

Snips & Snaps



Movin' On Up Into Bayou Tower!

SHHP moved patients on Saturday, July 19, into the hospital's new Bayou Tower, the long-awaited expansion that has added five new floors of patient-care units with 112 private rooms.

A total of 73 patients, including 21 from the Intensive Care Unit, were transferred from the main hospital (main tower) to the Bayou Tower's new floors during a period of eight hours. Approximately 120 associates were involved in carrying out the well-coordinated move. By the end of the afternoon, the opening of the units allowed every patient in the hospital to have a private room.



ABOVE: Facilities staff team up to move the large car-transfer simulator into the Joint Replacement Center's new location on the eighth floor of Bayou Tower.

More photos from the move can be found in the online version of "Snips & Snaps" on the intranet.

RIGHT: Susan Davis, SHHS President/CEO, is on site to assist with the move.



Sacred Heart Cardiovascular Specialists invites you to an

Open House Reception

Monday, July 28

5:00 p.m. - 6:00 p.m.

Sacred Heart Cardiovascular Specialists is located on the 2nd floor of the Heart & Vascular Institute, Suite 200.

Please join us for a tour and meet the physicians and staff!

Refreshments will be served.

We look forward to seeing you!



Congratulations!

Values *in* Action



Our Core Values are more than words on paper; they are given life by associates like those pictured here. Inspiring stories were provided by associates who nominated them for "Values in Action" recognition. Read those stories in the online version of "Snips & Snaps" on the intranet. **Deadline for fall nominations is Sept. 12. (Nomination form will be in the 8-8 online version.)**

Susan Davis (L), SHHS President/CEO, with associates recognized on July 14 for putting our Core Values into action (L-R) Jerilyn Renfro, PICU; Michele Nelson, Financial Counseling; Ginger Nowling, HIM; Lois Gaston, Cancer Services; Lavonya Williams, TouchPoint; and Zeddrick Pope, TouchPoint. (Not pictured: Dr. Angela Ziebarth, SHMOG, and Lyne Deininger, SHHP ED.

Click on: <http://sacred-heart.org/documents/images/REVISED-VIA-July2014Honorees.pdf> for stories about this quarter's honorees.

For past stories, click on: <http://sacred-heart.org/documents/images/VIAHonoreesMarch2014.pdf>

Way to Go! SHHS Graduates Six from AH Development Program

Six SHHS associates recently graduated from the year-long Ascension Health Accelerated Development Program (ADP). A total of 97 associates throughout the Ascension Health family graduated this year. Congratulations go to the following Sacred Heart graduates of the 2014 class:

- **Naomi Dalton**, Patient Care Manager, Surgery, SHHEC;
- **Audrey Harter**, Medical Staff Manager;
- **Tara Joslyn**, Patient Care Manager, ED, SHHP;
- **Shanda Price**, Manager, Infusion Center;
- **Julie-Anne Rispoli**, Interim Director, Rehab Services; and
- **Shannon Stephens**, Patient Care Manager, Recovery Room, SHHP.

This program is utilized to accelerate the development of high-potential contributors by providing unique opportunities for learning and development experiences. The goal is to increase retention by providing long-term growth opportunities and internal career paths. The estimated time commitment of each participant is 125 to 200 hours during the course of the year, which varies based on the individual's development plan.



Carol Whittington (L), SHHS CHRO, and Kerry Eaton, (R), SHHS COO, with the ADP graduates (L-R) Shanda Price, Tara Joslyn, Naomi Dalton and Julie-Anne Rispoli. (Not pictured: Audrey Harter and Shannon Stephens.)

Prior to their graduation ceremony, Naomi, Audrey, Tara, Shanda, Julie-Anne, and Shannon participated in a variety of local ministry and enterprise-development activities, including:

- Developmental assessment and feedback coaching;
- Regional career development workshop with peers from other ministries;
- Core curriculum of leader and professional development training sessions;
- Exploratory interviews and shadowing with a mid-level leader;
- Shadowing a senior leader for a day;
- Learning and skill development in managerial and interpersonal effectiveness; and
- Enterprise exposure through the Talent Insights system.

More Snapshots from the Bayou Tower Move-In Day...



5:40 a.m. on Saturday, July 19: The "Operation Tower Relocation" move team is assembled and getting a briefing.



The 7th-floor care team is ready to serve patients!

Welcome!

The following Emergency Medicine physicians joined SHHS this month. Please give them a warm Sacred Heart welcome!

Dr. Daniel Falvey
Dr. Amy Maule
Dr. Chris Stodard
Dr. Ryan Seaman

On Aug. 1, we will welcome another Emergency Medicine physician to our team:

Dr. Robert Scileppi

Please read more about all of our new physicians in the Aug. 8 issue of "Snips & Snaps."



Busy move-team members in the command center.



A crew moves one of our first patients into the tower.



Posing for a quick photo before getting back to the move!

✚ Sacred Heart Health System

*And More
Scenes from
Moving Day!*



Thanks to Cat Outzen, Will Condon and Mike Burke for capturing all of these historic moments in photos!



Bayou Tower

Floor 8 _T	Joint Replacement Center Rooms 860-882 • ext. 8149, 8150
Floor 7 _T	Cardiovascular Surgery Rooms 760-784 • ext. 7537, 7538
Floor 6 _T	Cardiac Care Rooms 660-684 • ext. 6555, 6556
Floor 5 _T	Medical ICU Rooms 560-579 • ext. 5596, 5597
Floor 4 _T	Surgical ICU Rooms 460-479 • ext. 4048, 4049
Floor 3 _T	Cardiac Cath Lab
Floor 2 _T	Sacred Heart Cardiology Physician Offices
Floor 1 _T	Pediatric Emergency • ext. 5046 Patient Admitting Cardiac Diagnostics

**✚ Sacred Heart
Hospital Pensacola**

Main Tower/Hospital

Floor 5	Trauma Medical/Surgical Unit (W) Rms 527-551 • ext. 7580
Floor 4	Respiratory, Renal (E) Rms 401-426 • ext. 7480 Neuroscience (W) Rms 427-451 • ext. 7490
Floor 3	Progressive Care (E) Rms 311-323 Progressive Care (W) Rms 324-338 • ext. 7390 Main OR and Waiting Room
Floor 2	Bariatric Surgery Unit Rms 290-298 Procedural Recovery Rms 270-287 Oncology Unit Rms 201-241
Floor 1	Cardiac Observation Rms 170-179 Medical Observation Rms 101-119 • ext. 2290

Corridors connect the two towers on floors 2 and 3.

