

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

SCOPE

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Go Figure!

Lighten Up 4 Life underway!

"Go Figure!" is one of Mission's many Lighten Up 4 Life teams. Karen Roby, Janne Wheeler, Joanne Sparks, and Sandy Carringer have joined forces to create positive change in their daily lives.

Executive assistant Janne Wheeler keeps a dress for her daughter's wedding hanging where she can see it. This is a real incentive for Wheeler, who hopes to lose 40 pounds for the November wedding.

"My biggest challenge is finding time to exercise," says Wheeler. "After working all day and not getting home until late, I have a hard time convincing myself that I need to exercise."

Wheeler's goals are to get to a healthier weight, lower her cholesterol, and prevent her blood pressure from increasing.

Strategic planning analyst Karen Roby works full-time, is going to school for her masters degree, and is a single mom raising an 11-year old daughter. Being a "stress eater" and letting exercise be last on the list of things to do, she's let things slide.

Roby wants to be a better example for her pre-teen, and sees potential for a more meaningful connection. "I've tried to be a good role model in everything else, why not this?"

Executive legal assistant Joanne Sparks has put on 40 pounds over the last four years. "I am 54 years old," she said, "and even though I haven't slowed down, my metabolism sure has!"

Sparks has high cholesterol and hypertension. "Now I have to get serious," she said. "Until recently, I've always been able to control my weight. Now I'm facing some potentially serious health issues."

Executive assistant Sandy Carringer is going for a healthier lifestyle. "Life is way too busy and the pace is way too fast," says Carringer. "There's little time to plan and prepare meals, exercise, have fun, and rest; seems like everything revolves around work, work, work...go, go, go!"

Carringer began by organizing a daily routine, including exercise, planning meals, and preparing them in advance. Her to-do list also includes time for relaxation.

The team says that the challenge is making wellness fun and that Mission's "Know Your Numbers" Campaign has been encouraging as well, with everyone in the office making an effort to be aware of their eating habits.

"When the Lighten Up 4 Life challenge came about, it just seemed like a fun way to accomplish a goal," said Sparks.

All team members are making time for exercise – something they see as their



Mission's "Go Figure" Lighten Up 4 Life team weigh in. By February 1, they had collectively shed 19.5 pounds! Pictured are Sandy Carringer, Janne Wheeler, Karen Roby, and Joanne Sparks. Asheville businesses have embraced LU4L with a total of a whopping 2,698 participants, 627 of those at Mission alone. Photo by Michelle Rabell

biggest challenge. Sparks is also finding precious minutes for Weight Watchers. Wheeler now leaves work earlier than usual to exercise at least three days per week. Roby and her daughter purchased dance exercise DVDs. "I look like an idiot," she said, "but she has fun laughing at me."

The team checks in with each other almost daily by email, discussing strategies, foods, and arranging exercise time together. Sparks said that food has not been a problem since everyone in her department is participating in the challenge.

"It's great," said Carringer. "My goal is to lose those 40 pounds by the end of this year!"

Go figure!

– Michelle Rabell

New Travel Assistance Program

For staff members covered by Prudential group life

Have you ever forgotten your prescription medication while traveling? Become sick or injured while you were far away from home? Lost your luggage?

Mission staffers who have active life insurance coverage through Mission's group life insurance with Prudential have an out-of-town ally with the AXA Travel Assistance Program at no additional cost. The program is available for covered employees and their family members. Eligible participants have access to medical, travel, legal and financial assistance services while traveling internationally or

domestically more than 100 miles away from home.

The service includes:

- Pre-trip information such as weather conditions, visa, passport and inoculation requirements, currency, and local customs.
- Transportation of participant's spouse or family member when the member is expected to be hospitalized for more than seven days and is traveling alone.
- Return home of minor children who are left unattended because of a participant's evacuation or repatriation.
- Return of a participant's vehicle, up to \$1,000.

- Transportation of participant's spouse or traveling companion acting as an escort, based on availability of space.
- Medical, dental, and legal referrals.
- Lost document and luggage assistance.
- Political evacuation.
- Emergency message transmission.
- Return of mortal remains.
- Emergency cash/bail assistance and more.

For more information and to access your pocket card, go to MOD and type Travel Assistance Program in the search box.

Frequently Asked Questions

Q: How do I access the services if I need assistance?

A: AXA Assistance provides a 800 number to be used within North America and a toll-free number that can be dialed collect from anywhere in the world, 24 hours a day, 7 days a week. These numbers connect clients directly to the Alarm Center, where highly trained multilingual assistance coordinators will gather all the necessary information and proceed with the travel assistance. For assistance, you may call toll free (800) 565-9320 or collect 1-(312) 935-3654.

Q: Is coverage available for both business and leisure travel?

A: Yes. You are eligible for both business and leisure travel as long as you are traveling 100 miles or more from your permanent residence and for less than 120 consecutive days. That includes travel abroad.

Q: Does my family have coverage?

A: Yes. Your spouse and dependent children under 19 years of age (or 23 years of age or under if they are full-time students) are covered. If your spouse or dependents are traveling without you, they are still covered.

Q: What if my children are left unattended in case of a medical emergency?

A: If a minor child is left unattended as a result of an accident or illness, we will provide one-way transportation, with attendants if required, back to the place of residence.

Q: Are interpretation services available?

A: Emergency interpretation services are available and you may access them by calling us at any time at toll free (800) 565-9320 or collect 1-(312) 935-3654.

Q: If my plans change while I'm traveling, can you help me arrange everything?

A: If your travel plans change due to a medical reason and you need to be repatriated/evacuated or medically monitored, we will make the necessary arrangements. However, if your travel plans change for different circumstances, your travel agent can make the necessary changes.

Q: If I forget my medication or break my glasses, am I covered?

A: We will make the necessary arrangements to have your prescription transferred or arrange a visit with a physician to obtain the necessary medication, glasses, etc.

Q: What if an emergency is caused because I forgot to take my medication?

A: As long as it was not done deliberately, emergency assistance needed due to accidental circumstances is covered.

Q: Do I need to activate my membership?

A: No. When in need of assistance, you will only need to provide your name, your company name and employee I.D. number if available.

Q: What do I do if my card is lost or stolen?

A: In the event that your card is lost or stolen, the Human Resources department can provide you with a copy. They may also inform us of your situation or can transfer your call to us directly.

Q: If I'm hospitalized while I'm traveling, can a family member come visit me?

A: Yes. If you are traveling by yourself and are expected to be hospitalized for more than 7 days prior to a repatriation, one economy ticket will be provided so your spouse or a family member can be with you.

Q: If I need legal assistance, can a lawyer be provided?

A: Yes. AXA Assistance will refer you to an interpreter or legal personnel as necessary. Fees incurred for services provided are your responsibility.

Q: For how long am I covered?

A: Your travel assistance coverage is available for 120 consecutive days.

Q: If I'm injured or hospitalized and my stay goes over 120 days, am I still covered?

A: Yes. If the need for assistance occurs prior to the 120 day limit, you are eligible for full coverage.

Q: If I need to be repatriated/evacuated from an area, will my possessions be sent to me?

A: AXA Assistance can help make the necessary arrangements to have your personal belongings sent with you. However, due to limited spacing on an evacuation vehicle, you most likely will not be able to bring all your possessions with you on the repatriation/evacuation flight.

Q: What if I can't call for assistance?

A: In the event that you cannot contact us, your family member, travel companion or even the hospital staff may contact us to inform us of your need for assistance.

Q: If I suffer an accident while being intoxicated, would I be covered?

A: Being under the influence of intoxicants or drugs (unless prescribed by a physician) is an exclusion of the program and therefore expenses would not be covered. However, assistance services can be provided, such as making arrangements on your behalf.

