

Snips & Snaps



Bayou Tower: Patient Care Begins July 19!

- *Monitors that communicate with nurses' phones to alert them to changes in a patient's heart rhythm.*
- *Built-in blinds in doors and windows to support infection-control efforts.*
- *New patient-lifting systems in SICU and MICU rooms designed to help associates avoid back problems when moving patients.*

These are just some of the exciting innovations that come with the opening of the new Bayou Tower at SHHP. The new addition features 112 private rooms that include bathrooms with showers in every room, as well as pull-out sofas and chairs for a family member to stay overnight with the patient.

Associates and the public got a sneak peek at some of the floors in the new Bayou Tower June 26 - 28, and plans are to begin caring for patients in the new addition on **July 19.** (See page 2 for details about the move.)

Festivities during our three days of celebration included a party and tours for donors; an official dedication ceremony including a ribbon-cutting, speeches by leaders, a blessing by the Most Reverend Gregory Parkes, Bishop of the Pensacola-Tallahassee Diocese, and tours; free health screenings, facepainting, a bounce house for the kids and more.

Thanks to everyone who volunteered during these events, including staff who served as tour guides, health-fair volunteers, Mother Seton Guild volunteers who pitched in, and others who supported these events.

Please see page 5 for more photos from our three grand-opening events.



Bishop Parkes blesses the ground floor of Bayou Tower, which includes the new Admissions Department and the renovated Pediatric ER. The Bishop was assisted by the Rev. Tom Koyickal (L) and the Rev. George Thekku (not pictured), who helped bless the upper floors.



With the assistance of "patient" Bayou Belle, Marty Robbins shares information about one of the new private rooms.

Take a Video Tour of Bayou Tower

If you were unable to tour the new Bayou Tower, you can see video highlights of the dedication ceremony and tours online. The 3-1/2-minute video features comments from some of Sacred Heart's senior leaders and several patient-care managers on the impact that the new facilities and technology will have on patient care. To see the video from a Sacred Heart computer, click on <http://www.shhint.net/bayoutower/video/>.

If you are outside the hospital network, you also can see the video on YouTube at <http://youtu.be/BdA7SjbTJVI>.



More Details About Moving Into Bayou Tower

A multi-disciplinary team of Sacred Heart associates has spent several months working out a detailed plan for moving patients from the existing hospital into the new Bayou Tower on July 19.

The transition has been carefully planned to ensure patient safety and comfort. A Command Center will be activated at 5 a.m. on Move Day to provide overall direction and to provide a “one-stop” location to report all issues arising during the move. Six transport teams will move two patients at a time. Units will move patients in coordination with the Command Center and Patient Receiving Teams in the Bayou Tower. The plan is for each nurse’s assigned patients to move in sequence so that nurses can quickly resume care of their patients once the transfer is made.

The new tower has five new floors and 112 private rooms that were added on top of the three-floor Heart & Vascular Institute. Once the move is complete, the hospital will proceed with converting semi-private rooms in the Main Tower/Main Hospital to private rooms.

The planning team is led by **Amy Wilson**, SHHP CNO, and **Mike Matroni**, Emergency Preparedness and Security Manager. The committee included leaders from Nursing, Information Systems, Pharmacy, Facilities, Environmental Services, Food Services, telecommunications, Material Services, Bed Placement, Admission and Registration, Education and Marketing.

Shuttle Service to South Side of SHHP Returns on Monday, July 21

Effective **Monday, July 21**, the associate shuttle will begin service to the south side of the SHHP campus. The south-side pick-up and drop-off location will be the Bayou Tower entrance. The Shuttle will pick up in Lots B, C and D (North Parking Lots) and make a stop at the Women’s & Children’s entrance, and then proceed on to the Bayou Tower entrance.

We will also be getting a new shuttle bus to replace one of our aging vehicles. Once received, it will be painted with the Sacred Heart logos and then put into service.

Associates are also reminded of the parking change in the Brent Lane Garage that became effective on July 1. The 4th level of the Brent Lane Garage will no longer be authorized for open parking from 7 a.m. to 7 p.m. weekdays. Parking on the 4th level of the Brent Lane Garage will revert back to pre-construction restrictions. During the hours of 7 a.m. to 7 p.m. (Monday through Friday) parking will be restricted to Visitors, Properties Tenants in the Payne and DePaul Buildings, associates with 20+ years of service who possess a tenured-parking decal, and Mid-Level physician staff. Night (7 p.m. to 7 a.m.) and Weekend parking are authorized on the 4th level of the Brent Lane Garage to all associates.

Reminder: There is no associate, tenant, or vendor/contractor parking in the surface lot between the Payne and DePaul buildings at any time. These parking spaces are reserved for patients going to the physician offices in those buildings.

Parking information and maps can be found on the intranet under “Parking Plan.”

Values Action

Associates to be Recognized on July 14 for Putting Values into Action

SHHP’s next “Values in Action” celebration will be held **Monday, July 14**, at 2:30 p.m. in the Greenhut Auditorium.

Please join us and hear the great stories about associates who go above and beyond to carry out our ministry of care.

Our Core Values

Service of the Poor
Reverence
Integrity
Wisdom
Creativity
Dedication

SHHP Introduces New Lung-Imaging Technology

Sacred Heart is the first hospital in the Pensacola area to offer a new procedure called Electromagnetic Navigation Bronchoscopy. The new technology provides a minimally invasive way to locate, biopsy and plan treatment for hard-to-reach lesions in the lung.

The new tool advances our Cancer Center’s efforts to detect lung cancer at an early stage when it is most treatable. Please watch “Snips & Snaps” for more information.

SHMG-Milestone Update

Construction to repair damages from April flooding at the SHMG-Milestone office are expected to be completed on July 18.

Jerry Smith Promoted to SHHP Director of Pharmacy Services

Jerry Smith, PharmD, has been promoted to Director of Inpatient Pharmacy Services at SHHP. Since February 2010, Jerry has been serving a second “tour of duty” as SHHEC’s Pharmacy Manager. During that time, he was instrumental in helping open SHHG in Port St. Joe.



