

M I S S I O N H E A L T H

scope

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Stroke Accreditation Celebration

Premier of new video

Mission Hospitals celebrated the recent national accreditation of its Stroke Program on December 18 with the premier showing of a new video to raise community awareness about the medical emergency that doctors are increasingly calling “Brain Attack.” The celebration, held in the Glenn Theater at Mission, was attended by Mission’s administration and its Neurosciences Department members, along with family and friends of the late Thomas M. Israel II, who died on June 20, 2005, after suffering a brain aneurysm.

The video was produced with funds raised by the “Big Tom Classic,” the annual golf tournament organized by Israel’s sons, Will and Tom Israel III. It educates about stroke and includes the stories of several local survivors. The video features several Mission staff members, including stroke neurologists Alex Schneider, MD, and Reid Taylor, MD; Neurology nurse practitioner Cindy Benton, MSN, FNP-C, and Robin Jones, BSN, Mission’s Stroke Program Coordinator.

Mission was certified this fall as a Primary Stroke Center by The Joint Commission, the national accrediting agency for hospitals and other healthcare organizations and programs. It is the only hospital in Western North Carolina that is accredited.

“This accreditation is the culmination of years of focused emphasis on stroke care,” said Joseph F. Damore, President and CEO of Mission Health & Hospitals. “It reflects the commitment of Mission Neurosciences to providing quality, cost



At Mission Hospitals’ stroke accreditation celebration were, from left, neurologist Alex Schneider, MD; Jim Miller, vice president for neurosciences; Bruce Thorsen, President and CEO of the Mission Healthcare Foundation; Robin Jones, Stroke Coordinator; and Kathey Ponder, Nursing Unit Director for Mission Neurosciences. – Carole Donnelly Photo

effective, compassionate and life-saving care.”

Dr. Schneider was speaker for the celebration. He praised the years of work that have led to the accreditation, and outlined criteria for achieving it, including:

- Having a dedicated response team that is called 24-7 if a patient may be having a stroke.
- Immediate availability and consistent use of proven treatments, including tPA, the “clotbuster” drugs, and interventional neuroradiology procedures to seal off bleeding brain aneurysms and clear clots from inside the brain.
- An interdisciplinary stroke team including stroke neurologists, nurses, rehabilitation, nutrition, pastoral care and discharge planning.
- Using data to continually improve

treatment plans.

- Ongoing stroke education for the public, such as the new video premiered at the celebration.
- Stroke research, including involvement in clinical trials.

The Joint Commission certification is the second major recognition for Mission’s stroke program this year. Earlier, Mission was recognized by the American Heart Association and the American Stroke Association with the “Initial Performance Achievement Award” presented at the 2007 International Stroke Conference in San Francisco. Mission was one of only 85 hospitals in the nation to receive the designation by achieving standards set by the national “Get with the Guidelines for Stroke” initiative.

– Merrell Gregory

Photographers, Get Out Your Cameras!

Did you receive a new camera for Christmas? Well, pull out the instruction manual and get to work!

Due to the overwhelmingly positive response to the Mission Hospitals “photo gallery” on the second floor of Memorial Campus, the project has been expanded to include all public corridors. This includes the remaining seven floors of the Memorial Campus and the first and second floors of the St. Joseph Campus.

Maybe your photo will be chosen to display!

Photographic topics we are seeking are:

- Staff members at work and at play
- Festivals, celebrations and holidays
- Babies/children/teens
- Playful pets
- Architecture and landmarks of WNC
- Water
- Organized and individual sports
- Education K-12, colleges, trade/art schools
- Travel, national and international landmarks
- Artists at work
- Landscapes
- Gardens, plants and flowers

Please submit an 8"x 10" print for judging, along with a negative, color slide, transparency, or a digital file of at least 300 ppi on a CD. Each print must have a label on the back with removable tape. No paper clips, please! Label each CD and its case with your name, contact information and photo category.

The deadline for submitting photos is February 22 to the Facility Planning Department at Loretta Hall behind St. Joseph Campus. Review and selection of photos will be made by Mission's Interior Design/Master Planning Team. Not all photos will be selected for use. If your work is selected, each person in your photo(s) must have a signed release on file. This form is available on the Mission web site under the Business header.

Awards will be given to staff members only in each of the categories. The location and schedule of artwork installation has not yet been determined.

Questions? Contact Susan Patton at 828-213-4009 or censep@msj.org

Longtime Volunteer Retires at Age 93



Longtime hospital volunteer Ruth Hensley (center) retired from volunteering in December. Hensley began her “career” as a volunteer here in August, 1976. When her husband retired, he would play golf and she would come volunteer, for many years as often as five days a week. She has volunteered on the Information Desk since she began, but also volunteered for many years on 7N General Surgery and has worked in a variety of areas such as Pharmacy and as a patient escort. Over the years she has logged 8,371 hours of service. Ruth is 93 years young and says she hasn't moved to a retirement community because there are too many old people there! She was joined at a small party in her honor by Elizabeth Broom, Margaret Ann Bishop, Louise Brandl and Ruby Dillingham. Combined they have more than 108 years of service.

Important Benefits Change

As of January 1, 2008, new IRS rules allow you to use your Benny Card in participating pharmacies, discount stores and supermarkets that can identify FSA-eligible items at checkout. You will be able to purchase the FSA-eligible items on your card, and will be asked for a different form of payment for non-eligible items. In most cases, no receipts will be needed to verify the eligibility of FSA-eligible purchases at these participating stores (no documentation requests)!

An important point to remember: As of January 1, 2008, you cannot use your card at discount stores, department stores, and supermarkets that do not participate, even if you have used your Benny Card at these stores prior to January 1, 2008. Your transaction may be declined. (You may continue to use your card at freestanding pharmacies.)

Below is the current list of local pharmacies, discount stores and supermarkets that have agreed to be publicly listed as planning to offer the Industry Standard version of identifying FSA-eligible items at checkout as of January 1 (or other date specified), barring any unforeseen events. We will keep you updated with additional names as we receive them.

