's request for a national observance and a moment of silence at 8:46 a.m., the Spiritual Care Department will lead a Remembrance Service in the Coastal AHEC auditorium at New Hanover Regional and the Cape Fear Chapel at Cape Fear.

For those unable to attend the service: For those departments where employees are unable to make it to the 8:30 a.m. service, the Spiritual Care Department is willing to send a chaplain to lead them in a prayer at the request of the department Director or Manager. Please call 343-7014 to make these arrangements. The requests will be handled in order of the calls.

Additionally, the chapels at Cape Fear and New Hanover Regional are open 24 hours for private meditation.

Share your thoughts. Go to *CapsulesLive* and read the thoughts and experiences of others or share your own.

Green wins Spot on the Lot

Carolyn Green, of Environmental Services, is the winner of "Spot on the Lot," a prime parking place in the back employee parking lot at NHRMC. Anyone other than Carolyn who parks in the spot can be ticketed.

Every donor to the NHRMC Medical Center Foundation's 2002 Employee Campaign who works at the NHRMC campus was eligible for the random drawing for the parking spot. This spot will be made available when next year's employee campaign is completed.



People, news, and notes ...

... **Mary Beth Bobek**, Pharm.D., Director of Cardiovascular



Pharmacotherapy with the Coastal Heart Center at New Hanover Regional Medical Center, has been selected to serve a three-year term on the Anesthetic Life Support Drugs Advisory Committee of the Food and Drug Administration. The committee reviews and evaluates data concerning the safety and effectiveness of marketed and investigational drugs

Bobek

for use in anesthesiology and surgery.

... Twelve Emergency Nurses verified as Trauma Nurse Core Course Providers last month. They are **Tara Hansberry** and **Suzanne Ward** at Cape Fear's ED; and **Renee Rickey**, **Colleen Liscombe**, **Judy Smith**, **Melanie Dailey**, **Wendy Bledsoe**, **Christine Jenkett**, **Julie Akerson**, **Roberta Ratliff**, **Linda Taylor** and **Mary Lou Moeller** at New Hanover Regional's ED.

... **Bo Connell**, MBA, MHA, joined New Hanover Health Network this week as Director of Marketing. Mr. Connell is the former Manager of Network Development at Shands Healthcare in Gainesville, Fla. He replaces Eileen McConville, who transferred in July to become the network's Director of Workforce Development.



Connell

... **Eileen Lawhorne**, MSN, RN, ANCP, C, has accepted the position of Director of Cardiac Services for New Hanover Health Network. She is the former Senior Manager of Patient Services and Director of Nursing at Medical Center of Ocean County in Point Pleasant, N.J. She brings more than 20 years experience in cardiac and critical care, as well as an expertise in operational management. Ms. Lawhorne begins Oct. 7, replacing Lynn Hostetter, RN, MSNC, who is the interim director. Lynn has filled the interim director roll for the past eight months while maintaining her duties as Director of Surgical Cardiac Services.

... **Victoria White**, former Unit Clerk in CVICU, will replace Kay Lorentz next week as the Patient Advocate Liaison. Ms. White has been training with Ms. Lorentz for several weeks and will be ready

A patient writes ...

The poem below accompanied a letter written by Ralph Coleman, who has been a patient at New Hanover Regional Medical Center four times this year.

New Hanover Regional Medical Center

This is where the hugs are slightly stronger,
This is where smiles dwell a little longer.
This is where you'll find caring lives that are duty wed,
This is where close knit ability contains no broke thread.

This is where devoted care is given to all,
This is where perfection is expected in all tasks, be it great or small.
This is where friendship shines a little brighter,
This is where fellowship bonds are made a wee bit tighter.

This is where the sick and injured are made to feel strong,
This is where, rich or poor, you're made to feel that you belong.
This is where the sky is made a little bluer,
This is where "Love thy neighbor" could be felt no truer.