Q: If I decide to participate in an activity, such as water skiing, and I break my leg, would I be covered?

A: Coverage is applied if the adequate precautions were taken to practice the sport, such as professional supervision and the use of appropriate equipment. If you're in doubt, you can call us prior to engaging in the activity.

Q: Is pregnancy covered?

A: If there is a complication due to pregnancy while traveling, prior to the 7 - month gestation period, coverage will be applied to the services rendered. Travel is not recommended from the seventh month and on, and will not be covered.

Q: If I was diagnosed with a heart condition and suffer a heart attack while traveling, am I covered?

A: Yes. Pre-existing conditions are not an exclusion of the assistance program as long as you are not traveling against medical advice.

Q: Is the coverage amount applicable per event, per year or per lifetime?

A: Coverage is applicable per occurrence, as long as you are not traveling against medical advice.

The Jaw Bone's Connected to the...Heart?

Here we are, a month into the New Year, and a lot of those resolutions are going by the wayside. Here's your second chance – a resolution to improve your health and become more attractive, all without starving or sweating!

A century ago, Dr. Charles Mayo (of the Mayo Clinic) stated that on average, people with their natural teeth live ten years longer than people without them. Now, a century later, 3 out of 4 adults over age 35 end up with some stage of periodontal disease (gum disease).

If your teeth don't hurt and you hate to floss, you may say "So what?" Here's what: research is linking gum disease to serious health problems. More than your smile may be in trouble. And there's no pain to warn you.

Gum disease is similar to diabetes or high blood pressure – a silent disease that causes lots of problems. In short, the disease crawls down into the gum collar around teeth, and the body reacts: the gums inflame and the bone retreats. With time the disease burrows too deep for you to reach, eventually burrowing so deep into the jawbone that teeth loosen or fall out – all without you feeling any real pain.

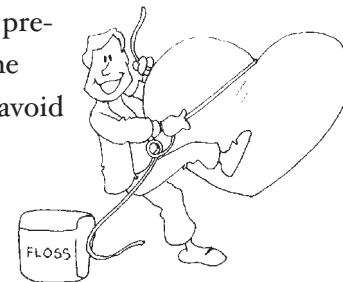
The infestation of germs down in your gums cannot be healed by your body. Without a doctor's help, all your body's defenses can do is inflame the gums, retreat the socket bone, and reject the infected teeth. During this long process, your body is dealing with germs invading it as well as your body's own inflammatory process.

This chronic inflammation means your body is constantly "fired up" to fight. This is OK for a little while, but as the battle drags on, the inflammation process itself can be harmful. It makes tissues sore and red, and the body chemistry involved runs throughout your bloodstream and can cause problems elsewhere. The body's chronic inflammatory process is also a problem with heart disease, diabetes, stroke, and arthritis.

Now here comes the connection. We know that heart disease is related to the inflammatory process and bacterial infection, and in recent years research is showing that heart disease is linked to periodontal disease. This is big news, since heart disease is our nation's #1 killer.

Linking heart attacks to gum disease is big news, but not the only news. There are links between gum disease and strokes, diabetes, and even low birth weight. Also respiratory diseases, especially COPD and pneumonia, are linked to oral infection.

Research is still investigating details on how these diseases are linked. It can't be said for sure if curing your gum disease will cure your heart disease, but it is certain that improving your oral health will improve your overall health, plus give you better breath and a better smile. It's also certain that prevention is the best way to avoid gum disease entirely and avoid costly permanent damage.



So what do you do? First, get a check-up! X-rays and a thorough gum examination will reveal what gum issues you may have. Once you've been thoroughly checked out, do not assume you already know the best ways to brush and floss. How well you take care of yourself after your visit will be the most important part of fighting gum disease, so get your money's worth. Ask for detailed hygiene instructions and demonstrations during your visit. They should also have good diet and habit tips that may help you.

Dental checkups and preventive visits are usually covered by insurance, and checkups don't hurt. So what's stopping you? February is National Dental Health Month. Make it your goal to get that checkup and start flossing!

– Katherine Jowers, DDS
Mission Children's Dental Program

New MRI Technology

It took a crane to lower a new magnetic resonance imaging (MRI) system into the Asheville MRI building on Asheland Avenue on January 30. The 28,000 pound machine was lowered through a detachable glass roof originally put in place for the movement of this sort of massive equipment. The new system has two times the magnetic power than previous systems and is the first of its kind in Western North Carolina. The closest one is at Wake Forest.

“It’s the difference between hi definition and standard television,” said Asheville radiologist Bryon Dickerson, MD. “The high-resolution image helps doctors definitively diagnose problems from sports injuries to life-threatening heart conditions.”

“We often read about MRI technology being used to help doctors diagnose injuries in professional athletes,” says Keith Olbrantz, MD, medical director at Asheville MRI. “Our new system allows us to examine sports injuries in more detail than ever before. Additionally, it helps us diagnose patients who have serious illnesses so that their doctors can prescribe treatments with confidence.”

Magnetic resonance imaging uses radio waves and a strong magnet field rather than X-rays to produce very detailed, cross-sectional images of the



body, giving detail that may not be as visible with other imaging methods.

The new system is the Signa HDx 3.0T MRI system from GE Healthcare.

“We are excited to be the first in the area to offer the latest in MR imaging technology and to provide the highest quality diagnostic power to our patients and their doctors,” said Asheville MRI director Gregory Wheeler. “It will help us to make the right treatment decisions and help patients get well as quickly as possible.”

– Michelle Rabell

Children’s Dental Outreach in February

Mission Children’s Dental Program has been selected to become a Friend of Earth Fare for the month of February.

As beneficiaries of Earth Fare’s bag recycling program in February, Earth Fare will donate ten cents each time a customer brings in their own shopping bags instead of using a paper or plastic one.

Not only does this help everyone conserve non-renewable resources, it helps immediately impact the health of the community through supporting local organizations such as Mission’s Children’s Dental Program.

Also, on February 16 & 17, Earth Fare and Toms of Maine will partner to fundraise for the ToothBus®. Sample size tubes of Toms of Maine toothpaste will be available at the South Asheville Earth Fare from 10:30 - 2 and at the Westgate location on Sunday from 10:30 - 2.

In addition, ToothBus® will be at the River Ridge McDonalds from 11-2 on February 16th and at the Kids Sense Museum in Rutherfordton from 11-3 on February 23rd for tours and information.

Celebrating Service In February!

25 Years

Marian Knox Food & Nutrition

20 Years

Susan C. Carey CVRU
Donald R. Davis Engineering
Lorena H. Holderfield Trauma Services

15 Years

Patricia S. Campbell ASC
Herta M. Coggins Scheduling
J. Bart Cox Transfer Unit
Deborah K. Lawing Pulmonary Medicine
Tammy M. Phillips Laboratory

10 Years

Patricia A. Bradley Facility Dispatch
Victoria S. Crawley Facility Services
Julie P. Davis Adult Medicine
Melody E. Dunlop Foundation

Clara A. Fender
Cassandra D. Griffin
Janice M. Henson
Donna W. Kopp
Charlie J. Labaw
Donna M. Lance
Richard D. Melton
Michael C. Orr
Linda S. Rodemaker
Cathey B. Ruff
Lori V. Southworth
Elizabeth Swinhoe
Brittany A. Webb

5 Years

Meredith M. Aabye
Lourdes N. Abejuela
Blair K. Baker
John H. Castle
Kelly J. Caudle

Surgical Pre-op
Audit Services
Pediatrics
Transfer Unit
Information Technology
6N Pulmonary AMed
Metabolic Support
Information Technology
Pediatrics
Laundry Pack Room
SATU
Emergency Dept.
Pharmacy

