

Volunteers Needed for Earth Day Event at Kenyon College

KCH is partnering again with area agencies to hold the 2011 Earth Day Festival at Kenyon College on Sunday, April 17 from 11:00 am – 3:00 pm. This year’s festival theme is “Plant it for the Planet” and will highlight the importance of using local, homegrown food.



An event of this kind requires the help of lots of people, would you like to volunteer? Volunteers are needed to greet visitors, pass out programs or work at the hospital booth. Call Carole Wagner at ext. 9086 for more information and to sign up.

KCH Race for the Cure Walking Team

Saturday, May 14th, is the Race for the Cure in Columbus. This 5k walking/running event is to raise money to help find a cure for breast cancer. Knox Community Hospital is organizing a group of employees to participate in this walk. We are offering t-shirts for \$5; this is separate from the registration fee. These shirts will say *KCH One Team United for a Cure* and are pink.

Employees and their families are encouraged to participate in this event. There will be a sign-in sheet in Human Resources, Cardiac Rehab, The Center for Rehab and Wellness, and MOCC. Participants of the Fitness Challenge can sign up during their midway evaluations. The sign-in sheet is for participant's name and shirt size. *Deadline to sign up is April 9. Please bring your \$5 for your KCH shirt with you when you sign up; shirts will be distributed prior to race day.*

Participation requires a registration fee of \$30 (15 years or older) \$15 (14 years or younger). You can register at www.komencolumbus.org and click on the race link or it may be done on race day. The money from the race registration goes towards finding a cure for breast cancer.

- *Race for the Cure Walking Team*
- *\$5 for a KCH shirt*
- *Sign up and pay for shirt by April 9th*
- *Employees and Family members can join*



This is a fun event and goes towards a very important cause.

Details on where we will meet on race day will be given out closer to May 14th with directions.

One Team United In Caring

Knox Community Hospital's Dialogue

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(Titles book-marked in pdf file.)

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KCH All-Star Line Up

The Reward and Recognitions Committees All-Star Line Up honors the KCH employee from each department who has served the facility for the longest number of years.

Center for Wound Healing



Leslie Lepley
Office Coordinator
19 years



KCH All-Star Line Up

The Reward and Recognitions Committees All-Star Line Up honors the KCH employee from each department who has served the facility for the longest number of years.

Human Resources



Elaine Wilden
HR Assistant
37 years

Wound Healing Rate Success

Rachail McKinley, Program Director at The Center for Wound Healing, would like to thank and congratulate her team, as well as the departments and clinicians that partner with the center in helping to achieve outstanding outcomes. For the second year, The Center for Wound Healing at Knox Community Hospital has produced clinical outcomes that exceed the national average. Our center is thrilled to report a low amputation rate (0.78% against a national rate of 1.5%), and a center heal rate of 90.49% against a national heal rate of 90%.

This is a testimony to "One Team United in Caring"!



RSVP to Jessica Beeman, Human Resources, by April 20th, 2011

Back by popular demand... KCH Presents

CASINO NIGHT

DATE: Friday, April 29, 2011

TIME: 6:00 pm – 10:00 pm

PLACE: Ohio Eastern Star/
Gallagher Center
1451 Gambier Rd.
Mt. Vernon



- ♣ Appetizers
- ♥ Gambling Money Provided
 - Blackjack
 - Double Roulette
 - Craps
 - Texas Hold 'em
 - Money Wheel

- ♠ Cash Bar
- ♦ DJ - Dancing

- ♣ Deposit required
 - \$15 Single
 - \$30 Couple
- ♥ Photographer on site for "Fun Photos" for employees to purchase.



Detach and return to Jessica Beeman, Human Resources, by April 20th, 2011



Casino Night Reservation Form

Deposit required of \$15 per individual, \$30 per couple, returned to the employee upon arrival. If you write a check, the check will not be cashed and will be returned to you at the event.



Employee Name _____

Department _____ Contact Number _____

I will be bringing one adult guest with me: [] Yes [] No



Knox Community Hospital's Easter Egg Hunt

Employees' children or grandchildren are invited!