SHHP Town Halls Aug. 6 - 7

Henry Stovall, SHHP President, invites you to attend one of the SHHP Town Halls for an update on SHHP and the Health System. Town Halls 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.



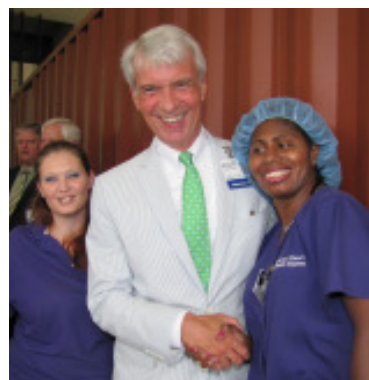
Keep Up the Great Work!

Keeping Sacred Heart stocked with all the supplies needed for patient care and making sure patients have plenty of fresh, clean linen and towels every day, around the clock, is a monumental task. The **Materials Management/Distribution** and **Laundry Department** teams were recently recognized for their outstanding service. On July 15, associates were treated to a picnic-style luncheon of barbecued chicken on the grill, macaroni and cheese, baked beans, corn on the cob and cookies. **Henry Stovall**, SHHP President, and other leaders welcomed associates to the occasion. "These associates work hard behind the scenes – and without air conditioning – and we just wanted to recognize them for the wonderful job they do every day," says Henry.



Henry Stovall, SHHP President, visits with Laundry and Materials/Distribution staff members during a thank-you luncheon on July 15.

The SHHP loading dock handles a huge volume of deliveries every day (10-20 pallets from one medical distributor alone four days a week, not to mention deliveries from other companies, as well.) During fiscal year 2013-14, the Laundry department processed 3,300,000 lbs. of laundry!



Henry greets Michelle Kell (L) of Distribution and Joycelyn Nettles of Laundry as they arrive at the luncheon.

Lisa Gardner Joins SHHP as Director of Women's Services

by *Monica Flores*
Marketing & Public Relations Intern



Lisa Gardner

Lisa M. Gardner, RN, MSN, CPHQ, has been promoted to Director of Women's Services at SHHP. Lisa has more than 20 years of nursing and management experience in various clinical levels at local hospitals and institutions in the east.

From July 2011 to July 2014, Lisa served as the nurse manager for Women's Services at SHHEC, where she was responsible for managing the entire department, operating on budget and maintaining patient and physician satisfaction. During her time at SHHEC, she was also the lead nurse in one of the largest human-subject research studies that aimed at setting best practices for improving birth-trauma rates and reducing litigation cost.

Prior to relocating to the Gulf Coast, Lisa worked as the Quality Improvement Manager (2007-2011) for St. Vincent Frankfort Hospital in Frankfort, Ind. While there, she single-handedly developed an accountability system for each department to measure internal improvement and opportunities.

Lisa worked as a quality improvement professional (2006-2007) and as a staff nurse (1992-2006) in a variety of clinical levels, including surgical, telemetry, renal/dialysis and OB.

Lisa graduated Summa Cum Laude with a master's of science degree in Nursing from Walden University in 2011. She also graduated with honors from Excelsior College in 2007, where she earned her associate's degree in nursing after receiving her practical nursing degree from Venango County Vocational and Technical School of Nursing in 1991.

Lisa and her husband, David, have been married for 22 years and have four children: two sons, ages 20 and 18, and two daughters, ages 16 and 13. The animal-loving family also has two dogs and a cat. Originally from western Pennsylvania, Lisa and her family lived in Indiana for 13 years prior to moving to Miramar Beach in 2011. In her spare time, Lisa enjoys repurposing old furniture, spending time at the beach and traveling.

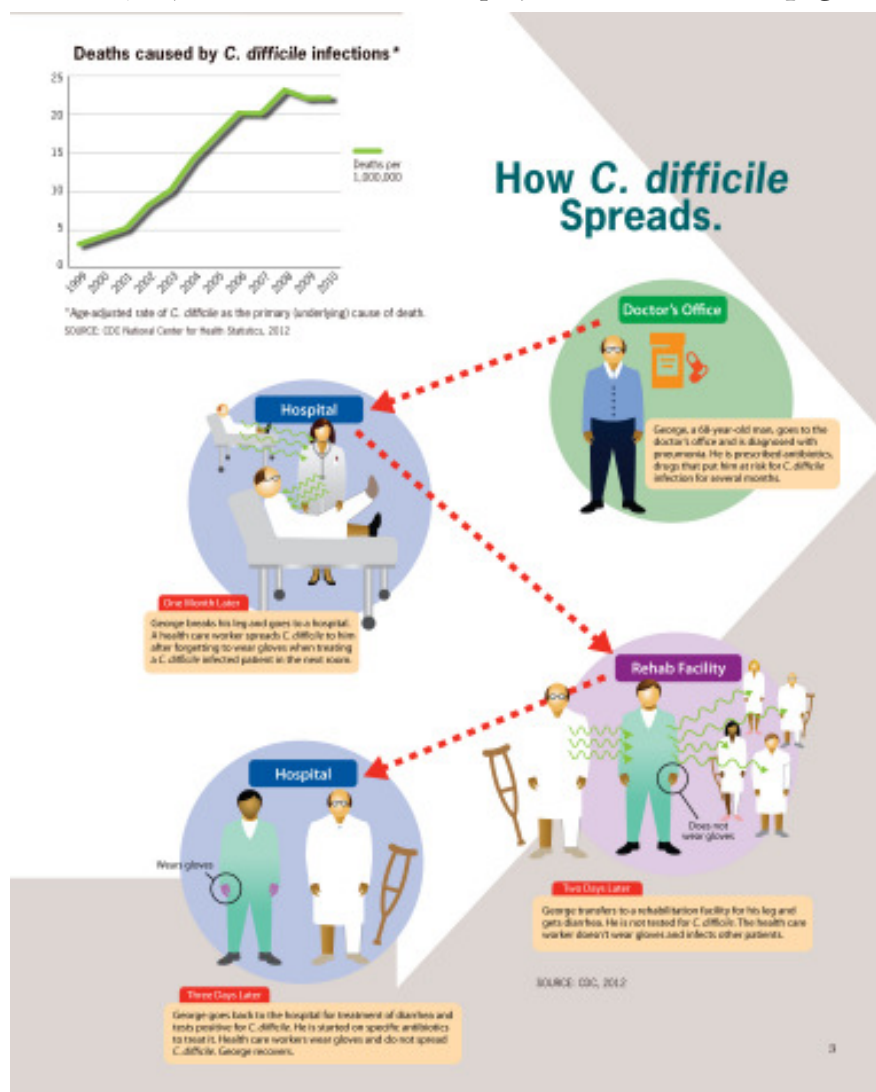
Please give Lisa a warm welcome to Pensacola!

