



## Genesys participates in annual full-scale disaster exercise



On May 13, Genesys participated in a full-scale disaster exercise that took place throughout the county. In cooperation with Genesee County Emergency Management, local ambulance providers, hospitals and staff participated in the drill to set objectives and test emergency preparedness plans for accuracy and improvement opportunities.

Every year, the type of mock casualty scenario changes to test the various plans currently in place. This year's disaster drill was a Code Black (mass casualty) exercise where a tornado touched down at CrossRoads Village. A total of 22 local students volunteered as mock patients and victims who were transported to the Emergency department at Health Park.

Upon wrap-up of the event, a debriefing takes place to discuss the event, its effectiveness and areas for improvement.

This year's drill gave Genesys the opportunity to test the EvacuSled – a device designed to reduce risk of injury to patients and staff during horizontal and vertical emergency evacuation. The sled has been used in disasters such as Hurricane Katrina to safely evacuate victims down several flights of stairs.

The drill lasted approximately three hours and was very successful. For more information on the drill, or to find out how you can participate in future drills, please contact Scott Cruzen, safety and security coordinator, at **606-6961**.

## The Faces of Genesys

Featured at the top of this week's cover of INK: **Sandy Starking**, personal trainer at the Genesys Athletic Club

## Interoffice envelopes needed

If you have surplus supplies of interoffice envelopes, please drop them off at the mail room at Health Park.

## Employee discounts

Have you checked out the Human Resources page on the Genesys intranet lately? Click the "Employee Perks" link to access a listing of great discounts offered exclusively to Genesys employees - General Motors, Ford, Verizon, Sprint, Dell, DTE and Palace events, are just a few of the discounts. Log on today!

## "Zumba Girls Night Out"

On Friday, June 6, from 6:30 p.m. to 9:30 p.m., Genesys Athletic Club (GAC) will host "Zumba Girls Night Out," featuring 1.5 hours of non-stop Zumba exercise, refreshments, snacks and discounts on retail sales.

Cost is \$20 for members and \$25 for non-members.

Zumba is one of the newest and hottest forms of exercise that people of all ages and fitness levels can enjoy. It combines flamenco, salsa and other forms of international dance with motivating music and unique moves that everyone can do while toning and sculpting the body. The principle of Zumba is that a workout should be fun and easy.

For more information about "Zumba Girls Night Out" at the GAC, call **606-7300**. The public is welcome to join in the fun.

## GHF observes "Leave a Legacy" Month

Gov. Jennifer Granholm has declared May as "Leave a Legacy Month," an opportune time to learn about a planned gift program offered through the Genesys Health Foundation (GHF). According to Brenda Wehrli of the GHF, "One of the easiest ways for individuals to give to Genesys is through their will. They may designate a sum of money, a percentage of their estate, or a specific item or real estate. Individuals may use their gift to support any area within the health system." These gifts are not subject to estate or inheritance taxes and can reduce the tax burden of an estate. To learn more about leaving a legacy, call Wehrli at **606-6020**.

## Health Access sells fun books to support program

The 2008/2009 funbooks are now available through Health Access. Proceeds from these books will help support efforts to provide health access to the uninsured and underinsured in Genesee County. Books contain discounts to local restaurants, entertainment venues and other businesses in the area. Cost is \$25, and \$10 goes to Health Access. Before you purchase the book, you can go on line to <http://www.funbookonline.com/healthaccess.php> to see a complete list of all businesses participating in the fun book. You can purchase a book by calling **232-4200**, or stop by the Health Park cafeteria on Thursday, May 15 between 11 a.m. to 1 p.m. Checks and cash are accepted.

## Stop by Employee Health for annual TB test

The following departments are scheduled to receive their annual TB test in May: Anticoagulation Clinic, Central Processing, Diabetes and Nutrition Learning Center, Nursery, Family Birthing Center, Parent Education, Women and Children's, Genesys Pharmacy, Employee in-house pharmacy, Physical Medicine, Respiratory Care, Tissue Trauma. To reach Employee Health Services, call **606-5957**.

## Health department offers free screenings for seniors

Genesee County Health department is offering free screenings for Genesee County residents aged 60 and older. Screenings include: cholesterol, glucose, BUN/creatinine for kidney function, prostate specific antigen (PSA), hemoglobin and vaccines if needed (at the Genesee County Health department only). Screenings are offered at the Burton branch of the health department (G-3373 S. Saginaw Street) and the McCree North Health Center (115 East Pierson Road). An appointment is necessary. To make one, call **237-4570**.

## Genesys helps AHA raise more than \$110,000

The Genesee County Start! Heart Walk, held on the nature trails of Genesys Health Park on May 3, raised \$110,718 and still counting! More than 1,000 walkers came out to show their support for the fight against heart disease. If your team still has not turned in your pledges, the American Heart Association (AHA) is still accepting donations. Call **989-714-1920**. The AHA extends its sincerest gratitude to all walkers and donors who have stepped forward to help save lives.

## Did you know ...

The Genesys Family Birthing Center provides a full range of classes for new moms and dads to help make the childbirth experience a treasured memory? Classes include: preparation for childbirth, childbirth refresher, cesarean birth, VBAC (vaginal birth after cesarean), sibling preparation, breastfeeding, and baby care. Genesys also provides new parents with a Newborn Infoline, available 24/7. For details on services offered through the Genesys Family Birthing Center, call **606-5897**.