Jerry Smith, PharmD

Jerry’s career weaves together a pharmacy background with expertise in information-systems technology. From September 2007 to February 2010, he served as Ascension Health Information System’s Pharmacy Informaticist for SHHS, a new role that called for him to manage the system’s pharmacy information system and Horizon Meds Manager. He also served as Pharmacy Specialist on other information systems, such as Pyxis, Horizon Expert Documentation, IBEX and others.

Prior to that position, Jerry was employed for four years as SHHEC’s Pharmacy Manager (2003-07). During that time, he helped open the new 50-bed facility in Miramar Beach on Jan. 27, 2003.

His work experience covers a variety of settings, including retail-pharmacy services, clinical-pharmacy departments and an outpatient community-health environment. Early in his work life, he was employed as a Clinical Pharmacy Specialist with the North Florida/South Georgia Veterans Health System, followed by two years as Director of Pharmacy with Healthmark Regional Medical Center in DeFuniak Springs. He also has been employed as a pharmacy software consultant.

Jerry completed a Clinical Pharmacy Fellowship in Family Medicine in 1998 at the University of Florida’s Colleges of Medicine and Pharmacy. During his fellowship, he helped launch an Asthma Clinic. He graduated Magna Cum Laude with a Doctor of Pharmacy degree from Auburn University in 1996. After completing two years of undergraduate studies at the University of Alabama in Tuscaloosa, Jerry earned his bachelor’s of science degree in Pharmacy from Auburn in 1994.

Jerry has a 10-year-old daughter. Originally from Muscle Shoals, Ala., he says he “grew up fishing and knee-boarding on the Tennessee River.” In his spare time, he enjoys fishing, scuba diving, boating on his boat named “No Reef Ills,” and traveling to diving destinations in the Bahamas. “In my younger years, I was certified as a divemaster,” he says. “I also love Auburn sporting events, especially football. War Eagle!”

Jerry can be reached at 850-416-7712.

Sacred Heart Aims for “Baby-Friendly” Designation

by Hannah Torchia
Marketing & Public Relations Intern

Sacred Heart in Pensacola is one of 89 hospitals selected to be part of Best Fed Beginnings. To help promote breastfeeding, the hospital has received a grant of more than \$10,000 to cover all of the education requirements (20 hours) for all RNs who work with mothers and new babies.

This grant is part of the Baby Friendly Hospital Initiative (BFHI), which is designed to help improve maternity care and increase the number of “baby-friendly” hospitals across the United States. An increase in the number of “baby-friendly” hospitals will lead to a likely increase in the success rate of mothers who want to breastfeed. Breastfeeding is so important because it is a highly effective preventive measure mothers can take for the health of their babies and themselves.

Approximately one year ago, Sacred Heart implemented a policy eliminating the distribution of commercially-sponsored discharge bags with formula samples to new mothers in its maternity unit. Sacred Heart has recently replaced this most common form of formula marketing with its own breastfeeding discharge bags. Sacred Heart is encouraging breastfeeding and eliminating the use of commercial-formula bags.

This is in line with recommendations by the American Academy of Pediatrics that women should breastfeed exclusively for six months because of the numerous health and economic benefits for both babies and mothers. Region A Hospitals, which include Sacred Heart, have increased aggregate exclusive breastfeeding rates from 38 percent to 61 percent. Region A Hospitals have a greater increase in breastfeeding rates that do hospitals in Regions B and C. Region A Hospitals have also seen a decreased aggregate rate of breastfeeding infants receiving formula supplementation -- from 58 percent to 34 percent.

Research shows that breastfeeding shields infants from infections, and later, higher risks of obesity, asthma, diabetes and Sudden Infant Death Syndrome (SIDS). Mothers benefit from a reduced risk of Type 2 diabetes, breast cancer, obesity, ovarian cancer, post-partum depression and bladder infections.

The recommendation against formula-bag distribution also is supported by Public Citizen, the Centers for Disease Control and Prevention and the World Health Organization, as well as the American Academy of Pediatrics.

Sacred Heart will be the only BFHI-designated hospital in the Northwest Florida/South Alabama area.

Important Notice for Associates Hired Before Jan. 1, 2014

Shannon Higgins, SHHS Human Resource Director, recently shared the following information via e-mail:

• **Annual Self-Review Process:** Annual Self-Reviews are now ready for your completion in Performance GPS (this is the first step in the process for your annual performance review). Associates will need to complete their self-review no later than July 31, 2014. On Aug. 1, all self-review forms will be sent to the applicable leaders so they can begin their portion of reviewing your performance for the FY14 fiscal year. Keep in mind, if you were hired after January 1st, 2014, you will not be participating in the performance assessment cycle this fiscal year (July 2013 -June 2014).

• **Associate Goals:** Due to system functionality, associate goals were removed as part of your overall performance assessment and will not be measured during the FY14 review period. However, your leaders will review your contributions to the overall goals for your department when they meet with you to conduct your annual performance review. If you are in a leadership role (have direct reports in the PeopleSoft system), your goals remain in the Performance GPS system and you will be rated accordingly on your goals.

• **Education Requirement:** Both leaders and associates will be asked to confirm the completion of their annual education during the self-review and performance assessment process. Since the performance assessment is focused on the FY14 fiscal year (July 2013-June 2014), associates and leaders should reference education completion for the same period (September 30, 2013).

• **Your Annual Performance Review:** Your leader will be scheduling some time to meet with you to conduct your performance review sometime between Aug 1. and Oct. 24.

• **Access to instructions and training:** To ensure that each associate is supported in their efforts to complete this requirement, you will have access to instructions regarding your login and password, step-by-step directions, and a short tutorial on how to do your self review, as well as a video demonstration of the new look you will see when you access Performance GPS. To access these guides, click on the Performance GPS icon (pictured at left) that is on the SHHS intranet page.



To access the Performance GPS Resource page, please go to <http://www.shhint.net/dept/hr/jobs/>
Questions? Please contact one of the following:

- Rick Choate, 850-416-6049
- Steve Morse, 850-416-2262
- Shannon Higgins, 850-416-7522
- Lisa Masterson, 850-416-4491

Physicians Honored with Teaching Awards



Dr. Felix Ermolenko (third from left) is recognized with the Outstanding Faculty for 2013-14 Award during the Internal Medicine graduation ceremony in June.



