

Start! Walking Challenge Begins In January

To promote employee wellness, Mercy is partnering with the American Heart Association on its Start! Walking Challenge, a physical activity program designed to fight heart disease and stroke through workplace walking programs. Mercy's Start! campaign will kick off on Jan. 21.

Each year, more than one million Americans suffer a heart attack and 700,000 have a stroke. And, a leading risk factor for heart attack and embolic stroke is lack of physical activity. Walking during breaks, at lunch and/or after work can help keep weight under control, prevent bone loss, boost energy levels and help manage stress.



About 70 percent of Americans do not get enough exercise, blaming lack of time and lack of motivation. But, according to a Harvard University study, an individual can gain about two hours of life expectancy for each hour of regular exercise, even if a person doesn't start until middle age. In addition, brisk walking for as little as 30 minutes a day can benefit the heart and reduce the chance of a stroke by lowering bad cholesterol (LDL) and high blood pressure.

Like the hospital's Walk to Wellness program in 2006, Mercy is encouraging employees to again form teams with friends and co-workers for some friendly, motivational competition. Teams can register on MercyNet or by emailing nancy.gresko@csauh.com between Jan. 7 - 18.



A nonprofit corporation of

The Sisters of Charity of St. Augustine Health System and University Hospitals HealthSystem

JANUARY 2008

A Centennial New Year Begins For Mercy

This month, Mercy celebrates the start of a new year – and, more significantly – the beginning of its second century of quality, compassionate health care in Stark County.

Commemorating Catholic Health Care

As part of ongoing centennial events, Mercy will host guest lecturer Sister Mary Eliot Crowley, O.S.F., administrator for Franciscan sponsorship at St. Mary's Hospital (a Mayo Foundation Hospital in Rochester, Minn.) to address "A Century of Service: the Unique Role of Catholic Health Care in the Community."

Sister Mary Eliot will speak on Sun., Jan. 27 at 2 p.m. in the Mercy Medical Center Auditorium, Mercy Hall. This event is free and open to the public; however, reservations are requested. Call the Mercy Healthcare Connection at (330) 489-1333 or (800) 223-8662 to reserve your seat.



Save The Date: Centennial Open House To Be Held March 2

Mercy will host a centennial open house for its employee family (including employees, physicians, volunteers and their family members) on Sun., March 2. Special behind-the-scenes tours and family activities are being planned. More information will be available soon.

A Message from the President and CEO



by
Thomas E. Cecconi
President & CEO

I believe 2008 will be an exciting, pivotal year for Mercy. As we celebrate the hospital's 100th year, we can look forward to several special centennial events. To start, Mercy will offer an informative talk on the history and significance of Catholic health care on Jan. 27, as well as an employee family open house on March 2. If you have ever wondered what it's like inside a Mercy operating room, MRI or cardiac catheterization lab, you will have a chance to see these and other areas during the open house. The event will also feature many fun activities, so be sure to bring your whole family.

This year will also mean continued growth and progress for Mercy facilities and services. While construction of the new I.C.U. continues, we will begin emergency department renovations and move forward on health centers in Tuscarawas County and Plain Township. Mercy is sure to touch many more lives in the communities we serve.

I'm sure you are aware of the lawsuit that Mercy filed against Aultman on December 27, 2007, alleging wrongful business practices. Mercy took this legal action after serious consideration, in the interest of fair competition in the health care market and to protect our mission. If you wish to learn more details of the lawsuit you can read the complaint, which is a public record, on MercyNet, under Administration. Our goal is to ensure fair competition as you continue your efforts to provide the best quality, compassionate care available in our community.

Finally, I want to wish each of you and your families joy in the new year. May 2008 bring you personal and professional growth and a renewed commitment to maintaining a healthy lifestyle. Be sure to take full advantage of Mercy's wellness initiatives (including the Start! Walking Challenge), which are intended to encourage healthy habits on and off the job. Make 2008 your best year yet!

Trimming The Tresses

Jackson Sixth Grader Donates Hair to Locks of Love

After just a few clips of Angie Neff's scissors, Kareesma Parbhoo (with a smile on her face) held two ponytails, each 17 inches long, in her hands. She'd been waiting four years for that haircut.

