

hospital times



DANCE WITH YOUR RED SHOES ON AND CELEBRATE HEART HEALTH

In honor of Heart Health Awareness month in February and to compliment the Spirit of Women® Day of Dance event on Saturday, Feb. 27, a hospital-wide event is planned to support the cause of heart health. Now is the time to recruit your coworkers for North Kansas City Hospital's first-ever Red Shoes video.

Employees are encouraged to join together with their coworkers and dance with red shoes. If you don't have red shoes, you can be creative by wearing red accents such as socks, scarves or gloves. You can even spray red paint on an old pair of shoes.



Dance routines will be scheduled for Feb. 8-10. All departments and shifts are encouraged to participate. If you have a small department, partner with another group. A designated area in a department would be ideal for the taping so that many areas of the Hospital can be showcased. Please allow 30 minutes to record the routine three different times.

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January 15, 2010

Volume 32 Number 29

JANUARY 2010

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*PAYDAYS

JANUARY 11-22

Employee Satisfaction Progress Check Survey

Survey will be mailed and available on the Intranet.

JANUARY 18, 8:30-11:45AM

Kids' Academy

JANUARY 28, 10AM-2PM

HLC Blood Pressure Screening & Assessment

Stop by for a quick assessment or re-assessment to receive a \$100 NKCH Health Plan premium rebate, Pavilion Lobby.

FEBRUARY 4, 7AM, 1PM

Corporate Challenge Team Captain Meeting
Burlington

FEBRUARY 8-10

Red Shoes video shoot

Call Marketing Services at ext. 1680 for more details.



Hospital Times is published weekly by Marketing Services, 2800 Clay Edwards Drive, North Kansas City MO 64116-3220. The newsletter also can be viewed on the NKCH Intranet. Direct inquiries to Tiffany Coffey at 816.691.3022 or tiffany.coffey@nkch.org. All submissions to be considered for Friday's noon publication are due by noon the preceding Wednesday. Marketing Services reserves the right to edit copy for content and space.

FLU VACCINES ARE STILL AVAILABLE

Employee Health is still offering the seasonal flu vaccine and the H1N1 vaccine for all employees, physicians, allied health professionals and volunteers. Flu vaccinations are available Monday through Friday, 7:15 - 9:30 am and 1:30 - 3:30 pm.

The H1N1 flu vaccine expires on February 26, 2010 and cannot be administered past that date. Last year H1N1 cases were not reported until the end of March and into April.

Please stop by Employee Health at the times mentioned above if you wish to receive the seasonal flu vaccine or the H1N1 flu vaccine.

If you have chosen not to receive (decline) the seasonal flu vaccine, you must complete a flu declination form. You may access the online flu declination form on the Intranet. Scroll down on the left side of the Intranet page and click on "Flu Declination Form" and complete the form.

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DAY OF DANCE RED SHOES VIDEO

(continued from page 1)

The song that groups will dance to is "I've Gotta Feeling" by the Black Eyed Peas. Check your email for more details on the video shoot, a link to the song and a breast cancer video from an Oregon hospital.

The NKCH Red Shoes video will be featured at the Day of Dance Employee Celebration on Wednesday, Feb. 17, in Prairie View. See upcoming issues of HT for more details.

Deadline to participate in the video is Tuesday, Jan. 19. Call Marketing Services at ext. 1680 to sign up. Men's and ladies Day of Dance shirts can be purchased using payroll deduct, check or cash from the Pavilion Information Desk until Jan. 19, 7 am - 3:30 pm. From 3:30-5 pm, orders will be taken in Marketing Services on the 2nd

Floor of HSP, above Seasons Cafe. Employees who purchase shirts will be notified around Feb. 4 when their shirt is ready to be picked up. You are encouraged to wear it in the red shoes video, at the employee celebration and at the Day of Dance event.

The free Spirit of Women® Day of Dance event is noon-4 p.m., Saturday, Feb. 27, at Zona Rosa, in the Groves, lower level of the Marshalls building. This event provides participants an opportunity to talk to physicians one-on-one and get moving towards better health.

Day of Dance is cosponsored by Northland Women's Center and Northland Cardiac Center at NKCH.

