

INSIDE



A note from Steve
Health Hall of Fame candidates are all around us.

| PAGE 2



'Like any other patient'
Nurse receives stroke care on floor she manages.

| PAGE 3



Hope in motion
BJC employees support 2016 Race for the Cure.

| PAGES 12-13



Improving access
Intersection reconstruction begins this summer.

| PAGE 24

HEADLINE NEWS

| PAGE 2

BJC PEOPLE

| PAGES 3-5

FOR YOUR BENEFITS

| PAGES 6-8

FOR YOUR HEALTH

| PAGES 9-11

NEWS AROUND BJC

| PAGES 14-16

WHERE YOU WORK

| PAGES 17-22

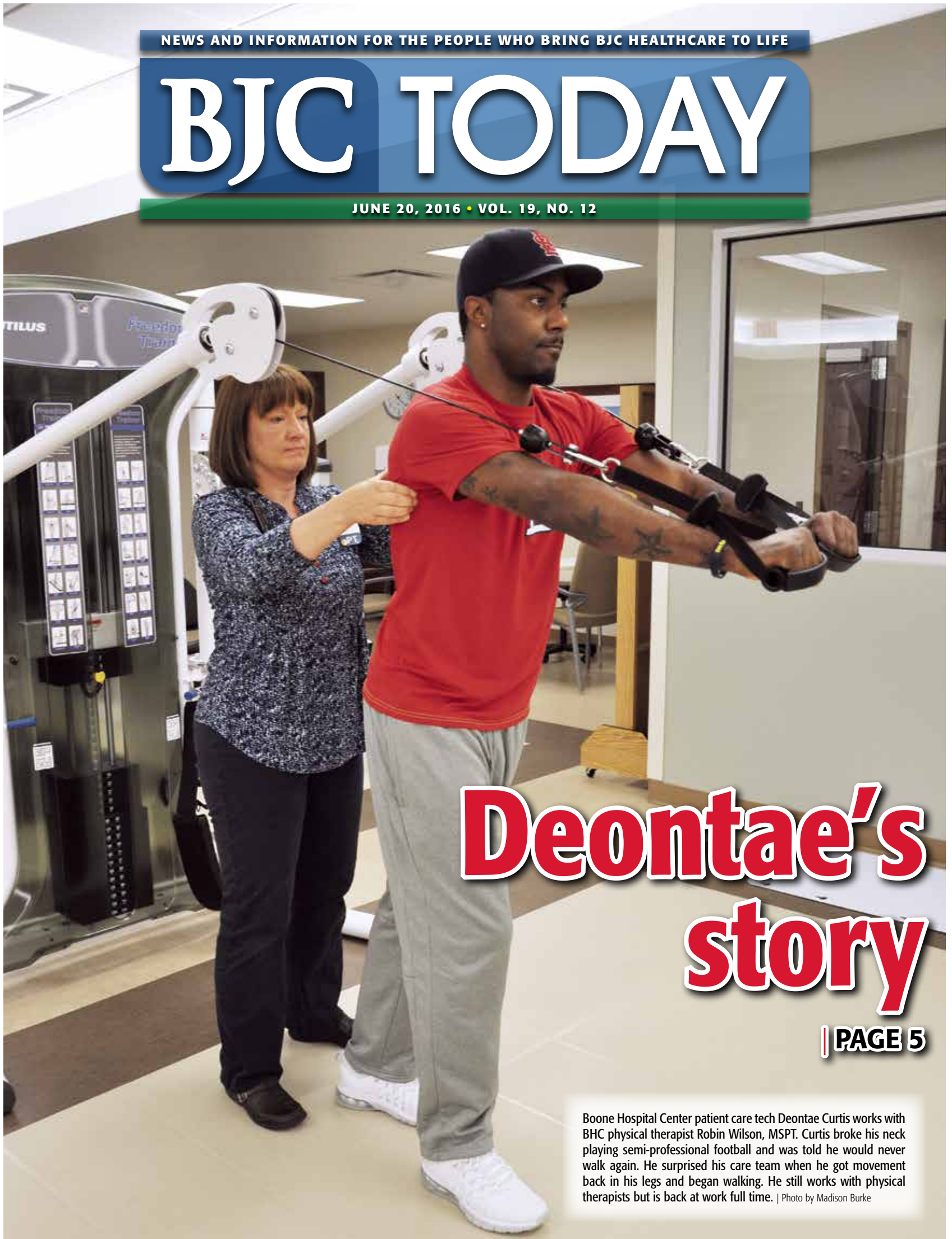
ETC.

| PAGE 23

NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

BJC TODAY

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Deontae's story

| PAGE 5

Boone Hospital Center patient care tech Deontae Curtis works with BHC physical therapist Robin Wilson, MSPT. Curtis broke his neck playing semi-professional football and was told he would never walk again. He surprised his care team when he got movement back in his legs and began walking. He still works with physical therapists but is back at work full time. | Photo by Madison Burke

Look before you leap – job shadow before you graduate from high school

by Marianne Esser,
school-community health educator

BJC ■ Learning to drive. Applying for a job. Making the varsity team. Taking a leadership position in a school club. Standardized testing. Preparing for college visits. Going to prom. Graduation! These activities are common rites of passage for many high school juniors and seniors. While it's important to anticipate these milestones, don't overlook a valuable opportunity: student job shadowing.