SHHP is a Pilot Site in Ascension Health Program to Reduce Spread of C. difficile

Clostridium difficile, often referred to as “C. diff,” is a spore that can cause diarrhea in those who contract it. C. diff should be taken very seriously; it can be painful and life-altering for some people. Some people may require surgery to treat the devastating results of this disease. In the worst-case scenario, death can occur. In fact, the Centers for Disease Control (CDC) says that C. diff is responsible for the deaths of approximately 14,000 people per year in the U.S.

To help reduce and prevent hospital-acquired transmission of C. diff, SHHP is participating as a pilot site in an Ascension Health project, which received federal funding from the Center for Medicare and Medicaid Services last December. **Kim Settle**, SHHP Lead Infection Control Practitioner, is the Infection Control C. diff Team Leader who is coordinating our efforts and reporting to Ascension Health.

The project continues through December 2014. There has been some amazing collaboration among Ascension Health hospitals, according to **Joyce Roberson** of Infection Control. Joyce is the Infection Control Practitioner (ICP) dedicated to the C. diff project. *cont. on next page . . .*



C. diff: A Hard Case to Crack

Have you ever tried to crack a walnut? Not so easy, right? The C. diff spore is much like a walnut's shell, according to **Joyce Roberson** of Infection Control. Alcohol, soap and water, and disinfectants will not kill the spore; only bleach will kill it.

Moreover, C. diff can survive on surfaces for a long time. But we can all make a difference. Joyce has witnessed this difference as the transmission rate has decreased as associates have adopted certain behaviors. Evidence-based prevention behaviors all associates should adopt include:

- **Identifying patients early** and placing them in “Special Contact Precautions.”
- **Putting on gowns and gloves** when caring for patients isolated for, or suspected of having, C. diff.
- **Washing your hands with soap and water** to wash the spore down the drain before and after removing gloves.
- **Whenever possible, do not use patient-care equipment between patients.** When equipment must be used between patients, the equipment should be thoroughly cleaned with bleach wipes or solution.
- **Limiting movement. Efforts should be made to perform procedures in the patient's room.** Clinical staff and medical staff should collaborate to accomplish this preventive measure.

Source of diagram at left: The Centers for Disease Control (See “Snips & Snaps” online on the intranet for a sharper, color version of this diagram.)

Sacred Heart Health System

continued from page 4 . . .

Joyce is focusing on Culturing Stewardship, Isolation Processes, and patient, visitor and staff education, as well as working with TouchPoint/Environmental Services (EVS) on cleaning processes. "As part of this effort, we have an opportunity to determine the process that other Ascension Health ministries will be using in the future to prevent the spread of C. diff," notes Joyce.

Urging hospitals in our ministry to look hard at their processes for avoiding spread of C. diff, Ascension Health has adopted the following approach:

- Reducing transmission;
- Reducing inappropriate antimicrobial use; and
- Testing stewardship.

Excess use of antibiotics can create an intestinal environment that allows C. diff to multiply. **Chris Shawyer**, PharmD, of Pharmacy Services is the pharmacist dedicated to the Antimicrobial Stewardship Process. He is taking the lead to ensure that we use antibiotics appropriately, and the Pharmacy Department is looking at options for antibiotic use.

The earlier a patient is identified as having C. diff, the better, according to Joyce. On July 7, SHHP began a new process toward earlier identification.

- If a patient has three or more episodes of diarrhea in one day, he or she should be tested for C. diff.
- If a physician orders a C. diff test, the nurse should immediately put the patient in isolation.

EVS plays a vital role

It's also important to ensure a clean environment by using special cleaning agents and keeping bleach wipes on carts at all times. TouchPoint/Environmental Services recognizes the need to focus on this critical matter and is engaged in this effort. Staff members have received education on C. diff and have made changes in their cleaning regimens. "For example, EVS staff used to clean a patient's room with bleach only after the patient was discharged," says Joyce, "Now, they are cleaning every day with bleach and testing areas for the effectiveness of their cleaning after they clean."

"Having everyone realize the seriousness of this infection and knowing what practices are needed to prevent it from spreading to other patients is critical to reducing our patients' risks and providing safer care," says **Mary Geary**, SHHS Vice President of Quality & Safety.

Liz Sims, EVS Manager, says EVS is pleased to play an important role in this safety effort. Isolation and Special Contact rooms are the main areas of focus. **Ria Thomas** of EVS says that after cleaning, they wipe areas with a swab and insert the swab into the hand-held Hygiena device to detect the presence of C. diff.



Ria Thomas displays the Hygiena swab and device that EVS uses to test for C.diff.

"There's a difference between visually seeing that a room is clean and **knowing** that the room is clean," says Ria, who says they also swab rooms that are not occupied by Isolation or Special Contact patients. "Sometimes, we may need to re-clean and re-test a room. The project has given us the opportunity to do some serious education with staff."

Another change that EVS has made is to have staff wash their hands before and after they clean a room. "And every month, we conduct observations on staff to make sure they are washing their hands," says Ria.

Reducing antimicrobial usage

Chris says "there are many articles in the recent medical literature that demonstrate a reduction in the incidence of Multiple Drug Resistant Organisms (MDROs) and C. diff infections when the overall use of antimicrobials is reduced. A number of evidence-based processes are utilized to reduce antimicrobial use." He says a few initiatives that have been identified by the Antimicrobial Stewardship Team are:

- Administering the first dose of antimicrobials as quickly as possible (early treatment improves patient outcomes and shortens length of stay);
- Reducing the use of combination therapy of antimicrobials except where evidence-based literature demonstrates improved outcomes;
- Defining the duration of therapy when ordering antimicrobials. (Shorter lengths of therapy can work just as well as longer periods of therapy.); and
- Taking a "time out" when culture results are available to determine if the current therapy can be changed or discontinued.

Be a Champion in the Fight Against C. diff!

If you see an associate who is not gowning, gloving and washing, urge the associate to make these preventive behaviors a habit. "What one person does, or does not do, truly does matter in the case of C. diff," says Joyce.