During the OB/GYN Residency Program graduation ceremony, Dr. Julie DeCesare (R) recognizes Dr. Joseph Peterson with the CREOG National Faculty Award.

(Not pictured: Dr. John Grammer was recognized with the Part-Time Clinical Faculty Award.)



Dr. Sarah Waite (L) presents Dr. Amy Lee with the Golden Apple Outstanding Teacher Award from the Pediatric Residents.

More Physicians Recognized by Graduating Residents



Dr. Ryan Hahn (L) and Dr. Rex Northup (R) were among the critical-care specialists who were recognized by the graduating pediatric residents for sharing their expertise and providing support.



Dr. James Burns was honored for his assistance with research activities and for being a great mentor to the graduating residents.



Sacred Heart Foundation Has Moved to a New Home

On July 9, Sacred Heart Foundation staff relocated to the Trinity Building, which is located on Ninth Avenue (across from Marble Slab Creamery). The Foundation is settling into its new home this week, and staff expect to be fully operational by **Monday, July 14**. All phone numbers for all of the staff will remain the same. If you have any questions, please call the Foundation's main number at **850-416-4660**.

Reminder

Pensacola staff: If your BLS, ACLS or PALS card is due to expire in June or July and you missed the scheduled marathon days, other check-off dates are **today, July 11**, and **Thursday, July 24** (both from 8:30 a.m. to 1 p.m. Associates will be required to pay for their slot since these are private check-off times.

If you would like to complete your card before it expires, please contact the Education Department at **416-7268** to schedule your time. **Please remember to complete the online HeartCode course first**, and bring your certificate of completion with you to your appointment.

Weekly Rate for Summer Camp Do You Live in the Pine Forest or Beulah Area?

If you live in the Pine Forest/Beulah area and are looking for a summer day camp for your children, here's a great opportunity. A YMCA summer day camp is being conducted at Sacred Heart's Miracle Camp in Beulah.

The YMCA of Northwest Florida is renting Miracle Camp this summer. The camp continues through Aug. 8, and reservations are taken on a weekly basis. Cost is \$140 per week.



Sacred Heart remains committed to pediatric therapy camps and Camp Bluebird, a camp for adult cancer survivors, but has developed a unique partnership with Navy Federal Credit Union to help gain revenue to sustain our Miracle Camp ministry.

Currently, the majority of the 60 children attending have parents working at Navy Federal Credit Union, but the camp is open to any child. Associates living in the Pine Forest or Beulah communities who need an enriching summer childcare experience may find the Miracle Camp location highly desirable.

For more information, please call the Northeast Branch of the YMCA at **478-1222**.

Snapshots from our Bayou Tower Grand-Opening Festivities



Associates display their "Things Are Looking Up!" T-shirts given away during the associate tours on Friday, June 27.



ABOVE: Eric Nickelsen, past SHHS Board Chair and current Board Member, gets a big surprise when Susan Davis, SHHS President/CEO, unveils a sign naming the renovated Pediatric ER the "Eric J. Nickelsen Center for Children's Emergency Services."

Please see the next issue of "Snips & Snaps" for more about this recognition of Eric's long-time service to Sacred Heart.



Dr. Tarek Eldawy and Dr. Stephanie Duggan at the donor event June 26.



ABOVE: One of our Security Guards assisting during the tours and just a few of our many expert tour guides.

LEFT: Many took advantage of health screenings during Saturday's free Community Health Fair.

BELOW: Getting to Saturday's public festivities was easy, thanks to pedicabs like this one.



ABOVE: Simone Blair Lee (L) and Chelsea Masterson-Sukal provide tour-goers with information about one of the new private cardiac rooms.



LEFT: The facepainting station and the bounce house in background) were popular stops for the kids on Saturday.

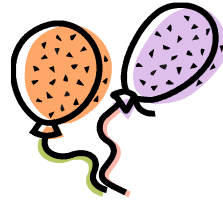


ABOVE: Mike Travis of the SHHP Clinical Lab gets a blood sample from one of the visiting celebrities – Kazoo, the Pensacola Blue Wahoos' team mascot.

✚ Sacred Heart Health System



Henry Stovall, SHHP President, with Julia Leroy (L) and Marla Peak at the party for donors, the first of the three celebrations.



*More
Snapshots
from our
Grand
Opening
Festivities*



Susan Davis (L), SHHS President/CEO, with Henry and Jane Roberts. A past President of Sacred Heart Foundation, Henry is now enjoying retirement, but returned to attend the donor party see the new facility.



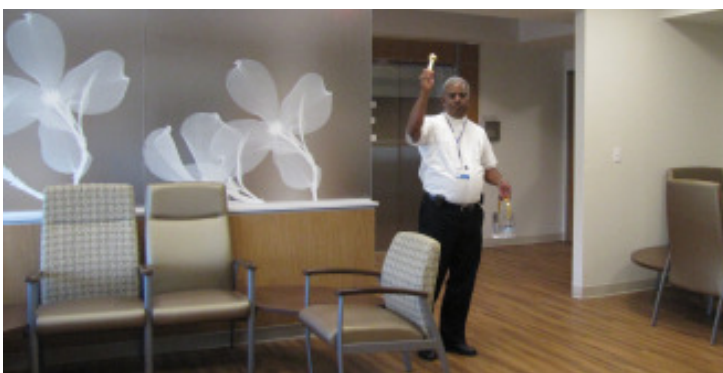
The Joint Replacement Center gym has a great view from the 8th floor. The gym is almost three times larger than the old gym and has the capacity to house more therapy equipment, including a car simulator for teaching safe transfers.



Built-in kitchen and bath areas will help joint-replacement patients learn to safely navigate their way in those areas before they return home to recover.



During the dedication ceremony, Dr. E. Jean Dabezies expresses his appreciation for the new Joint Replacement Center and explains how it will benefit patients.



Father Tom casts holy water throughout one of the waiting areas.



An associate shares information about one of the patient rooms.

More Photos from the Bayou Tower Grand Opening Health Fair



Sharing information about the Haven of Our Lady of Peace during the health fair are (standing, L-R) Stephanie DeVries, Martin Eads and Gayle Meade.