When: Saturday, April 9, 2011

Where: Pavilion Parking Lot

Time: 3:00 pm

Age limit up to 9 years old.
This will be held inside if it rains.

*Fun for the
whole family!*

Please complete this form and return to Jessica Beeman in Human Resources before Friday, April 4, 2011

Knox Community Hospital's Easter Egg Hunt

Employee Name _____ Dept. _____

Child(ren) Names _____ Age (s) _____





Many thanks to KCH employees for supporting the Foundation for Knox Community Hospital

This year's campaign is "Scope it Out" is raising \$335,000 to raise funds to enhance endoscopic services.

For Your Health's Sake...



Thanks to the following donors for their continued support:

- | | | | | |
|----------------------------|-----------------------------|----------------------------|----------------------------------|----------------------------|
| Mike Ambrosiani | Kathy Coon | Sally Harmon | Mike McKinley | Barbara Stiltner |
| Anonymous (5) | Alicia Costello | Kwi Holland | Robbi Jo Mitchell-Enderle | Claudia Stobaugh |
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| Teresa Clements | Larry Hamon | Don Mathias | Susie Simpson | |
| Sheila Cochran | Sonna Harding | Patricia McKinley | Rachel Smith | |

Thanks to the following donors for joining the Foundation's efforts this year

- | | | | |
|-------------------------|--------------------------------|--------------------------|------------------------|
| Anonymous (4) | Christopher Hetrick, DO | Jackie Mulholland | Ron Stull |
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| Jim Goodrich, MD | Chelsea Lumbatis | David Smith | Barb Woodruff |
| Sheila Gregg | Wendy McLarnan | Brandy Spoon | |
| Phyllis Hart | Lori Monczewski | Karen Stein | |

Please support the Foundation. Giving is easy.....contact Lacie Blankenhorn at 9602 or Prema Samhat at 9085 to learn more. No amount is too small. Help make a difference.



FITNESS CHALLENGE

Top 10 Heart Healthy Foods

These foods are full of vitamins, minerals, antioxidants, phytochemicals and fiber that help prevent and repair damage to the cells to protect your cardiovascular system. Avoid foods high in saturated fats (full fat dairy products and some red meats) and trans fats (hydrogenated/partially hydrogenated oils).

1. **Berries – blueberries, raspberries, strawberries & red grapes**
2. **Fish – salmon, tuna & mackerel, high in omega 3s, twice a week**
3. **Soy – soybeans & tofu**
4. **Whole grains – breads, cereals & oatmeal**
5. **Nuts – almonds, pecans & walnuts**
6. **Olive oil**
7. **Beans – pintos, garbanzos, lentils & kidney beans**
8. **Other – fruits and vegetables – broccoli, spinach & grapefruit**
9. **Margarines – fortified with sterols or stanols**
10. **Teas – green & black teas**

Eat a heart healthy diet, get plenty of rest, stop smoking, limit alcohol & exercise every day to control your risk factors.

Fitness Challenge Questions:

1. What types of fats should you avoid for a heart healthy diet?
2. Name a fish high in Omega 3.
3. How do these foods help to prevent CVD?

Email your answers to: Fitness.challenge@knoxcommhosp.org





The Information Systems Department is, in their terms, “keyed up”, (excited) to announce a contract with McKesson was signed March 10, 2011.

McKesson is the vendor, and Paragon is the software application KCH has chosen for our EMR (electronic medical record).

To start the process, representatives from McKesson will arrive at KCH on Wednesday, April 13th for an initiation meeting. This format serves as a “Meet and Greet” between McKesson and KCH project staff. McKesson will introduce their highly skilled team and announce their project manager in this initial phase of the implementation cycle.

Let the countdown for CPSI’s demise begin as we start our new venture with Paragon.

