Meeting Health Care Needs in Communities We Serve

Sr. Judith Ann Karam, CSA - President and CEO, Sisters of Charity Health System

It is my pleasure to send this message to all our Mercy Medical Center employees as we announce that Mercy is once again owned solely by the Sisters of Charity Health System. This gives us another opportunity to build on our Catholic health care legacy since its founding in 1908 for the next century of healing and compassion. I’d like to thank you for your patience over the past months as the Sisters of Charity Health System (SCHS) worked through this restructuring of the joint ventures with University Hospitals (UH).

At the forefront of this change was how we could best serve the health care needs of these three communities – Canton, Cleveland and Westlake. We have been serving greater Canton for more than 100 years and have created an outstanding hospital with exceptional services and medical expertise. With capital projects in excess of $80 million, we look forward to building upon that for our future. We are so proud of the work of our board, leadership team, medical staff, employees and volunteers for what has been accomplished and the vision we have for the future. We thank our partner these past ten years, University Hospitals, for their contributions.

We are also proud of the many accomplishments of our sponsored family ministries in Stark County, including the Sisters of Charity Foundation of Canton, Early Childhood Resource Center (ECRC) and Mercy’s clinical excellence. It is our intention to build upon the capital investments at Mercy, the contribution to quality child care of the ECRC and the Foundation’s community support to strengthen our impact in Stark County.

As part of this change, SCHS has adopted a new “family brand” for all its ministries, including Mercy. We believe that the radiant cross – the symbol used in our new family brand – unites us in mission.

Thank you for your commitment to providing the very best Catholic health care to the greater Canton community, continuing our 158-year legacy of the Sisters of Charity of St. Augustine of healing individuals, families and communities.

We look forward to this year and wish everyone a blessed New Year. Be assured of the prayers of our Sisters.
A Message from the President and CEO

by Thomas E. Cecconi, FACHE, President & CEO

At the outset of 2010, I’m pleased that Mercy is able to start the New Year on such a positive note. It was announced on January 4 that we’re again owned solely by the Sisters of Charity Health System. This transition will be seamless for all employees and will allow Mercy to serve our community with greater effectiveness in today’s economic environment.

And, in the spirit of the New Year, we’ll be rolling out our new logo over the coming weeks. Similar to the SCHS logo, it helps bring us back to our 100 year old roots in Catholic health care. Each employee will receive a free logo gift item in the next few days. I hope you will find it useful, as well as an opportunity for sharing with family and friends about all the good things happening at Mercy.

Mercy will also continue to move forward with plans for investing in new technology and expansion of facilities. In fact, we recently acquired ARCH Diagnostics in Alliance. Expected to be open by the end of this month, the facility will offer CT and MRI scans. Our Louisville Health Center expansion will be completed by February 8 and we will add services, including mobile CT at that site. Both of these initiatives are critical steps in bringing health care closer to home for those we serve in eastern Stark County. Be sure to let others know about this convenient new location for radiology services.

I hope your New Year is also beginning positively. As always, thank you for all you do in caring for our patients and their families and building Mercy’s reputation for excellence in our community.

---

Children and Adults Enjoy Breakfast with Santa

By Adopt-a-Family/Help-a-Co-Worker, Mercy employees and volunteers – including Martha Kishman (left) and Judy Froelich – assisted 26 families in need this past holiday season.

Through Adopt-a-Family/Help-a-Co-Worker, Mercy employees and volunteers – including Martha Kishman (left) and Judy Froelich – assisted 26 families in need this past holiday season.

Mercy Helps Many Have Happier Holidays

Mercy’s annual food and monetary donations drive increased in 2009 with a collection of 42 boxes of food and $408 that was divided between Community Harvest of Stark County and St. John’s Samaritan Table. Special events committee members (left to right) Yvonne Roddy, Vicki Dayton and HR volunteer Howard Bower helped with the drive.

More than 150 adults and children attended the special events committee’s Breakfast with Santa last month. Mercy thanks McDonald’s on Tuscarawas Ave. N. for providing the pancake breakfast, the committee for transforming the auditorium and child birth center into a Christmas wonderland, Mr. and Mrs. Claus for taking time out of their busy schedule to visit, and environmental services for their efforts.