Since 2003, Kareesma, an 11-year-old sixth grader at Jackson Middle School, had been growing her hair to donate it to Locks of Love, a non-profit organization that provides hairpieces for financially disadvantaged children under age 18 who suffer from long-term hair loss due to illness. The daughter of Presina and Doogs Parbhoo, Kareesma visited the Mercy Boutique on Dec. 8 where Angie, a stylist from Salon Mystique in Canton, cut her long dark hair.

According to Presina, Kareesma is no stranger to Locks of Love. This was her daughter's second donation. "At five-and-a-half, Kareesma was watching TV when she noticed kids without hair and was intrigued," she said. "That led to her first experience with Locks of Love. Her younger sister Kajal, now nine, also donated her hair when she was seven years old."

Presina added that her daughter, who now sports a cute angled bob, loves her new haircut.

In order to donate hair to Locks of Love, specific guidelines must be met. For more information, visit Locksoflove.org.

The Mercy Boutique was created as a sanctuary of hope and healing for cancer survivors and individuals with other medical conditions. A certified hair stylist is available by appointment for wig consultation and styling. The Boutique carries custom breath prostheses, mastectomy forms, bras, wigs, lymphedema pumps, compression sleeves and stockings, swim suits, head coverings, aromatherapy products, jewelry and additional gifts and accessories.



Angie Neff, a stylist from Salon Mystique in Canton, cut two, 17-inch ponytails from Kareesma Parbhoo's long dark hair. Kareesma made her second donation to Locks of Love, an organization that provides hairpieces for children who have lost their hair due to illness.



Mystery Associate

Each month, an associate's name is hidden somewhere in this newsletter.

If you see your name with this graphic next to it, you're the lucky winner of a \$25 gift certificate to Tri County Restaurant Association. Please call 330-489-1015 to claim your prize.

Lasting Impressions

“Lasting Impressions” highlights Mercy associates who have recently been recognized for quality, compassionate care by patients, family members, physicians, other associates or individuals in the community. These stories are representative of the many Mercy associates that have positive, lasting impressions by living out the hospital’s mission everyday.

Employee Experiences Compassionate Care During Delivery

“I was scared out of my mind.” That’s how Katie Decker described her reaction to the news she needed to deliver her first child through a caesarean section.

A radiation oncology therapist at Mercy since 2002, Katie appreciated the calming, compassionate care of her nurses during her first experience as a Mercy patient. In particular, Katie commended Janice Golden, a certified registered nurse anesthetist, Heidi Unzicker, a registered nurse certified in obstetrics, and Terri Beans, R.N.

She said, “I received good care from all the nurses in maternity services, but Janice, Heidi and Terri really stood out. They were each so patient and understanding with me, taking time to explain everything and answer all my questions before, during and after my delivery. It was a good experience.”

Dive Into



Mercy employees, retirees, physicians, volunteers and their families can enjoy VIP admission to ArtSplash!, a Mercy-sponsored event that will feature music, art, dance, theater, crafts, games and free hot dogs, snacks and drinks.

ArtSplash! will be held on Sat., Jan. 19, at the Cultural Center for the Arts (1001 Market Ave. N. in Canton), and tickets for admission and parking are free. VIP admission will start at 10 a.m., and doors will open to the public at noon.

Free tickets are available in human resources on a first-come, first-serve basis. To learn more, contact human resources at ext. 1159.

Donate Blood On Jan. 31

Stay in the giving spirit! Plan to donate blood at LifeShare’s upcoming Mercy blood drive, which will be held on Thurs., Jan. 31 from 6 a.m. to 6 p.m. in the conference rooms across from the cafeteria.

“The need for blood continues 24 hours a day, seven days a week, and donations are the only source of blood for our patients,” said Bob Bowman, senior donor recruitment specialist for LifeShare. “Blood is the most precious gift we can give to another person. And, it only takes a few minutes to donate.”

Sixty-nine units of blood were collected during the Dec. 6 blood drive. Sue Keim, 5B, was the winner of the Best Buy \$100 gift card.

PME Makes Home-Going Equipment Arrangements

Professional Medical Equipment (PME), a durable medical equipment/home medical equipment service, is now located on the first floor across from McDonald’s. From neonatal to geriatric patients, PME provides home medical equipment for a broad range of clients.

The PME staff is on-site and available Monday through Friday, 8:30 a.m. to 5 p.m. to assist with home-going medical equipment needs. Staff members will make all equipment arrangements for patients and their family members. Call ext. 4126 – or use pager number (330) 489-7347 – and provide the patient’s name, room number, date and time of discharge, and a list of equipment needed.