- CVS Pharmacy
- drugstore.com
- Harris Teeter, Inc.
- Kerr Drug
- Rite Aid
- Sam's Club
- Target Stores
- Walgreens
- Wal Mart

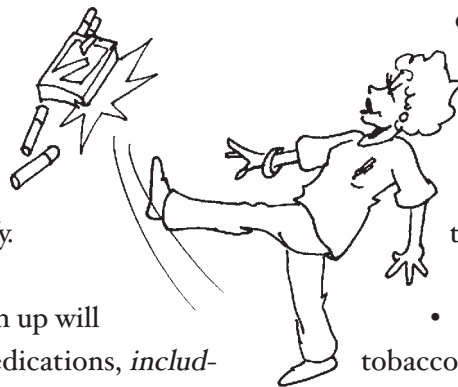
For a complete list, log on to www.mybenny.com

Assist to Quit

New program for 2008

If your resolution for 2008 is to quit smoking for good, Mission's Assist to Quit pilot program can get you on the road to success.

If you are an employee of Mission Hospitals, and you participate in the Choice Plan, you qualify.



- Employees who sign up will have their approved medications, including Chantix, covered at no cost through the health plan.
- Enrollment is limited since this is a pilot program for 2008.
- The employees who take advantage of this program will be enrolled for one year.
- Participants will be actively involved with the Nicotine Dependence Program.
- The Nicotine Dependence Program has an active working relationship with Staff Health. Employees who need pre-

scriptions can be seen by Staff Health free of charge for the prescription only.

- The initial visit will be made with one of Mission's tobacco addiction specialists. They will assess your readiness to quit and willingness to commit to the 12 months of the program.
- Participants will see a tobacco addiction specialist on a weekly basis for three months.
- Participants will learn how to remain tobacco free and learn new methods of dealing with stress and triggers.

For more information, contact the Nicotine Dependence Program.

Donna Borowski 213-0291
Mary Walker 213-0292
Fern Webb 213-0296

Celebrate Our Safety Stars!

Chas Lemak, RN, CVOR

Lemak already knew there had been some slips on CVOR's slick vinyl tile floors when he noticed that some of the smaller sized shoe covers did not have anti-slip treads. After checking with Materials Management, he found that no OR areas stock anti-slip shoe covers in smaller sizes. As a result of his efforts, the CVOR now stocks anti-slip shoe covers in smaller sizes.

Jan Hise, ED Registration

Mike Christon, RN, ED

Hise and Christon shared concerns that the St. Joseph Campus' ED Single-Point-of-Discharge area was isolated and unsafe. They worked together to draft a floor plan for an open work area that was visible to others (including Security) and at the same time, private enough to protect patient confidentiality.

Nominees:

Tim Adams
Wayne Bowers
Diane Carson-Lewis
Libby Flowers
Lisa Marshall
Lorna Weldon

Each quarter, the Clinical Patient Safety Committee will recognize up to five staff members who exemplify and demonstrate outstanding commitment and dedication to providing safe patient care. To nominate a fellow staff member, forward their name, along with a brief description of their model behavior, to Kaye Culberson in the Performance Improvement Department or call 213-9188.

Celebrating the Life of Martin Luther King, Jr.

How much do you know?

Everyone is familiar with the peaceful civil rights leader's "I have a dream" speech. We also know that his life was cut short by an assassin's bullet. What else do you know about this man, Martin Luther King, Jr.? Try your hand at this quiz and see how much you know, and maybe didn't know. Answers are on page 8.



1. Martin Luther King, Jr. was his name when he died, but what name was he born with?

- a. Michael Luther King
- b. Michael Anthony King
- c. Michael Paul King
- d. Michael Stephens King

2. Name the Baptist Church which Martin Luther King served as co-pastor in Atlanta, Georgia.

- a. St. Michael's Church
- b. Masallys Church
- c. St. Barnabas
- d. Ebenezer Church

3. After Martin Luther King graduated from high school at the age of 15, where did he attend college to receive his Bachelor's Degree?

- a. University of Georgia, Atlanta
- b. Rutgers University
- c. Morehouse College
- d. George Washington University

4. How many were estimated to see Martin Luther King deliver his "I have a dream" speech?

- a. 5,000
- b. 25,000
- c. 100,000
- d. 200,000

5. In 1964, Martin Luther King was awarded the highly prestigious Nobel Peace Prize. What was so unique about him receiving this award?

- a. First African-American
- b. Youngest person to be awarded
- c. Last African-American
- d. First winner to write an acceptance speech

6. After accepting the Nobel Peace Prize, Martin Luther King was also awarded \$54,123. What did he do with the money?

- a. Donated the funds to further the civil rights movement
- b. Took his family to Disneyland
- c. Donated the money to the Red Cross
- d. Kept the money for himself

7. In what year did Time Magazine award Dr. Martin Luther King with the prestigious award of Man of the Year?

- a. 1963
- b. 1964
- c. 1967
- d. 1968

8. Martin Luther King was killed by an assassin's bullet on April 4, 1968. What was his purpose for being in Memphis?

- a. To meet President Johnson for a "summit"
- b. To meet with the president of the NAACP
- c. Sympathizer for local garbage collectors
- d. Wanted to visit Elvis Presley's Graceland

9. What was the first year the United States celebrated Martin Luther King's birthday as a federal holiday?

- a. January 1969
- b. January 1976
- c. January 1986
- d. January 1992

10. The rock band U2 produced and performed a song dedicated to the memory of Martin Luther King. What was the name of the song?

- a. Martin, Where Are You?
- b. When Martin Preaches
- c. In the Name of Love
- d. Learn to Love Thyself

"Securing our Freedom: A Community Commitment"

The Eighth Annual Spirit of MLK Award and Celebration

***Thursday, January 10
Noon - 1:15***

Bacon Auditorium - MAHEC

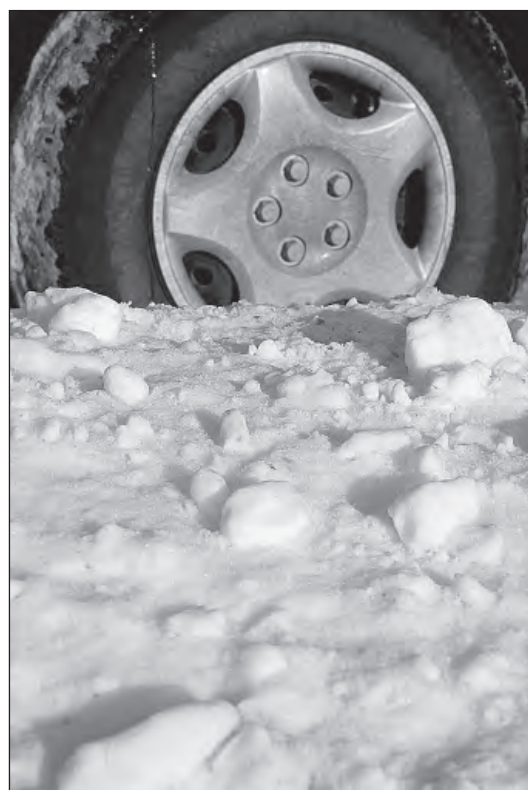
Lodging Availability During Severe Weather

Winter weather means snow and ice, and in our mountains and shaded coves, that equates to slippery roads. It's good to know that there is lodging available near the hospitals. This assures that Mission has enough essential personnel when the roads become treacherous.