Cashier’s Office Wins Decorating Contest with ‘Holy Cowbells’

Senior Vice President and COO Jeff Smith congratulates Cashier Office employees (front) Donna Symensma, Brenda Timberlake, (back) Cynthia Mayle and Susan Lawson for earning first place in the annual department decorating contest. Of the seven departments that entered, their “Holy Cowbell - It’s Christmas” theme was the winner.

Senior Vice President and COO Jeff Smith congratulates Cashier Office employees (front) Donna Symensma, Brenda Timberlake, (back) Cynthia Mayle and Susan Lawson for earning first place in the annual department decorating contest. Of the seven departments that entered, their “Holy Cowbell - It’s Christmas” theme was the winner.

Mercy’s annual food and monetary donations drive increased in 2009 with a collection of 42 boxes of food and $408 that was divided between Community Harvest of Stark County and St. John’s Samaritan Table. Special events committee members (left to right) Yvonne Roddy, Vicki Dayton and HR volunteer Howard Bower helped with the drive.

More than 150 adults and children attended the special events committee’s Breakfast with Santa last month. Mercy thanks McDonald’s on Tuscarawas Ave. N. for providing the pancake breakfast, the committee for transforming the auditorium and child birth center into a Christmas wonderland, Mr. and Mrs. Claus for taking time out of their busy schedule to visit, and environmental services for their efforts.

Cashier’s Office Wins Decorating Contest with ‘Holy Cowbells’

Senior Vice President and COO Jeff Smith congratulates Cashier Office employees (front) Donna Symensma, Brenda Timberlake, (back) Cynthia Mayle and Susan Lawson for earning first place in the annual department decorating contest. Of the seven departments that entered, their “Holy Cowbell - It’s Christmas” theme was the winner.

Senior Vice President and COO Jeff Smith congratulates Cashier Office employees (front) Donna Symensma, Brenda Timberlake, (back) Cynthia Mayle and Susan Lawson for earning first place in the annual department decorating contest. Of the seven departments that entered, their “Holy Cowbell - It’s Christmas” theme was the winner.
Cancer Center Laughing Club Honors Memory of Dr. Stabholz

In memory of her father, Thaddeus (Ted) Stabholz, M.D., a Mercy physician for more than 25 years, certified laughter leader Peggy Stabholz will lead a free laughing club for cancer survivors and their family members, friends and caretakers. Titled Ted’s Laughter Club, the group will meet from 7 to 7:30 p.m. on the fourth Tuesday of each month (excluding March 2010) in the Mercy Cancer Center resource room.

“My father really believed in the healing power of laughter,” Stabholz says. “He taught me to have a good sense of humor and said that was one of the things that helped him survive the Holocaust.”

Research shows laughter strengthens the immune system; improves breathing, arterial blood flow, digestion and sleep; adjusts blood pressure and blood sugar; relaxes muscles; burns calories; and reduces pain. Meetings are free, but registration is requested. For more information or to register, please call 330-430-2788.

Nick Bagnolo Named Vice President of Construction for SCHS

Nick Bagnolo, Mercy Medical Center’s administrative director of plant engineering and facilities, was recently appointed vice president of construction management for the Sisters of Charity Health System (SCHS). With more than 22 years of experience in health care facilities management, Bagnolo will be responsible for overseeing construction projects and their related approvals and design and financial management at all SCHS facilities in Ohio and South Carolina, including Mercy Medical Center.

Bagnolo, who began his career at Massillon Community Hospital in 1987, came to Mercy in 1997, where he has administered building and boiler plant maintenance, construction, property management, environmental services and laundry, safety and security, courier and valet services, telecommunications and clinical engineering.

Instrumental in helping develop Mercy’s facilities master plan—including the new I.C.U. and current emergency department construction—he has also directed several other major additions and renovations for the surgery, heart and cancer centers, radiology and offsite health centers.

‘A Christmas Miracle’

Mercy ED Physician Saves Child from Drowning

Mercy Emergency Department physician Mohan Rajaratnam, M.D. (Dr. Raj), his wife Kathy and their two children, ages four and one, were visiting relatives in Columbus during the recent holiday season.

A six-year-old boy bumped into Dr. Raj while he was swimming with his family at a hotel pool. However, unlike the others who were playing games, this child was floating under the water and not blowing any bubbles. When he pulled the boy out of the water, his eyes were rolled back and his body was limp.

