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

BJC TODAY

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The best gift of all



Precious little gifts, like Mason Lewis Evans, born at Parkland Health Center Dec. 13, will be going home in special wrapping from birth centers across BJC to celebrate the holiday season. | Photo by Ursula Warren

How to create – and keep – your New Year's resolutions

by Esti Asher, MS, RDN, LD

BJC ■ Do you make resolutions when preparing for the New Year?

Many times, we don't achieve the goals associated with these resolutions, and they roll over to the next year's list. Below are three tips to help you make and stick with your New Year's resolutions for a healthier, happier and more productive 2017.



Esti Asher

1. Make S.M.A.R.T. goals. When constructing your goals, aim to make them S.M.A.R.T. — specific, measurable, attainable, realistic and timely. Studies show that this technique is correlated with success.

2. Hold yourself accountable. Just like other appointments you have or tasks you undertake each day, write down your resolution-based tasks in your calendar. For example, if your resolution is related to living a healthier lifestyle, write down your workouts in your planner in advance. Consider a “workout buddy” or someone who will check in

with you weekly to ensure you're staying on track. This can help with accountability and increase success.

3. Focus on your “why” to fuel your motivation and success.

Simon Sinek, an author, speaker and consultant who writes on management, focuses on this concept. Think about why you chose your goals or resolutions. Use that “why” as your motivation.

Sinek explains that the why is a “purpose, cause or belief.” Examples of a “why” include:

- to be a positive example for loved ones
- to enjoy and keep-up with children and grandchildren
- to feel more energetic.

Using your “why” as motivation throughout your journey may be the secret to ultimate success.

Use these tips in good health as we embark on a successful and healthy 2017.

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. ■

Preparation is the key to success

by Michelle Koons, Missouri Baptist Sullivan Hospital mother baby unit assistant manager

MBSH ■ As with many life experiences, preparation is a key to successfully meeting the challenges of childbirth and child-rearing. Missouri Baptist Sullivan Hospital is actively helping expectant parents prepare for success. The MBSH mother baby unit has developed a group of classes to help each parent navigate the path to parenthood:

- **Early Pregnancy Class** – This class focuses on changes and concerns during the beginning of pregnancy. Topics often include choosing an obstetrician and pediatrician, healthy pregnancy diet, physical activity, emotional health, smoking or alcohol or drug use, discomforts of pregnancy, role of the labor support person, what to pack for the hospital, and other topics of interest.
- **Childbirth Class** – This class focuses on the labor and delivery process. Topics can include early labor signs, stages of labor, dilation and effacement, pain management during labor, procedures to expect, cesarean delivery, and immediate

postpartum changes. This class also includes a tour of the unit and hands-on look at monitors and equipment used during the birthing process.

- **Sibling Class** – This is offered to any sibling age 2 years or older. This class focuses on getting siblings prepared for the new baby and exposing them to items used to care for the new baby. Siblings get to practice holding, swaddling and diaper changing on dolls. Siblings take a tour and see a room like the one mom will be staying in when the new baby arrives. The class is aimed at making siblings feel included and more comfortable. At the end of the class, each sibling is awarded a Big Brother/Sister Certificate.

- **Infant Care Class** – This class focuses on care of the baby following delivery. Topics can include bathing, cord care, feeding, normal newborn characteristics and behaviors, immunizations, and growth and development.

These classes can start parents on the right path to having a prepared and educated experience during labor and delivery and afterward. For more information about the classes offered, call the MBSH mother baby unit, 573-468-1362. ■



Missouri Baptist Sullivan Hospital mother baby unit staff members include, from left, Alyssa Courtney, RN; Michelle Koons, assistant manager; Casey Montgomery, RN; and Emily Parker, PCT.

| Photo by David Hartwick

Healthy eating hacks – Rise and shine with breakfast

by Sherri Hoyt, RDN, LD, Missouri Baptist Medical Center

BJC ■ The hustle and bustle of the holiday season might have you skipping breakfast. But remind yourself to stay in the habit of eating breakfast — you need the energy from this morning meal now more than ever.



Sherri Hoyt

Entice yourself with a little morning creativity. If you're bored with your bowl of oatmeal or tired of toast and jam, step outside the (cereal) box for breakfast.

Switch it up with these creative combos that are easy-to-make and will keep you shining all morning long:

1. Spread rye toast with mashed avocado, sprinkle with dill, then top with diced tomatoes and red onion.
Hint: Look for packaged, already-mashed avocado in the produce aisle.
2. For breakfast to go, spoon vanilla Greek yogurt into a small jar, then layer cooked barley, quinoa or farro with mashed raspberries or blackberries, and dollop with jalapeno jam on top.
Hint: Use leftover cooked grains from last night's dinner.
3. Fill hard-boiled egg whites with red pepper hummus, sprinkle with thyme, sesame seeds and cumin, and add a slice of cucumber.
Hint: Combine thyme, sesame seeds and cumin in quantity; store in a recycled spice bottle with a shaker lid — it's a perfect go-to for topping grilled corn, fish, chicken or tomato soup.
4. Microwave a sweet potato, top with pineapple tidbits, and finish with slivered almonds and a sprinkle of cinnamon or coconut.
Hint: Use a single-serve pineapple cup for a quick pack-and-go meal.
5. Layer scrambled eggs, corn and chopped green onions onto corn tortillas, drizzle with green salsa and a bit of goat cheese, and fold taco-style. Ole!
Hint: Instead of corn tortillas, use whole-wheat pita pockets — perfect for on-the-run dining. ■