More than 500 people attended the health fair! Among those assisting with screenings during the event are (seated, L-R) Mike Travis and Tes Tubban, and (standing, L-R) Jesse Meadows and Ryan Fitzsimmons.



The Cox Cable mascot gets a big hug from Julia Leroy!



Kids got new looks for the day, thanks to the facepainting booth.



Chuck Reynolds, ED Director, pitches in during the event.

Thanks to all of our tour guides and volunteers for making this a successful grand-opening event!

Mystery Solved!

During the past two years, several associates have wondered, "What happened to the beam we signed?" The beam that leaders and staff signed two years ago during the groundbreaking event for the new addition is now permanently on display on the fourth floor of Bayou Tower.





Sacred Heart Guild Supports Hospital Initiatives with \$63,769 Donation!

The Volunteer Guild at SHHEC recently presented a \$63,769 donation to the hospital in support of a variety of patient-care initiatives. Each year, the Volunteer Guild invites hospital department managers to apply for one of the Volunteer Guild's special capital sponsorships to enhance patient care, resulting in new equipment, software upgrades and customer service projects.

"Sacred Heart Hospital on the Emerald Coast Guild is honored to provide funding for critically needed equipment each year from the proceeds of the two gift shops at the hospital and the Guild's annual Emerald Coast Duck Regatta," says **Kathy Hamilton**, Guild Board President. "The capital projects selected represent a tangible effort to directly enhance patient care throughout the hospital."

The Guild has funded more than \$340,000 in capital projects for the hospital since 2004. Funds donated this year provided for a new fetal monitor for the Family Birth Place, a reagent- and control-storage refrigerator for the laboratory, a nurse-link system for the medication distribution system on the inpatient floor, a disinfection unit for the women's diagnostic center, and a strength-building unit and computer software system for Sacred Heart Rehabilitation.



The SHHEC Guild presents a check in the amount of \$63,769 to Roger Hall, SHHEC President (center, behind check). Since 2004, the Guild has raised more than \$340,000 for EC projects!

"Our volunteers have a tremendous impact on the care and hospitality provided every day at Sacred Heart Hospital on the Emerald Coast," says **Roger Hall**, SHHEC President. "They selflessly give of their time and talents, and often serve as advocates for advancements in the patient-care experience. We certainly would not be the same hospital without our dedicated volunteers!"

Approximately 250 community members and winter guests volunteer at SHHEC every year, providing more than 30,000 hours of service collectively and adding a personal touch to everyone who enters the hospital. The rewards of volunteering are as individual as each volunteer, and all volunteers enjoy meal vouchers, free flu vaccines and an open invitation to participate in Sacred Heart's special events.

SHHEC Town Halls!

Please join **Roger Hall**, SHHEC President, for one of our upcoming SHHEC Town Halls and receive an update on hospital and Health System news:

- **Monday, July 21**
7:30 a.m.
- **Tuesday, July 22**
10 a.m. and 2 p.m.



All sessions will be held in the Suite 3 Conference Room.

For more information about the Volunteer Guild, or if you'd like to serve as a volunteer at SHHEC, please contact Sharon Abele, Volunteer Services Manager, at 850-278-3081 or sabele@shhpens.org

Sacred Heart Hospital *on the*
Emerald Coast

RTs Reach Out to Homeless Animals

The SHHEC Respiratory Therapy department joined Kane Korn's effort to raise donations for Alaqua Animal Refuge. The department raised \$220, as well as much-needed food and supplies. Alaqua is a no-kill facility founded by Laurie Hood in Freeport. It is a safe haven for cats, dogs, horses, emus, pigs and other animals that are homeless and in need. For more information on Alaqua, please visit www.alaquaanimalrefuge.org.



Walk Your Way to a Healthy Heart!

The 2014 Okaloosa Walton Heart Walk will be held **Saturday, Sept. 27** – rain or shine – at the Northwest Florida State College in Niceville. This event is a non-competitive, 3-mile walk/run along with a 1-mile “Red Cap” route available. Donation turn-in and team photo will begin at 8 a.m. Stage presentations will be held at 8:30 a.m., followed by the walk.

Please see all the details on the flyer on the next page.



Save the date for this year's 4th Annual Emerald Coast Duck Regatta benefiting SHHEC! The date is **Saturday, Oct. 11**. Ducks will race across the Lagoon at the Village of Baytowne Wharf at Sandestin Golf and Beach Resort.

Triathlon Volunteers Needed!



Volunteers are being sought for the 28th Annual Sandestin Triathlon! Approximately 180 volunteers are needed to help with registration on **Friday, Aug. 22**, and with various race-day tasks on **Saturday, Aug. 23**. Part of the proceeds will benefit SHHEC.

See flyer for volunteer details on next-to-last page in this issue. Volunteers will receive an event t-shirt and may earn CNPP and/or community-service credit. For a volunteer registration form, contact Joy Holley at joy.holley@shhpens.org.

Welcome New Associates!



New associates at SHHEC and SHHG include (first row, L-R) Hadley Fenn, RN, EC-Extern; Connie Still, SHHG Medical Technologist; Teresa Certalich, RN, SHHG Med/Surg; Lacey Lowery, SHHG HUC/Tech; Kit Little, SHMG Office Nurse; (second row, L-R) Megan Fox, RN, SHHEC Nursing Student; Kena Eifert, SHHEC RN Float; Betsy Chancey, SHHEC Radiologic Tech; Amanda Dick, RN, SHHEC ICU; Jason Scheler, SHHEC, Associate Chaplain; Karen Journey, RN, SHHEC Wound Care; (third row, L-R) Jacob Thompson, SHHEC Training Instructor; Chandra Pfrimmer, SHHEC Social Worker; Bill Day, RN, SHHEC Wound Care; Tony Fretts, SHHEC, Anesthesia Tech; and Loyd Shaffer, SHHEC Paramedic;



Walk for Healthy Hearts! Join the SHHEC "Pacesetters" Team



American Heart Association

Heart Walk.

My Heart. My Life.