“I assessed that he had no pulse and had stopped breathing. He had to have been under the water for a couple minutes for his heart to stop,” says Dr. Raj. He immediately started CPR and chest compressions but did not get a response until after a minute. Then, the child started to sputter, and the pulse and breathing returned. Dr. Raj continued emergency care until paramedics arrived. He later learned the boy was hospitalized and doing well.

Kathy Rajaratnam described the event as a Christmas miracle.
Green Scene
News from Mercy Green Team

Recycling Efforts to Expand in 2010

Mercy Green Team plans to expand the hospital’s recycling program this year to include new high-volume recycling locations. A recent waste audit, performed jointly with Mercy’s recycling partner J&J Refuse, identified the cafeteria, vending areas and the main entrance to the hospital as key opportunities.

Out of concern for the environment and a desire to minimize waste and expenses, the medical center started its recycling initiative last year and continues to roll it out campus-wide. Aluminum cans, #1 PETE and #2 HDPE plastics and glass bottles can co-mingle in bins, and J&J separates the recyclables at its Canton facility.

Richard Regula, green team co-leader and audit participant, says the team focused on waste composition, volume generation points and cost savings. “The audit confirmed that we’ve got between 30 and 40 percent of Mercy’s main campus participating in the recycling program,” he says. “Our goal is 85 percent. We know the process is new, so this year we’ll also try to build more awareness.”

He adds that the audit also provided valuable information that will reduce trash going to the landfill along with related disposal costs. For more information about Mercy’s recycling program, call 330-430-6986.

FCN Coordinator Recognized for Community Service

Paula Chilson Hoch, coordinator of Mercy Faith Community Nursing (FCN), was one of four individuals honored last month by the Area Agency on Aging for outstanding service and contributions to the community. Hoch was recognized for leading classes for seniors on managing chronic illness, providing a keynote speech at a caregivers’ appreciation luncheon, and holding blood pressure screenings and ask-a-nurse programs for seniors in the community.

Mercy Opens OPTIFAST Clinic for Community

Mercy Weight Management recently opened an OPTIFAST® clinic for the community at Mercy Health Center of North Canton. Available in Stark County only through Mercy, OPTIFAST is an 18-week, medically supervised weight management program that combines comprehensive lifestyle education with a meal replacement plan.

Members of the public who would like to learn more about OPTIFAST options and taste the products – including delicious ready-made drinks, drink mixes, bars and soups – are invited to attend a free informational meeting held every Monday at 7:30 p.m. at the Mercy Health Center of North Canton. Registration is required and can be made by calling 330-588-4854.

Mercy Introduces Balloon Sinuplasty™

Mercy now offers Balloon Sinuplasty™, a minimally invasive, outpatient surgical treatment for blocked sinuses. This endoscopic, catheter-based technology may be an option for eligible patients diagnosed with chronic sinusitis.

Benefits of this minimally invasive surgery may include:

- Safe, effective, gentle opening of blocked sinuses.
- Reduced bleeding.
- Faster recovery.

Traditional sinus surgery often involves removal of sinus tissue and sometimes bone. Balloon Sinuplasty uses a small, flexible sinus balloon catheter, introduced entirely through the nostrils, to open up blocked sinus passageways and restore normal sinus drainage. Often patients experience significantly less discomfort and bleeding and a shortened recovery time.

Mercy Imaging of Alliance to Offer Open MRI

To better serve patients and their families in eastern Stark County, the medical center will open Mercy Imaging of Alliance (formerly ARCH Diagnostic Imaging) in early February. Located in Alliance on Arch Ave., just north of State Street in the Carnation Clinic, the facility will offer CT scans and Mercy’s first and only open MRI unit, which benefits those with claustrophobia or weight issues. Diagnostic radiology will be installed. All tests will be digitized and read by Mercy radiologists.
Employee Matters
A monthly column focusing on important issues that concern our employees

Be Healthier, Wealthier and Wiser in 2010
By Lorraine Washington, Vice President, Human Resources

Happy New Year! A new year brings the desire for change in many lives, and I’d like to challenge you to make 2010 the year of overall improvement. Resolve to be healthier, wealthier and wiser by making small changes in your life.

Healthier
Being healthy covers more than just weight, smoking or other habits you may want to change. 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.

Mercy will work hard to help you achieve your health goals in 2010. Our onsite employee fitness center and classes make wellness a lot more convenient, and we recently launched our OPTIFAST Weight Management Program. 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. If you haven’t joined the fitness center, find an accountability partner and come on over! After all, most of you have to pass the center to get to your car.