Patient Feedback Surgical Services

	very poor	poor	fair	good	very good
NURSES					
1. Friendliness/courtesy of the nurses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2. Promptness in responding to the call button	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
3. Nurses' attitude toward your requests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
4. Amount of attention paid to your special or personal needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
5. How well the nurses kept you informed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6. Skill of the nurses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
7. Extent to which nurses checked ID bracelets before giving you medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Comments (describe good or bad experience): *just the thought of how well they treated me and my family brings tears to my eyes. I wish I could thank them again.*

“Just the thought of how well they treated me and my family brings tears to my eyes. I wish I could thank them again.”

2011 Schedule of Auxiliary Events

Date	Event	Place
Friday, April 15th	Books Are Fun	3rd Floor Meeting Room
Thursday, June 16th, 4p-7p	Robert’s Medical Uniforms	3rd Floor Meeting Room
Friday, June 17th, 7a-3p	Robert’s Medical Uniforms	3rd Floor Meeting Room
Friday, August 26th	Books Are Fun	3rd Floor Meeting Room
Tuesday, October 18th	\$5 Masquerade Jewelry	3rd Floor Meeting Room
Monday, October 31st, 4p-7p	Robert’s Medical Uniforms	3rd Floor Meeting Room
Tuesday, November 1st, 7a-3p	Robert’s Medical Uniforms	3rd Floor Meeting Room
Friday, December 9th	Books Are Fun	3rd Floor Meeting Room



The Birthing Center

All classes are FREE but registration is required. Please call 740.393.9731 to register.

Childbirth Education Class

Apr. 16, Sat.: Childbirth Education Class
Time: 8 am - 4 pm
Location: Childbirth Training Center

Breathing & Relaxation Class

Apr. 18, Mon.: Breathing & Relaxation Class
Time: 6 pm - 8:30 pm
Location: Childbirth Training Center

Breast Feeding Class

May 12, Thurs.: Breast Feeding Class
Time: 6 pm - 8 pm
Location: Childbirth Training Center

Grandparent and Sibling Tours

Private Tours: Grandparent and Sibling Tours
Time: Private Tour | Varies
Location: Childbirth Training Center



The Education Corner



Upcoming Classes

Pre-registration required for all classes.

Please call Kathy Gray at ext 9791.

April 2 & 3, Sat. & Sun. **ACLS (Advanced Cardiac Life Support)**
Time: Day 1: 8 am – 4:30 pm | Day 2: 8 am – 1 pm
Location: Education Resource Center
Cost: \$150.00 non-employees | \$45.00 to KCH employees

April 9, Sat. **ACLS (Advanced Cardiac Life Support) - Renewal**
Time: 8 am – 4:30 pm
Location: Education Resource Center
Cost: \$150.00 non-employees | \$45.00 to KCH employees

May 13 & 14, Fri. & Sat. **PALS (Pediatric Life Support)**
Time: 9 am – 4 pm
Location: Education Resource Center
Cost: \$150.00 non-employees | \$45.00 to KCH employees

Please call Trisha Harding at ext 9921 to register.

March 28, Mon. **"Limb Salvage: Understanding the Impact of Peripheral Arterial Disease."**
Presented by: Dr. Thomas McKinley, Medical Director, The Center for Wound Healing
Time: 12 pm - 1 pm
Location: Education Resource Center
Lunch will be provided!
Cost: FREE

1.0 Contact Hour Provided By National Healing

March 29 & 30, Tues. & Wed. **Safe Sitter**
Presented by: Knox Community Hospital
Time: Day 1: 9 am - 4 pm
Day 2: 9 am - 2:30 pm
Location: Education Resource Center | Lunch is Provided!
Must attend both days
Cost: \$25.00 non-employees | FREE to KCH employees

April 21 & 27, Thurs. & Wed. **Life Transitions: Palliative Care**
A Two Day Continuing Education Program
Presented by: Ann Hudson, RN, CHPN
Time: 8:00 am - 5:00 pm
(Attendance is required both days)
Location: Education Resource Center
Cost: \$150.00 non-employees | FREE to KCH employees
Special Rate: \$100.00 each if 3 or more people from the same facility register together.

13.5 Contact Hours Available for Nurses and Social Workers.