- WHAT** 2014 Okaloosa Walton Heart Walk
Non-Competitive 3-Mile Walk/Run
(1-Mile Red Cap Route Available)
- WHEN** Saturday, September 27, 2014 RAIN OR SHINE
- WHERE** Northwest Florida State College—Niceville, FL
- TIME** 8:00 am—Donation Turn In & Team Photos
8:30 am—Stage Presentation followed by Walk
- WHY** Encourage people to take steps toward a heart healthy lifestyle while raising funds to fight heart disease & stroke in our community!

Please join our 2014 Chair, Mitch Mongell, CEO at Fort Walton Beach Medical Center, and all of the companies and volunteers that support the mission of the American Heart Association to build healthier lives, free of cardiovascular diseases and stroke.

PLEASE REGISTER AT:

OWHeartWalk.org

For additional information, please contact the Heart Walk Team at:

PHONE (800) 257-6941 x 6086

EMAIL gsaOkaloosa@heart.org

SHARE YOUR STORY!

Did you know that you can help save lives simply by sharing your experience with others? The American Heart Association needs your help to inspire our community through your SURVIVOR and LIFESTYLE CHANGE testimonials. If you are interested in sharing your experience of why you walk with the American Heart Association, please email us at gsaOkaloosa@heart.org. Your hurdles, recovery and behavior change can truly impact the Heart Walk and heighten awareness.

Nationally Sponsored by:



Special thanks to our Media Sponsor:



Locally Sponsored by:



CHELCO
ERA American Realty of Northwest Florida, Inc.
Gulf Power
North Okaloosa Medical Center
Payroll Management, Inc.
White-Wilson Medical Center

July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO Core Class Normal Cardio Hours	2 Normal Cardio Hours	3 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	4 Independence Day NO CLASSES
7 Normal Cardio Hours	8 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	9 Normal Cardio Hours	10 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	11 Normal Cardio Hours
14 Normal Cardio Hours	15 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	16 Normal Cardio Hours	17 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	18 Normal Cardio Hours
21 Normal Cardio Hours	22 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	23 Normal Cardio Hours	24 Core Class 4:30-5:30 *time change Suite 3 Normal Cardio Hours	25 Normal Cardio Hours
28 Normal Cardio Hours	29 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	30 Normal Cardio Hours	31 Core Class 4:00-5:00 Suite 3 Normal Cardio Hours	



All Classes FREE to associates!

Cardio Rehab Hours

M-Fri
5:00-6:45 a.m.
&
5:15-8:00 p.m.

STUDIO FIT CAMPS

M,W,F – 5:00 & 7:00 am &
12:30 pm
M,W – 5:30 pm
T,Thur – 5:00 & 6:00 am,
11:30 am & 5:00 pm

** These classes are offered at the Blueprint studio located in Destin in the Paradise Key shopping center next to Publix.

For more info call the studio at 460-2588 at ask about Sacred Heart Wellness programs

Education Scholarships & Reimbursement Programs

AVAILABLE THROUGH THE SHHEC VOLUNTEER GUILD



College Tuition Reimbursement

New Program – Begins Friday, July 11th

Tuition reimbursement for classes offered through an accredited institution of higher learning, as part of an undergraduate or graduate degree program. Up to \$1,000 reimbursed annually with no lifetime maximum.

College Scholarships

Scholarships for students pursuing a degree in the healthcare field at Northwest Florida State College or Gulf Coast State College.

Certification Reimbursement

Up to \$300 reimbursed annually towards the testing fee for the successful passing of a professional job-related certification. No lifetime maximum.

For Applications & Complete Program Details, Visit:
sacredheartemerald.org/volunteer

Reimbursement applications will be accepted and funded based on employment criteria, the number and order of applications received, and the availability of Guild funding.



SHHP: Sign Up by July 25 to "Adopt" a Student You Can Help a Child Get a Good Start on the New School Year

Once again, the SHH Pensacola Caring for Others Committee is hosting the "School Kits 4 Kidz" Back-to-School Supply Drive to help deserving children of our fellow associates start the school year with the tools they need to succeed. The committee is sponsored by the SHHP Mission Council.

The goal is to reach as many children as possible by making sponsorship affordable. Our drive will be for generic, age-appropriate basic supplies only.

You can make a difference by becoming a sponsor! If you or your department would like to be a sponsor, please print the attached sponsorship form and return to **Laura Cole** in Volunteer Service. "Thank you for giving from your heart to help our little ones!" says Laura.

Deadline to sponsor a child is Friday, July 25, 2014.

Does Your Child Need Assistance?

Associates requesting assistance should complete the assistance request form and submit to their manager/director for approval. Only SHHS associates and Sacred Heart-based TouchPoint associates will be eligible to receive assistance.

Deadline to request assistance for a child is Friday, July 16, 2014.

If you are requesting assistance for a child, please keep in mind the following guidelines:

- Associates must have a financial need and be in good standing with HR to apply for assistance.
- Children must be living in the home and financially provided for by the associate.
- If an associate falsifies information, they will be disqualified and will not be eligible to receive assistance.

Forms are in circulation and can be found in the online version of "Snips & Snaps" on the intranet.



Please see the next issue of "Snips & Snaps" for an update on SHHG news.



Volunteers Needed! We Need YOU at Camp Bluebird!

Volunteers are still needed for Camp Bluebird, our camp for adult cancer survivors at Miracle Camp. This camp is always a fun experience -- filled with laughter, hugs and great times.

If you are interested in volunteering for our Spring camp scheduled for **Oct. 22 - 24**, please call **Pat Brown** at **850-416-7176** or e-mail her at pbrown@shhpens.org.

Our theme this time is "Carnival Camp." Lots of fun is planned, and those who volunteer will receive a custom-designed T-shirt.

Nurses: This is a great opportunity to earn CNPP points.

Volunteer hours are:

- Tuesday (set up) from about 9 a.m. until finished.
- The Camp scheduled is: Wednesday & Thursday: 7:30 a.m. until approximately 8 p.m.
- Friday: 7:30 a.m. until approximately 2:30 p.m.

For more information about Camp Bluebird, visit our Web site, www.campbluebirdfl.com.

If you know any cancer survivors, please make sure they know about Camp Bluebird. This is a huge support component of our Cancer Services. Brochures are available in Marketing. Call Linda, ext. 1154.

