



# Commitment



## SPECIAL WELLNESS EDITION

### OUR NEW YEAR'S RESOLUTION: Helping Employees Improve Their Quality of Life



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#### Message from Craig A. Jesiolowski, FACHE, SAH President and Susan Oldrid, Vice President, Mission and Community Partnerships

Did you know that one in every three Massachusetts adults is affected by chronic disease, including, diabetes, heart disease, obesity or stroke? Exercise, healthy eating, avoiding tobacco, and managing stress can lower the risk of such disease.

Because we care about helping you remain healthy, we are working together to create a culture that will make it easier, while at work, to engage in activities that can support your optimal physical, emotional and spiritual health and well-being.

To ensure we develop a program that fits our culture, we will survey employees to learn about your current health status and behaviors, as well as your interest in on-site program offerings in the following four areas:

- healthy eating options
- physical activity
- stress management
- spirituality and faith

The survey will be e-mailed to employees later this month via Survey Monkey. Paper copies will also be available for employees with limited computer access.

In January we also will recruit employees who have an interest or expertise in health and wellness to serve on our wellness team or lead one of our wellness programs. To be successful, our wellness team will comprise a cross-section of employees who will create, promote, guide, and support our wellness efforts. The wellness team will meet bi-weekly for one hour in the first three months of our program's development and monthly thereafter. Interested employees can sign on in a special section of the wellness survey, or can share their interest by contacting the Office of Mission and Community Partnerships at ext. 5055.

We are excited to launch this program *for* and *about* you. We recognize that with the significant and demanding responsibilities you have in creating an environment that supports our patients' health, you may forget to take care of yourself. Our goal is to make self-care easier for you while at work. In doing so, we hope to enhance your health and well-being so that you can feel your best in all areas of your life.

### Pre-launch of Employee Wellness Kicks Off with "Rethink Your Drink"

Saint Anne's dietitians used creativity in their displays promoting healthy eating:

- Sugar packets were used to show the amount contained in each bottle of sugar-sweetened beverage.
- A plate displaying the recommended portion size for a Thanksgiving meal - these serving sizes are nearly 1,000 calories less than what is normally consumed by most Americans.
- Pictured (from L to R): SAH dietitians Caitlin Riley, dietetic intern, Niki Sneddon, RD, and Marin Woods, RD, clinical nutrition manager, were members of the team responsible for the "Rethink Your Drink" rollout display and healthy holiday options.



## STOP. RETHINK YOUR DRINK

If you purchase drinks or snacks in the cafeteria or vending machines around the hospital, you have started to see a few changes. Using a stoplight theme, this initiative is heightening awareness of healthy beverage options and the benefits of making choices that help decrease caloric and sugar intake. Some of these approaches include:



- an increase in the number of healthy beverage (and snack) products stocked in vending machines and cafeteria soda fountain/beverage coolers
- stocking and labeling of healthy beverage products according to recommended intake (**green** = drink frequently; **yellow** = drink occasionally; **red** = drink rarely or not at all)
- on-site education sessions facilitated by hospital registered dietitians and employees who can speak to the health benefits of reducing intake of sugar-sweetened beverages and snacks
- ongoing distribution of health

promotion materials related to benefits of healthier beverage and snack choices

### Did you know?...

- Sugar-sweetened beverages (sodas, fruit drinks and juices, sport drinks, energy drinks, flavored milks, sweetened teas, coffee and vitamin waters) play a large part in our current overweight/obesity epidemic.
- In 2009, both adult and adolescent rates of overweight and obesity were 18% higher among those who drink one or more sodas every day compared to those who do not drink any soda at all.\*
- Soda calories add up quickly! If you drink two 20 oz. bottles of regular soda each day, by the end of the week, you've consumed 3,500-3,850 calories of soda!\*
- For every 100 additional calories consumed a day, a person gains ten pounds per year if no additional physical activity takes place.\*
- For a healthy 120 lb. person who

eats a healthy diet and exercises regularly, drinking one 20 oz. soda every day can contribute enough extra calories to equal **27 lbs. per year**. It would take two hours of moderate walking to burn off the calories from one 20 oz. soda.\*

\* California Project Lean, funded through grant of Public Health Institute.\*\* Babey, S. H., Jones, M., Yu, H., & Goldstein, H. (2009). Bubbling over: Soda consumption and its link to obesity in California. UCLA Center for Health Policy Research

**STOP. RETHINK YOUR DRINK. GO ON GREEN.**

**Red - Drink Rarely, If At All**  
 - Regular sodas  
 - Energy or sports drinks  
 - Fruit drinks

**Yellow - Drink Occasionally**  
 - Diet soda  
 - Low-calorie, low-sugar drinks  
 - 100% juice

**Green - Drink Plenty**  
 - Water  
 - Skim or 1% milk

Made possible by funding from the US Department of Health and Human Services through Cooperative Training Agreement #1404.

