



▶ GUIDING BEHAVIORS OF
"BEING FULLY PRESENT" 1



▶ MARCH BIRTHDAYS; LOOKING
FOR VOLUNTEERS; SAHS/GRH
AFFILIATION INTRODUCING
MARY PATRICIA COLVIN, M.D.,
GENERAL SURGERY



▶ THE CRITICAL DIFFERENCE;
DR. DEVOS RETIREMENT;
INSPIRED SERVICE AWARD 3



▶ NEW EMPLOYEE
ORIENTATION; MISSION
MOMENT; THE FOOD BANK IS
GROWING 4

○ Volume
13

○ Issue 2

○ February 2011

SAMC-BC

the pulse

AND WALK IN LOVE, AS CHRIST ALSO HAS
LOVED US AND GIVEN HIMSELF FOR US, AN
OFFERING AND A SACRIFICE TO GOD FOR
A SWEET-SMELLING AROMA .

EPHESIANS 5:2

The President's Message

Guiding Behaviors of "Being Fully Present"

In an era with iPads, web-enabled mobile phones, MP3 players and a whole herd of other time-saving devices, it would seem that cumulatively, people are communicating with each other more than ever... or so one would think.

The Guiding Behavior of "Being Fully Present" goes beyond sitting-up straight and staying awake during meetings or focusing on what the person speaking to you is saying. As I'm coming to realize, being fully present can also come to mean that you are choosing the most appropriate form of communication for each instance. This can mean that it isn't always the best policy to communicate with your fellow associates and Saint Alphonus Health System counterparts via e-mail. A phone call or face-to-face conversation may serve the situation and subject matter better than an electronic, text-based message.

The temptation in a technology heavy world is to allow bits and

pixels to become the prevailing format for the exchange of ideas. How would this interfere with an individual's ability to be fully present? It's simple; by removing yourself from the context of live conversation, you run the risk of distancing yourself and the other individual from the immediate give and take of a voice or in-person conversation. Not only is miscommunication a concern when dealing with complicated or difficult subjects, but so is the protracted nature of the problem solving process via multiple messages traded back and fourth. If our Vision is truly to provide healing and hope close to home; help our community grow and thrive; be a trusted partner for life; and deliver value in everything we do, then the responsibility falls on **us** to build clear, timely and accurate lines of communication with our patients, colleagues in the Saint Alphonus System, and each other. As part of the effort to improve as a system, we are adopting a new standard of



procedures for e-mail communications that has gone out to all managers and then on to all Associates. The hope is that these protocols can assist in providing clarity and smoother exchanges in the communication dynamic—both with the system and here in our own Ministry Organization.

Finally, it bears pointing-out that being fully present does mean actively listening, engaging and communicating, but more importantly, being fully present also requires taking a moment to consider what we are going to say and what vehicle we are going to use to say it.



**Saint Alphonus
Medical Center**

BAKER CITY

March Birthdays

Martina M.	March 6	Laura K.	March 16
Marianne S.	March 8	Joanie S.	March 17
Joann I.	March 10	Alan K.	March 17
Pimchan C.	March 10	Kelly A.	March 19
Eric S.	March 11	Casey F.	March 20
Mickey S.	March 12	Glynda A.	March 23
Ashley D.	March 13	Tina A.	March 23
Abby D.	March 13	Susan A.	March 26
Becky C.	March 14	Sherri C.	March 26
Dana K.	March 15	Sheri K.	March 27
Vanessa B.	March 15	Bonnie P.	March 29

Looking for Volunteers

As part of our desire to live our Mission and demonstrate our Values, we are looking to create a “Living Mission” team. Under the auspices of the Mission department, this team will identify how we can bring spirituality into our facility in a very proactive and uplifting way. We anticipate that we will be meeting once a month, so your time commitment will be minimal; however, your contribution to the organization will be priceless!

Please see Jerry if you are interested in being a part of this team!

Saint Alphonus Health System and Grande Ronde Hospital Affiliation

We are pleased to announce that the Grande Ronde Hospital (GRH) Board of Trustees and Saint Alphonus Health System Board of Trustees have finalized the Affiliation Agreement, enabling our long-standing partnership to move to the next level to enhance health care services for La Grande and the surrounding communities.

Through the use of innovative technology, collaboration, and on-going programmatic development, Saint Alphonus and Grande Ronde will now work to establish programs that provide increased access to services and on-going provider education for La Grande and the outlying service areas of the Northeast Oregon region. The proximity of Baker City and La Grande also provides unique opportunities for integration of health services to ensure that patient care remains local, and that increased services are provided in both the Baker City and La Grande communities.

The next phase of our partnership holds tremendous potential to strengthen key programs across the region with Grande Ronde Hospital as an Affiliate of Saint Alphonus Health System. Both of our organizations share a very similar Mission and Vision, and we are committed to growth and expansion in the La Grande community. Our physicians and management teams have worked collaboratively in the past to share knowledge and expertise, and we look forward to exciting opportunities as these relationships continue to grow and prosper.

We will begin convening teams in the immediate future to work together on our common goal: To provide access and the highest quality of care and services close to home throughout the region. Please join us in celebration of our new Affiliation partnership, and the promise of providing improved health, hope, and healing in our communities throughout the region.

Introducing Mary Patricia Colvin, M.D., General Surgery

We would like to welcome Dr. Colvin back to Baker County as well as to the Saint Alphonus Medical Center—Baker City Surgical Team.