Caring for Others Committee - SHH Pensacola
Sponsorship Form



School Kits 4 Kidz

Once again, the Caring for Others Committee is pleased to host a Back to School Supply Drive to help the deserving children of our fellow associates start the school year with the tools they need to succeed. Your generosity will make it possible to turn no eligible child away.

Drop off and distribution will take place on Friday, August 8, 2014. We hope to reach as many children as possible by making sponsorship affordable. Our drive will be generic, age appropriate basic supplies only.

You can make a difference by becoming a sponsor

Please indicate the number of children you would like to sponsor.

one child two children three children four children

Please choose one:

I would like to be a sponsor by purchasing items to fill a School Kidz Kit

Name _____

Email _____ Phone _____

We would like to be a sponsor by purchasing items to fill a School Kidz Kit

Department Name _____

Contact Name _____

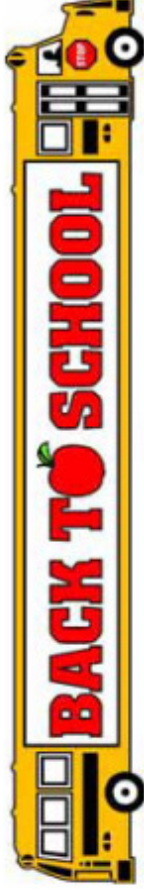
Email _____ Phone _____



Return completed forms by **July 25, 2014** to:
Caring for Others Committee
Attn: Laura Cole, Volunteer Services
or fax to 416-7514

**DEADLINE: Friday
July 18, 2014**

**LATE FORMS WILL NOT
BE ACCEPTED**



**SHH Pensacola School Supply Assistance
Sponsored by Caring for Others Committee
ASSISTANCE REQUEST FORM**

**PICK-UP: Friday
August 8, 2014
1-3 pm in the
Women/Children
Classroom C&D**

Applicant Name: _____ Badge # _____ Department _____
Home Address: _____ City _____ State _____ Zip _____

PLEASE NOTE - If you falsify information on this request, you will be disqualified and you will NOT be eligible to receive assistance.

The following are the qualifications to be approved for the Caring for Others School Supply Drive:

1. School Supply Assistance is for SHHS and Touchpoint Associates based at SHH only - you must have a SHHS or Touchpoint ID badge to apply.
2. The children you are requesting assistance for must be living in your home and financially provided for by you.
3. Kindergarten through high school aged children are eligible for basic school supplies.
4. You must be in good standing with Human Resources (free of disciplines for the past 12 months).

First Name	Last Name	Age	School (Please circle)	Gender (Please circle)
1			Elementary Middle High	Male / Female
2			Elementary Middle High	Male / Female
3			Elementary Middle High	Male / Female
4			Elementary Middle High	Male / Female
5			Elementary Middle High	Male / Female

By submitting this application, I certify that the children listed above are my dependents and that I have a financial need for assistance from my fellow associates. Applicants must route this form to their Department Director or Manager for approval and signature.

Manager's Name (Printed) _____

Applicant Signature: _____ Manager's Signature _____

**RETURN FORMS TO: Caring for Others Committee, Attn: Laura Cole
VIA FACSIMILE: 416-7514 or via interoffice mail to Volunteer Services Office**

SHH PENSACOLA - School Supply Assistance Request Form

Sacred Heart Cafe Re-Opens With New Look



During the Grand Re-opening celebration of the Sacred Heart Cafe on June 25 at SHHP, **Henry Stovall**, SHHP President, praised the TouchPoint team for completing the renovation in a tight, 19-day timeframe. **Father George Thekku** provided the blessing, and Henry cut the purple ribbon to officially re-open the cafe.

In addition to the beautiful high-end finishes in the cafe, changes include a more streamlined salad bar and beverage station. These changes create better traffic flow in that area. The cafe also features new servingware, which provides a more home-like atmosphere in the cafe. New servingware includes homestyle iron skillets, casserole dishes and bowls.

Take a break, drop by and enjoy a new dining experience in the Sacred Heart Cafe!

During the Grand Re-opening of the Sacred Heart Cafe on June 25, Jenny Medley, Chaplain, is one of the first associates to try out the new serving line.



LEFT: A nice convenience: You can now purchase fresh produce from the Farmer's Market inside the Sacred Heart Cafe at SHHP!!



Susan Davis, SHHS President/CEO, was among those eager to see the unveiling of the new cafe. She is with Chef Alvin Furtner (L) and Chef Jonathon Finley.



LEFT: John Bruton, TouchPoint Patient Services Manager, created this fun directional sign and built and painted the colorful tables at the cashier stations.



RIGHT: Cashier stations also feature the cafe's overall new look.

Notes of Appreciation

• The following note recognizing SHMG's Urgent Care Center arrived via the SHHS Web site and comes from Lauren Lewis, JD, an attorney in Pensacola:

"I was recently a patient (twice) at the Sacred Heart Urgent Care Center located on Pensacola Boulevard. I would like to recognize nurse **Kathy Brockett** for excellent and exceptional patient care. She went above and beyond to ensure that I had a positive experience at the center, and she deserves recognition for doing such. Unfortunately, I cannot recall the name of the physician who treated me, but he was excellent, professional, and personable, as well."

• **Observation (Extended Care) staff** at SHHP recently received the following note of thanks from a patient:

"The Observation staff rocks! Thank you to everyone for treating me like a V.I.P. during my recent stay. I know I received the very best care from an awesome group of medical staff. I also appreciate your kindness to my family and visitors. I love you guys!"



Campers enjoy using these items to dress up for their "glamour shot" photos. If you would like to donate any items, please contact **Ginger Nowling**, 850-416-6773.

• The Camp Bluebird Committee gives a big "THANK YOU!" to **Terry Maucher** of Health Information Management. She donated a box full of dress-up items and accessories for the "Look Good/Feel Good" sessions at Camp Bluebird, our camp for adult cancer survivors.

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Sharps Reminder



Sharps Container

Sharps should be disposed of in the metal Sharps containers.

DO NOT put sharps in red bags.

Only medical sharps are to be placed in Sharps containers. These containers are routinely changed out by a Stericycle employee.

Only dispose of sharps such as needles, ampules, suture scissors, syringes etc. in the Sharps containers. Drinks, bandages and blood filled IV tubing do not go in the sharps containers.