This is where no trumpets they blow or ringing of a bell,
This is where the Book of Life will record their many deeds done well.
This is where pure devotion shall chant its best,
This is where the Lord will say,
"Well done in the care thy hast renderest."

-Ralph W. Coleman, Aug. 20, 2002

Mr. Coleman's wife, Claudine, also expressed her sincere thanks for the care given her husband, and also to her. "Everyone connected with Cardiac Services has been so nice to me," she said. "They have led me every step of the way, let me know what to expect, and just have been so good to me."

to begin her new position Sept. 9. Ms. Lorentz is leaving the network to pursue a JD/MD degree.

... **Cape Fear Ultrasound** received word last week that its accreditation from the American College of Radiology has been renewed. The accreditation includes general, OB/GYN and vascular ultrasound. Special assistance was provided by Bawanna Jackson and Dr. Patel. Accreditation must be renewed every three years.

NHHN, UNCW partner on lecture by Peruvian missionary

A Peruvian missionary who worked with the late Mother Teresa will present "Creating a Healthier World Through Mission and Education" at 7 p.m., Wednesday, Sept. 11, in UNC Wilmington's Warwick Center Ballroom. New Hanover Health Network and the UNCW School of Nursing are sponsoring the event.

Originally from Malta, Father Alex Busuttill is an ordained priest serving in Arequipa, Peru. In addition to his parish duties, Padre Busuttill organizes and administers childcare centers; works with a medical clinic; cares for the elderly, indigent and handicapped; and assists efforts to enhance the lives of mountain village residents near Arequipa by working on irrigation projects and the construction of roads into remote areas.

Prior to his work in Peru, Busuttill served as a missionary priest in Pakistan where he organized and administered a drug detoxification center. He also coordinated projects dealing with women's and minority rights issues and, with Mother Teresa of Calcutta, India, worked in a prison ministry that handled the exchange of Pakistani and Indian prisoners.

**Elections for local and state officials
will be held Sept. 10 and Nov. 5.
Polls will be open
6:30 a.m - 7:30 p.m.,
which should allow you to vote before or
after work.**

**For more information about voting or
absentee ballots, go to the website
www.nhcgov.com/BOE.**

New system informs of computer downtimes

Information Services has put a system in place to consistently communicate planned and unplanned computer downtimes. New messages will be announced overhead during unplanned downtimes, advising which departments are affected and alerting them as to which procedures to follow. In the case of planned downtimes, employees will still be notified in advance through e-mails and postings on *CapsulesLive*.

A complete listing of downtime messages is available on *CapsulesLive* under the Employee Info button.

***Want to participate in the
Employee Activity Committee?
Call Pat Tate at 815-5860 or ext. 6411.***

Employee of the Month

Gregory G. Simpson, a Receiving Clerk in Distribution, is Employee of the Month for September 2002.

Those who nominated him said he displays kindness and consideration and gives 100 percent when working with customers. They praised his positive attitude and efficiency, and said he is always willing to help others and goes the extra mile for customers and co-workers.

"He takes pride in his work, has excellent customer skills, and is a valued employee to our department and an asset to our facility," his co-workers said. "We are proud to have him as part of our team."

Recognizing service

The Service Awards ceremonies recognizing employees will be held in September.

Receptions for those celebrating three and five years will be held 2 - 4 p.m. at NHRMC on Sept. 17 in the James Walker Conference Room, and at CFH on Sept. 18 in the 3rd Floor Education Center. The deadline for RSVPs is Sept. 11.

The banquet for those celebrating 10, 15, 20, 25, 30, 35 years will be 6 - 9:30 p.m. on Sept. 26 at the Coast Line Convention Center. A special photo presentation will be a part of the evening. All employees being recognized that evening are encouraged to have your picture taken for this presentation. The deadline to have your picture taken is Sept. 11. Call Matt Janowsky in AHEC at 343-0161, ext. 310, to schedule your picture. The deadline for RSVPs to the banquet is Sept. 16.

Receive a chair massage and help support the Hospice Care Center.