Compton Students, Mercy PALS Take ‘The Polar Express’

Mercy PALS, an outreach partnership with Allen and Compton Elementary Schools in southeast Canton, recently took part in Compton’s annual Polar Express party on Dec. 20.

Together with the Mercy Fitness Center in North Canton, Ronald McDonald Charities, Southwest Area Neighbors (SWAN) and Shared Blessings (a local women’s group), Mercy PALS gave each student new pajamas for the party.

Prior to the event, employees and several donors helped wrap the sleepwear. PALS departments also planned class parties, complete with food, activities, stories and crafts. Other organizations, including a local church and a Boy Scout troop, provided treat bags, shoeboxes filled with goodies, slippers, robes and candy canes.

Mercy employee Julie Raines and her spouse, Bill, played Santa and an elf,

while Allison Goshay, director of 2M, 4M and rehab, came dressed as the Grinch.

Other PALS activities at Allen and Compton include a monthly lunch and reading program, a children’s art gallery near Mercy’s main lobby, health screenings at parent-teacher conferences, healthy snacks during proficiency testing and an annual PALS Day with career exploration for older grades. Students also make meal tray favors for Mercy patients.



Compton Elementary students in Canton came to school dressed in their new pajamas for the Polar Express party. The sleepwear was donated by Mercy PALS, the Mercy Fitness Center, SWAN, Ronald McDonald Charities and Shared Blessings.



Mercy’s Allison Goshay makes an appearance as the mean Mr. Grinch (who later finds a heart) during the Polar Express assembly. Afterwards, she passed out candy canes donated by an area Boy Scout troop.

Mercy Celebrates Centennial with Year’s First Babies

In 2008 Mercy Medical Center will celebrate an important milestone. On September 24, the hospital will celebrate 100 years of providing quality, compassionate healthcare in the community. The year 2008 also represents a special occasion for five families at Mercy Medical Center who welcomed new lives into the world on New Year’s Day. Jackson Township residents Stephanie and Kelly Floom are one of the couples celebrating the birth of their first child – a son they named Wyatt – born at 8:01 a.m. on Tuesday, Jan. 1. Wyatt weighed 7 pounds, 15 ounces at birth.

Thomas E. Cecconi, president and CEO, and Rae Timko, RN, director of women’s and children’s services, presented gifts to each family celebrating the birth of a child at Mercy Medical Center on New Year’s Day. As part of Mercy’s yearlong celebration, each baby born throughout the year will receive a centennial gift.



Thomas E. Cecconi, president and CEO, presents gifts for baby Wyatt to new parents Stephanie and Kelly Floom.

Mercy Employees Celebrate Holidays with Gifts and Giving



Cashier's Office

Cashier's office employees Donna Symensa (left) and Lori Brand rejoice at their department's first place finish in Mercy's Christmas decorating contest. Vickie Scott (seated) and Cindy Silver from admitting read all about their second place win. Human resources took third place in the contest, with honorable mentions for the ED and transcription.



Admitting



Mercy volunteers help organize gifts donated by Mercy employees and volunteers for 29 families through the Adopt-A-Family program.



Jim Williams, vice president and CNO, and Lorraine Washington, vice president of human resources, deliver gifts to employees working on Christmas Day.



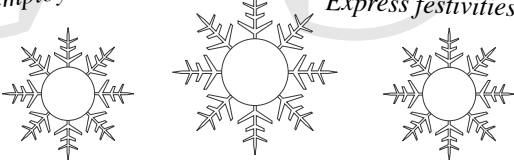
Special events committee members and Mercy employees spread holiday cheer by caroling through the halls of the hospital.



Janet Warner, Martha Schneider, Tom Cecconi, Allison Goshay and Lorraine Washington help serve a free holiday meal on Dec. 4 in the hospital cafeteria for all Mercy employees, volunteers and retirees.



Liz Kennedy, surgery, and her two daughters, Emily and Megan, were among many Mercy employees and members of the community who gift wrapped pajamas for Compton students during a wrapping party, held prior to Polar Express festivities.