Sacred Heart Subway Day is Wednesday, July 16

On **Wednesday, July 16**, don't forget to stop in at the Subway location at SHHP for breakfast, lunch or dinner. When you do, Subway will make a donation to support Cancer Services for people in need and to Children's Hospital at Sacred Heart.

Need a Last-Minute Gift or Card?

If you're in need of a last-minute gift or card, drop in at the SHHP Gift Shop in the main lobby. The inventory is always being updated with new items. All proceeds support The Children's Hospital at Sacred Heart. Thank you for your support!

Blood Drive Reminder



A Blood Drive will be held on **Friday, July 18**, from 10 a.m. to 3 p.m. on the SHHP campus. The OneBlood bus will be parked between Nemours and The Children's Hospital.

Now that we are in hurricane season, it's important that our community maintains a good supply of blood. Please take a few minutes out to help save lives!



Congratulations to Our WordSearch Challenge Winners

The following associates won bags of SHHS logo items as winners of the World Blood Donor Day WordSearch Challenge. (Sheets were due June 30.)

Your prize will be dropped off to you or sent via interoffice mail:

- **Jessica Flowers**, SHHG, Patient Access
- **Christy Beitel**, SHHEC, Family Birth Place
- **Tori Love**, LPN, Haven
- **Naomi Forrester**, SHMG-OB/GYN in Pace
- **Anita Joseph**, SHHP, HIM

A Report from Miracle Camp

Kids with Arthritis Enjoy a Great Summer Camp Experience

by Monica Flores

Marketing & Public Relations Intern

Despite the initial rain, the campers arrived at Kids Arthritis Camp with sunshine in their faces and ready to enjoy all that this year's camp had to offer. This year's superhero-themed camp, located at Sacred Heart's Miracle Camp in Beulah, hosted a group of kids ready to enjoy themselves and have that quintessential summer-camp fun.



One of our arthritis camp superheroes.

Launched in 2006, Kids Arthritis Camp is for children ages 6 to 12 with arthritis and other rheumatic diseases, such as lupus, scleroderma and sarcoidosis. I joined in for the first day of this year's camp and was overwhelmed by – and a bit envious of – all the fun the kids were having. Friday's festivities included outfitting each hero with the appropriate gear – a cape and a mask. Each camper was able to personalize those, as well as team flags. When the sky cleared, the campers were able to fly kites and enjoy the water slide.



Two campers work intently on their team flag.



After finishing their flags, teams display their creations.

Cat Outzen, Camp Director, says that a successful camp is marked by the joy on each child's face. "A lot of them have struggled with their diagnoses, and it's a good time for them to meet other people like themselves and to be able to talk about their disease without any fear of being made fun of," she says.

Many of the campers are veterans in the program, and return year after year to reunite with old friends and make new ones. "They're not negative, and they're really fun to be around," says camper Gabby Hobbs.

Some of the campers have even returned to offer their help as junior and senior camp counselors. Nick Giovanini, 13, was a camper for two years before taking the opportunity this year to gain some leadership experience as a junior camp counselor.

Kara Dingess returned for her third year as a camp counselor, and relates to the struggles that many of these kids face. "I started out as a camper a few years ago because I have arthritis myself. What keeps me coming back are the kids and the bonds that you make with them. They possess their own strength and they can persevere through whatever they have to go through related to their disease," she says.

I left camp that day sure of two things: each camper was in for one of the best weekends of their summer, and each camper was a superhero to me.



The shaving-cream fight is always a highlight of all of our pediatric therapy camps!

Photo Credits: Monica Flores and Cat Outzen.

As an employee you can get added savings.

You could be saving up to 25% on qualifying AT&T services.*

Meet with an on-site representative to find out more about the AT&T Sponsorship Program at:
Sacred Heart Health System

**SHHS ASSOCIATES:
Don't miss
out on
these great
savings!**



To purchase online, visit att.com/wireless/ascension
Mention FAN: 02889321

To obtain your discount at an AT&T store, visit www.wireless.att.com/find-a-store
to find the AT&T company-owned store nearest you. Be sure to bring proof of
employment (e.g. employee badge or paystub) and your FAN code, noted above.

Questions?

Please contact TheResourceGroup@Ascension.org or 314.733.8500.

*IMPORTANT INFORMATION: Limited-time offer. Smartphones require a new 2-year agreement with qualifying voice and data plans. Subject to Wireless Customer Agreement. Credit approval required. Activation Fee \$36/line. Geographic, usage and other terms, conditions and restrictions apply, and may result in service termination. Coverage and services not available everywhere. Taxes and other charges apply. Term may vary based on your business agreement. Data: If usage exceeds your monthly data allowance, you will automatically be charged overage for additional data provided. Early Termination Fee (att.com/equipmentETF): ETF up to \$325 applies after 14 days. Restocking fee up to \$35. Other Monthly Charges/line may include a Regulatory Cost Recovery Charge (up to \$1.25), a gross receipts surcharge, Administrative Fee, federal and state universal service charges, fees and charges for other government assessments. These are not taxes or government required charges. Monthly Discount: Available to qualified employees and students of companies, government agencies and colleges/universities with a qualified business agreement ("Business Agreement"). Subject to Business Agreement and may be interrupted and/or discontinued without notice. Applies only to the monthly service charge of qualified plans. A minimum number of employees, minimum monthly service charge for qualified plans, additional AT&T services or other requirements may apply for eligibility. Discounts may not be combined. For some accounts, actual discount can vary monthly depending on your employer's aggregate volume of qualified charges. Offer subject to change. Additional conditions and restrictions apply. See your AT&T representative and contract and rate plan for details. © 2014 AT&T Intellectual Property. All rights reserved. AT&T and the AT&T logo are trademarks of AT&T Intellectual Property. All other marks contained herein are the property of their respective owners.



SHH Pensacola July Wellness Classes

~ July 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Pilates 4:30 (CRC)	3	4	5
6	7 Pilates 4:30 (CRC)	8	9 Pilates 4:30 (CRC)	10	11	12
13	14 Pilates 4:30 (CRC)	15	16 Pilates 4:30 (CRC)	17	18	19
20	21 Pilates 4:30 (CRC)	22	23 Pilates 4:30 (CRC)	24	25	26
27	28 Pilates 4:30 (CRC)	29	30 Pilates 4:30 (CRC)	31	Notes: CRC = Cardiac Rehab Center No Zumba for July; will resume in August.	

