

Hepatitis A

There has been a Hepatitis A outbreak in NK recently. We want to reassure you that St. Elizabeth volunteer positions are at minimal to low risk – similar to the risk of going to the grocery store or church (with the exception of a select group to whom we have already talked). To protect yourself, it is important that you wash your hands: before preparing food; before eating; after using the restroom; and when at SEH when entering and exiting a patient's room.

Receiving the Hepatitis A vaccination is not a requirement of employment or volunteering at St. Elizabeth. However, your health and safety is of the utmost importance to us, so we encourage you to think about being vaccinated. It is a 2-part process; 1 now and 1 in 6 months. You can do so through your physician at your next visit or you are welcome to receive the vaccine at St. Elizabeth Employee Health. For your convenience Employee Health will also offer them on the following dates:

- 9/12, 9-11am @ Edg, Room N
- 9/12, 12-2pm @ Flo, Café
- 9/13, 9-11am @ FtT, Room A
- 9/18, 9-11am @ FtT, Café
- 9/18, 12-2pm @ Flo, Café
- 9/19, 9-11am @ Edg, Room N

Please provide the Volunteer Office with your documentation if/when you are vaccinated.

FLU Vaccine Mandatory This Fall

For the second year, St. Elizabeth will require that all associates, physicians, and volunteers receive an annual influenza vaccination. Influenza vaccinations will be provided FREE of charge by Employee Health and will be administered at all St. Elizabeth facilities at convenient times and dates. **Documentation of vaccination or appropriate documentation (described below) are due December 5.** *Failure to complete this requirement by December 5 will result in ending your service at St. Elizabeth until after Flu season.*

If you:

- prefer the high dose vaccine, limited quantities available to 65+ at Employee Health only
- prefer to receive your flu vaccine through your physician/other healthcare clinic, you must submit documentation (your name; name of provider; date received) to the Volunteer Office
- have a medical reason to not receive a flu shot, please call your Volunteer Office prior to November
- choose to not receive the flu shot, you will be ineligible to volunteer from December 5 – April 2019

FLU Clinics in September

- 9/24**, 7 a.m. – 11 a.m., Edgewood Conference Room F
9/25, 7 a.m. – 11 a.m., Florence Café Conference Room
9/26, 7 a.m. – 11 a.m., Ft. Thomas Café Conference Room
9/29, 7 a.m. – 11 a.m., Edgewood Conference Room F

Questions? Call your Volunteer Office or the Employee Health office at (859)301-6265.

Volunteer Tip of the Month:

Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace and a soul generated by love. That is what each of you possess and show our patients and community every day. *Thank you for all you do each and every day!*



Shop to Benefit Patient Services!

Florence

Reg. & Co. Jewelry
Lower Level Conf. Room
Monday, Sept. 17, 7am – 5pm; Tuesday, Sept. 18, 8am – 2 pm

Ft. Thomas

Reg. & Co. Jewelry
Main Lobby
Thursday, Sept. 20, 7 am – 5 pm; Friday, Sept. 21, 8am – 3 pm

WELCOME NEW VOLUNTEERS

Please give a warm welcome to the volunteers who joined our team in **August**.

- | | |
|-----------|----------|
| Margaret | Bresser |
| Donna | Burns |
| Lyn | Caruso |
| Joyce | Giancola |
| Larry | Haynes |
| Thomas | Kirst |
| Lancelot | Lewis |
| Catherine | Raleigh |
| Rose | Zimmer |



Well-Being Bingo: See the attached communication from Joseph Bozzelli, VP Mission Services and Pastoral Care, regarding **Well-Being Bingo**. This program is to help nourish you in body, mind, and spirit.



Welcome 2018-19 High School Senior Interns

These students will spend several hours each school day at St. Elizabeth, exploring healthcare careers through observation/shadowing and service.

St. E Edgewood is Do you want to be part of St. E's fight against cancer? Start now by helping patients find their way through the dust! Cancer Care is looking for volunteers to guide patients through the *temporary* Cancer Center entrance and waiting areas. **Shifts are Monday – Friday, 8a-11a, 11a-2p, 2p-5p (these may be flexible).** Call Erin Pittman, Lead Volunteer Coordinator, at (859) 301-2140 for more information.



Welcome new High School Volunteers!

In September, we will welcome around **100** new high school volunteers to our team. These new volunteers will join another **100** students who have decided to continue their service this fall. We are excited for their opportunity to serve our patients!

In Memoriam

We are honored to have known these volunteers who gave of themselves to help St. Elizabeth. It's been a pleasure to share conversation and laughs while being a witness to the many lives they have touched.

Lou Poole, EDG, PrimeWise Exercise Instructor

Rick Noll, EDG, Information Desk

Alan Bogen, EDG, Gift Shop





Dear Volunteers,

Last September, Target Health and Pastoral Care joined together to offer “Well-Being Bingo,” as a way to help nourish you in body, mind, and spirit. The feedback that we received from some of the over 400 associates was so positive, that we wanted to offer it to you, again.

During the month of September, we invite you to participate in our “Well-Being Bingo.” Attached are bingo cards that list various activities that are intended to help support your well-being. When you complete an activity, you cover that square. As an individual or a team member, once you complete: 1 row, 3 rows, or the entire card, you’ll receive a prize and are eligible for drawings. This year we’ve added a new goal and prize. If 1,000 individuals turn in completed cards, then we will add (2) \$100 drawings! All prizes will be distributed in mid-to-late October.