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AUXILIARY BOARD APPROVES GIFTS

The Auxiliary board approved gifts totaling \$18,324 for the Hospital. Sales from the Gift Shop and various fundraisers by the Auxiliary resulted in this generous donation. The focus this year was on patient care requests. Congratulations to the following departments:

- Palliative Care - Hello Direct PolycomVoice Station
- Emergency Department and Case Management - Funds for NKCH clothes closet supplies
- Pavilion Surgery - Canvas bags for pediatric surgery program
- Speech Therapy - VitalStim Experia Unit - swallowing disorders
- Inpatient Cardiac Rehab - Dynex HDTV-DV combo
- Outpatient Cardiac Rehab - Q-Tel system upgrade

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ALL EMPLOYEES MUST SIGN UP FOR E-PAY BY MARCH 12



North Kansas City Hospital employees who are currently signed up for direct deposit and receive a paycheck stub in the mail are being asked to sign up for E-Pay. Effective March 12, direct deposit stubs will no longer be printed and mailed to employees' home addresses.

Almost 60 percent of employees are already signed up for E-Pay, so this is a proven, convenient and secure way to receive paystub information. Funds will continue to be deposited into your bank account on Friday, but with E-Pay you can view your stub two days earlier. Employees can receive their information at any valid e-mail address. It is a secure, encrypted file that cannot be opened without a password and you can personally reprint all of your paystubs for loans and other purposes.

To sign up for E-Pay, click on the Sign up for E-Pay button on the Intranet. You will need to enter your employee number and the last four digits of your social security number. After signing up, you will be able to access your paystub history and/or

change your E-Pay account information from your Personal Menu on the Intranet.

To sign up for E-Pay from home, log into the Internet and visit <https://nkch.org/secured>. A user name, password and the last four digits of your social security number will need to be entered. After signing up, you can view your paystub history and/or change your E-Pay account information from your Personal Menu on the Intranet Secured Portal.

You will also need Adobe Reader to view your paystub. To download this software for free, go to www.adobe.com and click on Get Adobe Reader. *Pillar: Employer of Choice*

YOU ASKED - WE LISTENED

The tax-deferred annuity based retirement savings plan, 403(b) offered to all employees, is getting a boost. ING, the provider of the plan, in cooperation with NKCH and our retirement plan actuaries, produced a plan that enhances your options.

The 403(b)(7) Group Custodial Account product will be offered to all current and incoming staff. This new plan is mutual fund based and offers 27 variable investment options, a suite of target portfolios, Morning Star advice and a self directed brokerage account option.

“Your Retirement Party” will be held 7:30 am - 4:30 pm, Thursday, Jan. 20, in Prairie View. Wear jeans and join us for food and fun. ING representatives can answer questions and set appointments to help you investigate these enhanced features.

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WELCOME TO THE NKCH FAMILY

Jessica Austin, RN

Carlea Bernard, Graduate Nurse

Karen Canfield, Graduate Nurse

Chelsea Carter, Graduate Nurse

Vanessa Colyer, Graduate Nurse

Tabitha Danneman, RN

Jeness Davis, RN

Dawn Ellis, RN

Nicole Ernst, RN

Amanda Faubion, Graduate Nurse

James Florez, RN

Lauren Heckethorn, Graduate Nurse

Lauren Henderson, Graduate Nurse

Adelyn Jewett, Graduate Nurse

Kimberly Johnson, RN

Lauren Lampson, RN

Rhonda Newton, RN

Heather O'Connell, Graduate Nurse

Kelly Olmstead, RN

Zerina Omeragic, Respiratory
Therapist

Robin Richmond, CNA

Jerrice Taplett, RN

Brittany Turner, Graduate Nurse

Tiffany Vermeline, RN

Jeron Wilson, Food and Nutrition
Services staff

Deborah Zerrer, RN

DIFFERENCE MAKERS

THE HOSPITAL'S INTRANET SITE is a valuable tool to learn what's happening at NKCH in the local media. You can now access television stories about the Hospital by clicking on "NKCH in the News." Here we will archive stories where Hospital staff and physicians are featured. Just scroll to the right to see the stories that are posted, including a segment that mentions NKCH on a recent episode of the nationwide Dr. Oz show.

SHARON CARR, PRE-OP SECRETARY, would like to give a special thanks to all surgery staff and her special friends at North Kansas City Hospital. "It's not often one gets to work amongst angels. My co-workers and friends have been angels in my life. I recently had open heart surgery and was blessed with prayers, financial help, well wishers and even homecooked meals for me and my family. I would like to thank those angels from the bottom of my heart for sharing such amazing generosity with my family and myself. It is my wish that God bless each and every one of you as you have blessed me."

JUST A REMINDER that if an employee loses his/her PIN number for the Employee Satisfaction Progress Check survey, in order to ensure confidentiality, a new one cannot be issued.

KAMI CRAIGG, CVICU, recently passed the CCRN certification exam. CCRN is a board certified Critical Care RN.

GOING GREEN TIP: To avoid spraying for pests, find the places where they enter and block those areas.