



# Birth+PLUS

## BirthPlus equips parents with education, information PLUS much more!

Expectant parents choosing Genesys for the birth of their child will receive personalized, individualized education and information through a new service called BirthPlus.

The name itself describes the concept. Parents simply call the Family Birthing Center and arrange for a one on one educational session with a labor and delivery nurse who will answer every question new parents may have regarding the pending birth of their child. The couple can choose a day and time that fits their schedule – seven days a week – and staff will spend as much time as the couple needs to ensure they are comfortable and confident about their childbirth experience, explains Pam Raymond, RN, manager of Labor and Delivery who also oversees BirthPlus.

She calls this service a “personalized coaching session.” During this session, a registered nurse will meet with new parents

privately to answer their questions and discuss their birthing preferences.

“We recommend new parents tour the Family Birthing Center first where many of their questions will be answered and where they will receive a childbirth education packet that includes complete details on the third trimester of pregnancy, the entire labor and delivery process, and what to expect during the birth of their child,” Raymond says. It also includes access to online services and a birth preferences worksheet that the nurse will discuss with parents. This packet provides far more information than what parents will learn through traditional childbirth education classes, Raymond finds.

Genesys chose to offer BirthPlus to better meet the needs of working parents. “Committing to two hours a week for six weeks through a traditional childbirth education class was not practical for working parents who have so many demands on their schedule. We also were finding that many couples were obtaining information on childbirth preparation from various sources off the internet,” Raymond notes. “With BirthPlus, we are assured parents are receiving reliable information, and we can answer questions that are personal to each couple.”

The ideal time to schedule a tour of the Family Birthing Center and a private BirthPlus session is in the sixth month of pregnancy, Raymond recommends, but parents are encouraged to choose a time that works best for them.

Tours of the Family Birthing Center are free. Cost for the BirthPlus service is \$20. Some insurances may reimburse for it. To schedule a tour of the Family Birthing Center or a BirthPlus session, call **606-5897**. After business hours, call **606-5850**.



## ComingUp...

Remember to mark your calendars for these upcoming events ...

### Kidney Cancer Support Group

Tuesday June 2 – 3:30 p.m. to 5 p.m.

Topic: Childhood Leukemia

Genesys Hurley Cancer Institute Boardroom

### AHA BLS Instructor Course

Saturday, June 6 – 9 a.m. to 3 p.m.

Genesys Learning Institute

Cost \$275

Call 606-6269 to register.

### Events?

Submit them online via the intranet homepage, or email them to [INK@genesys.org](mailto:INK@genesys.org).

## Stroke Awareness month

Did you know ...

... more than 750,000 Americans will have a stroke this year?

... a stroke kills twice as many women as breast cancer?

May is National Stroke Awareness Month. Please know the signs of stroke and act quickly:

- Sudden numbness or weakness in the face, arm, leg (especially on one side)
- Sudden confusion, or trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

## Faces of Genesys

On the cover of this week's INK:  
Heidi Luke, RN – CVC

## Charity Classic raffle tickets now on sale

The Genesys Charity Classic Party with the Buick Open pros will take place on Saturday, July 31. Raffle tickets are \$100 each and only 1,000 are sold. Here is what you could win:

- **First place:** Your choice of a Buick (on display in the atrium) or \$20,000
- **Second place:** \$2,500
- **Third place:** \$1,000

Please contact one of the following individuals to purchase your raffle tickets:

- **Health Park**  
Atrium information desk  
Amanda Cohoon, 606-5060  
Karla Shotwell, 606-6613
- **West Flint Campus**  
Holly Harshaw, 762-4333  
Linda Blake, 762-4074  
Amy Hodack, 235-5160
- **Genesys Convalescent Center** – Becca Stoddard, 603-1111 ext. 234
- **Warehouse** – Vicki Limbaugh, 606-5162
- **Genesys Hurley Cancer Institute** – Lori Burger, 762-8313
- **Regional Cardiology** – Shannon Mashburn, 579-0584

Please read INK over the next few weeks for more details about the Genesys Charity Classic Party with the Buick Open pros. If you would like to purchase your tickets now, visit [www.genesyshealthfoundation.org](http://www.genesyshealthfoundation.org) to do so. If you have any questions, please call Nan Hamilla at **606-6387**.