Pharmacy
Pulmonary Medicine
Food & Nutrition
Radiology Nuclear Med.
Laboratory

Erica M. Edgington MSICU
Sheila R. Evans PASU
Cathryn S. Francis 4S Orthopedics
Matthew T. Garrison Health Info. Mgmt.
Brandee A. Gil Emergency Dept.
Valerie G. Gullledge CICU
Christene S. Guthrie Emergency Dept.
Linda K. Hensley CICU
Leslie J. Howell Operating Room
Barbara A. Kostic Pharmacy
Samantha B. Lance Health Info. Mgmt.
Johanna C. Lindsey CVPC
Mary E. McCutcheon Orthopedic Trauma
Christopher M. Meyers Heart Path
Sherry E. Morrow Pulmonary Medicine
Tammy G. Neff Pulmonary Medicine
Mary B. Quinn Maternal Fetal Medicine
Deborah L. Roberts Health Info. Mgmt.
Glenda L. Smathers MSICU
Johnnie N. Solomon NICU
Karen D. Tressler Cath Lab Recovery

Explorations of the Sacred Series

As a part of the invitation to encounter and explore the sacred throughout the hospital experience, the Pastoral Care Department is sponsoring a series of reflection/study groups reading sacred texts and other inspirational writings. Two new groups will begin in February: "New Testament Explorations" and "Explorations of the Sacred: the Poetry of Rumi." Other series will continue throughout the year.

Beginning Monday, February 11, is New Testament Explorations, a discussion group for nurses and clinical staff using study guides from the Nurses Christian Fellowship. Each discussion will focus on a passage or theme from the Bible in order to discover what the passage is saying, apply the passage to personal life, and share implications.

This group will meet on the second Monday of each month at 10 a.m. in B300, across from the 3rd floor staff elevators on the Memorial Campus. The meeting will last about one hour. Facilitators are Melonie Fleshman, RN, and Chaplain Beth Darling. Call Chaplain Darling at 213-8847 for more information.

Beginning Thursday, February 14, is Explorations of the Sacred: the Poetry of Rumi, a reflective study of the poetry of Jelaluddin Rumi. Rumi was a 13th century Sufi theologian, scholar, and poet. His writings continue to touch the hearts of people of many faith traditions – Christian, Jewish, Muslim, and Buddhist.

This group will meet every other Thursday from noon until 1 p.m. in B300 on Memorial Campus. You may bring your lunch. The series will extend through seven sessions. Facilitators are Chaplain Jerene Broadway and Chaplain Janet Harvey. Please call Chaplain Jerene Broadway at 213-4584 with any questions.

Dogwood Progressing



Dogwood now has more green skin than the Incredible Hulk! January saw skin work continue with brick going up on three different elevations and sheathing wrapping around the North end and almost completely covering the building. During January, work also included more of the electrical, ductwork and plumbing work on the 4th and 6th floors, and the placing of a temporary roof. This work continues on the 2nd and 3rd floors. Weather has been a challenge as the very cold temperatures prevents brick from being laid. Due to this, the project is slipping slightly behind schedule, but this is expected during winter and we anticipate making up the time once the weather turns warm.

Extra Equipment? Furniture? Call the "Move Team!"

The Materials Management Move Team was put in place to help resolve corridor storage issues. Since the inception of this program, many units have taken advantage of this service. It is a great way to remove surplus equipment from your area to a secure storage location at 400 Ridgefield Court. Whether you need something stored or disposed of, call on the Move Team to help. Once something is stored, it can be returned to your unit by scheduling a delivery.

To make it easier to use the Move Team, there is now an online form to initiate this service. Simply go to Mission On

Demand and click on Departments and Services. Then click on Materials Management. On the right hand side of the page, click on "Requesting Move Team Assistance." Then simply click the "Move Team Request Form" link and complete the necessary information. When you submit the form, an e-mail will be automatically generated notifying Materials Management of your request.

The Move Team service is available Monday through Friday from 8 a.m. until 4:30 p.m.

Questions? Call Brad Lyons at 257-7113 or 777-2740.



Good For What Ails You

What works (and doesn't) for the common cold

A thousand years ago, trusted healers were prescribing “the broth of fowl” for their patients. In the 12th century, the famed physician to ancient kings, Maimonides, wrote extensively of its benefits.

“The meat taken should be that of hens or roosters, and their broth should also be taken because this sort of fowl has virtue in rectifying corrupted humours,” the ancient healer wrote.

Moses Maimonides used his fowl brew to treat hemorrhoids, constipation, even leprosy. But he especially praised its healing power for respiratory illnesses like the common cold.

For centuries and in many cultures, chickens have held a special place on grandma's shopping list – especially when anyone in the household started to cough, sniff or sneeze. Grandmothers from Nairobi to Jerusalem to Saskatoon have called on the chicken soup, also called “Jewish penicillin,” for the cure.

But tradition means little to scientists. Many dismiss the idea of soup as a remedy. They say it's an old wives' tale, and many have endeavored to debunk it.

Irwin Ziment, MD, pulmonary specialist and professor at UCLA School of Medicine, says chicken soup contains drug-like agents similar to those in modern cold medicine. For example, an amino acid released from chicken during cooking chemically resembles the drug acetylcysteine, prescribed for bronchitis and other respiratory problems.

Spices that are often added to chicken soup, such as garlic and pepper (all ancient

treatments for respiratory diseases), work the same way as modern cough medicines, thinning mucus and making breathing easier.

Dr. Stephen Rennard, a pulmonary specialist at the University of Nebraska's Medical Center in Nebraska, actually put the theory to the test, adding his wife's homemade chicken soup (from her Lithuanian grandmother) to cells called neutrophils. They're the inflammatory white blood cells that rush to attack an invading virus. That can cause the buildup of fluids in the chest.

He suspected that the soup would slow the cells' movement and reduce congestion. He found that the homemade soup slowed the neutrophils, but so did several store-bought chicken soup varieties.

Rennard's study also noted that the aromatic seasonings enhanced opening and removal of purulent mucus. The active ingredients in traditional recipes include celery, onions, carrots, parsley, mushrooms and parsnips.

“Without doubt there are biologically active compounds in the chicken soup that can slow neutrophil migration,” Rennard said. His chicken soup study, formally titled “Chicken Soup Inhibits Neutrophil Chemotaxis In Vitro,” was published in the scientific journal *Chest*, in 2000, volume 118, pages 1150-1157.

But scientists agree that a single report published in a scientific journal is not the final word on any issue. Some say it's just the steam that's the real benefit.

FEED A COLD, STARVE A FEVER

In other words, eat plentifully to fight a cold, and resist food if you have a fever. The practice dates to a medieval practice of fasting to combat fever, but like many other medical practices from the Middle Ages, like bloodletting to treat a variety of diseases, starving yourself when you're sick seems to be a pretty questionable tactic.

One thing is certain: Your body needs proper nutrition at all times. Infection disease specialist James Whitehouse, MD, of Asheville Infectious Disease Consultants, suggests that cold sufferers try to maintain good nutrition and consume plenty of liquids (not alcohol) when you have a cold.

And since the typical cause of fever is the onset of infection, which may make your stomach queasy, you still need to have plenty of liquids on hand to prevent dehydration. Sipping hot chicken soup and water may give you the energy to fight what ails you.

OTHER REMEDIES – DO THEY WORK?

Americans spend billions each year on cold preparations that are advertised to make you feel better. Painkillers such as aspirin, acetaminophen and ibuprofen are common ingredients in cold products designed to relieve aches and pains and reduce fever. Antihistamines meant for runny noses don't do much for the common cold, but could help you feel better. Antibiotics are not effective.