Mission Hospitals has agreements with several motels in the area to provide discounted rates to our staff during severe weather. That helps us make sure that our staff (and our patients) don't get left out in the cold.

In the event of nasty weather, staff members may choose to call one of the motels below to arrange lodging. The cost of the room and transportation to the hospital are the responsibility of the staff member. These rates are good for inclement weather only.

Questions? Ask your department director, or call the staffing office at 213-1875.



- Best Western Asheville Central – 22 Woodfin Street
828-253-1851 \$89 + 10.75% Tax
- Days Inn-Asheville Mall – 201 Tunnel Road
828-252-4000 \$40 + 10.75% Tax
- Double Tree Biltmore – 115 Hendersonville Road
828-274-1800 \$80 + 10.75% Tax
(Sun-Thursday Only)
- Hampton Inn - 204 Tunnel Road
828-255-9220 \$69 + 10.75% Tax
- Hampton Inn-Biltmore Square Mall – 1 Rocky Ridge Road
828-667-2022 \$69 + 10.75% Tax
- Holiday Inn Express-Biltmore – 234 Hendersonville Road
828-274-0101 \$69 + 10.75% Tax
(Jan, Feb, March)
- Howard Johnson-Biltmore – 190 Hendersonville Road
828-274-2300 \$29.00 + 10.75% Tax

- Residence Inn by Marriott – 701 Biltmore Avenue
828-281-3361 \$85.00 + 10.75% Tax
- Residences at Biltmore (Formerly Biltmore Garden Apts.) –
700 Biltmore Ave.
828-350-8000 \$85.00 + 10.75% Tax
(Jan., Feb., Mar.)
- Sleep Inn-Biltmore – 117 Hendersonville Road
828-277-1800 \$68.00 + 11% Tax
(Sun-Thurs. Only)
- Super 8 Motel – 8 Crowell Road, Asheville I-40 exit 44
828-667-8706 \$35 + 10.75 % Tax
- Super 8 Motel-Biltmore – 9 Wedgefield Drive, I 40 exit 33
828-670-8800 \$39 + 10.75 % Tax

Look What Santa Brought!

Mission President and CEO Joseph F. Damore continued his tradition of visiting nursing units at Mission Hospital on Christmas Day to thank staff for their year-long commitment to providing compassionate care to patients. Once again, he was accompanied by Santa (who under that beard and padding looks suspiciously like HR Representative Dan McFadder). Here they take a break to meet the first baby born at Mission on Christmas Day, Randall Nathan Light, Jr. Santa and Joe were joined by Joe's daughter, Meredith, who, like her sister Lauren, has accompanied their father on his hospital visitation rounds since they were children.



Happy New Year from Dr. Sig and the entire Scope staff!



Buncombe County Health Center

Clinicians caring for the uninsured

In addition to the mandated services provided by all county Health Departments in North Carolina, the Buncombe County Health Center provides primary care in a large clinic that's run like a Family Practice office with excellent support services. Along with its own pharmacy and lab, the Health Center also features a Coumadin Clinic, nutrition support services, and two counselors available to help patients access appropriate mental health services.

It sounds busy and complicated, and it is. Many of the patients struggle with poverty, mental illness and substance abuse in addition to multi-system health problems.

A talented group of providers at BCHC are meeting this task head on.

"Our providers have trained at some of the best schools in the country like Duke and Georgetown," said Kathy Robinson, MD. "Many of us have worked in private practices. Some have taught in residency programs and some continue to teach MAHEC residents at the Health Center.

"The underlying motivation for all of us is the desire for the uninsured/underinsured to have access to holistic care in a manner that addresses the multiple challenges of this population."

LONG TERM PROVIDERS

Charles Murray, MD, and Cynthia Yancey, MD, have a combined service to the Health Center of almost 50 years. Dr. Murray started at the Health Center in 1978 straight out of the MAHEC residency program. He has served as a primary care physician and for several years as medical director. He grows Asian maples and gets together with friends weekly to play music.

Dr. Yancey, a former Kentucky farm girl, went into medicine to pursue a career in international health. She began working at the Health Center in 1987 and has found that the international community



Buncombe County Health Center providers, standing from left to right: Steve Swearingen MD, Stan Hamaker, MD, Lynn Rapp, FNP, Kathy Robinson, MD, Jennifer Mullendore, MD, Rick Gloor, DO, and Cynthia Yancey, MD. Seated are Theresa Oursler, FNP, Anita Price, PA, Barbara Newman, PA, and Mary Scott Hayes, MD. Not pictured are Paul Moore, FNP, and Charles Murray, MD.

has come to her. She specializes in Latino women's health and dreams of retiring to her daughter's land in Guinea, West Africa, building a little clinic, and helping the villagers.

NEWEST ON THE SCENE

Steve Swearingen, MD, Medical Director, Stan Hamaker, MD, Jennifer Mullendore, MD, and Theresa Oursler, FNP, have all started working at the Health Center during the last year. Dr. Swearingen worked in private practice for a year and in public health for six years in Anderson, SC, before he became the director of AnMed Community Health Clinics in Anderson where he served for 12 years before moving to Asheville.

Dr. Hamaker worked in a private practice in West Virginia for 18 years, then for Parkway Family Physicians in Asheville for four years before going to work at the Health Center. He is challenged by the wide variety of health issues facing our patients.