Visit [www.sah.org/obesitycenter](http://www.sah.org/obesitycenter) for more information.

## Community Supported Agriculture (CSA): Great food and a great cause!

To help increase employee access to healthy and seasonal foods, Saint Anne's has partnered with Silverbrook Farm in Dartmouth to offer Community Supported Agriculture (CSA). When employees become members of the CSA, they purchase a half- or full share of seasonal produce. From June through October (17 weeks), Silverbrook Farm will deliver weekly shares to the hospital. Shares will include fruits, vegetables, cheeses, jams, and mustards.

A full share feeds three to four people per week and costs \$632 (or \$63.20 per pay period for ten weeks via payroll deduction).

A half share feeds two people per week and costs \$386 (or \$38.60 per pay period for ten weeks via payroll deduction).

Benefits of the CSA include:

- increased employee access to local, fresh, organic products
- convenience with weekly delivery right to the hospital
- allows SAH employees to provide positive societal impact by reducing carbon imprint, supporting local business and keeping agriculture alive in Massachusetts
- eating seasonally
- expanding your cooking experience with new items

Employees interested in participating will be able to pay via payroll deduction or by paying Silverbrook Farm directly by credit card, PayPal, and/or personal check. Full payment of shares must be received by the first week in June. To learn more, contact Diane Palmer at ext. 2080. For information about the farm, visit [www.Silverbrookfarmdartmouth.com](http://www.Silverbrookfarmdartmouth.com)



**Silverbrook Farm**  
ESTABLISHED IN 1690





## Ring in the New Year with the Fall River Fitness Challenge

With the ham and turkey eaten and the leftovers safely tucked in the fridge, it's time to begin thinking about the (healthier!) New Year. One great way to do this: join your fellow co-workers as a member of the Saint Anne's Hospital Fitness Challenge team.

The Fitness Challenge, modeled after the popular reality show, *The Biggest Loser*, is a program of Community Development Recreation (CD Rec) and other local agencies, including the Diabetes Association, General Fitness, Healthy City Fall River, Partners for a Healthier Community, and the Fall River YMCA. These organizations have joined together to challenge adults who live, work or go to school in Fall River to get healthy, shed some pounds, prevent (or manage) Type 2 diabetes, and compete to win cash prizes.

The Fall River Fitness Challenge begins:  
Saturday, January 7  
10 a.m.-1 p.m.  
Kuss Middle School  
52 Globe Mills Avenue, Fall River

During the kick-off, attendees can sign up for the challenge, weigh in, and visit a variety of resource tables, including a Saint Anne's table staffed by our Food and Nutrition, Diabetes, and Rehab departments. They'll receive Fitness Challenge information including a list of workout locations, weigh in dates, motivation tips and location and dates for "mini-challenges" which are scheduled during the five months of the challenge.

Registration is only \$2 which entitles participants to receive a wrist band offering free and discounted workouts at participating Challenge locations.

For employees unable to attend the January 7 kick-off, Saint Anne's will offer registration outside the cafeteria in mid-January. A representative from the challenge will be on-site to answer questions, and members of our Fitness Challenge planning committee will explain how the hospital will support members of the Saint Anne's team. While the committee is still finalizing specific on-site offerings, those being considered include weigh-ins, blood pressure screenings, healthy food demonstrations and recipes, a walking club, support groups and mini-challenges to be offered on the hospital campus. We are also exploring the possibility of opening up the Cardiac Rehab gym for on-site workouts.

For more information on the Saint Anne's Fitness Challenge Team or to sign up, please call the Office of Mission and Community Partnerships at ext. 5055. For general information on the Fall River Fitness Challenge, contact CD Rec at 508-679-0922 or visit [www.gfrpartners.com/frfitnesschallenge2012](http://www.gfrpartners.com/frfitnesschallenge2012)

Read more: <http://www.heraldnews.com/newsnow/x1569720908/Fifth-annual-Fitness-Challenge-to-begin-Jan-7#ixzz1i2RiA9GY>



**Join your co-workers, family or friends in taking the challenge!**

### Daily Rosary at Saint Anne's Hospital's Chapel

The praying of the Rosary now occurs daily in the SAH Chapel at 11 a.m. before the 11:30 a.m. daily Mass. We offer this daily devotional time for spiritual renewal. Your participation as a volunteer leader is sought. You are welcome to join us as a participant to pray the rosary or to be with us at this time for your own prayer and meditation.

**Wednesday is designated for employee special prayer request/intentions for their concerns.** To volunteer to lead in praying the Rosary or to make a prayer request, please contact Sr. Carole Mello or the Spiritual Care office at ext. 2061.