And according to recent warnings from the Food and Drug Administration, over-the-counter cough and cold medications are too dangerous for children younger than two. For kids 2 - 11, says Whitehouse, the findings aren't clear, so you should go with the minimum dose. Sudafed, which can raise blood pressure, can cause problems in older adults. Cough suppressants are usually fine at lower doses.

Echinacea – Most doctors are not sure echinacea, which comes from the purple coneflower, helps. In research published in the *Journal of the American Medical Association* (JAMA), echinacea was found not to work in shortening the duration of a cold or in improving its severity. The



12th-century healer Maimonides prescribed “the broth of fowl” to treat hemorrhoids, constipation, leprosy and colds.



National Center for Complementary and Alternative Medicine, a division of the National Institutes of Health, has funded some well-designed studies on the herb, but has found nothing convincing so far.

Zinc – The mineral zinc, available in over-the-counter lozenges, nasal sprays, and gels, may work by preventing the formation of proteins needed by a cold virus to reproduce, but scientific studies are scarce. A daily multivitamin may be more helpful in preventing colds.

Vitamin C – Lab studies have found that vitamin C affects resistance to viruses in animal studies. One 2007 study showed that if vitamin C is taken after a cold begins, it doesn't shorten the cold or make it less severe. But when it is taken daily as a preventive treatment – not just after the first sniffle – it can very slightly shorten cold duration.

Green and black teas – Green and black teas are touted as a way to prevent cancer, heart attacks, strokes, high blood pressure, cavities and bad breath. The key to these teas, some scientists say, is the powerful antioxidants that mop up free radicals, which are natural but damaging substances made by cells. Researchers from the University of Kansas measured the antioxidant content of green tea and found that it is 100 times more effective than vitamin C and 25 times better than vitamin E at protecting cells. Like chicken soup, one of the benefits of tea, including herbal teas, is that it is warm, soothing to the throat and thins nasal secretions.

Garlic – Modern research has shown that garlic may have antibacterial and antifungal properties. It is unclear whether or not it actually wards off viruses. Many who favor this natural “antibiotic” suggest eating it raw, which should ward off vampires and everyone else.



Saline Sprays – They're great for your nose and won't hurt you. They help wash out your nostrils and may bring some relief from that awful stopped-up feeling.

Heated, humidified air has also been shown to reduce symptoms.

PREVENTING A COLD: DOES ANYTHING REALLY WORK?

Handwashing has long been touted as a way to prevent a cold, and experts agree that it's wise.

- Wash hands after contact with cold sufferers and objects and surfaces they may have contaminated.

- Keep your fingers out of your eyes and nose.

- Limit contact with known cold sufferers, especially during the first three days of their illness.

- Cover your cough with your sleeve, not with your hands and not with a tissue—unless you plan to wash your hands right away.



The bottom line, says Dr. Whitehouse, is to drink plenty of fluids, preferably water. “Fluids will help loosen mucus in your nose and chest.

“Get plenty of rest. You feel more tired when you have a cold, and you may need more sleep.

“And wash your hands to prevent infecting others. Tissues are a single-use item that should not be used and then stored in your pocket. Use it, toss it, and wash your hands!”

And try out the chicken soup cure. There are a couple of recipes on page nine of this issue of *Scope*. Even if you have to buy it in a can, it will make you feel warm and cozy and loved. Just like your grandma.

A Closer Look

Here's a sampling of home-cooked folk remedies from around the world.

China: A head-clearing soup is made by steeping crushed fresh ginger with a small amount of sugar in boiling water for 30 minutes. It is recommended to drink this infusion several times a day.

Iran: Kateh, a simple and comforting dish made by cooking rice with butter and salt.

Korea: Green tea with lemon is popular, as is the ubiquitous Korean condiment kimchi (a pickled vegetable dish).

Mexico: A potent tea is made with honey, lemon and plenty of cinnamon. Other popular options include an infusion of garlic, lemon and honey.

Morocco: In this North African nation, where there is much influence from European cuisine, a very garlicky omelet, similar to the Spanish frittata, is made with olives and plenty of black pepper.

Pakistan: Turmeric is boiled in milk with sugar. It is consumed hot and often taken with a spoonful of ghee (clarified butter).

Philippines: A chicken soup called tinola made with onion, garlic, fresh ginger, fish sauce, green papaya and chile leaves is believed to have great restorative powers.

Thailand: Tom yum soup, which is traditionally made with chicken stock, lemon grass, kaffir lime leaves, garlic and hot chiles, is a popular cold remedy.

United Arab Emirates: Sliced hot chile peppers, chopped garlic and onions cooked in olive oil.

Uzbekistan: In this former Soviet nation, a cup of hot milk is mixed with a tablespoon of honey and a tablespoon of melted lamb fat or butter.

MAHEC Classes in March & April



The following programs will be offered by MAHEC during March and April. For more detailed information, such as credit, description and fees, please visit www.mahec.net and click on "Continuing Education" or call (828)257-4475.

Allied Health Education

Spanish for the Clinician
March 4, 6 - 9 p.m.

Training for Interpreters in Health and Human Services Settings: Level I
April 8- & 9, 8:30 a.m. - 4:30 p.m.

Cardiac Rehab Conference
April 10, 9 a.m. - 3:30 p.m.

Basic Life Support (BLS) Healthcare Provider Course
April 11, 9 a.m. - 3:30 p.m.

Basic Life Support (BLS) Healthcare Provider Course (repeat)
April 21, 9 a.m. - 3:30 p.m.

Dental Education

Annual OSHA Update 2008
March 7, 8:30 a.m. - noon

Treating the Diabetic Patient
March 20, 6 - 8 p.m.

Elder Abuse: Identification and Management by the Dental Team
April 10, 6 - 8 p.m.

Leadership & Management Education

Coaching Today's Healthcare Employees
March 18, 9 a.m. - 4 p.m.

How to Delegate Healthcare Tasks and Projects Effectively
March 25, 9 a.m. - 12:30 p.m.

The 9th Annual Basic Managerial Institute (BMI) - Module III
March 27, 8:30 a.m. - 5 p.m.

Healthcare Budgeting & Finance for the Non-Financial Manager
April 17, 9 a.m. - 12:30 p.m.

The 9th Annual Basic Managerial Institute (BMI) - Module IV
April 24, 8:30 a.m. - 5 p.m.

Medical Education

Human Sexuality Across the Lifespan and Culture
March 28, 8:30 a.m. - 4:30 p.m.

Fourth Annual Two Worlds Unite Symposium - Bridging the Divide: Integrated Care and Collaboration for Patient Care Among Mental Health & Primary Care Providers
April 4, 9 a.m. - 4:30 p.m.

William J. Smith Oncology Conference 2008: Focus On Melanoma and Renal Cell Cancers
April 25, 11:30 a.m. - 6:30 p.m.

Mental Health Education

Identification and Treatment of Mood and Anxiety Disorders
March 3, 9 a.m. - 5 p.m.

The Half Lived Life: Overcoming Passivity
March 6, 9:30 a.m. - 5 p.m.

Dialectical Behavior Therapy (DBT) for Adolescents and Families
March 7, 9 a.m. - 5 p.m.

Somatic IFS
March 7 - 9, 10 a.m. - 6 p.m.

BYOL: Recognizing Mood Disorders in the 21st Century: Will the Real Bipolar Please Stand Up?
March 11, Noon - 1 p.m.

Effective Strategies for Using Motivational Enhancement Therapy (MET)
March 13, 9 a.m. - 5 p.m.