After residency training, Dr. Mullendore worked at the Moses Cone Urgent Care Center while she completed a Masters of Science in Public Health degree in Maternal and Child Health from UNC-Chapel Hill. She is a huge

Maryland Terps/ACC fan and enjoys hiking and playing volleyball.

Theresa Oursler worked as a nurse before becoming a nurse practitioner in 2001. Since then she has worked for Asheville Pediatrics, Wellspring Internal Medicine and WNC OB/GYN. She enjoys hiking and hunting for wild mushrooms. In fact, she is the one who poison control calls when they think someone has ingested poisonous mushrooms.

THE REST OF THE TEAM

Kathy Robinson, MD, has practiced at the Health Center for eight years. Before returning to her hometown of Asheville, she taught in the Family Medicine Residency Program at Duke University.

Lynn Rapp, FNP, worked in a private practice for five years and as a wound care consultant for one year before coming to the Health Center two years ago. She runs the Employee Health Clinic providing acute care services to all Buncombe County employees and their families.

Mary Scott Hayes, MD, graduated from the MAHEC residency program and worked at Ravenscroft Family Health Center before coming to the Health

Center three years ago. Her desire is to provide high quality, compassionate healthcare to our county's medically underserved. She likes to mountain bike, read, garden and play with her two young sons.

Paul Moore, FNP, has worked at the Health Center for the past seven years. He feels drawn to working with the uninsured and enjoys the camaraderie of working with like-minded providers. He worked as an ICU nurse for 15 years before becoming a family nurse practitioner.

Anita Price, PA, has been working at the Health Center as a Physician Assistant for the past eight years. Prior to joining the Health Center, she worked at Community Family Practice, Appalachian Hall and Thoms Rehab.

Barbara Newman, PA, worked in a private practice office two years before going to work at the Health Center eight years ago.

Richard Gloor, DO, worked in a private practice for 12 years before moving to Asheville in 2000. He worked in an alternative medicine practice here before starting at the Health Center in 2001. He believes that the Health Center offers an excellent model for caring for an increasingly uninsured population.

Dogwood Update



Observers of the Dogwood Project have probably noted that the skin of the building is going on. First the sheathing went up (yellow), then a spray-on air barrier was applied (green), and now brick is being installed (red and beige). This occurred first in the area adjacent to West Tower, but will soon move to the west face right along the loop road. In December we took delivery of the air handlers (heat and a/c). The crane is scheduled to be leaving soon, and the work will focus on getting the roof and walls "dried-in." Within the building, work continues with the installation of electrical, mechanical and plumbing. Both the 4th and 6th floor are almost ready for sheetrock. Keep watching! Soon the Dogwood Project will look like a real building and not just a shell!

Celebrating Service In January!

35 Years

Barbara M. Byrd Human Resources

30 Years

Margaret L. Goode Laundry Pack Room

25 Years

Lisa M. Barnett Pharmacy
Sharon E. Chandler Radiology Diag.
Linda M. Young General Surgery

20 Years

Terry Cawthorn Operating Room
Amy G. Hogue Neurosciences
Kimberly R. Nelon Human Resources
Julia C. Parker Anesthesia Support
Nancy S. Walker Maternal Fetal Med.

15 Years

Jan M. Bailey CS&D
Jameta Earley Cath Lab Recovery
Catherine A. Hebert CS&D

Jayme D. Jackson
Rebecca H. Ledford
Deborah A. Pettit
Robert S. Robinson
Yvonne T. Stillwell
Linda J. Swoveland

10 Years

James E. Buckner
Renee M. Carpenter
Deborah R. Darity
Andrew J. Evans
Linda K. Gibson
Jessica J. Greene
Sally A. Griebel
Susan A. Kittel
Jill L. Labelle
John N. Lauzon
Cindy L. Meyer
Sheila B. Rathbone
Susan E. Sutherland

Facility Dispatch
ASC
Emergency Dept.
Storeroom
Weight Management
Health Info. Mgmt.

Central Transport
Operating Room
Child Development
NICU

Audit Services
6 Pulmonary Adult Med.
Health Ed. Center
HIM Transcription
ASC
Copestone
Operating Room
Lab Chemistry
Research Institute

5 Years

Tatyana Buksh Research Institute
Judy L. Davis Low Vision Center
Angela R. Franks Lab Outpt
Cheryl C. Greenlee Lab Phlebotomy
Tammy D. Israel Senior Services
Sara R. Kilpatrick Emergency Dept.
John P. Kincaid Neurosciences
Tiffany D. LaFontaine Lab Microbiology
Ann L. Maude-Simpson Rehab. Services
Annie K. Meyers CVRU
William P. Owens, Jr. Critical Care
Deborah L. Parham Anesthesia Support
Richard M. Sackett Copestone
John P. Stineman Emergency Dept.
Ian T. Welliver Orthopedic Trauma
Stephanie C. Whitaker Emergency Dept.
Clarence D. Whitemire Security
Cynthia M. Zdanski Radiology

Sacred Days in January

1 Oshogatsu or Gantan-sai is the Shinto New Year festival observed by visiting shrines and offering prayers for inner renewal, prosperity, and health.

5 Twelfth Night is the Christian observance of the final night of the Christmas season and is celebrated with merrymaking, drinking wassail, feasting on edible gifts received during the 12 days since Christmas, taking down Christmas decorations, and preparing “king cake” or “12th cake” for Epiphany.

5 Birthday of Guru Gobindh Singh Ji is a Sikh holiday honoring of the birth in 1666 CE of the 10th and last of the Sikh gurus, who transformed the Sikh faith and founded the Khalsa, a community of the faithful.

6 Epiphany is a Christian feast day which, in the West, celebrates the visit of the magi to the infant Jesus. In the East, it is also known as the Feast of the Theophany and celebrates the baptism of Jesus. Armenians observe this day as Christmas. In Latin America, it is known as Dia de los Reyes or Three Kings Day.

7 Christmas Day for Rastafarians and Ethiopians is marked by feasting, prophecy-reading, and chanting.

10 Al-Hijra* (the 1st day of Muharram) begins the Muslim new year and commemorates the migration of Muhammad and his first followers from Mecca to Medina in 622 C.E.

12 Birthday of Vivekananda celebrates the birth of Hindu leader Swami Vivekananda, who introduced yoga and

the philosophy of Vedanta to the West.

