Sister Jomary Trstensky, OSF, to receive Catholic Health Association’s Lifetime Achievement Award

For a lifetime of contributions to the Catholic health ministry, Sister Jomary Trstensky, OSF, Chair, Hospital Sisters Ministries, will receive the “Lifetime Achievement Award” from the Catholic Health Association (CHA) of the United States. The award will be given during the Catholic Health Assembly in New Orleans, Louisiana in June.

The prestigious award annually recognizes individuals who have devoted much of their life to Catholic health care and who have inspired and mentored others. The award recognizes leadership that extends beyond Catholic health care to impact the local community and beyond.

“Sister Jomary’s leadership has been instrumental in the growth and success of Hospital Sisters Health System (HSHS). In her many leadership roles with the Hospital Sisters of St. Francis and HSHS, Sister Jomary has inspired her colleagues to live the values and mission of the Catholic Church. This recognition from CHA is well deserved and highlights not only Sister Jomary’s many accomplishments, but also the great respect HSHS colleagues and Catholic health care leaders have for her,” said Mary Starmann-Harrison, President and CEO, HSHS.

Sister Jomary has a distinguished 50-plus year career in Catholic health care. She currently serves as Chairperson of the Hospital Sisters Ministries Board, which was established in 2015 as the public juridic sponsor of HSHS. She had previously served as the Provincial Superior of the American Province of the Hospital Sisters of St. Francis (2007-2015), as President of HSHS (1989-2006), and as Executive Vice President of HSHS (1988-89). In addition, she has served as the Assistant Administrator at HSHS St. Vincent Hospital, on the Hospital Sisters of St. Francis Provincial leadership team, and in nursing leadership roles at HSHS St. John’s Hospital (Springfield), and HSHS St. Mary’s Hospital (Streator).

We honor and congratulate Sister Jomary for this recognition of her many accomplishments throughout her distinguished Catholic health care career!

Fellowship of Christian Athletes Champions Luncheon Winners!

Congratulations to the following colleagues who won tickets to attend the Fellowship of Christian Athletes Champions Luncheon featuring former St. Louis Cardinals player, Lance Berkman, held April 3:

Susan Becker – Convenient Care
Scott Detwiler – Lab
Jennifer Fearday – Women and Children’s Care
Bobbi Kinkelkar – Nursing Admin
Katie Lacy – Emergency
Janet Probst – Admitting
Kelly Schmidt – Pre/Post Procedure Unit
Michael Wall – Philanthropy
Cathy Wesselman – Accounting

HSHS St. Anthony’s Memorial Hospital was a sponsor for this event.
Mark Your CALENDARS

Transamerica Dates

The Transamerica representative will be on-site at St. Anthony’s on:

Thursday, April 6
9 a.m. to 4 p.m.
St. Albert Room (Lower Level)

Wednesday, April 19
9 a.m. to 3 p.m.
Auditorium - St. Clare Room

Wednesday, May 3
9 a.m. to 4 p.m.
Auditorium - St. Clare Room

Please use the link below to schedule an appointment:
https://booknow.appointment-plus.com/7z3pzt30/

Annual Children’s Easter Party

Tuesday, April 11 | 6:30 – 8 p.m.
Auditorium

We are looking for volunteers to help the Easter Bunny! Volunteers are needed in all areas: games, crafts, refreshments, and more! This is a great opportunity for the children of colleagues to volunteer for service hours as well. Please call Alta Welker at Ext. 1335 if you would like to join the fun and help with the Easter Party.

Walk With a Doc

Saturday, April 15 | 9 a.m.
TREC Trail | 9 a.m.

Meet in the EPC Parking Lot prior to the walk.

Express yourself!

COLLEAGUE ENGAGEMENT SURVEY
APRIL 17 THROUGH MAY 1

Watch for an email with your invitation to participate in the survey or click the link on your hospital Intranet homepage.

Take the survey to be eligible for special incentives and encourage other colleagues to participate!

If we reach 90% participation,
All who complete the survey in the first week will be entered into a drawing for
$100 CASH
All who complete the survey will be entered into a drawing for:
ONE WEEK OF PTO CARDINAL BASEBALL TICKETS

Ice Cream Social later in the year

Responses are completely confidential

Colleague Town Halls in April!

Monday, April 10
7 a.m. | 3:30 p.m.

Tuesday, April 11
7:30 a.m.

Wednesday, April 12
10 a.m. | 7 p.m. | 10 p.m.

Thursday, April 13
10 a.m. | 2 p.m.

St. Anthony's Colleague Town Halls are held in the Hospital Auditorium.

NEW STRUCTURE TO TOWN HALLS!