Batterer Intervention Skills: Beyond the Basics
March 19, 9 a.m. - 5 p.m.

Responding to a Behavioral Health Crisis
March 20, 8:30 - 11:45 a.m.

Clinical Supervisor Lunch & Learn Series: Barriers to Effective and Ethical Supervision
March 20, Noon - 1:30 p.m.

Writing and Mind Alive - Proprioceptive Writing and the Healing Process
March 28 - 29, 9:30 a.m. - 5:30 p.m.

Nursing Education

Basic Peripheral IV Therapy for RNs and LPNs
March 4, 9 a.m. - 4 p.m.

The Role of the RN in Improving the Care of Acutely Ill Elders: Using Stan (Human Patient Simulator) to Enhance Clinical Competence (Repeat)
March 11, 8:30 a.m. - 4:30 p.m.

The Role of the Licensed Practical Nurse (LPN) and Nursing Assistant (NA) in Improving the Care of Acutely Ill Elders: Using Stan (Human Patient Simulator) to Enhance Clinical Competence (Repeat)
March 12, 8 a.m. - 4:30 p.m.

Clinical Simulation Skills Laboratory (AB Tech Enka Campus)
March 19, 9:10 a.m. - 12:10 p.m.

Pharmacology Made Insanely Easy
March 20, 9 a.m. - 4 p.m.

Bone Business: Current Topics in Orthopaedic Nursing
March 26, 9 a.m. - 4:15 p.m.

Fourth Annual Two Worlds Unite Symposium - Bridging the Divide: Integrated Care and Collaboration for Patient Care Among Mental Health & Primary Care Providers
April 4, 9 a.m. - 4:30 p.m.

Motivational Enhancement Therapy (MET) with Special Populations
April 7, 9 a.m. - 5 p.m.

BYOL: Smoking Cessation: Behavior Management, Neurochemistry, and Supporting Treatment Options
April 8, Noon - 1 p.m.

The Oncology Nurses Society Chemotherapy & Biotherapy Course (2-day course)
April 8 and April 15, 8 a.m. - 4 p.m.

15th Annual Pediatric Neonatal Conference: Bridging Care Across the Continuum
April 17, 8:30 a.m. - 4:45 p.m.

Clinical Supervisor Lunch & Learn Series: The Important Role of the Supervisor in Mental Health and Substance Abuse
April 17, Noon - 1:30 p.m.

Introduction to Seeking Safety
April 17, 8:30 - 11:45 a.m.

Advanced Training: Strategic Treatment of Obsessive-Compulsive Disorder
April 18, 9 a.m. - 5 p.m.

HIV: Stress, Moods and Relationships
April 22, 9 a.m. - 5 p.m.

The Role of the RN in Improving the Care of Acutely Ill Elders: Using Stan (Human Patient Simulator) to Enhance Clinical Competence (Repeat)
April 22, 8:30 a.m. - 4:30 p.m.

The Role of the Licensed Practical Nurse (LPN) and Nursing Assistant (NA) in Improving the Care of Acutely Ill Elders: Using Stan (Human Patient Simulator) to Enhance Clinical Competence (Repeat)
April 23, 8 a.m. - 4:30 p.m.

Nursing Leadership for Today: Managing Change - Fostering Effective Communication
April 24, 9:30 a.m. - 4:15 p.m.

Pharmacotherapy Education

Leadership in Pharmacy: Developing your Skill Set
March 9, 10 a.m. - 5 p.m.

New Guidelines for Low-Back Pain: Options for Treatment
April 3, 6 p.m. - 9:15 p.m.

Public Health Education

50 Ways to Case Manage Your Medicare Patients
March 18, 1 - 5 p.m.

Western Carolina Chapter 15th Annual Alzheimer's Association Spring Education Conference: The Many Faces of Dementia 2008: Making a Difference (Charlotte, NC)
April 17, 9 a.m. - 4 p.m.

Chicken Soup for Colds and Comfort

Grandma was right. Chicken soup does make you feel better. Although there's no cure for a cold – yet – there is some scientific evidence to support what mothers and grandmothers have been saying for generations: old fashioned chicken soup, also known as Jewish penicillin, has therapeutic benefits. See the entire story on page six of this issue of Scope.

Awesome Chicken Noodle Soup

Chicken and stock:

- 1 gallon water
- 1 (4 pound) whole chicken, cut into pieces
- 1 large onion, peeled and halved
- 3 bay leaves
- 10 whole black peppercorns
- 3 ribs celery, leaves reserved. Cut into 3-inch pieces
- 3 tablespoons chopped lemon grass (optional)



Soup:

- 1/4 cup chicken soup base (I use Better Than Bouillon available at Ingles)
- 4 carrots, peeled and chopped
- 3 ribs celery, chopped with leaves
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 3 garlic cloves crushed
- Salt and freshly ground pepper to taste
- 1 (8 ounce) package dry egg noodles

1. Place chicken and water in a large pot over high heat and bring to a boil. Reduce heat, cover and simmer, skimming fat as needed, 30 minutes.
2. Place whole, peeled onion, bay leaves, peppercorns, whole celery, and lemon grass in the pot and simmer, covered 1 hour.
3. Strain broth and reserve chicken. When chicken is cool enough to handle, remove skin and cut meat into bite-size pieces.
4. Return strained stock to pot over high heat, and stir in chicken base, chopped celery and chopped carrots. Bring to a boil, then reduce heat, cover and simmer 20 minutes, or until carrots are tender.
5. Add noodles, spices, and garlic back into the pot and simmer until noodles are cooked, about 10 minutes. Stir in chicken and heat through.

Cook Time: 2 Hours Ready In: 2 Hours 20 Minutes
Yields 12 servings

Shortcuts and additions: Use a prepared rotisserie chicken and canned chicken broth, about 5 cans should do it, and you can buy lower fat, lower sodium broth. Then you can skip making the stock and get done in half the time.

- Prepared chicken soup base is loaded with sodium. Take it easy with the salt shaker. Taste before you season!
- Adding a can of Rotel tomatoes with green chilies will put "heat" into your chicken soup and works well to clear your sinuses!
- Consider cooking and draining the noodles first. They tend to soak up a lot of the broth.
- Instead of noodles, use a sleeve of yellow rice mix. Cook it first according to directions, then add it at the last when you stir in the chicken.
- Like more veggies in your soup? Consider adding a small chopped zucchini or sliced mushrooms..

Garlic Soup (Sopa de Ajo)

- 3 T. olive oil
- 6 slices Cuban or French bread, cubed
- 12 garlic cloves, peeled and minced
- 1 28-oz. can peeled whole tomatoes, peeled and chopped
- 1 tsp. paprika
- 1 bay leaf
- 4 cans chicken broth
- 1/4 c. sherry
- Salt and freshly ground black pepper to taste
- 6 eggs, separated

In an 8-quart stockpot, heat the oil over medium heat. Add the bread and saute until the cubes just begin to brown, 3-5 minutes. Stir in the garlic and cook, stirring constantly, until the garlic is fragrant, 1 minute.

Using a wooden spoon, mash the garlic and bread together. Add tomatoes, paprika, bay leaf, chicken broth and sherry. Bring to a boil, reduce heat to low and simmer for 1 hour. Season with salt and pepper to taste.

In a small bowl, add 3 tablespoons of the hot soup to the egg yolks, beating constantly to temper them. Add egg yolks to the soup and whisk rapidly until smooth. Quickly whisk in the unbeaten egg whites until mixed completely. Return the soup to a boil and immediately remove from heat. Remove and discard the bay leaf. Serves 6.

Note: When whisking in the eggs at the end, be sure to use a rapid motion to prevent the eggs from cooking into one thick chunk.