### Did You Know...There are Mental, Physical and Spiritual Benefits to Praying?

**Mental** Praying and meditating promote positive thinking and help our minds become more united with God. With regular prayer, a person will experience significant improvement in their overall mental health including:

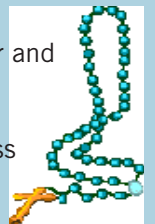
- Mental clarity – cleared of distractions and negative thoughts
- Positive thinking and outlook on life
- Stress reduction
- Increased overall sense of well-being

**Physical** As mental health often strongly coincides with physical well-being, common forms of physical benefits are associated with prayer and meditation, such as:

- Increased energy levels that help to fight fatigue
- Lower blood pressure
- Alleviated muscle tension

**Spiritual** Through spiritual growth, one can gain insight about oneself and how one relates to their surroundings. The following are a few of the many spiritual benefits that are typically gained by those who pray or meditate on a regular basis:

- Increased empathy, compassion and tolerance towards others
- Assurance and guidance in times of despair and hopelessness
- Protection against negative influences
- Increased will power and desire for goodness





## SERVICE EXCELLENCE EVERYWHERE: SEE and Believe

### Coming to you this week!

Health and wellness include positive reinforcement of good habits...and that includes an ongoing commitment to, and recognition of, service excellence.

As our Service Excellence Everywhere “SEE & Believe” campaign kicks off January 4, keep your eyes open for these tools that will help you recognize your co-workers as you “catch them” demonstrating our 24 “Believe” statements:

- Posters that list our full list of 24 “Believe” statements.
- “Coupons” that focus on each month, now through April, on six of our 24 “Believe” statements, or standards of practice, behaviors, service and personal responsibility.

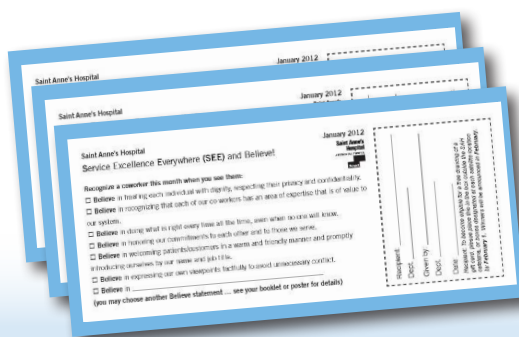
How to use your “Believe” coupons: Each month, from now through April, your unit or department will receive a new supply of “coupons.” Each month’s coupons will feature six of our 24 “Believe” statements.

**To give a coupon:** It’s easy! When you notice a co-worker demonstrating one or more of our service excellence standards, just complete the coupon, check off one or more of the listed Believe standards (or, if you prefer, write one in), and present the completed coupon to him or her.

**When you receive a coupon:** Congratulations on getting “caught”... and for becoming eligible for a monthly drawing! Just place your completed coupons in specially marked boxes at the following locations:

- For employees of the hospital and Medical Office Building: outside the cafeteria.
- Satellite sites:
  - 222 Milliken (Fernandes Center for Children & Families, Geriatric Psychiatry, Outpatient Rehabilitation)
  - Steward Home Care
  - Center Place (Donna St. Laurent)
  - GYN of Fall River (Drs. Roy & Salk)
  - Millview Medical Associates
  - Narragansett Mills (IMCA) – DIS satellite
  - Nicole McDonald, MD
  - Pain Management – Swansea campus
  - PrimaCARE – MRI satellite
  - SAHRCC Dartmouth campus
  - Tiverton Primary Care
  - SNESC

Drawings will be held during the first week of the following month (for example, January entries will be drawn during the week of February 6).



A few important notes about the “SEE & Believe” campaign:

- Our “SEE & Believe” campaign is a great new addition to our other employee recognition programs. Please continue to nominate co-workers for “Can Do” awards for demonstrating exceptional behavior; and “Person of Mission” award for exemplifying our five “Cs” (charity, compassion, Catholic, culturally diverse, community).
- Partnering with our “Commitment Statement.” As part of our re-energized focus on service excellence, “SEE & Believe” works hand-in-hand with our commitment to providing good service, all the time, every time. This is reflected in Saint Anne’s Hospital’s “Commitment Statement.” To review and demonstrate your understanding of this statement, please log on to NetLearning and complete the short (10-slide) presentation and take the one-question quiz. If you do not have access to a hospital computer, please see your manager. Completed “Commitment Statements” are due by January 31.

Have questions about “SEE & Believe”? Please contact one of your SAH “Service Excellence Everywhere” co-chairs:

- Sr.Karen.Champagne@Steward.org, ext. 2020
- Kathy.Finn@Steward.org, ext. 2493
- Cheryl.Herman@Steward.org, ext. 2466

## REMINDER

### SAH 2012 Calendars

Just in time for the new year, the SAH Strategic Communications team has produced a new 11x17, two-sided, 12-month calendar with a listing of free *SAH educational and support offerings*.

Keep your eyes open for calendars sent to each department for your use! If you would like additional copies for patients, events, and department use during the month of January you can request/stop by for these from:

- Sheryl Estey in Nursing Administration
- Theresa Woods in Strategic Communications
- or after January you can request copies from the Print Shop