13 Baptism of Jesus is the Western Christian commemoration of Jesus’ baptism and the beginning of his public ministry.

13 Maghi is the Sikh festival to commemorate the sacrifice of 40 Sikhs who laid down their lives warding off an attack by an imperial army marching in pursuit of Guru Gobind Singh.

14 Makara Sankranti is the 1st Hindu festival of the year, celebrating that the days will become longer from this point on. Celebrants perform cleansing rituals, fly kites, light bonfires, and wear festive clothing.

15 Pongal is a Tamal Hindu thanksgiving festival in celebration of the prosperity associated with the harvest.

15 Seijin Shiki or Adults’ Day is a Shinto holy day in which those who have reached legal adulthood (20 in Japan) in the previous year attend a shrine to give thanks.

18-25 Week of Prayer for Christian Unity, first celebrated in 1908, is a Christian observance of prayer for the restoration of unity among churches of the Christian faith.

19 Ashura* is an Islamic fast day recognizing the Creation, Noah’s departure from the ark, and the saving of Moses from Pharaoh. It is also a day of mourning for Husayn ibn Ali Imam (Muhammad’s grandson), who was martyred on this date in 680 CE.

20 World Religion Day is an interfaith celebration dedicated to the unity & oneness of all world religions. It was instituted by the Baha’i community in 1950 to help foster interfaith understanding and harmony.

21 Martin Luther King Jr. Day is the U.S. interfaith observance of the birthday of the slain civil rights leader.

22 Tu B’shvat * is the Jewish celebration of the coming of spring and the ripening of the first fruits of the year. Also a day of environmental awareness, it is often marked by the planting of trees.

22 Unolvvtani or Cold Moon is a Cherokee season for personal and ritual observance and for preparation for the coming seasons. Stories and customs are taught to young ones by the elders, and a Cold Moon Dance is usually held in the community. Acknowledged on the full moon, the observance of Unolvvtani continues through January.

22 New Year’s Day is celebrated by Mahayana Buddhists on the first full moon of January.

27 Holocaust Memorial Day is an interfaith remembrance of the victims of the Holocaust. It began in the UK in 2001 on the anniversary of the liberation of Auschwitz concentration camp.

31 Birthday of Guru Har Rai celebrates the birth of the seventh of the ten Sikh Gurus.

– *Department of Pastoral Care*
* *Holy days begin at sundown the day before this date.*

Quiz Answers from Page 4: Martin Luther King, Jr.

1. a. Michael Luther King
Martin’s father was also named Michael Luther King, but when he decided to change his name, he had his son’s legal name changed as well.

2. d. Ebenezer Church
His grandfather began the family’s long tenure as pastors of the Ebenezer Baptist Church in Atlanta, serving from 1914 to 1931. From 1960 until his death, Martin Luther acted as co-pastor.

3. c. Morehouse College
Considered a distinguished Negro institution of Atlanta. It was also where Martin Luther King’s father and grandfather had graduated. Martin Luther King went on to receive many awards and honorary degrees from some prestigious educational institutions.

4. d. 200,000
Delivering his speech in Washington DC, it was one of the largest gatherings in the city’s history. To this day, many feel that this speech set a new tone for race relations in the United States.

5. b. Youngest person to be awarded
Quite an achievement, Martin Luther King was indeed the youngest recipient of the Nobel Peace Prize.

6. a. Donated the funds to further the civil rights movement
Although not required, Dr. King felt it would be beneficial to donate the money to a cause he so strongly believed in.

7. a. 1963
In 1963, just one year before receiving the Nobel

Peace Prize, the editors of Time Magazine decided to award their Man of the Year to Martin Luther King.
8. c. Sympathizer for local garbage collectors
He was shot while on the balcony at a Memphis motel, and was never able to march with the garbage collectors.

9. c. January 1986
President Reagan declared the third Monday in January as a federal legal holiday commemorating Dr. Martin Luther King’s birthday.

10. c. In the Name of Love
This was one of U2’s most popular songs ever. If you’ve ever attended a U2 concert and if they play this song, it seems that everyone wants to join and sing along with the song.

Is Saving for a Home Your New Year's Resolution?

The New Year is a time for setting goals and if you're like most people, at least one of those goals just might involve saving more money. In fact, according to a CNN Money survey, saving money was the top New Year's Resolution in 2006. If you're saving for your first home, check out Mission Home Help as a resource and added incentive for you to save!

Mission Home Help is a program of Mission Hospitals in collaboration with OnTrack Financial Education and Counseling, a local non-profit dedicated to helping people manage their money and credit better. Mission Home Help offers free home-buyer education and counseling and up to \$2,500 in match money towards your down payment or closing costs.

Last year, eight Mission employees "graduated" from Mission Home Help, all receiving the top match amount of \$2,500. Kim Nelon, Human Resources Technician, was one of those eight. She had heard about the program and thought it would be a great way to help with some of the costs associated with buying a house. Reflecting on the program, she said, "(My husband and I) attended several workshops for first time homebuyers that proved to be very beneficial. We learned everything from maintenance on all parts of the house to how to budget your finances to make the transition (to homeownership) less stressful."

More than 50 other Mission employees are enrolled in the program. Some of those hope to buy their first house in as little as six months. Others are planning for the long term and have set a goal to buy a house in 1 to 3 years. It's an exciting process, as Elissa Glover, RN, in Neuroscience and another recent Mission Home Help graduate, knows. "I love football and always wanted to have a football room in my house—now that I own my home, I can have it!" she exclaimed.

If you'd like to enroll in Mission Home Help or learn more about eligibility criteria and program requirements, call Becky Brown, Mission Home Help Coordinator at OnTrack at 255-5166.

If your New Year's Resolution involves getting back on track with your budget—but not necessarily buying a house—call OnTrack Financial Education and Counseling at 255-5166 to set up an appointment for a free financial assessment or register for one of the classes listed at right.



Free Financial Education & Counseling Classes

The New Year is the perfect time to get OnTrack with your Finances. The following workshops will be offered by OnTrack Financial Education & Counseling at their main office at 50 S. French Broad Ave., Suite 222, Asheville. To register, call 255-5166 or e-mail lauriek@ontrackwnc.org. The classes are free; a suggested \$5 donation is voluntary. Classes not reaching minimum class size will be rescheduled.