Take a moment and check out the squares on the Individual and Team “bingo cards.” In addition to being simple and healthy activities, they can help us in our effort to just be a good person! Like this one on the Team Card, “*Each team member performed 3 random acts of kindness this month,*” or this one on the Individual card, “*Smiled at every person I saw for an entire day.*” How fun are those?! As you can see from the activities that are listed on the cards, this is a great opportunity to do something good for yourself and for others.

Ready to play? Register with Jessica Hartig at: Jessica.Hartig@stelizabeth.com, by letting her know which card you’re playing and then print the attached card(s) or pick one up at the Pastoral Care offices at Edgewood, Florence, or Ft. Thomas.

Please register by September 10th and contact Jessica Hartig with any questions. Completed cards are due by October 8th.

So, please join us in September. You’ll not only be doing something that will help us to be one of the healthiest communities in America, but you’ll have fun doing them, too!

Blessings,
Joe

Joseph G. Bozzelli, D.Min., BCC
VP Mission Services and Pastoral Care

INDIVIDUAL WELL-BEING BINGO CARD

9/1 - 9/30

| | | | | | | |
|---|--|---|--|---|---|--|
| Went for a walk today | Had at least 10,000 steps/day for 10 days this month | Replaced coffee and/or soda with water for an entire day | Got 8 hours of sleep twice this month | Prayed or meditated twice a week this month | Ate a healthy breakfast 5x this month | Committed to a new healthy habit for the entire month |
| Did yard work or gardening for one hour | Ate 25 grams of fiber in a day | Drank 16oz. of water on the way to work | Acknowledged someone doing a good deed | Brought a healthy dish to a gathering or to share with co-workers | Checked my blood pressure | Attended the St. Elizabeth Picnic on 9/15 |
| Set aside one hour to focus on self | Visited someone who was sick | I am a registered user with Target Health 360 | Attended a religious service of my faith | Tracked my sodium for 1 day and had less than 2,300mg | Had an annual physical in the last 12 months | Ate only half of a restaurant meal |
| Had no fast food for 7 consecutive days | Parked at the farthest spot 4 days in a row | Ate 5 servings of fruits and vegetables in 1 day | Visited a St. Elizabeth chapel or meditation room | Visited the Target Health webpage (Quick Links) | Had 5 healthy dinners this month | Set 3 personal goals and created an action plan to achieve them |
| Exercised for 20 minutes a day for 4 days in a week | Smiled at EVERY person I saw for an entire day | Drank 8 glasses (64 oz.) of water today | Attended a group exercise class at St. Elizabeth or any gym | Had a walking meeting | Read a religious passage | Cleaned out a closet and/or donated items to a charity |
| Avoided social media and TV for 24 hours | Created a budget for October and plan to stick to it | Sent a picture to Target Health doing one of the Bingo activities | Took the stairs instead of elevator on 5 different occasions | Celebrated something positive with a patient, volunteer, or co-worker | Did 30 minutes of cardiovascular exercise | Prayed for victims of domestic violence, drug abuse and/or terrorism |
| Listed 5 things I'm grateful for | Achieved 7,500 steps 5 days in a row | Performed a random act of kindness 2x this month | Volunteered my time at least once this month | Hand washed the car | Avoided sweets and unhealthy snacks for an entire day | Spent meaningful time with others and had my cell phone put away |

Name: _____

Email: _____

Department: _____

Location: _____

Courtesy of:



WELL-BEING BINGO RULES

- Participants must choose between Individual Bingo or Team Bingo. You can not do both.
- Only one prize per person, not including the drawing.
- Participants are asked to register prior to playing by contacting Jessica Hartig.
- Bingo Cards will be available beginning August 15. Bingo cards can be picked up at a chapel (EDG, FTT, FLO), at the Target Health office, received Interoffice mail or downloaded from the Target Health webpage.
- Bingo begins September 1 and ends September 30.
- Completed cards are due no later than October 8.
- Teams are comprised of 2-5 members. One member needs to be an associate, but other members may include non-associates.
- Completed bingo cards are to be sent to Jessica Hartig at Target Health. They may be faxed to (859) 301-5462, emailed to Jessica.Hartig@stelizabeth.com, or sent via Interoffice mail.

PRIZES

INDIVIDUAL:

- Complete 1 row - Small gift.
- Complete 3 rows - Medium gift and entered into a \$50 drawing.
- Fill the entire card - Large gift and entered into a \$100 drawing.

TEAM:

- Complete 1 row - Each member receives a small gift.
- Complete 3 rows - Each member receives a medium gift.
- Fill the entire card - Each member receives a medium gift and team will be entered into a \$300 drawing.

ADDITIONAL DRAWING:

If 1,000 participants enter completed cards, two \$100 gift cards will be drawn.

FAQS

- **Do I turn in my card each time a row is completed?** No. You will turn the card in only once.
- **Can I add people to the team, once it has begun?** Absolutely! As long as you have a max of five on your team. Please notify Target Health of any team changes.
- **What if some team members don't have access to a St. Elizabeth chapel or meditation room?** Visiting any religious building counts as a chapel. If you prefer a mediation room, you can use a quiet space at the office for meditation or have members go to a quiet space in their home or elsewhere.
- **Should we rush to get this done early?** There are no prizes for finishing first or early. Take your time, enjoy the month, and be mindful of the tasks you complete for the sake of improving your well-being and that of others. Cards are due by October 8.