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

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Tips for a happy, healthy and fun Thanksgiving

by Esti Asher, MS, RDN, LD,
BJC School Outreach and Youth Development

BJC ■ Want to have a happy, healthy and fun Thanksgiving this year? Here are three tips to help you make it happen:

1. Involve your kids in the meal preparation and cooking process.

Including kids in the kitchen is beneficial in many ways. Benefits include:

- **Quality time** – Spending time in the kitchen with your child provides a unique opportunity for quality time. When preparing food, we often put our electronic devices aside, which fosters a positive environment for bonding. This is also an ideal time to talk about the importance of food choices and how they can affect one's body.
- **Math** – Following recipes and measuring out ingredients offer opportunities to practice simple math, such as counting out cups, or more complex math, such as converting fractions or changing units of measurement.
- **Creativity** – Involvement in the food preparation process often fosters creative thinking. Encourage your child to come up with different ways to incorporate various ingredients. Allow your child to take ownership of and execute his or her ideas. With safety as a priority, it's important to recognize what your child is capable of and the level of parental supervision necessary based on his or her age.

2. Create a contest. For example, who can assemble the most colorful plate? Thanksgiving is a time when people are often gathered among loved ones with an abundance of food. This is an excellent teaching opportunity to reinforce the fact that food is fuel for the body, and a variety of colors reflect a variety of nutrients found in those foods. A colorful plate helps with the visual appeal of food, and also assures that we're getting a variety of nutrients.

3. Get active. Role model behavior that encourages physical activity. Being physically active improves overall health and prevents many diseases. Incorporating physical activity is especially appropriate on Thanksgiving to



Esti Asher

OFF THE CUFF

"What are you thankful for?"



"I'm thankful that I have a loving wife, a supportive family, good friends and a great job."

– **Austin Bequette,**
Parkland Health
Center patient
care tech



"I'm thankful to live in a country where we have the freedom to worship God without fear of persecution. I'm also always thankful for family and good friends."

– **Eileen Cheatham,**
Alton Memorial Hospital parish nurse



"This Thanksgiving I'll be giving thanks for my amazing family, both at home and at work, my lifelong friends, my health and all the possibilities the future brings. I have been blessed with an amazing life and can only hope to help better others' lives as mine has been."

– **Crystal Mrnjavac,**
Christian Hospital imaging services manager



"This Thanksgiving, I'm above all thankful for the nights that turned into mornings, friends that turned into family, likes that turned into love, and dreams that turned into reality."

– **Afshin Salehi, MS, MD,**
Barnes-Jewish Hospital
neurosurgery resident



"I'm thankful for family, friends and celebration of life with my furry companions who teach me the basics of practicing mindfulness and taking time to enjoy the simple things."

– **Allison White,**
BJC Behavioral Health



"I'm thankful I get to spend Thanksgiving with my family."

– **Michael Breidenstein, RN,**
Boone Hospital
Center step down unit



"I'm thankful that I won the Health Hall of Fame, that I have a job and that I get up every morning."

– **Marsha Carter,**
Barnes-Jewish West
County Hospital food
and nutrition



"Family, friends and grandchildren."

– **Wesley Jackson,**
Memorial Hospital
physical therapy



"I'm thankful to have the best family, friends and work family a girl could ask for – I am truly blessed!"

– **Dawn Kohrt,**
Progress West
Hospital talent
acquisition coordinator



"I'm thankful for my relationships, both professionally and personally, that inspire me and ground me daily."

– **Carmel Hannah,**
MHA, Barnes-Jewish
Hospital Center for Diversity and
Cultural Competence research and
quality manager



"I'm thankful to live in a free country and for the freedoms myself, my children and my grandchildren enjoy."

– **Emily Lain, PCT,**
Boone Hospital
Center rehab unit

See more on BJCnet.

balance out all of the eating that takes place. Activities can be as simple as a walk or a game of catch or as complex as a scavenger hunt. Exercise is a healthy and productive way to use energy while spending quality time together, which will potentially create memories that last a lifetime.

Wishing you a happy, healthy and fun Thanksgiving!

To have a health educator from BJC School Outreach and Youth Development teach at your kids' school, or for more information about nutrition or physical activity education, call the program line, 314-286-0460 or visit bjcschooloutreach.org. ■

Patient safety culture survey to launch Dec. 5

'Speak up for Safety' across BJC

by Kim Kitson

BJC ■ The safety culture at BJC is the focus of an employee survey set to launch Dec. 5. The confidential, online "Speak up for Safety" survey will run through Dec. 18.

The survey, developed by the Agency for Healthcare Quality and Effectiveness, is used by hospitals and health care organizations across the U.S. BJC results will be benchmarked against other peer organizations across the country. To ensure confidentiality, BJC has partnered with an external vendor to conduct the survey according to strict policies to protect individual privacy.

"Ensuring the safety of our patients while they are under our care is obviously incredibly important," says Clay Dunagan, MD, BJC senior vice president and chief clinical



officer. "It is essential that we hear from employees who are closest to our everyday processes about steps we can take to make our patient care even better and to further reduce the risk of accidental injury.

"Every employee perspective is important in providing a complete picture of our safety culture, and we

encourage all employees to take a few minutes to share their feedback. Every voice in every role has something to contribute."

Employees at nearly every BJC organization will receive an email link to the confidential survey on Dec. 5. The survey takes about 20 minutes to complete. Employees who don't have a computer should contact their supervisor or department manager for instructions on how to participate. Due to the survey structure, BJC shared services and BJC Behavioral Health employees will not be participating. Memorial employees will be surveyed at a later date.

Some questions may not be applicable to those who don't provide direct patient care and can be skipped. An open comment feature at the end of the survey enables every employee to share feedback and ideas. ■

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