Making a New Money Start – Thursday, January 17, 6 – 7:30 p.m.

It's never too late to make resolutions that actually work! Learn the SMART method of goal-setting and get your plan for your financial life in place and working. Finally get your money life organized. This is the year to do it!

How to Improve Your Credit Report – Tuesday, January 22, 6 – 7:30 p.m.

Good credit costs less! What is "good credit" really? What makes up a credit score? And most important, how you can begin to fix past credit mistakes? Understand your credit report, learn the truth about credit repair, and begin improving your credit...now! (If you would like to purchase your credit report and score, please arrive early. Call for more details.)

If We Didn't Have to Eat, We'd Be Rich! – Tuesday, February 5, 6 – 7:30 p.m.

With food prices skyrocketing, it's more important than ever to explore ways to economize on food. Find out new ways to save on groceries. Learn the pros and cons of coupons, "stockpiling," and bulk cooking. Share lots of tips and tricks from super-shoppers to stretch your budget. Note: Bring your unwanted, unexpired coupons for a coupon exchange.



Ask Dr. Sig

Dear Dr. Sig,

Is there any way for Mission to offer or help find someplace employees can take Spanish language classes? I work different days rotating each week, so I never have a schedule conducive to taking a class other than online. And no local colleges offer any online Spanish classes. I want to be able to communicate better with our Spanish-speaking patients, to help them feel more at ease and cared for. Any help out there from Mission?

The Learning Resources section of Human Resources will be offering a variety of Spanish courses beginning in January 2008. We will communicate the classroom information in an e-mail, on MOD, and in the Mission Education booklet.

Hello Dr. Sig,

Just a courtesy thought here before someone gets hurt. I park in the Biltmore deck. As we know, the design is slightly spherical with a very limited line of sight. I often find that after I park and attempt to cross over to the stairwell door I am suddenly having to dart backwards to avoid being hit by the speeding cars. People are going WAY too fast in these parking decks, especially when they are not straightaways and at any moment someone could step out from behind a car. Please slow down. Try to imagine the consequences of hitting a pedestrian, especially this one!

Dear Dr. Sig,

I'm an employee but have insurance through my spouse. If Mission Hospital is covered as a facility, why are the emergency physicians not covered? It's very strange to me that your ED physicians are not employed through the hospital. Next time I have chest pain, I'll be sure to go some place where it will be covered.

Hospital charges are billed separately. Depending on your treatment, a patient can receive bills for physicians, radiology, lab, anesthesiologist, etc. There is not a universal bill that covers all. Generally insurance plans cover these services, but they are filed as individual bills.

Dear Dr. Sig,

I'm a diabetic and I get asked sometimes about having regular candy when my sugar get below 70. Should I eat regular candy?

According to Becky Sale, RN, CDE, it is appropriate for a person with diabetes to eat regular candy when experiencing low blood sugar. When the blood sugar is low...you need sugar to get it back up!! The amount and type of candy you eat is important; 3-5 hard candies like Lifesavers or peppermints are appropriate. Chocolate candy is not recommended, because of fat that delays the absorption of the sugar. Other appropriate treatments for low blood sugar include: 1/2 cup of fruit juice, 1/2 can of regular soda, or 3-4 glucose tablets.

Dear Dr. Sig,

When I came to Mission many years ago, I was told that we had X number of paid holidays per year. I work in an area that is closed for holidays. We have to take PTO for that time. What happened to the paid holiday time?

Mission Hospitals has a Paid Time Off (PTO) program rather than separate banks of time for vacation, sick and holidays. The PTO bank includes time for all absences including holidays. This plan has been in place for many years. For additional questions regarding Mission's PTO program, please contact your HR Representative.

Dear Dr. Sig,

I can't tell you how many times I walk into a hospital room that has been cleaned only to find the TV and several lights on. Is there a way we can make sure that we don't leave things on when the rooms are not occupied? We don't do this at home, why do we think it's ok to do this here?

That's a good question, and something we should all be aware of. How much work is it to flip the switch when we leave the room? Please, everyone, be aware. Every little bit helps the power bill and our environment.

Dear Dr. Sig,

I just wanted to take the time to personally thank the IV Team for the

tremendous and wonderful service they provide for our hospital system! I have started IVs for years but some that they obtain for us are truly remarkable and a blessing for our patients. Mission should be congratulated for providing such an excellent service to the patients and community! Thank you IV Team!

Dear Dr. Sig,

How come with the big push for Mission Hospitals.org, and MissionOnDemand, are all of the addresses for information being listed as xxx@msj.org? Don't we want to get away from the msj designation and promote the Mission Hospitals site?

Sounds simple, doesn't it? The msj.org was established years ago when we really were Mission St. Joseph's. If you want to lose all your e-mail and start over, we can change the msj.org address. However, we found it prudent not to change this or to add an alias such as mhh.org to route mail to 6,000 email users. There is no really simple approach to changing the designation without a loss of existing e-mail and getting everyone notified of the address change or having multiple aliases. It may be simple for a small group, but not one as large as Mission.

Dear Dr. Sig,

I would like to know where our CEO, Joe Damore, was during the Night Shift Appreciation Dinner in the cafeteria? He was neither in St. Joseph's nor Memorial Campus. Don't you think that's disrespectful to the night shift workers? Couldn't he stay up late enough to show his appreciation? – Upset

Hmmm...Joe was, in fact, here from 12:20 - 2:15 a.m. You apparently didn't recognize him in his "Santa Hat" serving broccoli and cheese at the Memorial Campus.

Joe was also here on Christmas Day to greet staff members who were working on that holiday (see page 5 of this issue of Scope).

Dear Dr. Sig,

Given that we have service people making the ultimate sacrifice on our behalf, it would be nice to see whoever is responsible for the flags being flown at the hospital to pay closer attention to their condition. The national colors being flown at St. Joseph is ragged and dirty and that is disgraceful. Can't we show basic respect for Old Glory and what it represents?

You were not the only one to notice that the flag was showing wear. New ones have been ordered.

