

July/August 2010

# in•pulse.



SAINT VINCENT HOSPITAL

*A history of excellence. A century of care.*

News for and about the staff of Saint Vincent Hospital

## 10 Years Ago at Saint Vincent Hospital

**In June 2000** The Hospital's "Target 100" Program is in full swing. This is the precursor of the "Ace of Hearts" Recognition Program we have today.

**In September 2000** The Saint Vincent Hospital Chapel is officially dedicated to the Sisters of Providence and is aptly named "Our Lady of Providence Chapel."

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July/August 2010

Volume 7 Issue 13

## Community Benefits Update

The Saint Vincent Hospital Community Benefits Program recently awarded 21 grants to a variety of charitable organizations serving the Greater Worcester and Central Massachusetts area. The grant awards—totaling \$50,000—were presented at a special luncheon reception held on Friday, June 18th at the hospital.

Each year the program seeks out grant proposals for health-related initiatives that serve vulnerable populations in the region. This year the grants covered a full spectrum of projects and services including a falls prevention program for Worcester elders; a structured exercise program designed to improve the health of those with mental illness; and providing support and prenatal care for women in crisis pregnancies.

The 21 organizations to benefit from the hospital's 2010 grant funding were: Abby Kelley Foster House, Inc.; American Red Cross of Central Massachusetts; Catholic Charities of the "Diocese of Worcester; Children's Friend; Dismas House of MA, Inc.; Family Health Center of Worcester, Inc.; Friends of the Shrewsbury Senior Center, Inc.; Genesis Club, Inc.; Girls "Incorporated of Worcester; Great Brook Valley Health Center, Inc.; Southern Worcester County Rehabilitation Center, Inc. d/b/a Lifeskills, Inc.; McAuley Nazareth Home for Boys; Pernet Family Health Service, Inc.; Rachel's Table; Saint Paul's Elder Outreach; Veterans, Inc., Visitation House; VNA Care Network, Inc.; Why Me, Inc.; Worcester Evening Free Medical Service Program, c/o Epworth United Methodist Church; and YWCA of Central Massachusetts.

*Continued on page 8*

## The Family First Program

Looking for an easy and convenient way for you and your family to schedule non-urgent primary care and outpatient testing appointments? Then look no further than the Family First Program.

Designed as a special VIP service for Saint Vincent Hospital employees and their families, the Family First Program offers expedited appointments, excellent clinical care, and helps to support the hospital. (Please see the enclosed Family First insert for program details.)

"Such programs are actually at work at other hospitals," explained **Diane Forte**, Director of Provider and Public Relations. "One of our directors noticed that the doctor's notes from her staff would often come from other institutions. Why not have them come here for treatment instead?"

*Continued on page 6*



## Health for Life Donation

As part of its Health for Life outreach to the community, Saint Vincent Hospital recently donated \$20,000 to Saint John's High School in Shrewsbury, MA, to be put toward the development of an Athletic Center at the school. Pictured l. to r. are **Michael Welch** and **Stephen Davis** of Saint John's High School; **John E. Smithhisler**, President and CEO of Saint Vincent Hospital; and **John Andreoli** and **Joe Salois**, Saint Vincent Hospital Board Members.



# About Our Hospital Family...

## Aces of the Month

### April

Congratulations to **Henryka Kukowski, RN**, of 35 North who is our April Ace of the Month. Henryka was honored for going above and beyond in her efforts to help a colleague who had fallen and hurt herself in the parking garage. "Once a caregiver, always a caregiver," noted **Cathy Powers**, Nursing Director of 35 North, who presented Henryka with the award. Henryka was lauded for her quick thinking and professionalism. Well done!



### May

Congratulations to **Deborah Fahey**, Human Resources Coordinator, who is our May Ace of the Month. Deb was recognized for her many valuable contributions to the work environment. "This Ace is the cornerstone for most, if not all, of the Hospital's reward and recognition successes," noted **Jan Peters**, Vice President of Human Resources who presented the award. "She works tirelessly to coordinate many events, celebrations and meetings throughout the year, most recently being the 'behind the scenes producer' of the successful Annual Service Awards Dinner." (Please see page 5 of this newsletter for information and photos about this special event.) Well deserved, Deb. Congratulations again!



## Star Performer Award

Kudos to the staff of the Nuclear Medicine Department who were the recipients of the 3rd Quarter Star Performer Award. Nuclear Medicine was the only outpatient department from all three service lines whose patient satisfaction scores consistently improved over the past four quarters. Their diligence and dedication to improving the patient's experience truly set them apart from all others. Congratulations!



*Mark Corbin of Nuclear Medicine accepted the Star Award on behalf of his department.*

## Department Employees of the Year

### Patient Access Services

Patient Access Services recently held a special celebration honoring its outstanding employees. Congratulations to **Natividad Rosado** who was named Employee of the Year; to **Christine MacDonald**, this year's Ace of the Year winner; and to **Caitlin Lubelczyk**, who was the department's Way to Go of the Year Award recipient. Well done!



*Natividad Rosado*



*Christine MacDonald*



*Caitlin Lubelczyk*

### Radiology

Radiology also announced their 2009 Employee of the Year at a special ceremony held in June. Congratulations to **Deb O'Brien**, this year's award recipient, who was lauded for her commitment to excellence, caring and patient satisfaction. "She is dedicated to improving the satisfaction of the patients, as well as the staff, and truly is committed to make this department the best place to work and to receive care," explained **Steve Bennett**, Director of Radiology. "Her honesty, integrity, leadership, and work ethic promote a sense of pride throughout the department, and we are grateful for her persistent efforts."



## First Annual Hospitalist Award

**Maria Hincapie-Marquez, MD**, was the recipient of the first annual Saint Vincent Hospital Hospitalist Program "Service Recognition Award" for the year 2009-2010. Dr. Hincapie-Marquez was selected by her colleagues for being an exemplary physician, colleague and friend. Congratulations.



*1. to. r. Dr. Maria Hincapie-Marquez and Glen Ramirez, Regional Director of Hospitalist Services for the New England Market.*

*Photo credit: Dr. Susan George*



**Stay healthy.  
Remember to wash your hands.**



## Welcome New Physicians

**Jyotikaben Patel, MD**, is Saint Vincent Hospital's new Chief of Psychiatry. Dr. Patel is board certified in psychiatry and neurology, and received her medical degree from Government Medical College, Baroda University.