Reminder

The Cardiopulmonary Rehabilitation Center on Airport Boulevard in Pensacola offers workout hours for all SHHS associates -- free-of-charge. Exercise equipment includes treadmills, recumbent bikes, weight-lifting stations and more. Drop by and check it out!

Hours for associates are:

Mondays & Fridays

11:30 a.m. - 12:30 p.m. (Cardiac Gym)

3:30 - 5:30 p.m. (Pulmonary Gym)

Wednesdays

3:30 - 4:30 (Pulmonary Gym)

Tuesdays & Thursdays

8 a.m. - 12 p.m. (Cardiac Gym)

1 to 3:30 p.m. (Cardiac Gym)



Zumba Returns in August

No Zumba classes will be held at SHHP during the month of July. Classes will return in August.

Zumba is open to SHHS associates of all fitness levels, so if you have not tried this fun exercise, make plans to try it in August!

Be at the Center of all the Excitement!



PARTICIPATE AS A
VOLUNTEER

IN THE 28TH ANNUAL



A portion of proceeds benefit



**MORE THAN 180 VOLUNTEERS NEEDED
TO MAKE THIS EVENT A SUCCESS**

Friday, August 22

30 Volunteers Needed

3:30 – 8:30 PM

For Event Registration

Linkside Center Exhibition Hall
at Sandestin Golf and Beach Resort

Saturday, August 23

150 Volunteers Needed

Between 4:30 AM – 11 AM

Race Site: Elephant Walk, Sandestin Resort
(Report time and location vary by assignment)
Run & Bike Course Volunteers, Water Stations,
Traffic Control, Finish Line, and Much More....

TO REGISTER: PLEASE EMAIL JOY.HOLLEY@SHHPENS.ORG FOR THE
VOLUNTEER REGISTRATION FORM.

Volunteers Receive Event T-Shirt

CNPP AND/OR COMMUNITY SERVICE CREDIT AVAILABLE



Free Health Seminars are Open to Associates

The following SeniorSpirit seminars are open to SHHS associates free-of-charge, and are also free to the public:

- **“Diabetes: Save a Leg, Save a Life”** will be held **Thursday, July 24**, from 12 to 1 p.m. at St. Ann Catholic Church in the Chapel Conference Room at 100 Daniel Dr. in Gulf Breeze. Presenter will be **Dr. Christopher Bosarge**, Interventional Radiologist.
- **“Early Warnings of a Heart Attack”** will be held **Monday, July 28**, from 9:30 to 11 a.m. at SHHP in the Greenhut Auditorium. Presenter will be **Dr. Polly Dole**, Emergency Medicine physician.

Limited seating is available for these seminars. Registration is requested. Call **416-1620** for reservations. Light refreshments will be served at all seminars.



Free

- 2 rescued puppies are still looking for a good home: 15 wks. old, male, mixed breed, clean bill of health by the Vet, have had all their shots, will give you tons of unconditional love! Can send pictures. 850-572-5227

Automobiles

- 2011 white Toyota Camry, 125,000 miles, 1 owner, regular maintenance \$7,000 obo. 375-5335

Miscellaneous

- Several items: Leather couch, chair and ottoman, exc. cond., from Haverty's, paid \$6,000, sell for \$3,000 obo; 2 glass-top end tables a& 1 matching sofa table, \$175; Solid-oak Futon w/upgraded queen-size mattress & cover, \$175; “Ashley” collection BR set, mahogany headboard, footboard, frame, 6-drawer dresser w/mirror \$900 obo. 850-375-5335
- Full set of 20” Player rims, come w/tires, selling “as is,” \$400 obo; Full set of 20” Cabo Rims, come w/tires, selling “as is,” \$600 obo. Can send photos. 292-5845 or 384-2148. Serious inquiries only.

Rentals

- Home in East Pensacola: 3B/2B, 1200SF patio home w/fence, wood flooring, upgraded appliances available 8/5. Rent \$850/monthly with \$850 deposit. 7 miles from SHHP. (850) 291-7776

Notes

- Ever consider becoming a foster parent for a dog? Short- and long-term foster families are needed for dogs of all ages and sizes. All vet care and monthly Heartworm and Flea Prevention are paid by SouthBARK. The only cost to you is food. SouthBARK rescues urgent and euthenasia-listed dogs from kill shelters. If interested, please send an e-mail to: foster@saveasoutherndog.com or visit www.southbarkrescue.com



SHHP Town Halls Set in August

Mark your calendar! SHHP Town Hall meetings will be held in the Greenhut Auditorium on the following dates:

- **Wednesday, Aug. 6**, at 7:30 a.m. and 4 p.m.
- **Thursday, Aug. 7**, at 10 a.m. and 2 p.m.

Please make plans to join us for updates on SHHP and the Health System!



Next Babysitting Class: Saturday, July 12

The Children's Hospital at Sacred Heart will offer a babysitting class on **Saturday, July 12**, from 9 a.m. to 3 p.m. in the Greenhut Auditorium. The class is open to children ages 11 to 15. Cost is \$30 per person. Participants will receive certificates from SHHP and the American Heart Association. To register, call **850-416-7264**.

“Like” Us on Facebook!

SHHS maintains the following Facebook pages. Please drop in and “Like” us!

- Sacred Heart Hospital on the Emerald Coast
- The Guild Gift Shop at Sacred Heart Hospital on the Emerald Coast
- Sacred Heart Hospital on the Gulf
- Sacred Heart Health System
- Sacred Heart Gift Shop
- Sacred Heart Foundation
- Sacred Heart Cancer Center
- Sacred Heart Weight Loss
- The Children's Hospital at Sacred Heart



DEADLINE FOR NEXT “Snips & Snaps”

The deadline for the July 25 issue of “Snips & Snaps” is **THURSDAY, July 17, by 9 a.m.** Please include your home phone number on ads.

E-mail items to Linda Dunwoody:

ldunwoody@shhpens.org or fax to 416-1158.