Wealthier
Wealthier simply means being in a better position than you were previously. If you didn’t save any money last year and you save some this year, then you are better off.

If you saved $10 a pay last year, and you save $12 a pay this year, then you are better off.

If you save that $12 in Mercy’s 401K plan, you are much better off because Mercy matches 50 cents of every dollar you invest up to four percent. So, $12 invested in Mercy’s 401 K plan is now $18 per pay or almost $500 for the year. While $12 is a small amount, many of you have been here for 20 or more years. Invest $12 a pay for 20 years and the total is well over $10,000. Many people say they don’t have the money or can’t afford to save anything. My point is that even a small amount could grow rapidly.

Wiser
Wiser is about educating yourself. Take time to read the information you get in the mail to help you make better decisions. Here are some questions to consider:

• Do you read the statement you get from Fidelity and understand it? What are you investing in and what is your return? Have you met with a Fidelity rep?
• Do you attend our benefits classes? Do you understand how a health care spending account can save you money, or how your medical and dental coverage really works? Have you taken the free health risk appraisal so you know more about your health and/or risk factors? In short, information makes you wiser.

Now is a good time to be healthier, wealthier and wiser. So get started. Visit your dentist, take a walk, get started investing in the 401(k) or increase your contribution. You won’t be sorry.

Tickets Available for Hospice Style Show in April
Mercy Hospice will hold its annual style show and luncheon on Sat., April 24, at the McKinley Grand Hotel. The doors open at 10:45 a.m., and lunch will be served at noon. All proceeds benefit hospice patients and their families.

Non-refundable tickets are $30 each. To purchase tickets, make a tax-deductible donation or provide a raffle basket or door prize, call 330-649-4380. Table assignments are given at the time of payment and are on a first come, first serve basis. Cash, check or credit cards are accepted.
Top Ten Tips for Total Wellness

1. Set health and wellness goals for 2010.
2. Schedule preventative screenings and medical exams. If you don’t have a primary care physician, you can find a list of Ohio Health Choice providers MercyNet.
3. Know your numbers (cholesterol, blood pressure, blood glucose and BMI).
4. Make an appointment with yourself to exercise 30 minutes every day.
5. Aim for five a day when it comes to fruits and vegetables.
6. Schedule six month dental check-up.
7. Go on a financial diet. Get rid of credit card debt and avoid impulse buying.
8. Develop a time budget. Allow time each day for family and friends and don’t forget to include some time for spiritual renewal and meditation.
9. Review your 401(k) and investments.
10. Reset your sleep schedule, if needed. Develop a wind-down routine for the end of the day so you can get at least seven to eight hours of rest each night.

Get Free Fitness Classes with Wellness Center Membership

Members of Mercy Wellness Center can enjoy the following weekly classes – which can be adjusted for your personal fitness level – for free:

- Mondays – total body conditioning (4:45 p.m.) and Zumba (5:30 p.m.)
- Tuesdays – yoga (8 a.m.) and cardio kickboxing (4:45 p.m.)
- Wednesdays – fitness boot camp (8 a.m.), Zumba (4 p.m.) and yoga (4:45 p.m.)
- Thursdays – fitness boot camp (4 p.m., 5 p.m.)
- Fridays – Wii Fit challenges (watch the bulletin board for times and challenges)

Non-members can join for only $5 per pay. Registration forms are available on the MercyNet wellness page. New member orientations are held the first Wednesday of the month from 3:30 – 5:30 p.m. Call 330-966-8997 for an appointment.

Mercy Holds OPTIFAST Information Sessions for Employees

Mercy employees are invited to learn more about Mercy Weight Management’s new OPTIFAST® program during an information session in the amphitheater. Upcoming dates include Wed., Jan. 20, Tues., Feb. 2, and Wed., Feb. 17. Sessions are offered at 7:30 a.m. and 12:30 p.m. For more details, call Robin Bowman at 330-588-4854.

Wellness Wednesday: Hit the Slopes

On Wed., Feb. 3, Mercy Wellness Center will host a ski jumping competition with the Wii Fit from 11:30 a.m. to 12:30 p.m. Participants can enjoy some hot chocolate and cold-weather fun, all while staying warm and dry.

Mercy also offers a free monthly blood pressure check on the second Wednesday of each month in conference room C.

Mystery Employee

Each month, an employee’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.

Mercy Compliance Hotline: 1-888-511-4103