**Joseph Condon, MD**, has joined Saint Vincent Medical Group and will be specializing in psychiatry and pain management. His office will be located Suite 520 at 123 Summer Street, Worcester. His phone is 508-363-5432.



**Mark Kranis, DO**, has joined Saint Vincent Hospital and will be specializing in cardiovascular medicine. His office will be located in Suite 501 at 102 Shore Drive, Worcester, MA. His phone is 508-407-7930.



## In Memoriam

**James P. Walsh, M.D.**, a long-time Worcester resident and Saint Vincent Hospital physician, passed away July 17th. Well-known and respected for his many acts of kindness and for his outstanding contributions to the community, Dr. Walsh was one of the finalists for Saint Vincent Hospital's Vanguard Health Systems Compassionate Caregiver Award this past year. (Please see page 6 of this newsletter.) Our thoughts and prayers go out to his family. In lieu of flowers memorial donations may be made to Visitation House, 119 Endicott Street, Worcester 01610 or Problem Pregnancy of Worcester, 495 Pleasant Street, Worcester 01609.



## We will miss you...

Best wishes to **Pauline Michalak** who retired from Saint Vincent Hospital after 42 years of dedicated service. Pauline worked her first 17 years in the OR and then served 25 years in the Radiology Department.

*Photo credit: Deb O'Brien*



Best wishes to **Loretta Wilmarth**, of the Sleep Lab, who decided to retire from the hospital after 30 years of dedicated service. Loretta began as an EEG Technologist in the department in 1980 before being promoted to supervisor of the Neurodiagnostic Lab in 1983. She stayed a loyal member of the department until her retirement.



## Special Anniversary

Morrison's Food Service recently honored **Patty Nichols** for her 35 years of dedicated service. As part of the festivities, Patty was presented with a cake and a special bouquet of summertime flowers. Congratulations, Patty. We are glad you are part of our team!

*Photo courtesy of Morrison's*



## Great Catch

Congratulations to **Taylor Cook** of the Pharmacy, **Ray Rogers** of the OR, **Patty Pariseau** of Sterile Processing and **Bob Gaumond** of the Clinical Equipment Department who were all recently recognized with Great Catch Awards. Their quick thinking, keen observation skills, and teamwork were all instrumental in ensuring quality patient care and safety. Well done!



*Taylor Cook*



*Ray Rogers*



*Patty Pariseau*



*Bob Gaumond*



# National Cancer Survivors Day

June 6, 2010

Over 350 cancer survivors, their families and friends joined us in the Atrium for National Cancer Survivors Day on Sunday, June 6, 2010. The event, co-hosted by Saint Vincent Hospital and Fallon Clinic, included a picnic lunch, entertainment, and educational information.



Photo credit: Teri Hegarty



Photo credit: Teri Hegarty



Holly Wilder, center, Manager of Volunteers and Guest Services at Saint Vincent Hospital, poses with the Worcester Technical Pastry Chef Students who prepared the cakes for the day's festivities. Photo Courtesy of Worcester Technical High School.





# Annual Service Awards Dinner

June 17, 2010 at the Pleasant Valley Country Club



50 Years



40 Years



35 Years

Congratulations  
to all of our  
2010 Service Award  
Recipients!



30 Years



25 Years

## 50 Years

Dorothy Vassar

## 40 Years

Nancy Byrne  
Kathleen Clark  
Diane Cote  
Katherine Shapter

## 35 Years

Denise Adams  
George Andersen  
Linda Boucher  
Linda Cullen  
Gregory Curtis  
Karen Fontaine  
Donna Franciosa  
Patty Gilmore  
Darlene Haglund  
Sandra Harrington  
Michelle Joubert  
Catherine Joyce  
Mary Laviolette  
Victoria Lonchiadis  
Joan Lynch-Silver  
Deborah Malm  
Carol Masoero  
Mary McCadle  
Christine Moulton  
Lucia Quigley  
Susan Ricciardi  
Robert Spiewak

## 30 Years

Lynn Andrews  
Charlene Baron  
Debra Bonneau  
Norinne Burke  
Sandra Caravaho  
Debra Chouinard  
Rosann Coogan  
William Dunphe  
Maureen Galvin  
Patricia Hammond  
Judith Hewett  
Marianne Jakusik  
Barbarajean Keen  
John Lockwood  
Paul Lynch  
Rene Malo  
Philip Miller  
Russell Norwood  
Golde Pollard  
June Pope  
Anita Robinson  
Christy Rogacevitz  
Gail Santoro  
Cynthia Sawosik  
Kenneth Sheil  
Carol Stone  
Loretta Wilmarth  
Jo-Anne Yost

## 25 Years

Teresa Allen  
Jayne Antos  
Cathy Beando

Pamela Busha  
Elaine Finneran  
David Gervais  
Susan Guertin  
Paul Henry  
Leslie Kalinowski  
Halina Kowalczyk  
Debra Krasowsky  
Nancy Marculitis  
Mary Marvin  
Mary Mazerolle  
Kathy McNamara  
Andrea Miller  
Diane Newcomb  
Nancy Perkins  
Karin Rock  
Michelle Sheerin  
Maryann Toedt  
Karen Vigilani  
Eileen Wood  
Jody Wronski

## 20 Years

Patricia Arsenaault  
Paula Baroud  
Diane Barrett  
Dianne Benoit  
Ellen Bonnevie  
Susan Breeds  
Judith Brosnihan  
Tammy Brunelle  
Joan Brytowski  
Kathy Clarke  
Margaret Curnin

Peter D'Elia  
Joanne Deso  
Sandra Erickson  
Jennifer Farley  
Beth Fitts  
Glenn Forcier  
Janis Gebhardt  
Robin Generelli  
Kathleen Grenache  
Louise Hannam  
Pamela Henning  
Felice Kane-Scudder  
Susan Kendrick  
Elizabeth Lederman  
Michelle Loiselle  
Judith Lucas  
Mary Marsh  
Kelli McDonald  
Cheryl McKenna  
Charlotte McKeon  
Alison Morrow  
Brian Mulhearn  
Ann Partridge  
Janice Pearson  
Karen Pettinelli  
David Proffitt  
Diana Provencher  
Lynnann Pucci  
Pamela Rafferty  
Charles Randor  
Judith Read  
Debra Repetto  
Matthew Richardson