Health care job shadowing or career observation is an ideal way for a high school student to determine whether a job would be a good fit for the future. BJC School Outreach and Youth Development offers health care job shadows to high school students who are at least 16 years old and can meet BJC's requirements.

To job shadow through BJC School Outreach, the opportunity must be requested through the student's guidance counselor. The counselor will then contact BJC School Outreach and provide a recommendation. Additional follow-up documentation must be provided to BJC School Outreach, including the student's childhood immunization record,

TB screening results and seasonal influenza immunization during flu season.

How can a student prepare for a job shadow opportunity?

Here are some tips to pass along to students who want to shadow at BJC:

1. Take time to research the careers and similar options. Look to school counselors, librarians and teachers to recommend appropriate resources to guide career research. Review the high school course catalog for the best choices to meet pre-requisites for college health care program admissions. Attend local college fairs and talk with program representatives.
2. Get inquisitive and personal. Interview parents, grandparents, relatives, teachers, coaches and supervisors about career choices. Most people enjoy talking about themselves and are willing to share career advice.
3. Investigate the Occupational Outlook Handbook on the Bureau of Labor Statistics' website. Research careers on the basis of education required, anticipated future need, current openings, salary and more. Geographically based searches can be performed. The bureau's data is often used by the staff of popular magazines to develop the "best jobs for the future" issues.
4. Review the Career Exploration section of the BJC School Outreach website, bjcschooloutreach.org, and investigate some of the options listed under Program Overview. Check out Resources and Printable Worksheets. Click on the Shadow and Volunteer Information tab for document requirements and helpful background.
5. Write down questions in advance of the shadow. During the shadow, at appropriate times, ask the questions.



St. Louis Public School students participating in a spring internship take a moment to check vital signs on the high-fidelity mannequin at Goldfarb School of Nursing at Barnes-Jewish College. | Photo by Jennifer Irvin

Or the shadow experience may prompt unanticipated questions. BJC employees enjoy meeting students who are engaged with the shadow experience.

6. Every job shadowing experience is worthwhile. Some students use job shadowing to either rule in or rule out a career. Others may still be interested in the career shadowed, but want to see another type of experience. After a job shadow, reconnect with BJC School Outreach and Youth Development to be guided on suggested next steps.

Job shadowing can be a significant experience for a student. Encourage a high school junior or senior to make time to job shadow by contacting BJC School Outreach and Youth Development. Click on Schedule a Program on bjcschooloutreach.org or call the BJC School Program line, 314-286-0460.

Note: This article is part of a monthly series in celebration of the 25th anniversary of BJC School Outreach and Youth Development. ■



Be part of 'St. Louis' biggest office party'

BJC ■ Want to promote health and wellness in your work group, while also building camaraderie? Join the BJC HealthCare team in the "Biz Dash 5K" this September.

Produced by the St. Louis Sports Commission, the Biz Dash 5K is a brand new event that brings St. Louis businesses and their employees together to celebrate the community, build team camaraderie and promote a healthy, active lifestyle. The event takes place from 5-11 p.m. Sept. 15 at Ballpark Village in downtown St. Louis.

Steve Kiewiet, BJC vice president of supply chain operations, plans to participate in the event for two reasons. "I am passionate about healthy lifestyle

options," Kiewiet says. "I also believe that any opportunities BJC employees have to come together, have fun, build relationships and network drives employee engagement. The more things we find we can enjoy and participate in together as one BJC, the better we begin to work together to execute our mission."

The Biz Dash is St. Louis' version of the corporate run that has become popular in many cities across the country. While the main focus is the 5K (3.1 mi) run, the event also includes a post-race party where participants have a chance to enjoy themselves, mingle with other groups, and receive recognition for their contributions, race times and company T-shirt designs.

With live music, food, drinks and fun, it's billed as "St. Louis' Biggest Office Party."

"I think it would be great to have the largest participation from any organization in St. Louis," Kiewiet says. "There aren't many chances to run or walk a 5K on a Thursday evening and enjoy some entertainment at Ballpark Village afterwards."

The Biz Dash is all about inclusion, so all levels of runners and walkers are encouraged to participate. The Biz Dash 5K also benefits the St. Louis Sports Foundation, which focuses on promoting sportsmanship and creating positive environments for kids to play sports so they lead healthier, happier lives.

To join the BJC HealthCare team,



employees will pay a \$30 registration fee at <http://stlsports.org/special-event/2016-biz-dash-5k/registration-2/register-now/> (enter "Choose BJC" when asked for a code). For more information, visit <http://stlsports.org/special-event/2016-biz-dash-5k/>. ■