## IS to eliminate generic computer IDs and passwords

Genesys Information Systems (IS) is in the process of discontinuing the use of 144 generic IDs throughout the health system. Genesys employees will be informed of the affected PC workstations and associated generic IDs. All employees and guest users will be required to use their Genesys provided user IDs and passwords to access the workstations. This is the same password used to access the internet while logged onto a workstation. If you do not remember your ID, you can obtain it by calling the Help Desk at **606-6300**. Please continue to read INK for more information.

## GAC announces summer sports camp schedule

Summer Sports Camp at Genesys Athletic Club (GAC) begins Monday, June 15 from 9 a.m. to 3 p.m., for kids ages 6 to 12. Every week brings a new theme and activities that include sports, swimming, games, crafts and much more. Camp concludes at the end of August.

Children ages 3 to 5 have an opportunity to participate, too! Tiny Tots Junior Camp offers games, crafts, tennis and an outdoor splash pad. Focus is on developing fine motor skills and socialization skills. Camp hours are 9 a.m. to noon.

For details on summer camp at the GAC, call **606-7518**.

## Window washing now underway at Health Park

The windows will be cleaned through Friday, June 5. Please be mindful to pull the window blinds/shades closed to protect patient privacy. Thank you!

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## Genesys opens second car seat safety inspection site

Genesys, along with Greater Flint Safe Kid and the Burton Fire department, opened a child seat safety inspection site at the Burton Fire department. Car seat inspections will take place at this location the first Saturday of every month (closed on holiday weekends) by appointment from 10 a.m. to 3 p.m. Certified passenger safety technicians will conduct safety inspections of all car seats, and teach proper installation of car seats. This is the second site Genesys will operate. The other site is Grand Blanc Fire Station #3, located on the Health Park campus. This site offers inspections the second Tuesday of each month from 5 p.m. to 9 p.m., and the first Saturday of the month from 10 a.m. to 3 p.m. To make an appointment at either site, call **606-7892**. (Burton Fire Station #1 is at the corner of Saginaw and Bristol Rd in Burton “under the water tower”).

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## Bible distribution changes to decrease infection risk

Spiritual Care has developed a new process to distribute Bibles that will decrease a patient’s risk of infection due to cross contamination. Beginning Monday, June 1, volunteers will begin collecting the Bibles in patient rooms and will properly dispose of them.

“Rather than leaving a Bible in a patient room, each unit will have their own supply of Bibles to distribute to their patients and families upon request,” says Jane Neussendorfer, Genesys chaplain. “Staff should ask their nurse managers where their supply of Bibles will be kept.”

A bookmark will be inserted in each patient admission booklet indicating that patients must ask their caregiver for a complimentary Bible – supplied to Genesys by the Gideons at no charge. Patients will also be encouraged to take the Bible home upon discharge. If a Bible is left in the room, Housekeeping will collect it and properly dispose of it to decrease the cross contamination risk to the next patient. The bookmark is only a temporary fix until the next batch of Patient Admission booklets are printed. At that time, instructions on how to obtain a Bible will be printed in the Spiritual Care section. If you have any questions, please call Spiritual Care at **606-5290**.

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## Remember to obtain your annual TB test

Testing hours are Monday through Friday from 7 a.m. to 3:15 p.m. in Suite 2605. To reach Employee Health, call **606-5957**.

Unsure when to get your TB test? Check the online calendar via the Employee Health Services link on the Human Resources intranet homepage.

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## Being a Genesys Employee has its “perks”

Genesys Health System, in association with PerksCard, will offer a new employee discount card that entitles you and your family to discounts from “featured merchants” right where you live and work. In addition to local discounts, your PerksCard gives you the ability to save with online shopping, printable coupons and giftcard purchases.

The cards can be obtained from the Human Resources (HR) office, first floor at Health Park.

Register your card at PerksCard.com when you receive it to view current listing of discounts for Genesys Health System employees. If you have any questions, please call HR at **606-7000**.

Values  
Reflection



*“Real magic in relationships means an absence of judgment of others.”*

*– Wayne Dyer*

## Did you know ...

... The Angelus Bells you hear ringing at Health Park are an ancient custom rung all over the world? Their purpose is to remind us to lift our thoughts to our God who is ever-present to us during our sufferings and our joys. Prayer, however short, can refresh your day and recharge your soul. The Angelus Bells ring at 6 a.m., noon, and 6 p.m. at Health Park.