These Town Halls will be more participatory than in the past. Colleagues are asked to come prepared to answer four questions tied to each of our Strategic Pillars (Franciscan Formation/Mission, Quality/Care Integration, Develop Our People, and Stewardship: Operations/Finance and Growth):

1. What is working well?
2. What do you do to elevate patient experience?
3. Do you have the tools you need to do your job?
4. How do you feel your position affects patient safety?

Colleagues will be broken into groups to discuss and answer these four questions, so begin thinking about how they relate to you.

REMINDER:
• Please clock into your HOME department when attending the Town Hall.
• Please bring your name badge to be scanned when attending a Town Hall.
• Each colleague is expected to participate in four (4) Town Halls a year. Three (3) must be in person and one (1) may be viewed via HealthStream.
St. Anthony’s assists Effingham City Police Department with preventing drug overdoses

Heroin drug overdoses are a significant problem in Illinois and the Effingham area is not immune to it. Because of its particular pharmacological properties, heroin carries an especially high risk of death from overdose as compared to other drugs that tend to be abused. Therefore, the State of Illinois has legislation in effect (Public Act 096-0361) which makes it legal in Illinois for non-medical persons to administer Naloxone, a prescription medicine that reverses an overdose by blocking heroin or other opioids in the brain for 30 to 90 minutes. More commonly known as its brand name, “Narcan,” this medicine is crucial in saving lives before the person undergoing an overdose can make it to the ER. However, the Public Act requires clinical oversight of the drug overdose prevention program, and Narcan doses can sometimes be cost-prohibitive for emergency responders.

Recently, HSHS St. Anthony’s began partnering with the Effingham City Police Department that allows the police department to have doses of Narcan in nasal spray form to use in cases of heroin overdoses. The hospital donated $300 to the Effingham City Police Department to have doses available during all of their shifts, and will continue to contribute funds to replace any Narcan doses as needed. In addition, Ryan Jennings, MD, HSHS St. Anthony’s Memorial Hospital’s Chief Medical Officer, will provide clinical oversight and consultation services for the program.

Kelly Sager, Chief Nursing Officer, shared why the hospital wanted to partner with the Effingham City Police Department in this program. “At St. Anthony’s, we know that we can’t be there on the front lines in those cases when someone is experiencing an overdose. Time is of the essence with overdoses, and we want to provide our emergency responders with the tools they need to help save lives before they can get them to our Emergency Department.”

Effingham City Police Chief Jeff Fuesting shared his appreciation for St. Anthony’s support of the Police Department’s efforts to prevent fatal drug overdoses. “We appreciate the support from St. Anthony’s Memorial Hospital by equipping Effingham Police Officers with Narcan that will give us an opportunity to save lives. Often Police Officers arrive prior to EMS and when minutes matter, it can be the difference in life and death. Since 2015 Effingham County has experienced four overdose deaths,” said Chief Fuesting.

WCRC/WCRA honors anniversary of hospital fire with narration of Zona B. Davis writings

April 4 is the anniversary of the tragic St. Anthony’s Hospital of 1949 and Cromwell Radio Group radio stations WCRC 95.7 FM and WRCA 1090 AM honored this tragic event in a special way. They broadcast excerpts of writings that Zona B. Davis wrote about the St. Anthony Hospital fire. They were read by Paul Davis, her son, a former WCRA news reporter and WGN News Director. Zona B. Davis worked for WCRA at that time and was there when it happened, covering the news.

In addition to airing excerpts of the narration throughout the day on April 4, WCRC/WCRA have shared the entire narration on their web site. To listen to the 16-minute long narration, click here.

HOLIDAY SCRUBS

It’s time to dig in your closets for those Holiday Scrubs!

The week of Easter, Thanksgiving, and Christmas, you can wear Holiday Uniforms with any color scrub pants.

Come and join the FUN and spread some spring holiday cheer to our patients!
Marketing and Communications becomes Southern Illinois Division team to maximize expertise and increase efficiencies to best serve ministries

Since April 1, 2016, the Marketing and Communications teams in the HSHS Southern Illinois Division (St. Elizabeth’s Hospital, St. Anthony’s Memorial Hospital, St. Joseph’s Hospital – Breese, Holy Family Hospital – Greenville, and St. Joseph’s Hospital – Highland), were working together as a team under a divisional team concept while still reporting to their individual ministries.

But recently, as of February 19, 2017, the Marketing and Communications departments in the HSHS Southern Illinois Division (SID) officially became a Divisional Marketing and Communications Team and now report under the Southern Illinois Division, much like the SID People Services team. Aligning as a SID Marketing and Communications Team maximizes the expertise of the team members while increasing efficiencies and streamlining processes to manage multiple hospital and divisional Marketing and Communication projects.