Marie Ritacco  
Denise Scotia  
Andrea Silva  
Zofia Skrodzka  
John Stuczynski  
Susan Troy  
Carl Wilson  
Linda Zigmont  
  
**15 Years**  
Elizabeth Adams  
Nancy Alton  
Carlos Aponte  
Sheryl Bliss  
Gail Bourassa  
Georgeanna Broadard  
Kelley Carpenter  
Renelle Chasse-Grajales  
Evelyn Claudio  
Patricia Falvey  
Julia Fruscione  
Catherine Gargolinski  
Lisa Gordon  
Lisa Hall  
Deirdre Halvorsen  
Alan Harris  
Elizabeth Harvey  
Shirley Hebert  
Crystal Jackson  
Marsha Lafountain  
Tricia Lambert  
Karen Larsen  
Anthony Larose  
Kimberly Larose

Meghan Lazo  
Tanya Lomino  
Judith Malatesta  
Carole McCann-Gaboury  
Dianne Millette  
Linda Morrison  
Deborah Natoli  
Elizabeth Ann Normand  
Adam Nuzzolillo  
Tonya Padgett-Comiska  
Peter Perduta  
Janis Peterson  
Mason Powell  
Lisa Prytko  
Ken Quach  
Deborah Schonborg  
Amy Sentence  
Elzbieta Szambelan  
Michelle Tessier  
Kashmira Thaker  
Beth Trial  
David Trifilio  
Anne Vancelette  
Maureen Watkins  
Linda Webster  
Micheline Woolson  
Tonya Zollo  
  
**10 Years**  
Joyce Agim  
Fremah Akomeah  
Dianne Albrizio  
Anthony Angelo  
Antoinette Aulizio-Reno  
Karen Baker  
Tracey Belanger-Brooks  
Linda Bellows  
Stephen Boffoli  
Aairion Brissett  
Gaynor Brissett  
Carrie Carbonneau  
Cynthia Chambless  
Christine Charette  
Catherine Chionchio  
Jessica Cobb  
Kathleen Corriveau  
Anne Covino  
Michele Craft  
Beverly Desforges  
Mary Dio  
Theresa Doan  
Justine D'Olimpio  
Melanie Duquette  
Kathleen Fagnoli  
Lorraine Fitts  
Linda Ford  
Pamela George  
Denise Gerolomo  
Katrina Gibree  
Margaret Gosselin  
James Griswold  
Helen Guay  
Pamela Hale  
Rebecca Hamel  
Matilda Hammond-Raney  
Marsha Holm  
Debbie Holmgren

Lisa Holmgren  
Gina Inangelo  
Jane Jordan  
Sheila King  
Diane Krakowski  
Vivian Langevin  
Jay Lebel  
Marcel LeClair  
Joy Lewis  
Anne Logan  
Maria Corona Martel  
Kristi McGrath  
Darlene Mwangi  
Maureen Nichols  
Kathy O'Reilly  
Anne Marie Oulton  
Deborah Proia  
Eleonor Pusey  
Dianne Rabadou  
Linda Rydberg  
Mara Salvaggio  
Sheila Sargent  
Laura Shays  
Kathleen Smith  
Regina Smith  
Walter St. Denis  
Mary-Beth Stanikmas  
Ellen Stanton  
Laura Sterczala  
Nadine Telsonson  
Thomas Ukena  
Noreen Valentino  
Candy Venincasa

## *A Special Thank You* *from the Family of Kenny Waugh*

May 15, 2010

Dear Mr. Smithhisler,

The family of Kenneth Waugh greatly appreciates the recognition he received in the presentation of the Compassionate Caregiver Award at Saint Vincent Hospital on May 12th.

We're proud of his reputation as a servant of people and his dedication to, and love for, his patients throughout his nursing career.

What a very special honor it was to celebrate Ken's loyalty and devotion to his profession.

Sincerely, Gratefully  
Jean Waugh  
(Ken's Mother)

### PCA/TECH Day Recognition

This year's PCA/TECH Day festivities included a pizza luncheon along with the distribution of a special "star" lapel pin to each of the PCAs and Techs in the hospital. "Please know that your hard work and dedication are all greatly appreciated by our patients, our staff, and the community that we serve," noted the thank you letter that accompanied each pin. "You are all 'stars' in your own right."



## Compassionate Caregiver Award

*Thank you to everyone who sent in nominations.*

**Here is a recap of our 2010 Compassionate Caregiver Award nominees and winner:**

**Award Winner: Kenneth Waugh, RN**, 33 South  
(awarded posthumously)

**Semi-Finalists: Dr. James Walsh** and **Leana Wilder, RN**,  
of 23 South.

#### **Runner-ups:**

- **Mary Booker, PCA**, in the Center for Women and Infants
- **Virginia Bunker, RN**, in Labor & Delivery
- **ICU/CWI Team:**
  - **Devin Keyes**, Office of Patient Advocates
  - **Stephanie Lenahan, PCA**, 23 South
  - **Debra Mahoney**, Catering Associate, 1 North
  - **Dr. Elizabeth Mahanor**, Fallon Clinic
  - **Mary Marsh**, Office of Patient Advocates
  - **Terry Munro, RN**, of the OR
  - **Dr. Jennifer Sargent**, Hospitalist

## Special Anniversaries



Three members of the microbiology laboratory recently reached some important milestones in their careers. **Anna Algieri** (at right), **George Volungis** (center) and **Peter Rawlins** (at left) each celebrated their 40th, 45th and 50th year of employment, respectively. Congratulations!

## The Family First Program

*Continued from page 1*

It was this insight that helped lead to the development of the Saint Vincent Hospital program that was officially introduced to employees on July 1st. One of its goals is to have patients seen within 24 to 72 hours.

But what about patient confidentiality?

"There are rules about patient privacy," noted Diane. "Audits and checks are done all the time. It's also the law."