Plans are underway to provide additional education on the importance of 200-percent accountability for Infection Practices to reduce C. diff and other healthcare-associated infections. "Please take the time to enhance your knowledge and 'connect the dots' between your actions and patient outcomes," says Joyce.

SHHS Reprocesses More Than 9 Tons of Medical Devices for Re-Use

As part of an Ascension Health initiative to reprocess single-use medical devices, all three SHHS hospitals in Pensacola, Miramar Beach and Port St. Joe have saved a combined total of 18,118 lbs. (more than 9 tons) of medical waste from going to landfills. In addition to supporting the environment, this initiative also promotes financial stewardship. As a result, SHHS achieved a total savings of \$331,885 for fiscal 2014 (July 1, 2013-June 30-2014.)

Reprocessing, which is regulated by the FDA, is any process that renders a used, reusable or single-use device (including opened but unused products) to a usable device. These devices are shipped to Stryker Sustainability Solutions, and Stryker cleans them with sterile methods, rebuilds them and sells them back to Sacred Heart at a much-reduced price compared to the cost of brand-new items.

"In some cases, we see a 50- to 60-percent savings as compared to the original cost," says **Ramona Williams**, local Implementation Manager for The Resource Group. "The quality is as good as the original manufactured product."

This initiative was launched as part of an agreement Ascension Health has with Stryker as the system-wide supplier of reprocessed items.



Brent Ellis of EVS gets ready to package some used pulse oximeters for shipment to Stryker for reprocessing.

Now, clinicians no longer need to pre-sort or pre-clean instruments before depositing them in the Stryker collection bins. Associates just place them in the 17-gallon, teal-colored collection containers, and TouchPoint/EVS takes it from there. EVS is responsible for management of the collection bins, including collection, replacement and shipment of full bins to Stryker for reprocessing.

Brent Ellis of EVS follows very detailed packaging guidelines for shipping. "I spend about three days a week, five hours at a time, collecting and reprocessing items to properly ship them to Stryker," says Brent.

According to studies, American healthcare facilities annually dispose of more than 4 billion pounds of waste in commercial incinerators and landfills, making the healthcare field the second largest contributor to landfills after the food industry.

"It is rewarding and exciting to see our caregivers embrace practices that embody stewardship for our both environmental and financial sustainability," says **Kerry Eaton**, SHHS COO. "I am grateful to all our caregivers for committing to these best practices."

To learn more about the practice of reprocessing and other efforts that help sustain our planet, visit <https://practicegreenhealth.org/topics/waste>.

"Safe Surgery Day" Focus is on Safe Habits Every Day

Joining hospitals around the country, SHHS participated in Ascension Health's "Safe Surgery Day" on July 16 – a focus on the use of surgical-safety checklists in performing a safe and effective "time out" before all surgical and invasive procedures.

Materials to help increase awareness of safe practices were distributed. For example, nurses, techs and other members of the surgical team received safety checklists related to their roles during surgery. Associates also were encouraged to sign a pledge to commit to using the safe-surgery checklist and to call for a Time Out to ensure safe surgical care for **every patient, every time**. See *celebration photos, next page*.

Reprocessing, cont. from left...

What CAN be Reprocessed?

- Arthroscopic/orthopedic devices including shavers, wands, bits, blades and burrs;
- Energy devices, including sealer/dividers and ultrasonic scalpels; and
- Laparoscopic devices, including scissors, trocars, suture passers/guides and graspers.
- Disposable Blood Pressure Cuffs
- Disposable Pulse Oximeter probes
- DVT Compression sleeves
- EP Catheters and Cables and Diagnostic Ultrasound Catheters

What CANNOT be Reprocessed?

- Suture
- Syringes
- Needles/Counters
- Glass Vials
- Saline Bottles
- Batteries
- Neuro/Spinal items

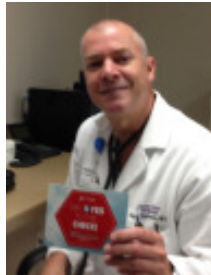
By redirecting waste from the landfills in our community, we avoid compromising future generations and serve the common good in solidarity with others who care about our environment.

✚ Sacred Heart Health System

Sacred Heart Speaks Up for Safe Surgery – from Pensacola to Port. St. Joe!



SHHG Surgery team at Port St. Joe



Dr. Paul Tamborro



Main OR staff at SHHP



Dr. Keith Golden



Interventional Radiology team at SHHP



LEFT: Cath Lab staff at SHHP



LEFT: Labor & Delivery staff at SHHP



LEFT: Pace Surgery Center staff at Pace Medical Park



SHHEC Surgery team in Miramar Beach



Outpatient Surgical Center team in Pensacola



Endoscopy Center team at SHHP

PERIPHERAL NERVE BLOCK CHECKLIST

SAFE
SURGERY
STARTS
 HERE.

Speak up for safe surgery.

Take **TIME OUT** for the
Safe Surgery Checklist.

✚ Sacred Heart Hospital *on the*
Emerald Coast

**Triathlon
Volunteers
Needed!**

Volunteers are being sought for the 28th Annual Sandestin Triathlon! More than 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.

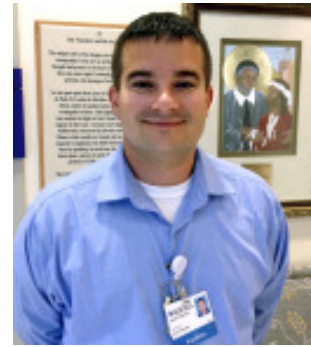
Volunteers will receive an event t-shirt and may earn CNPP and/or community-service credit.

For a volunteer registration form, contact Joy Holley at joy.holley@shhpens.org.

**Join the SHHEC
Heart Walk Team**

SHHEC is a sponsor of the 2014 Okaloosa Walton Heart Walk, which 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.

To register, go to OWHeartWalk.org. For additional information please contact the Heart Walk Team by phone at **800-257-6941, ext. 6086**, or by e-mail at gsaOkaloosa@heart.org.



John "JT" Troesch

**New Facilities
Manager Named**

Nina Jeffords, SHHEC COO/CNO, recently made the following announcement via e-mail:

"It is with great pleasure that I announce the appointment of **Mr. John Troesch** as the Manager of Maintenance and Facilities at SHHEC.

"John (JT) comes to us from Pensacola, where he was the Head Electrician since 2005. Prior to joining Sacred Heart, JT worked as a Supervisor of Maintenance responsible for 30-plus employees. JT served in the Navy from 1999 to 2004.