From "Three Guys From Miami Cook Cuban," by Glenn Lindgren, Raul Musibay and Jorge CastilloMyth.

Jewish Penicillin (Chicken and Matzoh)

Soup:

- 1 large stewing chicken
- 1 onion, chopped
- 2 stalks celery, sliced
- 2 carrots, peeled and sliced
- 2 chicken bouillon cubes (or Better than Bouillon to taste)

Matzoh:

- 2 T. chicken fat or oil
- 2 eggs slightly beaten
- 1/2 c. matzo meal
- Dash of salt
- 2 T. chicken stock or water



1. In a large stew pot, add all soup ingredients, cover with water and cook until chicken is tender and falling off the bone.
2. Remove the chicken and set aside to cool. When chicken is cool enough to handle, bone the chicken and cut in bite size pieces.
3. Mix the matzoh dough by combining the fat and eggs, then the matzoh meal and salt. When well blended, add the soup stock or water. Cover the bowl and place it in the refrigerator for 20 minutes.
4. Into the simmering broth, drop the matzoh mixture by tablespoons. The matzoh will form balls and float to the top.
5. Cover the pot and cook for about 20 minutes or until matzoh balls are done. Freezes well.



Ask Dr. Sig

Dear Dr. Sig,

Why all of a sudden is there not an e-mail listing of all the departments that are either open/closed or working certain hours during the holidays? It gets frustrating when people ask and we don't know, or don't know where to look to get that information. At this time it's New Years Day 2008, which supposedly is not a recognized holiday, but you have some departments that are not open or are working on a shorter schedule, but some of us don't know what the hours are or if they are actually open. Thanks.

Apparently we didn't coordinate that very well this year, but it's easily fixed for the next time. If department leaders will get into the habit of sending their closures via e-mail to the Community Relations e-mail box, we will be glad to combine the list and make sure that it's distributed and also posted on MissionOnDemand. Now you'll know where to look.

Dear Dr. Sig,

I have been an RN for almost three years now and have worked on the same unit since graduating from nursing school. What advice can you give to an RN looking to transfer to another area? Is it possible to tour the different floors or "shadow" an RN? I realize much time and effort is spent on training an RN, and also want to find a unit where I can progress and stay for years to come.

— Needing a Change

Why don't you contact the director of a unit you're interested in and set up some time to tour the unit and shadow with their staff? It's a great way to learn more about their work, and let them get to know you.

Dear Dr. Sig,

When I go to the Mission website and look for clerical jobs through Kelly's website, not a one comes up that is at Mission Hospitals, yet when I look through the list that Mission staff has access to, there are many jobs that claim to need clerical experience.

What gives? Why can't Mission just go back to hiring clerical staff through Human Resources? We have all heard horror stories from people in the community about how hard it is to get hired at Mission because of all the problems. This is just one more instance. Please get this straight.

According to Sheila Meadows, director of Human Resources, we stopped using Kelly Services to fill clerical vacancies as of January 1, 2008. Mission Human Resources will work with hiring managers to post and fill all vacant clerical vacancies.

Meadows says that using Kelly Services over the past several years was a business decision that made sense at the time, but we are confident that bringing these positions back "in house" is the right thing for us now.

Dear Dr. Sig,

I would like to send a special thank you to all the nurses at St. Joseph on the Orthopedics floor and the SJ Emergency Department.

My grandmother fell at her home and broke her hip and was rushed to the SJ ED. My mom called me, so I rushed there. Everyone was exceptional and treated her with such dignity and respect. She spent three days in the hospital and then went to Thoms Rehab and now she is home. The kindness of the staff made the entire ordeal much easier to bear. Great job, everyone!

— Melissa Sluder, RN
Women's Surgery

Dear Dr. Sig,

Is it necessary to call out the tag number for every vehicle parked in the ER circle? I mean, chances are if you left your green Camry in front of the ER entrance and the operator refers to said vehicle, it's yours!

— Distracted

Dear Dr. Sig,

The units that have been remodeled at St. Joseph look so clean and professional. How is it that on the 10th floor, where patients are often severely compromised, there is still dirty, old carpeting in the hallways?

The 10th floor is remodeling to have a spacious new conference room with a new flat screen TV and a new staff bathroom and locker room. Wouldn't the funds be better spent on new carpeting that would improve not only the appearance of the unit but also the cleanliness? The supervisors on 10N have been asked about this and told us that the funds for the new break room come from a different fund and carpeting is not in the budget.

10 Oncology Director Karen Grogan tells me that the renovations being done on the 10th floor are necessary to be in compliance with storage needs and are part of an action plan required in response to a CMS survey. The other St. Joseph units have already completed similar renovations. Storage rooms require certain elements in order to be compliant with codes. We are replacing an existing TV with monies from donations made to the unit. It will include a DVD/VHS combo for educational purposes.

The 10th floor carpet was completely replaced in 2002 and laminate floors placed in each patient room, which was much more recent than floors 9 and down. We will certainly replace the hall carpet when the budget allows.

Dear Dr. Sig,

Why were the employees who chose not to get a flu vaccine being punished? By that, I mean that Mission gave away prizes but only those who got the shot were eligible for the drawing. That seems like blatant discrimination against those who didn't take the shot. Some people are in excellent health and perhaps chose to give that vaccine to someone who really needs it.

I really shouldn't have to explain that the drawing was an incentive to increase interest in the flu shot campaign, however, a prize drawing would not be needed as an incentive for those of us who are grateful to get a free flu shot each year. By the way, flu vaccine was plentiful this year and you still have time to get one if you call Staff Health and make an appointment. — Sig

Dear Dr. Sig,

Our supervisor told us that to get a holiday off we had to work our day off. Is this true? I know that there isn't anything we can do this year but if you could tell me then I would know for next year. The rule only applied to some because there were only a couple of people who got the day off.

Do me a favor and contact me or your HR representative so that we can look into your department's practice and get all the details. Thanks.

Dear Dr. Sig,

As if night shift doesn't get dumped on enough, now the coffee cart started closing at 5 p.m. Oh well, I guess night shift loses out again.

— Ticked Off Without Java

Dear Ticked Off,

I'm told that this is a temporary early closing and the goal is to reinstitute regular hours by March 1.

Dear Dr. Sig,

I often help patients to their cars when they're discharged and I was wondering if it was in the plan to place photographers' work down that hall (like on second floor, Memorial Campus). The plants are beautiful but the walls are very plain. Since this is the last thing the patients see before exiting our hospital, I thought it might be a great thing to impress them one more time. It would also make that long hall not seem so long. I just love the 2nd floor. I think it would be awesome to spill over to the discharge hallway.

— Patient Advocate

That's a great idea! If you are photographer, learn more about our photo project by going to "Announcements" on the MOD Home page.

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

Wanted to Buy: Good, mechanically sound used vehicle for under \$1000. Body damage OK. Call 828-683-2050.

2005 Lexus RX330: Metallic white/tan leather. Loaded, 33K, excellent condition. Non-smoker. \$29,000. 828-734-9835.

1999 Town and Country: Brand new transmission with warranty, 154K miles, all leather seats, CD player. Blue book price \$4,300. Asking for \$3,900. Must sell soon. No parking space at home. If interested, call 828-545-9375. Ask for Maru.

2002 Chevrolet Impala: 3.8 L engine. Low miles. Burgundy with tan interior. 4 door, power windows/mirrors. AM/FM cassette. Rear spoiler. Please call for more details. 828-301-7555.

2006 MINI Cooper S: Convertible, midnight blue, garage kept, alloy wheels, leather, immaculate, tons extras, 28K miles, 25K (below blue book). 828-545-0665.