Terriann Tharp, SID Director of Marketing and Communication, explained, “Unlike the Divisional Business Office model with one central office, every local system will continue to have marketing and communications expertise on hand and in person, as no one is physically moving locations” she said. “The Marketing and Communication team is adapting service models that are working elsewhere to meet the needs of the Southern Illinois Division hospitals, and to build a support system that aligns the team’s talents with the Marketing and Communications needs of our five ministries in the SID.”

In addition to having a high-performing Marketing and Communications team in each local ministry, colleagues will benefit from the expertise from other Marketing and Communications professionals across the Division. The Marketing and Communications staff members from all five ministries already work together and collaborate on your behalf behind the scenes.

In order to meet the various marketing and communication needs across the divisions, the team launched a Marketing and Communications Request form in fall 2015, located on the intranet here: [Link]. All management and colleagues are strongly encouraged to continue using this form to initiate a project requiring Marketing/Communications department staff members’ expertise, talents, gifts or special abilities. The use of this form to provide as much background information as possible continues to be important with the team becoming a divisional team, as the team members working on your project or materials may not be located at your local ministry. Given the number of multiple projects each team member is assigned from the five local ministries, project requests should be submitted at least three weeks prior to when you need your project completed, with more time given for larger projects.

Terriann shared, “The Divisional Marketing and Communications team truly desire to provide everyone needing their assistance with an end product that they are pleased with and meets their project deadlines. The team members all are committed to working together as a division to provide for Marketing and Communications needs. We all appreciate your cooperation and patience as we continue to align the department to be as efficient and productive as possible.”

Community Programs Reporting Change

With the transition of the Marketing and Communications team to the Southern Illinois Division, there is a new reporting change for the Community Programs department and colleagues. Effective April 2, Community Programs is now reporting to Ross Richardson, Director of Guest Services.

The Community Programs department and instructors directs community benefit and community events and programs for the hospital – for example, the School Wellness Program for third-grade students, vision and hearing screenings in the schools for students at various levels, CPR classes for area high school students, and health screenings at various community events.
TAKE CAUTION — WATCH OUT FOR PHISHING EMAILS

Washington University School of Medicine in St. Louis recently notified patients of a phishing incident that may have compromised their data. What are the five steps you should take to prevent becoming victim to a phishing attack at home or work?

First, know what a phishing attack is. A phishing attack is a scam typically involving fraudulent email messages that appear to come from legitimate sources such as HSHS IT, your bank, professional associations, etc. These scams try to induce a sense of urgency in the reader in order to prevent the reader from fully evaluating the email. The goal is to get the reader to give the scammer their username and password by clicking on an external link or replying to the message with your credentials. Since it’s tax time, two examples of actual phishing emails are shown where the scammer pretended to be from the IRS. Please note the IRS will never initiate communication with taxpayers via email, text messages or social media channels to request personal or financial information.

Second, know that HSHS and other reputable companies will not utilize email to obtain your password, full social security number or other personal information via a link or reply message. If you receive an email claiming to be from our IT department asking for this information, please forward the email to helpdesk@hshs.org with “suspected phishing email” in the subject line. If you receive this type of email and you believe it is legitimate, go directly to the company’s website (i.e. type the real web address/URL into your browser) or contact the company directly (i.e. use a phone number on other documentation you know to be valid for the company or their official listed phone number; do not use the phone number contained in the potentially fraudulent email) to verify you really do need to take the action described.

Third, always use your mouse to hover over links in email messages before clicking on them to display the URL. Review the URL to make sure that it matches what’s in the text of the message, and the link looks like a site with which you would normally do business. Be aware that the scam sites are often almost identical URLs to the legitimate business so you must look at the URL critically. Best practice would be to always go to the site directly, and don’t use any embedded links within emails.

Fourth, always review the email address of the sender. HSHS colleagues have received emails claiming to be from our CEOs and other executives requesting immediate action and indicating to not bother them. This is a common tactic to get the receiver to panic and not ask questions. An example, would be an email received from peggy.sebastian@hshf.org. As you can see the last letter of the email address is not s but f. You should always be critical of any email indicating that the individual is not to be questioned or bothered related to the request for either W2 information, wire transfer requests, etc. Our core values encourage colleagues to always question anything that seems out of the ordinary, never be afraid to follow up if you are unsure.

Fifth, never download or click on a link from a sender you don’t recognize. A common tactic is to get a recipient to download a virus that will allow the perpetrator access to our network.