"JT has an Associate of Arts in Pre-Engineering from Pensacola State College and is attending the University of West Florida for a Bachelor's in Computer and Electrical Engineering.

"Please join me in congratulating and welcoming JT."



Ducks will race Oct. 11 in the Duck Regatta to benefit SHHEC! Want to "adopt" a duck? Please go to emeraldcoastduckregatta.com. Watch "Snips" for more information.

SHHEC Guild Offers Education \$\$\$

Associates: Did you know Education Scholarships and Reimbursement Programs are available through the SHHEC Volunteer Guild?

The new College Tuition Reimbursement Program began Friday, July 11. Tuition reimbursement for classes is offered through an accredited institution of higher learning, as part of an undergraduate or graduate degree program. Up to \$1,000 is reimbursed annually with no lifetime maximum.



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

Certified Reimbursements are offered up to \$300 annually towards the testing fee for the successful passing of a professional job-related certification. There is no lifetime maximum.

For Applications and complete 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.

Sacred Heart Hospital *on the*
Emerald Coast

Patient is Grateful for Observant PTA and Skilled Cardiologists at SHHEC

In Early June, **Kenneth Marshall**, 54, went to his physical therapy session despite having had chest pain since the previous evening. When he arrived at SHHEC, **Carla Riley**, Physical Therapy Assistant, noticed that Kenneth didn't look well, and she asked him how he felt. Kenneth didn't reveal the extent of the pain he was experiencing, but Carla sensed something was not right. After taking his vitals and discovering elevated heart rate and blood pressure, Carla told Kenneth that instead of physical therapy, he needed to go straight to the emergency room.



Carla Riley, PTA, with patient Kenneth Marshall

After Carla took him to the ER at SHHEC, Kenneth described his pain as an elephant sitting on his chest. He was monitored in the ER and later admitted to the hospital for cardiac testing and treatment of his severe chest pain. After CT imaging and nuclear medicine tests, as well as a heart catheterization under the watchful eye of Cardiologist **Dr. Angel Morrobel**, a total of four blockages were found in the arteries of Kenneth's heart.

Soon after the blockages were found, **Dr. Charles Mayes**, Interventional Cardiologist with Sacred Heart Cardiology, inserted four stents to restore proper blood flow to Kenneth's heart. A week and a half after the procedure, Kenneth says he feels his recovery is nearly complete, and he is grateful for the intervention of observant clinicians at Sacred Heart.

"Both Dr. Morrobel and Dr. Mayes were awesome," says Kenneth. "I would trust them with my life. Everyone at the hospital was wonderful to me, especially **Stephanie (Masat)** in the ER, and my ICU nurse **Sam (Hite)**. I could not have asked for better nurses or better care," he says.

Kenneth's wife, Maria, adds that everyone she encountered at the hospital was cheerful and had smiles on their faces. "It was like being in a hotel on a vacation," she said. "For us to go through something so serious, it really helped being around people who were so happy."

"I had a cardiology appointment for July 1, but I probably wouldn't have been alive to get there," says Kenneth. "Carla was a life-saver! I'm here today because of the doctors and staff at Sacred Heart."

Catch That Team Spirit!



The SHHEC Guild invites you to kick off the upcoming football season during the annual College Spirit Sale in August. Sample some tailgate-party fare and stock up on your favorite college team's merchandise. Enjoy 15 percent off on college-team items during the sale **Monday, Aug. 25 through Friday, Aug. 29**. Go team!

A Note of Thanks

*A very satisfied patient sent a wonderful, long letter about SHHEC staff to **Susan Davis**, SHHS President/CEO. Excerpts from the note are published below:*

"When I experience an encounter that leaves me with a positive impression, I try to notify the agency's leadership so those helpful folks are applauded.

"**Brenda** handled the administrative processing and was incredibly cordial and professional. **Maggie** was my first contact, and I was deeply impressed with how she represented the hospital in her manner, decorum and attitude.

"**Ryan** was another delightful key player who works in EKG. I had taken more than my share of EKGs during my career, but none went as effortlessly as the one conducted by Ryan.

"**John**, the anesthesiologist, was very experienced and helped me laugh a little before being wheeled into the OR. Nurse **Liz** was always nearby with her comforting words and always asked how I was feeling.

"I commend these disguised angels to you. Not everyone can be a Brenda, Maggie, Ryan, John or Liz, but they can sure try. Encourage them!"

Be at the Center of all the Excitement!



PARTICIPATE AS A
VOLUNTEER

IN THE 28TH ANNUAL

**SANDESTIN
TRIATHLON**



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 for Associates:

Health and Wellness Plan

Customized just for you!

SHHEC partners with **Blueprint Health Studio** to provide FREE, customized health and wellness plans for our associates!

- Group fitness classes
- Personal training classes for every fitness level
- Personalized workout plans
- Nutrition counseling
- Personalized meal plans and goal tracking

FREE Group Fitness Classes

- **SHHEC Cardiac Rehab:**
Monday – Friday: 5:00 -7:00 a.m. & 5:00 – 8:00 p.m.
- **SHHEC Suite 3: Core Class**
Tuesdays & Thursdays: 4:30 - 5:30 p.m.
- **Blueprint Health Studio:**
Mondays & Wednesdays: 5:00 a.m., 7:00 a.m., 12:30 p.m., 5:30 p.m.
Tuesdays & Thursdays: 5:00 a.m., 6:00 a.m., 11:30 a.m., 5:00 p.m.
Fridays: 5:00 a.m., 7:00 a.m., 12:30 p.m.



Paradise Key Shopping Plaza in Destin
4421 Commons Drive E, Suite B-108 • 850-460-2588
www.blueprinthealthstudio.com

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	

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



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



My Heart. My Life.

Heart Walk.

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:

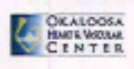
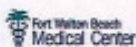


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Junior League Completes Donation!



The Junior League of Port St. Joe recently made its final pledge to complete a donation promised to SHHG in the amount of \$10,000. After the check presentation, the group assembled for a photo with Roger Hall, SHHG President. Junior League members in attendance for the presentation of the final pledge are (L-R): Jera Horton, Treasurer; Kimberly Shoaf, President; Kaci Rhodes, Vice President; Michelle Perrin; and Christy Taunton.

The Cricket Fund: Giving Hope and Help to Women in Need



Cricket Russell

Inspired by Cricket Russell's courage in the face of breast cancer, The Cricket Fund was established in 2013 to give hope and help to women in Gulf and Franklin counties who cannot afford a mammogram. Donations to this fund are used strictly for mammograms and breast ultrasounds for women in need.