Saturday, Sept. 7
10 a.m. - 3 p.m.
Sam's Club

10-minute massage - \$10

Proceeds to pay for massage therapist to provide massage therapy to patients at the Lower Cape Fear Hospice Care Center.

All donations will be matched dollar-for-dollar by Sam's Club.

772-5444 for more information

Sponsored by Sam's Club,
Healing Arts Network of NHRMC, and
Lower Cape Fear Hospice Care Center

More JCAHO Shining Stars

Here are Shining Stars for the week of Aug. 26:

- Cape Fear PACU (100)
- Cape Fear ASU (100)
- Cape Fear Pre-testing (95)
- NICU (94)
- 4 South (90)
- Cape Fear Radiology (95)
- Pediatrics/NTCU (93)
- Radiology (92)
- 3 West, 2 North, 2 South (97)

Special thanks ...

... Thank you, thank you, thank you to **Cheryl Harris, the doctors - everyone** - who made our day - National Health Unit Coordinators Day - so nice. **Tracy Bannon**, thank you so much for the lunch. You made it a very special day. You always take such good care of us. You are the greatest!

-CRH Unit Clerks

...to **Joyce Carr** in OPSU for helping us out in 7 South-Telemetry on Aug. 27, when we were short. You were a great help to us. We pray that Gold will bless you to succeed in your new job. Thanks again.

-Leween Holmes and Barbara Evans,
CCTs, 7 South-Telemetry

... to **Angela Bell, Cassidy Pope, and Jennifer LaVassar**, our junior volunteers who helped out over the summer. Your great contributions helped to make our Reach Out and Read program continue to be success-ful. You did a great job and we hope to see you next year.

-Reach Out and Read,
Pediatric Speciality Clinics

... to the **Landscaping Crews** that make the grounds around the hospital look so good! I come in around 7 a.m. and

Congratulations ...

... to S.C.O.R.E. winners for August: **Pam Sharpe**, Env. Svcs., **Ron Fisher**, Facilities Services; **Renee Rickey**, ED; **Luanne Davis**, NICU; **Nikki Hewett**, 4th Floor; **Jamie Singletary**, Oaks; **Lona Sloan**, Purchasing; **Quinton Gills**, Special Police; **Sue Rogers**, Admitting Dept.; **Shirley Cannaday**, Birthplace.

-Employee Relations staff

American Heart Walk

Saturday, Oct. 19
10 a.m. Walk begins
Wrightsville Beach Park
Call Rhonda Freeman, in
Cardiac Services, 343-7773.

Walk for a Cure

Juvenile Diabetes Research Foundation
Saturday, Oct. 26
8:30 a.m. Registration
Greenfield Lake Park
See CapsulesLive or call Zorie Brown, 343-4484

some mornings I guess I just take a minute and really notice how hard they each work on keeping things looking lively and so neat! Please keep up the good work. It does say to me "Good Morning Sunshine." What a way to start the day. Thanks to you all.

-Suzie White, CRH/PHS

... to **Celeste Beal and Grace Garces** for all the help in creating our screens for computer charting. We had a lot to accomplish and you guys helped us every step of the way. Ya'll keep up the good work and we hope you get a few days off in the near future.

-Your friends in

Women's and Children's Services

... to **Dr. Ellen Brown, Dr. John Pace and the Ambulatory Care staff** who gave me such great care during my surgery. Thanks, also, to my coordinator, **Connie Simmons**, and my **PFS co-workers**. I know it all happened so fast. To my **Rehab co-workers**, thanks so much for all your calls, flowers, cards and concerns. To my spiritual brother and friend, **Micheal Scott**, thanks for your words of comfort to me and my family. It's people like you who make a difference. You're great! Thanks again.

-Diane Jacobs, Independence Rehab
Patient Counselor

Watch for pneumonia pathway storyboards coming soon to a nursing unit near you.

Remember to get your flu vaccine (when available) and to assess your patients for pneumovax and flu vaccines. Thanks.