January Health Observances

Month-long observances

Cervical Health Awareness Month

National Birth Defects Prevention Month

National Blood Donor Month

National Eye Care Month

National Glaucoma Awareness Month

National Radon Action Month

Thyroid Awareness Month

Week-long observances

National Folic Acid Awareness Week (7-13)

Healthy Weight Week (20 – 26)

National Nurse Anesthetist Week (20 – 26)

Day-long observances

Women's Healthy Weight Day (24)

National Intravenous Nurses Day (25)

World Leprosy Day (27)

Send *Pulse* Story Ideas To Public Relations

If you have an interesting story idea for *Pulse* that involves Mercy associates, departments or programs, please send it directly to Public Relations. You can fax story ideas to 330-430-6981, call 330-489-1015 or email cindy.hickey@csauh.com. The submission deadline is the 15th of each month, so be sure to provide information as early as possible.

Mission And Values Welcomes The New Year

Mercy is blessed to have an active and very dedicated Mission and Values Committee. As the new year begins, the committee says farewell and many thanks to outgoing committee chair, Bonnie Brinkley, R.N., same-day surgery, and outgoing member, Bobbie Richards-Uher, finance.

The committee welcomes these newly appointed members: Misty Camp, pain management, Sandi Grow, quality, Carol Gnagy, information services, and Kathy Buchanan, plant engineering. Steve Baker, R.N., human resources, will chair the committee for 2008.

The committee supports and promotes many of Mercy's outreach efforts and the Spirit of Mercy fund. In addition, the group engages in mission promotion programs like the "Random Acts of Mission" initiative, care packages for Mercy family members serving in the military, and our history, prayer and anointing of hands outreach to all departments and off-site care centers.

If you are interested in serving on the Mercy Mission and Values Committee in 2009, please contact Steve Baker, ext. 1140, or Sister Carolyn Capuano, H.M., ext. 1094.

Mercy Bowling League Strikes Golden Anniversary

In 1957, Beth Evans and two other Mercy employees decided to organize a bowling league. What started with



four lanes and four teams at the Canton YWCA now, fifty years later, has grown to a 12-team mixed league with more than 70 bowlers.

At the start, there were no rules, regulations, sanction fees or prize money. The teams just competed against each other in a friendly game of bowling. The lag between frames was much longer then because, behind the scenes, children were resetting the pins to earn a little money.

Eventually, because of increasing participation, the league moved to the Canton Recreation Lanes, and later to College Bowl on 30th Street NE, where it was one of the first organized bowling leagues.

As the only charter member still bowling, Beth remained the driving force behind the league until the late 1980s. In 2005, Steve Zehnder, manager of plant engineering, was the first league member to bowl 300.

To celebrate the league's golden anniversary, Mercy provided team members with special commemorative bowling shirts.

The Mercy Bowling League bowls for a 26-week season (September to March) at Park Centre Lanes in North Canton at 6 p.m. every Thursday. For more information, contact Sue Passmore at ext. 1679.

Employee Matters

A monthly column focusing on important issues that concern our employees

Make 2008 Healthier, Wealthier, Wiser

By Lorraine Washington, Vice President, Human Resources



The beginning of a new year is often a time of reflection, bringing the desire for change in many lives. Resolutions are usually

made this time of year to help achieve goals.

If you plan on making resolutions this year, I'd like to challenge you to make 2008 the year of overall improvement: resolve to be healthier, wealthier and wiser by making small changes in your life.

Be healthier: focus on overall wellness

While I would love to see those who are overweight lose weight and those who are smokers quit, I want all of us (myself included) to focus on overall wellness, not just one item. Small exercise, diet and medication changes can result in big improvements for those with high blood pressure, diabetes and other conditions.

In 2008, Mercy plans to work hard to help you achieve your health goals. We recently hired a wellness coordinator to develop and implement wellness programs for the entire hospital. In

addition, our new disease management company will work with employees to manage diseases, and we've modified our medical plan to focus on both prevention and treatment.

Be wealthier: small 401(k) investments can pay off

Being wealthier simply means being in a better position than you were previously. If you saved \$10 a pay last year, and you save \$12 a pay this year, then you are better off.

And, if you save that \$12 in Mercy's 401(k) plan, you are much better off because Mercy matches four percent of your 401(k) contributions at fifty cents for every dollar you invest. So, \$12 invested in Mercy's 401(k) plan is now \$18 per pay or almost \$500 for the year – which adds up to more than \$10,000 in 20 years.

The beginning of a new year is an excellent time to consider investing in our 401(k). If you are already participating in the 401(k) plan, consider a review of your investment choices or an increase in your contribution. If you would like to meet individually with our Fidelity Representative, call the Fidelity Reservation Center at (800) 642-7131 and press 1. We are listed under University Hospitals/Mercy Medical Center. Remember, your 401(k) contribution is not taxed.

