



“The Lord is my rock and my fortress and my deliverer; my God, my strength, in whom I will trust...” Psalm 18:2



### *The President's Message*

#### **Feeling Welcome**

It's only been a short time that I have actually been on board here at Saint Alphonus Medical Center— Baker City, but I already feel welcomed. I have taken several “walkabouts” in an attempt to get to know some of you, and I look forward to meeting and interacting with the rest.

I believe that there are many rewards to working in the healthcare field, even during this time of change and challenge. We have been given a special opportunity to touch the lives of everyone that walks through our doors. To think that we can change a life for the better, no matter what the medical condition or outcome is, reminds me that we truly have a sacred responsibility.

My question to you is: what can we do to enhance the experience of all who interact with us? Can we make this place truly a center of seamless service for our patients, residents, co-workers, physicians and their office staff? Can we embark on a journey to make all feel as welcome here as I have felt?



I will be looking to you for answers to these questions. I believe that we can build on the excellence we have

demonstrated throughout the 113 years of service that St. Elizabeth brought to this community. And now, as we begin a new era as part of the Saint Alphonus Health System, together we can meet the challenges of providing excellent and affordable healthcare to our community and beyond.

Please come to me if you have questions and suggestions. I, for one,

know that it is only through the work of our physicians and associates that we can safely face our future. Our success lies in your hands.

Again, thank you for making me feel welcomed, and I look forward to working with you.

*Ray Gibbons,  
President and CEO*

## *Thanksgiving and Birthdays!*

November is just around the corner, and we have a lot of things for which to be thankful. Here is a list of people that are celebrating a milestone in their lives. Be sure you give them the opportunity to celebrate their special day!

Robert Y.	November 6
Anthony B.	November 6
Diana D.	November 7
Molly M.	November 7
Charlene L.	November 8
Cathy J.	November 8
Julie S.	November 9
Lucy K.	November 10
Steve W.	November 11
Della M.	November 13
Trina M.	November 13
Robert B.	November 15
Carrie S.	November 18
Pamela M.	November 19
Kimberly Z.	November 19
Thanksgiving!	November 25
Kimber A.	November 26
Jackie C.	November 26
Jesse J.	November 29

## *Welcome to Our New Leaders!*

We have several new leaders that have joined us in the recent few weeks. Officially we want to welcome Ray Gibbons, our CEO, as he joins us from Montana. He comes with considerable Critical Access Hospital experience and has literally hit the ground running. We are pleased to have him here and invite you all to introduce yourselves to him as you see him in our facility.

Dina Ellwanger comes to us from our sister hospital in Nampa. She serves as our VP of Patient Care Services and our Chief Nursing Officer. She is very dedicated and you will often see her here early in the morning as she meets with the different nursing shifts. If you haven't already introduced yourself

to her I encourage you to do that.

Because of the organization in our Saint Alphonsus Health System we have divided the Communications/Foundation position into two positions. Davey Peterson has moved into the Communications/Marketing position and is usually here most mornings. Laura Huggins is our Foundation/Volunteer Coordinator and she is also taking on responsibilities in the Community Health Improvement Partnership (CHIP) as she represents our organization in that setting.

Julie Finch has taken the Surgery Supervisor position as Patti is moving toward a more relaxed

lifestyle (not retired, but taking on more of her hobbies on a full-time basis).

We look forward to working with these excellent people!



## *SAMC-BT Food Bank*

We are still collecting non-perishable foods for our revitalized Saint Alphonsus Medical Center—Baker City food bank. This food bank is designed to help our own staff at times when the needs exceed the resources.

We truly can make a difference with only a little effort on everyone's part. If everyone of our 225 associates would commit to donate one can of food a month in a year's time we would have received 2700 donations of food. Imagine what that could mean to our associates at a time of need!

It's very easy to do: Just drop your food contributions off at Jerry or Stacy's offices at any time (evening people can place it at the doorway of either office. Our Facilities Department has prepared an area where we can keep the food safe and secure, and associates can submit their requests through Jerry.

Thank you for making a difference in lives as we move toward the holiday season!

## *It's our First Annual Benefits Fair!*

One of the great things about being a part of a local system like Saint Alphonsus Health System is that we can enjoy the benefits of a closer connection with resources that we alone could not afford. On Wednesday, October 13, from 7:00 a.m. until about 4:00 p.m. we will have a group of representatives here to answer our questions about our benefits programs. We will have people from our Medical program (Aetna), the Dental program (Delta Dental), the Vision program (United Healthcare Vision), the optional Legal program (Hyatt Legal), and various other representatives.