Simply put, employees and their families who become Family First patients are covered by the same guidelines and federal laws of any non-employee patient or family member. Saint Vincent Hospital strictly enforces these laws.

"All we ask is that you give it a try," continued Diane. "Why not keep it in the family and close to home?"

To schedule an appointment through the Saint Vincent Hospital Family First Program please call the Hotline at 508-363-5123, or internally at ext. 25123. The Hotline is available Monday through Friday from 7:00am to 5:00pm.

If you have tried the new Family First Program and would like to share your experiences with the Inpulse please let us know. Please contact Teri Hegarty at [Teri.Hegarty@stvincenthospital.com](mailto:Teri.Hegarty@stvincenthospital.com).



# Did you know?

July/August 2010

Thank you again to everyone who volunteered and donated at our June 9th Blood Drive. Congratulations, too, to our raffle winners. They were: **Robin Noren**, ED, and **David Roy**, Finance, who each won a pair of Tornadoes tickets. And **Bia Zaycki**, Radiology, was our Grand Prize Raffle Winner and took home a \$500 gas card. Please mark your calendars for our next blood drive slated for Tuesday, August 17th from 10:00am to 4:00pm in the Atrium.

• • •

Saint Vincent Hospital was named one of the Top 5 Corporate Teams for our recent participation in the American Heart Association's Heart Walk.

• • •

Congratulations to **Ryan Hanney**, Manager of Patient Transport Services, for being named a member of the Executive Leadership Team for the American Heart Association. Ryan will be working throughout Massachusetts to promote the importance of heart health and stroke prevention, while collaborating with various groups and organizations to increase awareness around heart disease and stroke.

• • •

Congratulations to **Marcia Mats**, an accountant at the hospital. Marcia recently took the Medical Interpreter Training (MIT) Program at Central Mass Area Health Education and is now a Certified Russian Interpreter.

• • •

The Commission on Cancer of the American College of Surgeons has granted a Three-Year Accreditation with Commendation to the Cancer Program at Saint Vincent Hospital. Congratulations! (See certificate at right.)

• • •

Worcester has a new city ordinance in effect that says there is no smoking within 50 feet of any entrance of a health care facility or a municipal building. A \$25 fine is being enforced by police.

•  
**No  
Smoking  
Allowed  
in this Area**

City of Worcester Buffer Zone  
Ordinance # R.O. c. 8 § 3

Violators Subject to  
**\$25~~00~~ Fine**  
•

Looking to contact the Center for Musculoskeletal Services?

They have a new e-mail address:

[msk.services@stvincenthospital.com](mailto:msk.services@stvincenthospital.com)

**Diane Forte**, Director of Provider and Public Relations, was on hand for the recent Health Fair held at the Charlton Council on Aging/Senior Center. The event was the perfect venue for area seniors to learn more about foot care and health from **Dr. Suzanne Grondin**, a podiatrist who was on hand to answer "Ask the Expert" questions; to learn more about the effects of aging from geriatrician **Dr. Gary Blanchard**; and information on heart health courtesy of **Elizabeth Vincent** of Saint Vincent Hospital's Heart and Vascular Center.



*l. to r. Diane Forte and Elizabeth Vincent (photo courtesy of Charlton Senior Center).*

## Hospital Surplus Equipment Donated to Honduras

Saint Vincent Hospital recently donated a variety of surplus equipment to help the people of Honduras. The equipment—which consisted of hospital beds, stretchers, over bed tables and bed side stands—is now on its way to help those in need in this Central American country.



THE COMMISSION ON CANCER AWARDS THIS  
*Certificate of Accreditation*

WITH COMMENDATION

*to the Teaching Hospital Cancer Program of  
Saint Vincent Hospital at Worcester Medical Center  
Worcester, MA  
Program accredited through 2012*



STEPHEN B. EDGE, MD, FACS  
CHAIR, COMMISSION ON CANCER  
AMERICAN COLLEGE OF SURGEONS



DANIEL P. MCKELLAR, MD, FACS  
CHAIR, ACCREDITATION COMMITTEE  
AMERICAN COLLEGE OF SURGEONS

The American College of Surgeons does not warrant or make any guarantees or assurances related to outcomes of treatment provided by institutions which have cancer programs accredited by the Commission on Cancer.

## Community Benefits Update

Continued from page 1



This past spring, the Community Benefits Grant Program of Saint Vincent Hospital distributed \$50,000 to help support the health initiatives of 21 non-profit agencies serving Worcester and Central Massachusetts. The grant recipients, pictured above, gathered at the hospital in June for a special award presentation and luncheon.



Coming in  
September



This is your  
chance to get  
healthy and  
win prizes!

### The "Lower Your Blood Pressure Fruits & Vegetable Challenge"

Starts September 1st.

Watch for details.



## August & September Events

### August

Scholastic Books August 4 – 5

Music by Tom Beaudreau August 5 & 19  
5:00pm to 7:00pm

Blood Drive August 17  
10:00am to 4:00pm

Health for Life August 17  
Health Fair 11:00am to 2:00pm

Becker College Educational Table August 18

### September

SKM Jewelers September 1 – 3

Miche Bags September 8 & 30

Alexander Uniforms September 20 – 21

Community Wellness Program  
Prostate Cancer Awareness with the da Vinci Surgical System September 23  
6:00pm

In Conference Room 5 North September 15  
Understanding Your Heart's Electrical System 6:00pm  
Presented by Dr. Douglas Laidlaw



Join Us for a  
**Bell Preview Fiesta**  
The 11th Day of September  
6:00pm to 11:00pm  
Our Lady of Mount Carmel  
(across from the hospital)  
Live Music • Dancing  
Cash Bar • Munchies  
\$5 per person

Watch for  
details

Join us for a  
**Health for Life Health Fair**  
Tuesday, August 17, 2010  
11:00am to 2:00pm  
In the Atrium





# The Allspice Café Supporting Good Health and Local Farmers

*From the desk of Wendy Dancause, Retail Manager, Allspice Café*



*The staff of the Allspice Café pose with their Farmer's Market bounty.*

**Food that is grown and distributed locally is harvested at the height of freshness . . .**



*l. to r. Sandy Brytowski, Joanne Rogers, Harold Ntamoah, Kathleen Hidenfelter, & Judy Small*

According to the Worldwatch Institute, food in the U.S. now travels as much as 25% farther than it did just two decades ago—often 1,500 to 2,500 miles from farm to table. Food from non-local sources is usually harvested early so it can be transported greater distances. It may have been in transit for more than a week, maybe even warehoused for months. Also, consider the cost of the fuel, as well as the cost to the environment in terms of carbon emissions; fuel conservation isn't only about driving less: it's also about buying things that don't travel halfway across the globe.