Dr. Colvin graduated from Baker High School and received her medical education at the Georgetown University School of Medicine in Washington, D.C. Dr. Colvin received her residency training at the Virginia Commonwealth University in Richmond, Virginia and completed surgical residency at the University of Arizona Medical Center in Tucson. She received additional fellowship training in burn and plastic surgery at the Albert Einstein/Jacobi Medical Center—Bronx, New York. Dr. Colvin is also a Lt. Commander in the US Navy Reserve Medical Corps. Prior to assuming her position at Saint Alphonus Medical Center—Baker City, Dr. Colvin served at the Landstuhl Regional Medical Center in Germany treating wounded warriors out of Iraq and Afghanistan.

Among her interests, Dr. Colvin enjoys travel and music and says that she is looking forward to the opportunity to serve the surgical needs of Baker County.





The Critical Difference

YOU ASKED FOR IT IN THE EMPLOYEE ENGAGEMENT SURVEY – AND HERE IT IS! OUR NEW ASSOCIATE RECOGNITION PROGRAM IS UP AND RUNNING WITH THREE LEVELS OF RECOGNITION (ONE SIMILAR TO THE “I CARE” AWARDS, ONE SPECIFICALLY FROM MANAGERS TO ASSOCIATES, AND A SPECIAL “INSPIRED SERVICE AWARD” FROM THE CEO). TALK TO YOUR MANAGER OR SEE HR/OTE FOR MORE INFORMATION.

Dr. DeVos Retires After 32 Years of Service

After thirty-two years of outstanding service in our emergency department, Gary DeVos, M.D. will be leaving our ranks to pursue an active retirement on June 30, 2011. When asked what his plans will be when he is no longer working as an ER physician, Dr. DeVos said that he will be spending plenty of time at work on his 150 acre spread which includes a large garden and greenhouse, as well as continuing to bird hunt, hike and fish.



Dr. DeVos said that in particular he will miss the “great crew of staff, nurses and good friends” that he’s worked so closely with during his time with our facility. However, he did say that he will not miss working the night shift.

I will venture to speak for everyone here at SAMC—BC when I say that we wish Dr. DeVos a terrific retirement and continued success in his new endeavors.

As the date draws closer, I will be posting some comments and memories of Dr. DeVos’ friends and colleagues.

Best of luck Dr. DeVos and we hope you stop-by to see us from time to time.



Julie Hindman “Inspired Service Award” Recipient

I am pleased to announce that the first recipient of the Inspired Service Award is Julie Hindman, our Surgery Supervisor.

Last month, a surgeon who had previously worked in our OR, shared with me that she was considering dropping her OR privileges. However, after visiting the OR, with Julie and seeing Julie’s passion as well as the improvements made since last year, the surgeon changed her mind. The surgeon expressed to me how impressed she was with both, Julie and the OR.

Thank you, Julie for your dedication to your department as well as our Ministry Organization.

Ray Gibbons, CEO

Eating Disorders Awareness Week ~ February 20 – 26

National Eating Disorder Awareness (NEDAwareness) Week is a collective effort of primarily volunteers, including eating disorder professionals, healthcare providers, students, educators, social workers and individuals committed to raising awareness of the dangers surrounding eating disorders and the need for early intervention and treatment. The aim of NEDAwareness Week is to ultimately prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. *For more information, contact: Susie Roman ~ National Eating Disorders Association (NEDA) ~ 206.382.3587, ext. 18 ~ sroman@mynedo.org ~ www.nationaleatingdisorders.org*

We have established a new schedule for our New Employee Orientation program. We will meet once each month, alternating between the third Thursday at 9:00 a.m. and the third Monday at 1:00 p.m. Our February NEO is scheduled for February 17 at 9:00, so if you have not attended yet, please arrange with your manager to attend.

**NEW
EMPLOYEE
ORIENTATION**
Coming to a
Meeting Room
Near You!



Thanks!



Mission Moment

Have you ever wondered where our tradition of Valentine's Day began? When you research the facts, it's actually not as romantic as you might have thought. There were several martyred saints that shared the name "Valentine" before AD 500, when Pope Gelasius established the first Valentine's Day. But not much accurate historical data supports the association of love with those saints.

Some professors claim that there was no relationship to romantic love until 1382 when Chaucer wrote "*For this was Saint Valentine's Day, when every bird*

cometh there to choose his mate." Shakespeare included his own take on the holiday when, in writing Hamlet, he penned these words:

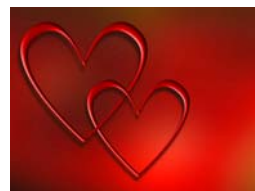
*To-morrow is Saint Valentine's day,
All in the morning betime,
And I a maid at your window,
To be your Valentine.*

The true maturity of the day happened with the growth of the greeting card business. Estimates of greater than 190 million cards are purchased each year, so businesses like Hallmark and American Greeting Card have a vested interest in perpetuating this day.

Personally I like to use this day as a reminder. Perhaps I have been too busy with activities to recognize those people that mean more to me than the tasks on which I focus my time. Maybe this is an opportunity for me to do something special for the people I love. Maybe this is my wake-up call to realign my priorities, if only just for a day.

And with those thoughts in mind, let me wish you a very special Valentine's Day!

~Jerry Nickell



The Food Bank is Growing!

A big "Thank You" to those who have been so faithful and have donated non-perishable food items to our food bank.

Remember, just one can of food, a month, from each associate would give us enough food to help our associates that might be having a tough time. Should you want to make a donation, just bring your food to either Jerry or Stacy, and we will make sure that it ends up in the right place.

Thanks!

(Should you know of an associate that might be able to benefit from our food bank, please contact Jerry with that information)