1997 Ford Taurus: 4 door, dark blue, 77K miles. Never wrecked, clean, nonsmoker. Power door locks, cruise, good tires. Very well maintained. 828-329-4724. Leave message. \$3500.

Honda Accord EX V6 Coupe: 6 speed; black/black interior/leather; 6 disc CD changer/mp3 option; satellite ready; tinted glass; new tires; dual climate control; heated seats; 50K miles. 828-674-0462. Sell end of April. \$16,000.

2003 GMC Sonoma SL Extended Cab Pickup: Blue, V6, automatic, 3rd floor, 2WD, 82K miles. \$7900. 828-777-7182.

2001 Infiniti I30 Sedan: 83K miles, great condition. Leather, homelink, sunroof, memory seats. Lots of options and great gas mileage. \$9000 OBO. Call Ryan @ 828-243-1170 or Tiffany @ 828-215-8121.

1996 Ford E-350: 15 pass. van. Very good condition with 49,000 miles. \$7,000. Call 645-3094.

2000 Galant: 91K miles, sunroof, cd, at, ac, pdl, pw, pearl color, 4 cyl, 4-door. \$4,800. 828-674-2060.

2004 FZ1: Blue with too many extras to list. 4400 miles, small eraser size ding in tank. \$5,500 OBO. 828-674-2060.

2000 Montero Sport: 4 x 4, 86K miles, V6, almost new tires, great shape. \$8,800 OBO. 828-674-2060.

2000 Honda XR100R Dirt Bike: Low mileage in great condition. Original receipt from MR Honda at \$1700. Will sell for \$800. Also available, complete riding outfit from Oneal with helmet. 828-230-5322.

Homes and Land

Mobile Home for Sale: In Candler, 2001 Clayton, 14 x 66, 2 BR/2BA, garden tub. \$500 down and take over payments of \$345/month. (Payoff is \$19,500). Must be moved from lot. Call 828-713-2298 or e-mail svw0730@yahoo.com.

House for Sale: Charming 3 BR/2 BA with beautiful views. Very well kept. One acre lot with lots of privacy. Outbuilding for extra storage. Located in Weaverville. \$150,000. 828-210-3648. Cell 828-582-1350.

Apartment for Rent: East Canton upper level apartment, kitchen, 1-2 BR, living room, bath. No smoking or dogs. \$435/mo. plus utilities, water furnished. 828-231-8533 or 665-1161.

House for Rent: Cute, country house for rent in Marshall, 3BR/1BA. 1200 sq. ft. Stick built, lots of sunny windows. Well water. Wood burning stove. W/D hook ups. Ceiling fans in every room. Pet friendly property, great landlord. 30 min. to the hospital. Cheap utilities. Available Feb. 20th. Please call Annie and Clay 828-649-2352 to come see it. \$650/month.

House for Sale: 3 BR/2BA, 1600 ft. 2-story Cape Cod home on .73 acre in Arden. Quiet, serene location with an additional 1600 ft. 2-story garage perfect for mechanics or a wood worker. In the TC Roberson School District. Priced at \$225,000 FIRM. Call 684-0428 or 674-3710.

House for Sale by Owner: Black Mountain, 3 BR/1BA on 0.8 acres. Eat-in kitchen; carport; refinished hardwoods t/o; tiled kitchen/bath; all new stainless steel appliances; new roof; newly painted interior; new out-building for extra storage; city water/sewer/garbage p/u; easy access to I-40. \$188,000. For information 828-674-0462.

Apartment for Rent: North Asheville, adjacent to UNC-A, completely furnished 2 BR/2BA, private entrance, lawn and parking, cable TV, A/C, all utilities-heat/electric. Wireless internet. On mountain overlooking Asheville. References, deposit. \$950/mo. 828-253-9697.

House for Sale: Haw Creek, 61 Stonebridge Dr., located less than 10 min. from Asheville Mall and hospitals. 2054 sq. ft. 3 BR, 2 BA on one level. Built in 2002 with many upgrades and extras. Vaulted ceilings, skylights, upgraded ceiling fans, open floor plan with French doors to large screened in porch. Extra large insulated garage with custom cabinets, cabinets in laundry, walk-in master closet, large kitchen. Central vac, in-ground natural gas Broilmaster grill on a .19-acre flat lot with rock garden wall. \$389,500. Please call 828-296-0594.

Room for Rent: In comfortable home within walking distance to hospital. All amenities of a private home. By day or week (short term basis). Call 279-6684.

House for Sale: Approx. 3500 square foot newer home that includes studio apartment with separate entrance. 3 BR 2 1/2 BA plus office, master bedroom with jet tub and large walk-in full body shower on main level. Gourmet kitchen, Hardwood floors, formal dining room, great room with balcony and floor to ceiling gas log rock fireplace, built in shelving. Covered porches front and back. 2 car garage, walk out full basement not included in sq footage. Level 1.5 acre lot with mountain views, quiet neighborhood. Close to Biltmore Lake. Listed below appraised value. 683-1670 leave message.

Beverly Condo for Sale: Walking distance from hospital. Great location. End unit, upstairs/downstairs, 2 BR/1BA. Appliances included. \$119,900. Call 232-6829.

Duplex for Rent: 2 BR, 5 min. north of Asheville; washer/dryer included; large front porch; pets considered; private location. Deposit and references. \$700/mo. 828-258-8507 or 828-779-0748.

Log Cabin for Rent: 3 BR/2.5 BA log cabin lodge; 2 stone fireplaces, study, washer/dryer, hardwood floors; unique setting on 3+ acres. Convenient to downtown Asheville. Pets considered. \$1400/mo. Deposit and references. 828-258-8507 or 828-779-0748.

House for Sale: 3BR/2BA brick ranch in Avery's creek, in quiet, established neighborhood. 1800 sq. ft. ceiling fans, hardwood floors throughout. Open floor plan with remodeled maple kitchen. Gas range and heat. Heat pump for AC. Sun room overlooking large fenced-in back yard with deck and hot tub. Full basement with large family room with gas logs. 1 car garage and lots of storage. Front porch overlooks perennial flower beds. Property backs up to 30 acres of woods. Asking \$220,000. Please call for appointment. 712-2759.

Household

Solid Oak, medium sized desk: 7 drawers, excellent condition. \$150. 693-8685.

Child car bed with mattress: \$50 or best offer. 828-645-6318.

Computer desk: Small, w/roll-out keyboard. Asking \$35. Please call 450-7100 before 9 p.m.

Miscellaneous

Dansko Mary Janes: Size 40. Brown oiled leather. Excellent condition with box. \$60. 734-9835.

Piano: Beautiful cherry spinet piano. Like new. Asking \$995. Call 645-8227 or 684-0751.

XBOX 360: Hard drive, 2 controllers (1 wireless), 2 games (Tiger Woods Golf 08, and Assassins Creed). Only played a few times. \$300. 828-551-9009.

Dog Igloos for Sale: One medium and one large dog igloo for sale. Provides warm shelter for your dogs while outside. Good condition. One year old. Asking \$50 apiece or best offer. Call 669-8870.

Gorgeous and Elegant Wedding Gown: Size 8. Maggie Sottero couture, A-line, strapless with corset back. Ivory dynasty organza fabric ordained with Swarovski crystals, glass beads, bugle beads, pearls, and seed beads. Chapel length train with bustle. Photos can be emailed. Retail for \$1000 but will sell for \$450. 828-230-5322.

Acoustic Oscar Schmidt Guitar: Small, great for a beginner or small-framed lady, like new, beautiful butterfly design on frame, comes with grey bag. \$50 firm. Please call 450-7100 before 9 pm.