Here's how it works: Room 15 will have various presentations for you to attend while the halls will be filled with tables for you to visit with the representatives. There will be raffles and goodies and a time to get all of the answers you wanted before we go with our Open Enrollment (set for October 20 through November 3).

We strongly encourage all benefited associates to attend this Benefit's Fair, and would like to have all associates at least stop by to sign some of the required paperwork that will be available. There will be two sessions of the mandatory Organizational Integrity orientation, so if you have not attended a session, please plan on coming (see schedule on the right).

### **Schedule for Benefits Fair**

- 7:00 a.m. Benefits Presentation (Rm 15)**
- 9:00 a.m. OI Program Orientation (Rm 15)**
- 11:00 a.m. Benefits Presentation (Rm 15)**
- 3:00 p.m. OI Program Orientation (Rm 15)**

***You will be able to meet with different representative throughout the day to answer your questions and receive exciting gifts!***



## *"Toto, I don't think we are in Kansas anymore..."*

Leanne Irsik, our Interim CEO for the past 23 months, is packing her bags and heading back to her home in Kansas. But before she leaves we want to get together with her one last time to let her know how much we have appreciated her and all she has done for us during this transition. So on **Wednesday, October 13, starting at 1:30 p.m.**, we will be meeting in the cafeteria to say our good-byes.

We realize that this is in the middle of our Benefits Fair, but since we already will have most of our associates coming in that day we decided that it would be a good way to get as many as want to maximize

their time and accomplish both tasks at once.

If you have any questions about this please see Ginger or Sheri in Administration.



### **CELEBRATE!**

Here are some groups to recognize and celebrate in October:

National Sleep Technologist  
Appreciation Week—October 4-10

National Medical Assisting  
Appreciation Week—October 18-  
22

National Diagnostic Medical  
Sonography Awareness Month

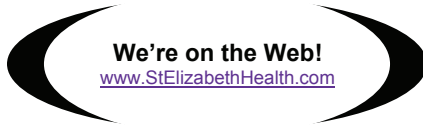
National Physical Therapy  
Awareness Month

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*“Where Miracles Happen”*



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## Bits and Pieces, Odds and Ends

Don't forget—you can get our new logo put on any fabric item of your choice by going to Elkhorn Embroidery (2810 Broadway) and showing them your associate ID badge. It's only \$8 to have it sewn on—and it looks great!

Need a Delta Dental card next time when you go to your dentist? Here's how you can print one. Go to our intranet page and click on the "My Benefits Portfolio" link. You will see a "My Health and Welfare" link at the top—click on that link and you will see a page where you select St. Elizabeth Health Service (yep—our old name!). When you click on our name you will go to the main My Health and Welfare page. In the right upper corner you will see a box with links to "My Resources" web sites. Click on the "Delta Dental" link and when you are there click on the "Consumer Toolkit." If you've been there before you will enter your user name and password; if this is your first time you will need to register. Once in the system you will see on the left where you can print your ID card, cut it out, and be ready for your next visit to the dentist!

According to the Centers for Disease Control, obesity accounts for 9 percent of U.S. healthcare costs—about 123 billion dollars per year.

According to the A.C. Nielsen Company the average American will have spent 9 solid years watching TV by the time he or she turns 65! During that time these people will have viewed 2 million commercials!

## Mission Moment

I bought some new records at the thrift store. Okay—they aren't new, but they are new to me. Actually, they aren't new to me either, since I remember having them or at least listening to them when I was much younger. In fact, the one that I have playing right now I remember it was 1973 when I last listened to it!

In 1973 they still had eight-track players in cars. You could buy singles—the small 45 rpm vinyl discs that you had to put a little device in the center so you could play it on a regular turn table. Cassettes were the latest thing, but they had the tendency to get jammed in the player, and that was a real mess if you had to try to get it out of the player that was mounted under the dash (you nearly had to stand on your head to get to it!).

Fast forward to today. No more rewinding the tapes—you just eject the CDs. But CDs are so old fashion now—it's all about

the MP3 players, iPods, and whatever else is being unveiled on the market today.

I still like to listen to my old records. But it's because of the memories that are awakened that I play them—the sound is a little scratchy compared to my iPod. But I can enjoy both.

We have a little old and a little new that we have experienced here at our facility. I imagine that we will always have that. But rather than bemoan the loss of the old, let's look at what we can do to make the new as positive as possible. Together they will bring a richness to our lives that will help to make our future wonderful!

...But you are always welcome to come and listen to my records!

*Jerry Nickell  
VP Mission & Human Resources / LIO*