Food that is grown and distributed locally is harvested at the height of freshness, often making it to market within 24 hours of being picked. It tastes better, and is better for the local economy, too. Local farmers, who use more sustainable growing practices, act as stewards of the land. By buying from local growers you help support sustainable farming practices that nourish and replenish the local land rather than stripping it.

As a company, Morrison is committed to creating food that simply tastes good. Fresh ingredients—locally sourced whenever possible—are a major part of this commitment. You have the power to ensure that the food you buy is produced in a manner that steers away from pesticides, hormones, and antibiotics.

The purchases we make can have a profound impact on our community. The family farm is dying and when the family farm dies so too does our agricultural heritage. When you eat and source locally, you are also investing in your own community and helping to preserve local farmers and artisans.

**Buy local.**  
It's a great recipe  
for the future.



*Photos are courtesy of the Allspice Café*

### April 2010 New Hires

Ligia Albino	Patient Care Asst., 32 South
Rama Anupindi	Radiation Oncology Tech.
Deborah Bishop	Data Coord., Operating Room
Tiffani Brown	Pt. Observer, Emergency Dept.
Rosemary Burke	Med.Asst./Med. Sec., MGS, Shore Drive
Michelle Durocher	Patient Care Asst., 35 North
Mark Germain	Crit. Care Tech., Emergency Dept.
Emily Gibson	Patient Transport
Teresa Iapalucci	Social Work, Psychiatry
Bonnie Kiley	Physical Therapy Asst.
Judith Lancey	Social Workers, Psychiatry
Janelle Lodor	Admitting Rep.
Mark Mooradian	Patient Observer, Emergency Dept.
Jyotikaben Patel	MD, Chief of Psychiatry
Billy Pomerleau	Med.Asst./Med.Sec. MGS, Shore Drive
Brittany Powers	Patient Advocate
Emily Sabacinski	Secretary, SVPS Administration
Steven Susel	Housekeeping Aide
Linda Swindell	Med.Asst./Med.Sec. SVPS Administration
Kirt Tassmer	Director, LEAN
Maureen Taylor	Medical Social Worker
Edith Vincuilla	Med.Asst./Med.Sec, Geriatric Staff
Josephine Wanjoya	Patient Care Assistant, 34 North

### April 2010 Anniversaries

#### 1 year

Elena Doko	CCT, Emergency Dept.
Joan Doyle	RN, Emergency Dept.
Kristen Gates	RN, Emergency Dept.
Judith Gilbert	RN, ICU
Luz Lopez	Sterile Processing Tech.
Luz Martinez	Patient Care Asst., 21 South
Cynthia Rivera	Med.Asst./Med Sec., MGS Shore Drive
David Rosario	Housekeeping Aide
Eric Severi	Coord-RN, Nursing Admin
Marie Ushinski	Unit Secretary, 35 North

#### 5 years

Georgina Baah	Patient Care Asst., 34 North
Petra Gace	Fireman, Boiler Room
Erin Gingras	RN, Nursing Floats
Kathleen Hart	RN, Patient Support
Denise Kight	CNM, Midwives, OB/Gyn Staff
Nancy Landry	Radiation Oncology Tech.
Lois Mullins	RN, Mgr, Nsg-Recovery
Elma Severin	RN, 22 South
Donna Wiwatowski	RN, PCU

#### 10 years

Matilda Hammond-Raney	RN, 21 South
Jane Jordan	Concierge, Vol. Services

#### 15 years

Tricia Lambert	Coord., Nursing Admin
Linda Morrison	RN, Pediatrics
Elizabeth Ann Normand	RN, Director, Dialysis
Anne Vancelette	Unit Secretary, 34 North

#### 20 years

Sandra Erickson	Radiology Tech.
Lynnann Pucci	Unit Sec./Scheduler, Operating Room
Zofia Skrodzka	Housekeeping Aide

#### 25 years

Diane Newcomb	Cert Tech. IV, Pharmacy
Eileen Wood	Medical Records, Correspondence Supv.
Jody Wronski	Unit Secretary, 33 South

#### 30 years

William Dunphe	Special Police Officer, Security
Rene Malo	Maintenance, Lead Tech.
Gail Santoro	RN, Emergency Dept.

#### 35 years

Catherine Joyce	Admitting Rep.
Susan Ricciari	RN, Operating Room
Robert Speiwak	Housekeeping

### May 2010 New Hires

Lisa Anneckhiarico	Patient Care Asst., Nursing Floats
Shawn Barry	Security Officer
Sandra Bergman	Crit. Care Tech., Emergency Dept.
Amaris Bermudez Ortiz	Patient Care Asst., 21 South
Mark Brenner	MD, Medical Director Radiation Oncology
Tiffany Cartagena	Patient Care Asst., 35 North
Nicholas Chaber	Physical Therapist
Vanessa Dean	Vascular Tech
Bruce Degre	RN, Emergency Dept.
Jessica Dennis	Patient Care Asst., Recovery Room
Renee Dulmaine	Patient Care Asst., 35 North
Michael Dunyo	Housekeeping Aide
Darren Ellis	RN, 21 South
Margaret Fallon	RN, NP, Pre-Admission Testing
Jennifer Garney	Patient Care Asst., Nursing Floats
Seth Gyebi	Patient Care Asst., 24 North
Amanda Hallen	Social Worker, Psychiatry
Emily Hannen	Patient Care Asst., Nursing Floats
Tracie Hubb-Randolph	Housekeeping Aide
Kylie Kuck	Patient Care Asst., Nursing Floats
Tara Lacoste	Med., Asst./Med. Sec., Pulmonology
Nichole Lopez	Housekeeping Aide
Kathleen Morrow	RN, 14/15 North

Karen Palmernio	Polysomnograph Tech.
Patricia Pezzella	Unit Secretary, Emergency Dept.
Jessica Prefontaine	Crit. Care Tech., Emergency Dept.
Jericca Rebidue	Patient Observer, Nursing Floats
Lizza Vega Sanchez	Patient Care Asst., 21 South
Janitza Thabet	RN, Emergency Dept.
Maggie Warfield	Patient Care Asst., Nursing Floats
Ryan Zenevitch	Crit. Care Tech., Emergency Dept.