To qualify for a free screening mammogram, diagnostic mammogram or breast ultrasound at the Women's Center at SHHG, women must reside in either Gulf County, Franklin County or within the city limits of Mexico Beach, Fla. In addition, applicants must not have insurance and must not be on Medicaid or Medicare. For more information, please call **850-229-5680**.

SHHG Scores Another One for Athletes!

This year marks the fourth consecutive year that SHHG has provided complimentary sports physicals for Gulf County student athletes who participate in a variety of sports. The physicals were provided on July 22 for Wewahitchka athletes and July 24 for Port St. Joe athletes. Both sessions were held in the SHHG Medical Office Building. Providing free sports physicals to young athletes is a wonderful commitment to our mission to serve the needs of our community!



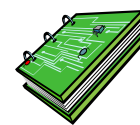
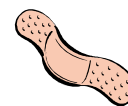
SHHG Drive for School Supplies is Underway for Gulf and Franklin County Schools

SHHG is conducting a school-supply drive for Gulf County and Franklin County school systems. Your donation will be greatly appreciated and you'll be helping students get a great start on the upcoming school year.

Please place items in your department's drop box anytime now through Aug. 11.

Supplies needed include:

- Expo Dry Erase Markers & Erasers
- Ziplock bags: ALL sizes
- Crayons: 8 pack and 24 pack
- Assorted Colored Markers
- Colored Pencils
- Sharpie Markers
- Erasers: Large and pencil-top style
- Highlighters
- Post-its
- Staplers
- Glue Sticks/Glue
- Kleenex Tissues
- Band-Aids
- Clorox wipes
- Antibacterial lotion/Soap/Wipes
- Thumb drives
- Stick-on Velcro
- Wide Rule Loose-leaf notebook paper
- Spiral Notebooks
- Pocket Folders
- File Folders
- Construction paper
- Floor Puzzles
- Bright-Colored Index cards



If you are an SHHG associate who needs assistance with back-to-school items for your children, please see **Nell Tortoriello** in SHHG Administration.

Properties Staff Go the Extra Mile – More Than 500 Miles – to Ensure Kids Get Care

On Thursday morning, July 10, the **Properties Department** received a call that there was no air conditioning in the clinic area of the Pediatric Care Center at SHHP. The air-conditioning system had stopped working during the night, and the build-up of humidity created slippery, wet floors, posing a hazard for patients, visitors and staff. (After more than 22 years, the old air compressor quit working.)

“While the clinical staff continued to handle their patients professionally, as they always do,” says **Tammy Nall**, Properties Manager, “the Properties’ off-site facilities staff sprang into action doing what they do best and going way beyond the call of duty.”

Sacred Heart Properties’ facilities staff worked through the day Thursday to determine the problem, and after several attempts to revive the AC system, the final verdict was a bad pump/compressor. Locally, a compressor for this system could not be found.

“The facility had been closed for patients on Thursday afternoon and again on Friday,” says Tammy. “If we didn’t get the part in hand on Friday, patients’ appointments would again have to be canceled for Monday. Our team (**Shannon Rogers, Joshua Ruth, Brad Smith, Jesse Dillaha, Lee Jordan and Heston Kinnard**) knew this was not an option. On Friday morning, two members of the team (**Lee and Jesse**) drove to Birmingham, picked up the compressor and drove it back to Pensacola for install. On Friday, **Brad, Heston and Shannon** began dismantling the equipment and preparing for the install. Our team arrived back from Birmingham around 4 p.m.”

Once the team arrived back from Birmingham, it took all of them to get this huge, 589-pound compressor in place and installed. (“It was the size of a small car engine!” says Tammy.) This dedicated group worked until late Friday night (11 p.m.) to get this unit repaired and operational so that our young patients could be seen on Monday morning.

“I wanted to share this ‘behind-the-scenes’ story to demonstrate how our support teams assemble and solve problems for facilities located outside the hospital walls,” says Tammy. “I am proud to work with such a dedicated group of people who care about our buildings as if they personally owned them.”

Properties Staff -- You Rock!

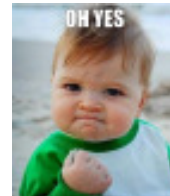


Properties staff attempt to revive an old air-conditioning system in the Pediatric Care Center. Two of the department’s associates even drove to Birmingham to pick up a pump/compressor that could not be found locally.

Special Thanks to Pediatric Care Center Staff and Our “Properties Angels”

When the Pediatric Care Center’s air-conditioning system went down on July 10, staff had to quickly reschedule Thursday’s and Friday’s appointments that week. **Brenda Delacruz**, Pediatric Care Center Team Leader, submits the following thank-you note to recognize staff:

“I would like to thank my many staff members who came in to work during various shifts, ensuring appointments were moved, nursing calls were answered, and referrals were made – all while working with no air conditioning. A huge “THANK YOU!” goes to:



- **Dr. James Burns**
- **Julie Daughtry, RN**, Nurse Calls/Labs
- **Tracey Moorner, MA**, Labs
- **Shalena Brown, MA**, VFC/Abstracting and Prepping for EHR roll-out
- **Patricia Peacock, MOS**, Billing/Calling Patients
- **Martha Bonal, MOS**, Billing/Calling Patients
- **Jane Dyar, MOS**, Referrals
- **Valarie Nuetzman, MOS**, Billing/Calling Patients
- **Sarah Capers, MOS**, Billing/Calling Patients
- **Chelsea Nobles, MOS**, Billing/Calling Patients

Special Thanks go to Our “Properties Angels!”

Also, a huge “THANK YOU!” to **Joshua Ruth** in Properties and his “Properties Angels” who spent days working on getting the A/C back up and running!



SHHP Reminder: Sign Up Today, July 25, to Support a Child for 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.

The "School Kits 4 Kidz" form for departments to complete to sponsor a child can be found on the next page.

Volunteers Needed!

Laughter and Hugs Await 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 schedule 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.

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>.



Find us on
Facebook

"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

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

A Heart for the Hungry

When it rains, it pours, and recently a stormy afternoon brought a flood of non-perishable food items to the SHHP Food Pantry!

When **Cindy Platt's** son, Ryan, went off to college in the fall of 2013, he left a community-service project in her hands that he began when he was in high school. Ryan truly has a heart for missions, according to his mom, who is employed by Pediatrix as a PA in the NICU at The Children's Hospital at Sacred Heart.