Be wiser: educate yourself

Being wiser is about informing and educating yourself. Take the time to read the information you get in the mail, like the Fidelity statement, and ask yourself some questions. Do you know what you're investing in? Do you understand what the returns on your investments are? Do you need to meet with a Fidelity representative?

Some other questions you should ask yourself... Do you understand how a health care spending account can save you money, or how your medical and dental coverage really works? If not, make plans to attend an education class hosted by the benefits department.

Finally, now is a good time to remind you to spend the money in your health care spending account. To avoid forfeiture, all monies in this account should have been spent by Dec. 31, 2007, and all receipts need to be submitted no later than March 15, 2008. As a reminder, over-the-counter medications are eligible for reimbursement.


Julie Dominik, Occupational Therapy

Welcome New Employees

Tana Butler	5 Main – Pediatric/Adult Care
Gerald Clarke Jr	Emergency Dept.
Billie Corso	5 Main – Pediatric/Adult Care
Deborah Dreher	4 Main – Orthopedic
Tana Ely	CVSOR
Karen Fisk	Patient Accounts
Joshua Hagen	Emergency Dept.
Julia Hahn	Dietary
William Henderson	Security
Heather Hosmer	Emergency Dept.
Megan Howard	Admitting
April Hull	Hospice
Erica Johnson	Telecommunications
Brianne King	2 Main – Surgical
Tessa Klaiber	10 Main – Medical/Pulmonary
Elizabeth Koniecko	Volunteer Services
Mona-Lisa Lenos	Surgery (OR)
Lani Lowery	7 Main – Teaching
Maria Lupusoru	Environmental Services
Brenda Madison	Dental Clinic
Peter McDaniel	Safety & Technology
Lake Minor	Rehabilitation Unit
Vanessa Mockerman	Dietary
David Morris III	Emergency Dept
Ellis Parish	Pharmacy
Karen Ramos	Emergency Dept
Ricardo Ramos	7 Main – Teaching
Amber Ross	Environmental Services
Lisa Ruggiero	Dental Clinic
Lauren Sedmock	4 Main – Orthopedic
Janelle Shaner	Respiratory Care Services
Laura Shilling	4 Main – Orthopedic
David Slutz	Environmental Services
Jennifer Starcher	Respiratory Care Services
John Stutzman	Central Sterile Processing
Tracey Symons	2 Main – Surgical
Jessica Tatro	5 Main – Pediatric/Adult Care
Ryan Terrigan	Sleep Lab
Christopher Travers	Sports Medicine
Johnna Vosick	10 Main – Medical/Pulmonary
Christopher Wells	Security
Kenneth Winter Jr.	Courier Services

Health Careers Scholarship Applications Available

The Health Careers Foundation is once again offering a scholarship/loan program for anyone planning to enter specific health-related fields. Applications (which are available in human resources) and transcripts must be submitted directly to the foundation and postmarked no later than April 1, 2008.

Eligible fields of study include: dietetics; medical records, transcription and coding; medical technology; nursing; occupational, physical and respiratory therapy; pharmacy; radiological sciences; and speech pathology. Class work must be conducted in a classroom or hospital setting. No correspondence courses are accepted.

With awards that are 50 percent scholarship and 50 percent loan, a scholarship/loan can be used for tuition, books and fees only. The maximum award is \$4,000. Recipients must maintain at least a 2.0 grade point average.

For more information, contact human resources at ext. 1159, or visit Hcfinfo.org.

Fidelity Offers On-Site Appointments

A representative from Fidelity Investments will be at Mercy on the following dates to meet with employees for one-on-one counseling sessions regarding their investments under the Retirement Savings Plan or 401(k) plans: Feb. 26, March 20, April 15, May 20, June 10, July 15, Aug. 12, Sept. 9, Nov. 18 and Dec. 18.

Due to the confidential nature of the sessions, the Fidelity representative will be available by appointment only. To schedule an appointment, employees should call the Fidelity central scheduling registration line at (800) 642-7131, which is available from 8 a.m. to 8 p.m. The hospital is listed as “University Hospitals/Mercy, Canton.” Employees may experience a slight delay in speaking with a scheduling representative between 2 p.m. and 4 p.m. due to the typical volume during those hours.

For general questions about these meetings, please contact human resources at ext. 1159.