-The Pneumonia Pathway Committee

Events and classes

Sept. 5: *Why does my shoulder hurt?*, by orthopedic surgeon Dr. Richard S. Bahner, 6:30 p.m., Oleander Rehab-ilitation Center. Free, public invited.

Sept. 8: *Interfaith Chapel:* 9:30 a.m., Emory N. Grubbs Chapel at NHRMC; 9:30 a.m., Cape Fear Hospital Chapel; 4 p.m., Coastal Rehab Hospital.

Sept. 11: *Creating a Healthier World Through Mission and Education*, 7 - 8:30 p.m., Warwick Center, UNCW.

Sept. 12: *Managing Medications Safely*, by Gaye Moseman, R.Ph. Crohn's/Colitis Support Group. 7 p.m., UNCW Morton Hall, Room 209. Call J. Moore, 392-7674.

Sept. 13: *Cardiovascular Disease Prevention Seminar:* On a Quest for Health Hearts, at the Southeastern Agricultural Center and Farmers Market in Lumberton, NC. Call 1-800-277-7654.

Sept. 14: *Junior Volunteer Orientation*, 9 a.m. -noon, AHEC Auditorium. Pre-registration required. Call 343-7704 or email hern@nhhn.org

Continuing education

Classes sponsored by Coastal AHEC. Call 343-0161, ext. 325, or 2516, ext. 325, to register or for more information.

Sept. 19: *Managing blood glucose with insulin therapy,* second in three-part series. All classes 7-9 p.m. in AHEC Auditorium. \$55/series or \$20/class.

Annual health screenings

As part of the annual performance evaluation process, every employee must complete a health screening and safety education.

Employee Health will give each employee a pink card upon completion of the health/PPD screening. A certificate will be sent to each employee after the safety education has been completed.

The pink card and the certificate must be given to your manager/director as part of your annual evaluation.

If you have any questions, call Human Resources at 452-8147 or 452-8329.

Due before September 31:

Annual screening with mandatory PPD/TB: Spiritual Care, Parish Nursing, Public Affairs, Foundation, Pharmacy, IRB
Biannual PPD/TB Screening
ED, Vitalink/Airlink, EMS, Respiratory Care

Call Employee Health for appointment: NHRMC, 343-7445; Cape Fear, 452-8268.

Capsules Classifieds

For rent: Oceanfront condo, Carolina Beach, 2 bedrooms, 2 baths, fully furnished, pool, free cable/water, no pets/smokers. \$900/month plus utilities. Call 392-6186.

For rent: Jamesborough Ct., 2 bedrooms, 2 1/2 baths, W/D hook-up, pets allowed with deposit, new carpet. \$800/month. Call 509-1773.

For rent: House in downtown Wilmington, 3 bedrooms 2 baths, 6 fireplaces including in kitchen, hardwood and tile floors, W/D, off-street parking with 8 ft. privacy fence surrounding property, fish pond, double porches, custom window treatments, faux finishes throughout. Lease, references. Available Oct. 1. \$1,000/month. Call 681-0606.

For rent: Home in Gordon Woods, 2 bedrooms, 2 baths, 8x16 storage building. Month-to-month, \$650. Call 686-1795.

For rent or sale: Inland Greens Patio Home, 3 bedrooms, 2 baths, remodeled, skylights, vaulted ceilings, 2-car garage, private patio, overlooks golf course. Reduced-\$125,999 or \$1,095/month. Call 452-4957.

House in Carolina Beach, 3 bedroom, 2.5 baths, 2 blocks to beach in pool/tennis community. Corner lot, fenced yard, lots of storage. \$199,000 Call for details 458-8811.

Roommate wanted: Home in West Bay Estates off N. Market St., 2 bedrooms, 2 baths. \$350/month plus 1/2 utilities. Call 343-4804.

Roommate wanted to share 2-bedroom condo at Lions Gate. Private bedroom and bathroom. Available now. Call 256-5939.