Ryan Platt

Since 2008, Ryan has made it his personal mission to contribute food to the Food Pantry at SHHP. During those early years, Mom paid for the food, but Ryan did the work – ensuring the pantry stayed stocked and encouraging Mom to take him grocery shopping when items were needed.

“He made me promise to keep it going while he was at school,” says Cindy.

Since then, Cindy has rallied the **Pediatrix** physicians and ARNPs to make it their mission, too. During the past year, the crew has collected and donated food several times at a value of \$300 to \$400 for each delivery. Cindy's most recent delivery took place on July 11 during a sudden storm. **Ann Erickson** and **Pippa Nicholson-Kuenn**, both of the Patient/Staff Advocacy Department, and **Sheree Welch** of Patient Experience helped a rain-drenched Cindy unload several boxes and bags of food from her car for the pantry that day.

This is not the first time Pediatrix has reached out to the hungry. Since 2012, the staff has provided 75 families in need with a complete Thanksgiving dinner each year.

Ryan's heart is still in the project, but he has expanded his service horizon on a more global level. He recently returned from orphanages in Costa Rica, where he helped provide Vacation Bible School classes. Then, in mid-July, he and his mom took off to distribute supplies and assist with light construction on schools and orphanages in Jamaica.

Ryan, Cindy and the Pediatrix group are a great example of living out the Daughters of Charity mission to care for the poor. If you would like to provide non-perishable food items for the SHHP Food Pantry, please contact Ann, Pippa or Sheree at 416-2803.

The SHHP Food Pantry serves those who find themselves without resources for food, including patients in need, their family members and associates coping with a financial crisis.



Braving a stormy day to unload the food are (L-R) Ann Erickson, Cindy Platt and Pippa Nicholson-Kuenn. The Food Pantry is handled by the Patient/Staff Advocacy Department.

Congratulations! **August Milestones in Service**

30 Years

Evelyn Reid, Surgery Center

25 Years

Abby Davis, Labor and Delivery
Bobby Carlisle, Maintenance
Dorothy Busby, Physician Billing

20 Years

Ursula Lujan-Scapin, Blood Bank

15 Years

Dr. Todd Stalnaker, SHMG-OB/GYN
Dr. Brian Sontag, OB/GYN
Lisa Noyes, Rehab Services
Marie Alberque, Labor & Delivery
Andrea Nestel, Surgery Center
Maria Kaiser, HIM
Bonnie Madden, Case Management
Dolores Wilks, SHMG-Gulf Shores
Janice Melton, Interv. Rehab. Ctr.
Kathleen Deaton, HIM

10 Years

Dr. Adam Tarnosky, SHMG-Airport
Dr. Sean McWilliams, SHMG-ENT
Dr. Jairan Duke-Elmore, OB/GYN
Dr. Eric Hazbun, SHMG
Jonathan Middleton, Interventional Radiology
Carmen Smith, Surgery
Maria Lazo, Cardiac Care
Jennifer Dubose, Orthopedics
Ricardo Maula, Physical Therapy
Maria Gayagoy, Lab Services
Cecilio Gayagoy, Lab Services
Kathryn Martin, Mother-Baby Unit
Debra McKenzie, Haven
Laurie Adams, Cardiac Care
Katheryn Wiggins, Physician Billing

5 Years

Naomia McKenzie, Cent. Scheduling
Karen Landon, Orthopedics
Kimberly Gordon, Physician Billing
Deborah Boyett, SHMG-Crestview
Lawrence Thunberg, Laundry
Ellen Riggs, Rehab Services
George Mayfield, Emerg. Dept.
Cynthia Greenwell, OB/GYN
Amanda Bondurant, OB/GYN
Rebekah Murphy, SHMG-OB/GYN Destin
Cathy McCrain, Recovery Room
Megan Altenhofer Sessions, OB Triage
Jolene Gay, Wound Care
Dawn Reid, Surgery
Dr. Michael Michel, Trauma Surgeons
Monique Isler, Float Staffing-Destin
Kandace Wright, Physician Billing

Foundation in More Convenient Location

Sacred Heart Foundation has relocated to the Trinity Building on the SHHP campus (corner of Ninth Avenue and Trinity Drive, across from Marble Slab Creamery). Come by and see us!



ABOVE: Carol Carlan, Foundation President, accepts the Foundation's first gift made in its new location in the Trinity Building. The young donor is Gavin Anderson of Navarre, who sold lemonade and donated earnings of \$12 to help the kids in The Children's Hospital at Sacred Heart. Thanks, Gavin!



All staff phone numbers remain the same. If you have any questions, please call 850-416-4660.



Save the Date!



The Krewe of Les Petits Enfants ("Order of the Small Children") held its first planning meeting recently and the date for Mall Ball is official now -- **Saturday, Jan. 24, 2015.**

Watch for more information in upcoming issues of "Snips & Snaps."

LEFT: Sacred Heart Foundation staff at the new location in the Trinity Building include (L-R, as faces appear): Brady Adcox, Development Analyst; Carol Carlan, Foundation President; Bambi Provost, Director; Gillian Ward, Campaign Coordinator; Hope Bradford, Foundation Development Coordinator (Part-time); Donna Rourke, Administrative Assistant; Marina Holley, Foundation Development Coordinator; and Mallory Wilson, Annual Giving Coordinator.

Supporting Our Nation's Future Lifesavers



A U.S. Coast Guard helicopter on a training mission circles the SHHP campus and begins its descent to the air-ambulance landing pad in front of Bayou Tower.



Almost there!



Just a few more feet!



A perfect landing!

As the Blue Angels were practicing their maneuvers at Pensacola Beach on Friday, July 11, to get ready for their big show, the U.S. Coast Guard was practicing touch-and-go landings at various locations around the community. (The Coast Guard was part of the safety team onsite for the Blue Angels show.) SHHP's helicopter pad was one of those locations.



Did You Know? On an average day, the Coast Guard conducts 109 Search-and-Rescue missions; saves 10 lives; assists 192 people in distress; protects \$2,791,841 in property; and seizes 169 pounds of marijuana and 306 pounds of cocaine worth \$9,589,000 (just to mention a few of their achievements).

Sacred Heart is proud to support the Coast Guard crew in their training and lifesaving efforts!

Please note: The roof-top landing pad at SHHP is no longer in use. The landing pad on the SHHP campus near the corner of Ninth and Bayou is the official landing zone for air-ambulance crews.