Dinner Ring: Marquis shaped, 3-tiered diamond ring, platinum band. Center diamond .5 carat with 2 tiers of smaller diamonds. Total of 1.5 carats. Appraised at \$3,750. Asking \$2,200. Contact Linda at 654-7824.

Pets

Blue Weimeraner: 4 yr. old female. Full-blooded and AKC registered. Spayed, up-to-date on shots, house trained, very playful and active, great with children and other animals. Stays in unfinished basement most of time. Owner can no longer give her the attention she needs. Comes with crate and all accessories. Beautiful coat and very lovable. \$100 negotiable to right home. Call 828-658-9084. Ask for Michael.

Gorgeous Black Lab: 5 yr-old, 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.

Services

Looking for anyone interested in improving your health dramatically and the health of others while earning extra income. Call 828-423-5911.

Health coach in training is offering free coaching sessions to a limited number of clients. I will help you set and meet your current or future health goals. 828-230-5322.

Natural Nursery Diaper Service: We provide premium, pre-folded cloth diapers, cleaned to top-quality standards and delivered weekly right to your home. Call me for service orders or just curious questions. Help us help our environment. 712-2492.

House Sitter: Local, responsible, mature adult (non-smoker), looking for seasonal house sitting opportunity. References available. 828-450-8032.

MaryKay Products: Call 891-6554.

Sports and Recreation

1960s Phoenix camper trailer: Aqua and white. All original interior. Tows easily. Needs very little fix up, but that's part of the fun! Lost title. Fridge/AC/stove/sink/dinette/birch cabinetry. Sleeps 5. No bathroom. Would love to keep it, but must sell. \$3,000. 10% off if Mission employee. Melissa after 5 p.m. 231-6333 or email: brettwilson@charter.net.

Myrtle Beach: March 15-22, Sands Ocean Club, 2 BR (1 full size bed and 2 twin), sleeper sofa, 2 full baths, full kitchen, beach front balcony. Indoor heated pool, 2 hot tubs, Ocean Annie Restaurant, exercise room. Close to golf courses. Check in 4 p.m. on the 15th and check out by 10 a.m. on 22nd. \$1000 for the week. Call 686-1505 and leave message or call between 6 - 9 p.m.

Wilderness Camping Ready: 2005 Coleman Fleetwood pop-up Monterrey elite edition has an electric lift system, two king beds, full kitchen, refrigerator, microwave, stove, cabinets, A/C/heat pump, toilet, outside stove, dining area, 25 gallon fresh holding tank, plenty of storage inside and out. Fully open it is 25 ft. long 3-slide outs. Garage kept, very clean. Asking \$6,500. Call 665-9449.

Kaleidoscope

Celebrate February

Age-Related Macular Degeneration (AMD)/Low Vision Awareness Month	
American Heart Month	
Children's Dental Health Month	
Kids E.N.T. Health Month	
Wise Health Consumer Month	
1 - 7	Patient Recognition Week
2 - 8	Kick In to Stop Sarcoidosis
3 - 9	Burn Awareness Week
4 - 8	Pride in Food Service Week
7 - 14	Congenital Heart Defect Awareness Week
10 - 16	Cardiac Rehabilitation Week
10 - 16	Cardiovascular Professionals Week
24 - Mar. 1	Eating Disorders Awareness Week
1	Wear Red Day
11	World Day of the Sick
15	Woman's Heart Day

Welcome New Staff Members!

Donald J. Curto, CNA II	7 General Surgery
Paul Yockey, RN	9 Stepdown
Mary Minderman, RN	Copystone
Barbara Davidson, RN	Emergency Dept.
Leslie Morris	Emergency Dept.
Viktoria Soulsby, RN	Emergency Dept.
Latasha R. Beck	Environmental Svcs.
Veda Offord	Environmental Svcs.
Leroy Sharp	Environmental Svcs.
Tatiana Vigil-Molina	Environmental Svcs.
Nora L. Anderson	Food & Nutrition
Maribel A. Suaste	Food & Nutrition
Kimani Fields	Hill-Rom
Jacob Kilgore	Hill-Rom
Victor Trantham	Information Technology
Pamela J. Dover	Laboratory
Bobby J. Crowder	Phlebotomy
Maria D. McIntosh	Phlebotomy
Barbara Laughlin	Legal Services
Jennifer Degman	Materials Management
Anthony Roper	PACU
Debra R. O'Connor	Pastoral Care
Jean M. Scribner	Pastoral Care
Frederick Lira	Pharmacy
Kelly Adams-Honeycutt, RN	Pulmonary Medicine
Jillian Pavese, RN	Pulmonary Medicine
Dala Andrijanoff	Radiation Therapy
Amanda Anderson	Sleep Lab
Angela Gaines	Sterile Processing
Tadeusz Poplawski, MD	Physician

Staff Achievements

Orthopedic PreOp Educator **Lisa Coffman**, RN, BSN, recently completed all the requirements for her BSN from Western Carolina University.

Retirements

Wade O'Neal of Security retired February 1 after more than 25 years of service. He was honored at a retirement reception on February 1 in the Kittrell Board Room.

Les Foss, director of Respiratory Care,

retired January 31 after 21 years of service. He was honored at a retirement reception on January 22.

Are You on a Mission Lighten Up 4 Life Team? We Want Your Story!

If you are willing to have your team profiled in Scope and the *Asheville Citizen Times*, or if you have news, photos, or activities you are doing together to lose weight, please email Michelle Rabell at Michelle.Rabell@msj.org.

In Sympathy

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

Barbara McElreath, RN, of General Surgery, recently lost her mother, Loraine Hensley.

Susan Lundblad, RN, of 7th floor, recently lost her father, Russell Lovelace.

Cissy Ayers of 8N and **Shirley Ayers** of 4 Orthopedics recently lost their friend, Buddy.

Carolyn Pruitt, RN, of 8N recently lost her mother, Gerthie Ferguson.

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.

Ethics 101 Seminar

The Ethics Committee is sponsoring a half-day seminar called Ethics 101 on Wednesday, February 27 from 8:30 a.m. until noon in the Kate B. Reynolds trailers. Topics include an introduction to ethics, ethical theory, ethical principles and process.

The seminar is free and open to anyone who is interested in learning about clinical ethics. Please register by e-mail or phone with **Ann Thomas**, cpfrat@msj.org or 213-1080.

Wells Fargo Appointments

Wells Fargo is currently taking appointments for one on one meetings with a representative for the week of February 11.

Please call 1-800-847-2770, option 4 to schedule an appointment. You may have to leave a message, but someone will call you back. If you have trouble scheduling an appointment please call **Desiree Greene** at 213-4435.

Great 100 Nominations Due Before March 31

Just a reminder that if you are planning to nominate an RN for Great 100 Nurses of North Carolina, the deadline for nominations is March 31. You can learn more about the award at www.great100.org. Click on "nominations" and from there you can do an online nomination or print out a PDF version of the nomination form.

Clinical Staff Still Needed for Camp WeCanDo

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. Located in the scenic Blue Ridge Mountains near Hendersonville, Camp WeCanDo allows campers with asthma or diabetes to participate in a variety of fun outdoor activities.

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.

Do You Know a Safety Star?

The Clinical Patient Safety Committee recognizes up to five staff members each quarter who demonstrate outstanding commitment to safe processes and care.

If you know an employee who has identified a safety opportunity and then took action to improve processes or care, nominate them for a Safety Star Award.

E-mail your nomination, along with a description of the nominee's actions, to Kaye.Culberson@msj.org. Nominations received by March 31 will be considered for the Jan. - Mar. awards.

MISSION HEALTH
scope

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The deadline for the next Scope is February 11 for a February 22 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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