Nextel phone w/ radio option. Never hooked up. \$50 obo. Call 233-7017.

Laptop computer, two years old, great condition, fully loaded. \$700. Call 962-7705.

Futon, brand new, upgraded mattress. Make offer; paid \$550. Call 792-0812.

Swing set with play tower, slide, etc., treated wood with redwood finish, excellent condition. Call 350-0347.

Used **air conditioners,** 10,000 BTU and 18,000 BTU. Call 395-0921 after 6 p.m.

Table, round glass top, 4 chrome chairs, \$75.
Day bed, This End Up, bolster pillows, cover, \$150.
Treadmill, needs belt, \$50. Call 270-0339.

Small, orange, velvet **chair.** Excellent condition. Like new. \$125. Call 700-0064.

Diamond ring, 1/2 karat, Tiffany setting, gold, includes appraisal. \$1,200 obo. Call 452-5415.

Cherry dining room set includes 8 chairs, table and china cabinet. \$1,200. Call 845-8802.

Coca Cola golf bag, red, cover, like new. \$50. Call 232-1935.

Solid **Cherry office desk** with plexi-glass top and filing drawers. \$525. Matching 8-drawer credenza with glass top and drawer locks. \$425. Two matching office chairs with arm rests. \$50 or \$900 for all. Call 262-2670.

Tickets (2) to Toby Keith concert, Saturday, Sept. 7, Alltel Pavilion in Raleigh. Section 4, Row R, covered seats. \$31.50 each; cash only. Call 790-1204.

Dogs, Redtic deerhounds, Lemon Walkers, Bluetic coonhounds, and Redbone puppies. Call 253-0826.

1992 Toyota Corolla, perfect condition, 4-door, 137,000 miles. \$1,800. Call 655-0390 or 655-2160.

1997 Chevy Lumina, all power, new tires, battery and alternator, 69,000 miles, one owner, good condition. \$5,700 obo. Call 675-8238.

1994 Ford Ranger truck, good tires, tool box, CD player. \$2,300 obo. Call 842-1445.

1993 Honda station wagon, power windows/locks, sunroof, clean interior, A/C, 5-speed, decent miles. \$3,600. Call 763-7882.

1991 Chevy Corsica, 4-door, auto, runs great, heat/AC work great. \$1,200 obo. Call 602-3662.

2002 Camaro Z-28, black with T-tops and extras, excellent condition. \$18,000. Must sell. Call 791-3747, 620-6011 or 815-3965.

1985 Oldsmobile Cutlass Supreme, 4-door, electric seats/windows, CD, AC, good tires, runs good. \$700 obo. Call 395-5956 after 6 p.m.

1998 Chevy Cavalier, 55,000 miles, 5-speed. Excellent condition. Take payments \$258.31/month. Call 395-6725 after 5:30 p.m.

1989 4x4 Chevy Suburban 2500, power windows/doors, tilt steering, rear a/c. \$3,000. Call 253-7933 or 297-7568. Photos at ericcookenhrem@aol.com.

1998 Grand Cherokee Laredo (red) 4WD, full power, \$10,500. Real nice. Call 798-5929.

2002 Kawalaski Vulcan 500 motorcycle 400 miles. \$3,500. Call 790-3283.

2000 Bayliner Trophy LX2302, 23 ft., walk-around cuddy. Bought new August 2001. **2001 200HP Merc EFI** saltwater, OB 5-year extended warranty. **2001 Escort trailer.** Low hours. Like new. \$25,250. Call 799-0102.

1997 38-foot **Nomad camper** w/slide out. Lake Waccamaw Campground, screened porch, storage shed. \$22,000 obo. Call 655-4594.

1996 Casita travel trailer, 16-foot, all fiberglass, very lightweight, tow with a mini-van. Bath with shower, flexible sleeping options. \$5,200. Call 458-8811.

Wanted: Used refrigerator and lawn mower in good condition. Call 655-8906.