### May 2010 Anniversaries

#### 1 year

Judy Baker	RN, CRNA, Anesthesia
Belinda Dion	Housekeeping Aide
Daniel Dziminski	Housekeeping Aide
Donna Eastwine	Outpatient Coder, Medical Records
Kimberly Gagnon	Med. Asst./Med. Sec. MGS, Shore Drive
Randi Nelson	Radiology Tech.
Robin Noren	Unit Secratry, Emergency Dept.
Parthenia Opoku Duku	Medical Social Worker
Justyna Parker	Translator, Interpreter Services
Tricia Quilter	Payroll Coordinator
Estee Ramirez	CNM, Midwives, OB/Gyn
Holly Stubbs Fusick	Human Resources Asst.
Brittany Tolman	Crit. Care Tech., Emergency Dept.
Lisa Trombly	RN, 35 North
Katherine Valorie	Crit. Care Tech., Emergency Dept.

#### 5 years

Elsie Anim	Radiology Tech.
Teresa Brouillet	RN, 35 North
Lee Cooper	Patient Care Asst., 21 South
Kelyd Da Penha	Unit Secretary, PCU
Myriam Fofana	Unit Secretary, 24 North
Erin Froio	Physical Therapy Asst.
Jill Kirk	RN, 14/15 North
Anita Kraszeski	RN, 35 North
Nanaa Kwartengmaah	RN, 24 North
Kimberly Lemley	Radiology Tech.
Margaret Obudai	Unit Secretary, 34 North
Jerly Oduro	Radiology Tech.
Liana Pratt	Supervisor, Housekeeping
Marat Shendarovich	Radiology Tech.
Kellie Tracey	RN, 33 South
Jaime Walker	RN, Operating Room

#### 10 years

Fremah Akomeah	Patient Care Asst., 21 South
Anne Covino	CNM, Midwives OB/Gyn
Justine D'Olimpio	RN, Intensive Care Unit
Denise Gerolomo	Radiology Tech.
Marsha Holm	RN, Labor & Delivery



## May 2010 Anniversaries, cont.

Karen Larsen RN, Operating Room  
Maureen Nichols RN, 33 South  
Ellen Stanton Office Coord., Neurology

### 15 years

Gail Bourassa Occupational Therapy Asst.  
Julia Fruscione Hand Therapist, OC  
Dianne Millette RN, Nursery  
Elzbieta Szambelan Analyst, Case Management  
Tonya Zollo Respiratory Therapist

### 20 years

Judith Brosnihan RN, 24 North  
Charlotte McKeon RN, Intensive Care Units  
Janice Pearson Admin. Secretary, Ambulatory Clinics

### 30 years

Maureen Galvin RN, Mgr., Occ & Employee Health

### 35 years

Darlene Haglund Cancer Registrar  
Christine Moulton Patient Transporter

### 40 years

Nancy Byrne RN, Case Manager

## June 2010 New Hires

Seth Ageyi Patient Care Asst., Nursing Floats  
Kelley Blanchard Patient Care Asst., Nursing Floats  
Bradley Bocash Radiology Asst., Imaging Student  
Kelli Bromes Patient Care Asst., PCU  
Jacqui Konan Radiology Asst., Imaging Student  
Emmanuel Appiah Crit. Care Tech., Emergency Dept.  
Heather Archambeault RN, CRNA, Anesthesia  
Patricia Auger RN-CRNA, Anesthesia  
Patricia Avis RN-CRNA, Anesthesia  
Sam Bagchi MD, Med. Director, Case Management  
Helen Baffour RN, PCU  
Kathleen Brennock RN-CRNA, Anesthesia  
Joseph Condon MD, Pain Clinic  
Aida Diaz Housekeeping Aide  
Andrew Dylewicz Admitting Rep.  
Angelo Ferrantino Mental Health Asst., Psychiatry  
Dawn Galli Secretary, Cardiac Surgery  
Nidia Hernandez Housekeeping Aide  
Kathryn Kjeldsen Med. Asst./Med. Sec. SVPS Admin.  
Steven Lacava Security Officer  
Lucy Leete Clinical Risk Manager  
Richard Matte RN-CRNA, Anesthesia  
Danielle Morelli OR Inventory, Sterile Processing  
Noele Morse RN-CRNA, Anesthesia  
Julie Myslenski RN-CRNA, Anesthesia

Diana Nunka Vendor Acct Pay., Finance  
Haillee Pavolis Patient Care Asst., Nursing Floats  
Monica Pecora Patient Care Asst., Nursing Floats  
Hailey Rafferty Pt. Observer Asst., Nursing Floats  
Carolyn Ridlon Charge/Code Proc., Physician Billing  
Yahaira Rodriguez Patient Care Asst., 33 South  
Gary Roy RN-CRNA, Anesthesia  
Kerri Scott RN-CRNA, Anesthesia  
Wendi Sylvia RN-CRNA, Anesthesia  
Elizabeth Tarpinian Pt. Observer Asst., Nursing Floats  
Laura Trainor Pt. Observer Asst., Emergency Dept.  
Kofi Twumasi Housekeeping Aide  
Alana Valera Patient Care Asst., 21 South  
Paul Whaley RN-CRNA, Anesthesia  
Samantha White Mental Health Asst., Psychiatry  
Shelly Wilhelmi Unit Secretary, 33 South  
Jeffrey Winacoo RN-CRNA, Anesthesia  
Bia Zarycki Radiology Asst., Imaging Student