Perinatal Bereavement Support Group to Meet Aug. 12

The next meeting of the Tiny Tears Support Group, a Perinatal Support Group recently established in Pensacola, will be held **Tuesday, Aug. 12**. This group meets on the second Tuesday of each month at 7 p.m. in Room 261 at Cokesbury United Methodist Church, 5725 N. Ninth Ave. It is provided through a partnership among the Sacred Heart Women's and Children's Bereavement Task Force, Covenant Hospice and Cokesbury United Methodist Church.

The meetings are facilitated by a caring member of the Covenant Hospice counseling team, and all adult family members grieving the loss of a baby before or after delivery are encouraged to attend. It is hoped that

"Tiny Tears" will fill an important need in this community and will help bring healing to these families.



If you have any questions, or for more information, please contact Jennifer Holler, **850-433-2155** or jennifer.holler@covenanthospice.org.

Gulf Breeze Support Group

In Gulf Breeze, a similar group called "Share" meets on the second Tuesday of each month from 6 to 8 p.m. at Gulf Breeze United Methodist Church's Community Life Center.

"Share" is for parents who have lost babies through pregnancy loss or newborn death (up to one year of age.) For more information, please call Lori Farmer at **850-565-4399**.

Free Health Seminars are Open to Associates

SHHS associates are invited to attend the following free seminar:

• “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.



Want to Quit Tobacco?

SHHP will offer a free, six-week tobacco-cessation program beginning **Aug. 19** and **Aug. 21** for persons who want to stop smoking or using tobacco.

Quit Smoking Now (QSN) provides structured classes in a supportive, stress-free environment. Step by step, tobacco-users will learn how to replace their nicotine habit with healthy alternatives.

The two-hour classes will be offered on Tuesday nights beginning Aug. 19 from 6 to 8 p.m. and Thursday mornings beginning Aug. 21 from 10 a.m. to 12 p.m. (noon).

Classes will be held in the Carmel Heights Building on the SHHP campus. To register for tobacco-cessation classes, or for more information, please call **416-7764**.

Donate Blood in August and Get a Beach Towel

Three blood drives are planned in August at Pensacola facilities. Any SHHS associate can donate blood at any of these locations. Following is the schedule:

Wednesday, Aug 13

- SHMG-Bayou, 9:30 a.m. - 12:30 p.m.
- Haven of Our Lady of Peace on Summit Boulevard, 1:30 - 3:30 p.m.

Thursday, Aug. 21

- SHHP, 7:30 a.m. - 5 p.m.

Look for the OneBlood bus parked between Nemours and The Children's Hospital

Don't forget: When you donate blood two times between May 1 and Aug. 31, 2014, you will receive a **FREE lunch offer** courtesy of Outback Steakhouse, and your name will be entered for a chance to win “Outback for a Year.”

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. Drunks, bandages and blood filled IV tubing do not go in the sharps containers.



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.	

Free Gym Time!

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)



Reminder: Free Zumba Returns in August

No Zumba classes are being held in July, but Zumba will return in August!

As a reminder, Zumba classes are free and open to associates of all levels of fitness. Classes meet Mondays at 5 p.m. and on Wednesdays and Fridays at 4:30 p.m. Sessions typically meet in the Greenhut Auditorium.

Instructor is Elise Preston. If you have any questions, please contact **Sheree Welch, 416-2803.**

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.

Attention Associates: Deadline to Complete Mandatory Training is Aug. 1

Ascension, in partnership with Sacred Heart Health System, has developed core competencies for associates at all levels across the organization. During your 2014 Annual Performance Review, your leader will introduce and review these core competencies with you. It is important to note that you will not be measured on these competencies in your FY14 Annual Performance review. However, you will be measured and rated on these competencies in your FY15 Annual Performance Review.

In preparation for your FY14 annual performance review and for all future reviews, a brief, five-minute training module has been assigned to your MOE training plan titled “**Core Competency Presentation for Associates.**” This module will provide an overview of the core competencies. At the end of the module you will be able to download, save or print the competencies that are specific to you and your role in the organization. Completion of this module is mandatory for all associates and must be completed no later than **Friday, Aug. 1.**

If you have questions regarding the completion of this brief training module or the performance-management process, please contact the following individuals for assistance:

- **Rick Choate**, Organizational Development, 850-416-6049
- **Steve Morse**, Education & Training, 850-416-2262
- **Jennifer Dumond**, Human Resources Destin/Port St. Joe, 850-278-3060
- **Lisa Masterson**, Organizational Development, 850-416-4491
- **Shannon Higgins**, Human Resources Pensacola, 850-416-7522



Cool Off and Help the Kids!

Two TCBY locations will be supporting our young patients in Children’s Hospital on **Tuesday, Aug. 5.** They will donate a portion of the day’s profits to the hospital! Be sure to stop by one of the following locations:

- TCBY, 4771 Bayou Blvd., Suite 16 (next to Chili’s), Pensacola
- TCBY, University Town Center, 1765 E. Nine Mile Rd., Pensacola (This is the plaza where Publix and Target are located.)

Plus, all SHHS associates receive a 10-percent discount anytime you visit these two TCBY locations.

Did You Know?

The following changes have occurred now that some units have moved into Bayou Tower:

- 5 West has moved to 4 West, so 4 West is now the Neuro unit.
- The Medical Observation Unit is now open in the former location of the Joint Replacement Center on the first floor and is now accepting patients.

On the Move

Physician Services is now located in the SHMG-Bayou Boulevard building.

SHHP Gift Shop Offers Gift Cards

The SHHP Gift Shop now has gift cards available for purchase. They can be purchased for any amount, and the cards are refillable. These cards can only be redeemed at the SHHP Gift Shop.



Wanted

• I am looking for a used 3-wheel bicycle. Not too expensive; Also looking for a 1-year-old or 2-year-old cat that has been declawed, fixed, etc. (I just lost an 11-year-old old cat and I miss her. But I don't want to start over with a kitten.) 850-477-4476

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

Rentals

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

Associate Discount

Dress Barn at Cordova Mall will offer SHHS associates a discount of 15% off your entire purchase when you show your ID badge on Friday, July 25, and Saturday, July 26, 2014.



Convenient Car-Wash Service

Sacred Heart has a contract with “Touch of Class” vehicle-detailing service. Juan will pick up your car, clean it and return it to you in time for your ride to those holiday get-togethers. To make an appointment, or to obtain a list of prices, call **850-293-7763.**

DEADLINE FOR NEXT “Snips & Snaps”

The deadline for the **Aug. 8** issue of “Snips & Snaps” is **THURSDAY, July 31, 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.