Hello Dr. Sig,

I want to say that I am grateful that we have this arena to express ourselves and that you so creatively answer these various concerns. I also want to say that I am a little concerned that so many employees do not know how to channel their concerns through the appropriate channels. If you are having difficulty going to your own direct supervisor, then why not move up the chain of command? It seems the culture of name calling, blaming, going behind the back, etc. seems to be the norm. Also, if there are concerns about how things are done, why not get involved and be the change agent – the one who makes the difference? How can we change this and be responsible citizens of this great organization? We are the only ones who can make this different.

–Wishing for a Professional Environment

Dear Dr. Sig,

Here is a good idea: Why not have a row of lockers near the surgery waiting rooms so that family members could insert change and take the key with them for the day? It would be like the lockers they have at theme parks. That way, no one is responsible for watching the families' belongings and they don't have to carry everything!

– Heavy Baggage

Not a bad idea! - Sig

Visit the Dr. Sig Forum from the MOD Main Page. From there, you can simply click and send a comment to Dr. Sig. All letters are confidential.

scope it out

Ads for "scope it out" must include your home phone number. No names will be printed. Listings will appear once in the next available issue of Scope. To repeat the ad you must resubmit it. The deadline for each issue of Scope can be found on the last page of each edition. To place an ad, mail it to Linda Gooden in Community Relations, e-mail Linda.Gooden@msj.org or fax it to 213-4812. All questions regarding ads should be directed to Linda at 213-4800.

Cars and Motorcycles

1992 Ford Explorer 4WD: 106,000 miles, good condition. \$2500. 828-768-1731.

2004 Honda VFR: 12,000 miles, adult owned, \$5000 firm. Call 828-231-3934.

1998 Kawasaki 4 wheeler. Full time 4x4. \$2,495. 252-1930.

2005 Black Ford Escape: 38K mi. AWD, all power, leather, sunroof. \$12,900. 252-1930.

Homes and Land

House for Sale: Adjacent to Reems Creek Golf Course Community. 3 BR/2 BA, 1,850 sq. ft., single-story on 1.4 acres. Wood and carpet floorings. Master bedroom and bath, large eat-in kitchen recently remodeled, large living room and additional TV room. Laundry room on main floor. Rocking chair front porch, large back deck, full basement, quiet end of the road privacy. Large vegetable garden and new landscaping. Home Warranty. \$259,000. Call 828-243-1521. Please leave a message.

Condo for Rent: 1 BR, brand new Fall 2007 top floor condo unit. Tunnel Road area, close to downtown and Asheville Mall. Granite counters, fireplace, private balcony overlooking mountains. \$1,100 OBO. Contact Ken at 828-329-1567.

House for Sale: 3 BR/1BA in Hendersonville. Located 1 mile off I-26 and adjacent to East Henderson High School. New roof and windows, central gas heat, and A/C. Full basement with sauna and shower; bedrooms and bath on main. Large sunroom and deck. 0.51 acres with stream. Please call 828-505-2441. \$174,000.

House for Sale: In beautiful Leicester, just 15 min. from downtown Asheville. 3.19 acres with year round views. Decks on 3 sides. 3 BR/4BA, 3600 sq. ft. house with 918 sq. ft. of basement storage. Guest or in-law quarters in finished basement area. 3-car garage. Lots of wood floors. Selling price is \$369,900. Call 828-683-3644 for a visit.

House for Sale: Quiet, peaceful, 3 BR/2BA, 1480 sq. ft. 2-story home on .78 acre with separate 1600 sq. ft. 2-story garage perfect for mechanic or wood worker in the Arden

area for sale by owner. This would be a perfect home for someone who likes to be away from it all. \$225,500. Call 828-684-0428 and ask for Misty.

Basement level efficiency apartment in East Canton, 1 BR, living room, eat-in kitchen, \$325/month plus utilities, water furnished. 828-231-8533 or 828-665-1161.

Household

Country French Maple Table: From Tysons with 6 chairs. \$750. Call 683-8988.

Hard Rock Maple Table with leaf and 6 chairs: \$350. Call 683-8988.

Oval Drexel inlaid table with 4 cushioned chairs. \$200. 683-8988.

Piano: Excellent condition. \$875. Call 683-8988.

Henredon couch, light coral velvet, excellent condition. \$750. Call 683-8988.

Large wooden rocking chair: \$85. Call 683-8988.

Small pine computer desk with slide out for keyboard. \$125. Call 683-8988.

Loft Bed: Great bed to use in a college dorm room, sits off the ground like a bunk bed with no bed underneath. Lots of room for storage under it. Please call Rhonda @ 628-9952 or 674-0348 and I can email you pictures of it. Does not include the mattress. Asking \$75.

Sectional Sofa: Consists of queen size sleeper, wedge, 2 recliners and hidden table. Excellent condition. \$500. Call 648-6808 before 9 p.m.

Miscellaneous

Changing table w/pullout steps. Almost new. Perfect for children's day care center. Electric eye sensed sink built in. \$500. Call 777-4161 for more info.

Looking for a mature, trustworthy individual to stay with elderly gentleman at night. Must like animals. Call 230-7521.

Sony DCN-1 (8) mp digital camera w/3 in. touch screen, 1 GB memory stick, carry-

ing pouch, tripod, software, charger. Exceptional condition. Less than a year old. \$175 firm. 775-7425.

Student desk: 6-piece computer desk, light walnut wood, brass knobs with center console and side shelves. \$300. 828-633-0405.

Helix SC8000 Stair Stepper: Digital timer, cal. count. Adjustable tension. Excellent condition. \$75. 252-1930.

Pets

7 yr-old MO Fox Trotter gelding: Years of show and trail experience. Professionally trained in MO. Used in lessons program and novice show program. Great youth or amateur horse. Ready to find a partner to hit the showing (and trail) for 2008. 14.3 hh solid chestnut with a star. "Flirt" is always the first one to greet you at the gate and ready to work. \$6,600 negotiable to right home. Call Erin 828-337-0668.

5 yr. old-buckskin mare: Very typey QH look. Trail-ridden by an older gentleman who can no longer take care of her due to health issues. Good home needed soon. Can be registered with the Buckskin Associates. \$2,000 OBO. Erin 828-337-0668.

5 yr-old gorgeous black lab, neutered, all shots up-to-date, house trained, very loving and playful. Loves to go on hikes, car rides, and just sit around watching TV with you. He is a loyal and obedient dog. Gets along with other dogs but NO CATS. This dog cannot be alone with cats. If interested, please call 627-9228 or 337-8330. Ask for Dawn.