## June 2010 Anniversaries

### 1 year

Simisola Akindele RN, 23 South  
Sandra Arning Unit Secretary, Same Day Surgery  
Stephanie Bonneau RN-CRNA, Anesthesia  
Cammie Day Med. Asst./Med. Sec., Pulmonology  
David Desourdis Transporter, Cath Lab/EPS  
Veronica Farrell Patient Care Asst., Nursing Floats  
Jessica Hall Med. Asst./Med. Sec., MGS Shore Dr.  
Ellen Hurt RN, Labor & Delivery  
Christine Koopman Unit Secretary, 23 South  
Lisa Laflin Benefits Rep., Human Resources  
Christa Lazaros Radiology Tech.  
Tina Mascia RN, 23 South  
Kerry McMahon Nuclear Medicine Tech.  
Chinelo Obiudu Asst. Pt. Observer, Nursing Floats  
Kerry Quinn RN, Operating Room  
Felix Ramos Security Officer  
Joan Rivernider Crit. Care Tech., Emergency Dept.  
Janitza Salcedo Patient Care Asst., Nursing Floats  
Jose Sandoval Housekeeping Aide  
Charles Schmohl RN, Nursing Floats  
Charlene Seton-Harris Admitting Rep.  
Tammy Sierra Patient Care Asst., PCU  
Ruth Thuo Patient Care Asst., Nursing Floats  
Barbara Tully Clin. Document Spec., Medical Records  
Elizabeth Vincent RN, Nursing Education  
Kathryn Young Med. Asst./Med. Sec., Pulmonology

### 5 years

Lynn Botsaris Mental Hlth Clinician, Psychiatry  
Dean Bourque II Housekeeping Aide  
Tanya Dejong Operator, Switchboard  
Lisa Docimo Echo Tech., EKG  
Stephen McGrath Childbirth Education Associate

Clare Merva RN, Case Manager  
Rebecca Niddrie Unit Secretary, Physical Therapy  
Erin Smith Physical Therapist

### 10 years

James Griswold Sr. Reimb/Budget, Finance

### 15 years

Kelley Carpenter RN, 21 South  
Evelyn Claudio Buyer, Purchasing  
Lisa Gordon Patient Care Asst., 33 South  
Anthony Larose Behavioral Counselor, Psychiatry  
Meghan Lazo RN, Operating Room  
Beth Mancini Mgr. Social Work, Psychiatry  
Lisa Prytko RN, 23 South  
Michelle Tessier RN, 32 South

### 20 years

Patricia Arsenault RN, CCU  
Paula Baroud RN, Labor & Delivery  
Diane Barrett RN, 21 South  
Dianne Benoit RN, Labor & Delivery  
Susan Breeds RN, Labor & Delivery  
Kathy Clarke RN, Labor & Delivery  
Kathleen Grenache RN, Labor & Delivery  
Louise Hannam RN, Cath Lab/EPS  
Felice Kane-Scudder Medical Social Worker  
Diana Provencher Childbirth Educator  
Debra Repetto RN, 14 / 15 North

### 25 years

Jayne Antos RN, Recovery Room  
Pamela Busha RN, ICU  
Leslie Kalinowski Dysrhythmia Spec., Cath Lab/EPS  
Nancy Marcultitis RN, Labor & Delivery  
Kathy McNamara RN, Same Day Surgery  
Andrea Miller RN, 32 South  
Karin Rock RN, Recovery Room  
Maryann Toedt RN, Operating Room  
Karen Vigliani RN, 33 South

### 30 years

Patricia Hammond RN, ICU  
Christy Rogacevicz RN, Same Day surgery  
Cynthia Sawosik RN, 35 North

### 35 years

Linda Boucher RN, 14/15 North  
Gregory Curtis Maintenance Tech.  
Karen Fontaine RN, 21 South  
Michelle Joubert RN, IV Therapy  
Carol Masoero RN, ICU

### 40 years

Diane Cote RN, Recovery Room

## Employee Activities Committee

### Events Coming Up:

**FOXWOODS**  
**HUDSON VALLEY WINERIES**  
**RINGLING BROS. & BARNUM & BAILEY CIRCUS**  
**NEW YORK CITY SHOPPING TRIP**  
**NH's KANCAMAGUS SCENIC HIGHWAY TOUR**

For event details, inclusive of dates and pricing, visit the hospital intranet!



### Membership:

I would like to thank **Dee Archambault**, Dept. of Medicine, for joining the EAC. We are very happy to have her join us to share her ideas and help plan various events and promotions. With that being said, we are still looking for new members. Recently, the trips planned have resulted in low turnout with most being canceled. We are looking to turn that around and get our trip count back on top. So if you think you could take the time to meet once a month, be ready to share new ideas and plan a trip when you can, we have a spot for you. Any questions or concerns, feel free to call me at x25835. — **Ryan Hanney**, Chair

### Discounts:

**Northworks** 10% off entire bill, bring SVH id-badge  
**Shrewsbury Tailors and Alterations** 20% off services  
**Showcase Cinemas** Discount at gift shop for passes



## HEALTHSTREAM — BEAT THE RUSH!

This is a reminder that all Healthstream assignments for 2010 must be completed by the end of the year. Now is the time to check your list of courses, and get them done. If you think there is a problem with your assignments, check with your clinical educator or your manager. Forgot your password? Call the helpdesk.



*Inpulse* will be taking a break for the rest of the summer but will return in September.

## August & September Recognition Days

### August

National Immunization Awareness Month

### September

National Ovarian Cancer Awareness Month

National Pain Awareness Month

Prostate Health Month

Healthcare Environmental Services Week Sept. 12 – 18  
and International Housekeepers Week

National Surgical Technologist Week Sept. 19 – 25

National Rehabilitation Week Sept. 20 – 26

## LIBRARY ADDS e-books and makes other changes

The library has moved all of the info about their books and journals to a single source on their intranet site. Now all you have to do is select TDNet and once there, look for the Book, Journal or Database tab. Both print and electronic sources are in a single searchable list. We have also added some electronic text books. They have a NEW next to them to make it easy to find them. Please contact the library X26117 if you have difficulty using the new resources.

## Credit Union Corner

Come check out our low loan rate for new and used cars.