*Living the Values*

*This thank you goes to the entire Emergency department staff at Health Park:*

*“Thank you for taking such great care of me after my car accident on ‘Friday the 13th!’ I was pretty scared being on the other side of things. Hopefully, I will be back to work soon!”*

*– A Genesys employee and patient*

*We are called to: Service of the Poor, Reverence, Integrity, Wisdom, Creativity and Dedication*



## Genesys celebrates Nurses Week with Rod and Chris



To celebrate Nurses Week, Rod Prahin (above) and Chris Pavelich from WCRZ - CARS 108 broadcasted live in the Genesys Health Park atrium. Coldstone Creamery also joined the celebration of our nurses by providing free ice cream treats during the live broadcast.

## WHO announces five moments for handwashing

The World Health Organization (WHO) has identified five key moments for hand hygiene, and asks that each person pass this message along to five other individuals. The five moments of hand hygiene are:

- before patient contact
- before aseptic task
- after body fluid exposure risk
- after patient contact
- after contact with patient surroundings

Please remember the importance of washing your hands frequently throughout the day to avoid the spread of germs. Goal at Genesys is to reach 95 percent hand hygiene compliance.

## Office of Research announces another study

Avery Jackson, MD, neurosurgeon, serves as principal investigator of an observational study on a medication often used in surgery to slow down bleeding. It is believed that Thrombin-JMI® works at the site of surgical bleeding, but does not affect a person's overall bleeding or clotting levels. Those enrolled in the study receive four study visits over an eight-week period.

## Congratulations on your achievement

Pat Manion, RN, Trauma coordinator, was elected Secretary of the National Society of Trauma Nurses. This is a two year position.

Stacie Bommersbach, Black Belt in the Quality department, received the Six Sigma Black Belt from the Certification Board of the American Society for Quality. This achievement acknowledges her proficiency in the Six Sigma principles and practices – quality techniques and practices. A Black Belt demonstrates team leadership and manages team dynamics in all aspects of the quality model (define, measure, analyze, improve, control).

## ADVISOR

### Transportation

**Auto** - '96 Buick Roadmaster. Very well maintained, loaded. \$3,000 OBO. 953-3698.

**Auto** - '98 GMC Sierra 1500 4x4. 159K miles. Loaded. \$5,400 OBO. 658-9200.

**Motorcycle** - '96 Suzuki VS 800 Intruder. \$2,400. (989) 845-6787.

### Miscellaneous

**Beagle puppies** - (1) male, (7) females. Vet checked. AKC registered. \$300 ea. 919-5371.

**Computer** - Acer Netbook with many extras. Seven months old. \$300. 234-7421.

**Entertainment center** - 5' x 5'9", walnut in color. \$75 OBO. 569-5412.

**Freezer** - Admiral 13.2 cubic feet, upright. \$75 OBO. 964-4495.

**Furniture** - Mission style wood futon frame w/ mattress, (2) covers and pillows. \$175. 234-7421.

**Furniture** - Italian style sofa, \$250. (2) French classic chairs, \$75 ea. 629-8738.

**Furniture** - Italian style coffee table, end table. Solid pecan. \$175. Excellent condition. 629-8738.

**Hot tub** - Hotsprings, 70" x 81." Needs motor. Free. 694-8950.

**Kittens** - (3) orange, (1) peach, (2) torties. Free to good home. 701-3218.

**Pool** - 24' x 52" above ground pool with accessories and deck to be dismantled. \$1,200. 230-1409.

### Wanted

**AKC soft coated Wheaten Terrier** - Male for stud service. 230-1409.

**ATV** - 90 or 110 cc 4-wheeler, 4x4, Polaris Sportsman or similar vehicle. 655-4348.

**Babysitter** - Near Genesys for 2-year old. (248) 939-0182.

**Live-in to care for Parkinson's man** - Assist with ADL, small apartment in lower level. 423-5199.

**Refrigerator and stove** - Used, in good working condition. 742-9249.

### INK Ads?

Submit them online via the intranet homepage, or email them to [INK@genesys.org](mailto:INK@genesys.org).