Sports and Recreation

2002 Coleman Sedona popup camper. A/C, refrigerator, king and full size beds. Clean water holding tank and flex tubing removed to allow more storage. Much loved, well maintained, washed often, and garage kept. Still even smells new! No rips, tears, or leaks. \$4,500.

Kaleidoscope

Welcome New Staff Members!

Michael D. Randall	Business Services
Nicole K. Foster	Food & Nutrition
Mary Kennedy	Food & Nutrition
Phyllis A. Santucci	Lab Clerical
Bree Fuchs	Lab Phlebotomy
Rebecca Salazar	Medical Center Coding
Samuel Simmons	MMH Gift Shop
Rebekah A. Higgins	OP Neuro Practice
Frederick Lira	Pharmacy
Jessica Smith	Pharmacy
Katherine Schmitz	Planning & Business Support
Jeremy A. Jarvis	Rehab Inpatient
Eldon A. Hagan	Security
Valerii Conty	Sleep Lab
Ashley Cable	Sterile Processing
Tiphany N. Branch	Yancey EMS

Staff Achievements

Cheryl Gibson, BSN, RN, PEAR Project Coordinator, has been selected as a recipient of one of the 2007 North Carolina Awards for Outstanding Volunteer Service. As a recipient of this award, Gibson will be presented with a certificate of recognition from the North Carolina Commission on Volunteerism and Community Service from the office of the Governor in April. She volunteers with My Sister's Place, in Madison County, and through Mars Hill Baptist Church.

Robyn Bass, RN, of the Emergency Department, has earned her BSN from the University of South Carolina Upstate.

Debbie Smith of the MSICU has earned her CNA II from AB Tech.

Retirement

Nancy Smith, RN, of Endoscopy, has retired after 23 years of service.

In Sympathy

The Mission Family extends its sincere sympathy to staff members and volunteers who have recently lost loved ones.

Wilma Sprinkle of General Surgery, Memorial Campus, recently lost her brother, Lonnie Thomas.

Lawrence Robinson of ASC recently lost his son, Keith Holloway.

Roger Cagle of Surgery, St. Joseph Campus, recently lost his father, Charles Cagle.

Barbara Moore of SATU recently lost her mother, Nellie Cooper.

If you or a co-worker has experienced the death of a loved one, and you would like to have it posted in Scope, please first contact **Sr. Carmen Cruz** in Chaplaincy Services.

Mileage Reimbursement Increase

As of January 1, 2008, the mileage rate for reimbursement has increased to .505 per mile. Please make a note of it.

Lighten Up 4 Life Weigh-In

Participants in Lighten Up 4 Life may weigh on the second floor of 445 Biltmore Avenue on Monday, Wednesday and Friday of the first week of each month, 8 a.m. until noon.

Report to the Medical Weight Management waiting area on the second floor and follow the signs.

Questions? Contact **Patty Klatt** at 213-4628.

Paws With A Purpose Calendars

Paws with a Purpose 2008 Calendars are being offered for sale in the hospital gift shops on both campuses for \$10 and make wonderful gifts.

Paws with a Purpose is a non-profit volunteer organization that provides pet therapy services to hospitals and schools in our community. The 2008 calendar features Pediatric patients and staff. Therapy dog volunteers serve Mission Hospitals by making weekly visits to patients and families in Pediatrics, Neurosciences, Adult Oncology, Copestone, Fullerton Waiting, Surgical Waiting on the Memorial Campus, Asheville Specialty Hospital, General and Women's Surgery. Your support of this volunteer program is greatly appreciated.

Haas Honored for Excellence

Marilyn L. Haas, PhD, RN, CNS, nurse practitioner at Mountain Radiation Oncology in Asheville, has received the Oncology Nursing Society Mary Nowotny Excellence in Cancer Nursing Education Award.

The award recognizes and supports excellence in cancer nursing education and is named in memory of Dr. Mary Nowotny, a past chair of the ONS Education Committee and a well-known oncology nurse educator and teacher.

Clinical Staff Critical to Mission's Summer Camp

Do you have what it takes? We can use you! Each summer, Mission Children's Hospital offers a week-long camp experience to over 130 children ages 8-16 with diabetes or asthma. Camp WeCanDo is a combination of two separate camps that started in 1994, and joined together in 2006. Located in the scenic Blue Ridge Mountains near Hendersonville, North Carolina, Camp WeCanDo allows campers with asthma or diabetes to participate in a variety of fun outdoor activities. We don't tell kids what they can't do, we tell them "WeCanDo!"

Most importantly, kids learn more about managing their asthma and diabetes – everything from testing blood sugar and administering insulin, to identifying what triggers an asthma episode, taking their daily medications and getting daily exercise.

However, camp for these special kids can't happen without commitment from clinical staff.

Here are three ways Mission staffers can support camp:

1. Tell eligible kids about Camp WeCanDo – If you know of a child with diabetes or asthma who can benefit from a camp experience, let them know about our programs.

2. Work at Camp – If you are a RN or CDE, Camp WeCanDo needs you! We ask that staffers commit to the entire week. The commitment for Camp WeCanDo is July 6 – July 12, 2008.

- You are paid your normal weekly salary up to 40 hours, paid by the Camp cost center.
- You do not have to use PTO to work camp.
- You will need to clear time with your supervisor, preferably now, before vacations are set in your department.

• Staff may bring one child age 8-16 to camp at a reduced cost. Additional children may attend at the regular cost.

3. Help Support Camp – A 'Campership' program helps church, civic and professional groups raise funds to send needy children from western North Carolina to Camp WeCanDo. For example, Mission's respiratory therapists have pledged to raise \$10,000 this year to be used to provide scholarships to Camp WeCanDo. Individuals or groups that would like to sponsor a child may contact Lesley Edwards for helpful materials.

For more information, contact **Lesley Edwards** at 213-5545 or Lesley.Edwards@msj.org.

MISSION HEALTH
scope



Scope is available online.
www.missionhospitals.org

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The deadline for the next Scope is January 7 for a January 18 distribution. If you have a story idea, department news or an important announcement to share, send it to Scope at jprchd@msj.org.

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