As low as **3.75% APR**



Have a story idea or comment about the *in.pulse*?  
Contact Editor, **Teri Hegarty**, Manager of Marketing and Public Relations,  
at [teri.hegarty@stvincenthospital.com](mailto:teri.hegarty@stvincenthospital.com) or call 508-363-5031.

All photos by S. Jane Griesbach unless otherwise noted.



# Family First Program

Family First is a service for Saint Vincent Hospital employees and their families designed to expedite care for non-urgent appointments. If you or your loved one need to see a primary care physician or schedule an outpatient procedure please think of Family First.



## Did you know Family First can:

- Expedite appointments for new primary care visits
- Expedite appointments for outpatient appointments including diagnostic imaging, PT, OT, MRIs, CT scans, EEGs, vascular studies, mammograms, stress tests, and any other outpatient tests or studies.
- Accept most insurance plans including, but not limited to:
  - Fallon Select
  - Fallon Community Health Plan
  - Tufts
  - Blue Cross Blue Shield
  - Harvard Pilgrim Healthcare
  - Network Health

**You have a choice when it comes to your healthcare.**  
**Expedite care for you and your loved ones.**  
**Support your hospital. *Think Family First.***

To schedule an appointment please call the  
**Saint Vincent Hospital Family First Hotline**  
**at 508-363-5123 or internally at ext. 25123.**  
The Family First Hotline is available  
Monday thru Friday from 7:00am to 5:00pm.



**SAINT VINCENT HOSPITAL**

*A history of excellence. A century of care.*

123 Summer Street, Worcester, MA 01608

Health  
for Life

# Health for Life **Moment with Paul Roland**



During the work week, Paul Roland is Coordinator of Cardiovascular Fitness & Prevention at Saint Vincent Hospital. But when the work week is over, Paul straps on his hiking shoes and heads to the mountains of New England, often traveling hundreds of miles over a single day to get there and back. Paul spent a few moments with Patti Salvatore, Physician Liaison at Saint Vincent Hospital, to explain why he does this, and why he believes everyone should.

## **How long have you been hiking the mountain trails of New England?**

Since 1971, on one level or another. When my children were young, I did more lower-level hiking in the woods in less rugged terrain. As my kids got older, I had more time to seriously pursue hiking and set some goals.

## **What goals did you set?**

I've climbed all 48 4,000-footers in New Hampshire solo, climbing them again within a year, then yet again, this time over several winters. Another goal was to hike all 67 4,000-footers in Vermont and Maine. I finished that in Fall 2009.

## **What inspired you to take up hiking?**

Being from Brooklyn, I didn't have easy access to nature and the beauty of the outdoors. It wasn't until I moved to this area that I had the opportunity, and I was kind of smitten by it all. In addition to hiking, I was also a rock climber and a white water canoeing instructor.

## **How often do you go hiking?**

I hike about 40 weeks a year, and average about 50 4,000-footers, plus other hikes, each year. I've hiked in a blinding snowstorm when the temperature was 20 degrees below zero, not including the wind-chill factor. And I was carrying a 48-pound backpack. Very few people hike in these conditions.

## **How do you prepare yourself for this activity?**

Five days a week, I spend 1 hour and 45 minutes doing some type of cardiovascular workout using climbing or stepping machines, climbing an equivalent of 287 stairs each day. Here's what else I do: Each workday, I park in Lot A, walk up to the 3rd floor then back down to the basement. From the basement, I go up seven flights and head to the gym for the 1-hour and 45-minute workout. All this before my workday begins at 8:30 am.

## **So it's Friday and you head home for the weekend. Take it from there...**

I have dinner with my wife and then say goodnight at 7 pm. I get up between 1 and 2:30 am and drive anywhere from 150 to 200 miles, one way. Once there, I hike 7 to 10 hours. I then get back in the car, drive the 150 or so miles, and make it home in time to have dinner and watch a video with my wife.



*Paul Roland enjoys a moment at the top of Mount Washington, at 6,288 feet the highest peak in the northeastern United States.  
(photo courtesy of Paul Roland)*

*Continued on back...*



### How has your health benefitted from this activity?

I'm fit and have more energy. I've maintained my weight, blood pressure, and I have a healthy heart. To hike at this pace, you have to pursue a daily fitness regimen, so this motivates me to maintain a healthy cardiovascular level of fitness. Also, hiking helps me to maintain "centeredness" in this stressful world. It helps to build balance.

### For someone who has never hiked before, what first steps do you suggest?

Find your own level. Stay within your physical abilities then slowly progress. You don't need to climb a mountain. You can get the same health benefits, richness, and joy from walking around your neighborhood or any track of land. It's a great opportunity to take advantage of your local state parks. In addition to the health benefits, you get to meet wonderful people along the way who share your values and the love of the outdoors. I rarely see or speak to my neighbors, and I've lived there for over 30 years, but yet I often see, and keep in touch with, people I have met on my hikes over the years. Hiking is only part of the journey!

• • • • •

Paul Roland has found inspiration along the many trails he has visited. One such trail at Moore State Park in Paxton, Massachusetts, stirred him to compose the following poem:

#### A Walk at Moore

The path enters the wood  
Leading to a journey  
Effortless labor carries one down the path  
It reenergizes  
Time is suspended  
A holy place  
Smells not of incense  
But of pine, laurel and oak leaves  
No stained glass  
Instead, sun, shadow and exquisite color  
Light on ripples, grasses, azaleas  
Forms golden touches  
The soft chant of crickets, birds and wind  
Blend into a gentle mantra  
The hymn rises  
A perfect chorus of song  
A carpet like no other  
Woven of flowers, grass, earth and stone  
Step; step down  
Balance not lost but gained  
Not a walk  
A pilgrimage; a visit home  
More than a jewel  
A transforming place  
A place of reverence  
A place to be and become  
A path, a trail awaiting the traveler  
A destination  
Journey well!

#### Let your Health for Life Moment be our inspiration!

We are all extraordinary in our own ways, forging our own paths to good health.  
Share your Health for Life Moment and tell us how you stay healthy and how it's made a difference in your life.  
Please contact Patti Salvatore at x29181, [PatriciaSalvatore@stvincenthospital.com](mailto:PatriciaSalvatore@stvincenthospital.com).