**Read INK online:**  
Visit [www.genesys.org/INK](http://www.genesys.org/INK)

## Genesys Hospice conducts memorial service

Genesys Hospice will conduct its annual memorial service Thursday, May 15, at 7 p.m., at Faith United General Baptist Church, located at 1116 West Hill Road in Flint. The service is for families and friends of Genesys Hospice patients who have passed away.

Genesys Hospice provides compassionate, comprehensive care and support 24 hours a day, seven days a week for those with a life-limiting illness. The care team is comprised of the family physician, a physician specifically trained to work with hospice patients, nurses, home health aides, social workers, therapists and volunteers.

Genesys Hospice patients can obtain care in their place of residence, which can be at home, at a nursing home or at the Genesys Hospice Care Center in Goodrich. For details on Genesys Hospice services, call **(888) 943-9690**.

## Congratulations on your achievement

At the 10th annual MSU/FAME research award forum, Genesys received these awards:

Faculty investigator research award:

**Heather Kirkpatrick, PhD**, department of Internal Medicine

Resident investigator research award:

**Nathan Landesman, DO**, GI Fellow

Specialty award for emergency medicine:

**Michael Jule, DO**, director of Emergency Medicine

**Denise Owen**, social worker at Genesys Hospice Care Center, received Social Worker of the Year award from the University of Michigan – Flint School of Education and Human Resources.

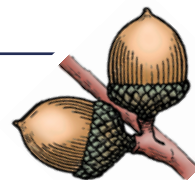
**George Hawkins** was named Hospice volunteer of the year for 2007. He offers respite services at the Genesys Hospice Care Center and through the hospice home program, provides courier services twice a week, and assists with activities for hospice care center residents.

**Nancy Arellano-Javor, RN**, was nominated by the American Red Cross – Genessee-Lapeer chapter as an Everyday Hero. The ICU float nurse helped save the life of a Goodrich High School wrestler last summer when he was in a car accident. Without her assistance, and the help of Grand Blanc police officer Wes Evans, the student may have died. The Salute to Everyday Heroes award dinner takes place this Friday, May 16. WJRT abc12 is running news stories this week on all the heroes nominated. The Salute to Everyday Heroes was started as a way for the Red Cross to honor individuals who embody its mission of responding to emergencies.

## Help an employee in need with a small donation

The Friendship Fund, co-sponsored by the Employee Participation committee of the Genesys Health Foundation and the Medical Staff, is a program created by Genesys employees, volunteers and physicians to help each other in times of need. Eligibility for a Friendship Fund grant is based upon need due to a hardship or crisis situation such as utility shut-off notice, food for children, eviction notice, expenses related to sudden family illness or death, emergency car repair, imminent loss of medical benefits or other special circumstances. Help an employee in need, donate to the friendship fund by visiting [www.genesys.org/foundation](http://www.genesys.org/foundation). Click on the “employee giving” link.

Values  
Reflection



*“If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.”*

– Anne Bradstreet

## Linen inventory coming soon

On May 19, TSI (the Genesys contracted linen processor) will be conducting our annual linen inventory throughout the health system. The inventory is being conducted at a specified time to get a true snapshot of the linen in use throughout the organization. **Employees with scrubs and warm up jackets at home, please return them before the inventory date.**

## Window washing underway

The windows at Health Park, the Materials Management Warehouse and East Flint Campus will be cleaned from now through June 10, weather permitting. Please consider patient privacy by closing the blinds when the windows in your area are being cleaned.

*Living the Values*

*This thank you goes to all Genesys employees and physicians:*

*“Thank you for your compassion, love and understanding the past few months. Your support has not gone unnoticed. You truly honor Cathy’s memory.”*

– Bob Thomas

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



## Coming Up ...

### Communion service

Every Tuesday at 11:30 a.m.  
Health Park chapel

### Health Access sells Fun Books

Thursday, May 15, 11 a.m. to 1 p.m.  
Outside the Health Park cafeteria  
Cost is \$25. Checks and cash accepted.  
Thank you for supporting Health Access!

### Genesys Hospice memorial service

Thursday, May 15, 7 p.m.  
Faith United General Baptist Church  
1116 W. Hill Rd., Flint  
Call 636-5000 for details.

### Stop smoking support group

Wednesday, May 21, noon to 1 p.m.  
Genesys Hurley Cancer Institute  
Group meetings will provide you with strategies and support to help achieve a smoke-free life. Bring a friend and quit together! Call 762-8226.

### CPR

Wednesday, May 21, 6 p.m.  
Genesys Athletic Club conference room  
Call 606-6269 to pre-register.

### Cancer Support Group "We All Can"

Thursday, May 22, 1 p.m. to 2:30 p.m.  
Genesys Hurley Cancer Institute  
Group discussions and guest speakers provide emotional support and cancer education for patients, family members and friends.  
Call 762-8226.

### Stroke: Reducing your risk – free talk

Thursday, May 22, 6:30 p.m.  
Brookdale of Grand Blanc  
5080 Baldwin Road  
Rebecca Banat, RN, Genesys Stroke program coordinator, will discuss stroke risk factors and treatments.  
Call 606-7827 to sign up.

### Health Screenings at Courtland Mall

Wednesday, June 4, 8 a.m. to 11 a.m.  
Blood pressure is free, cholesterol and glucose is \$10. Call 606-6269.

### Genesys Charity Classic Party

Saturday, July 12 - *Save the date!*  
Genesys Athletic Club  
Raffle tickets are now on sale! Call 606-5138.

### Genesys Charity Classic golf tournament

Monday, July 14 - *Save the date!*  
Warwick Hills Golf and Country Club  
Call 606-5138.

### Pregnancy/infant loss support group

Sponsored by Genesys Family Birthing Ctr.  
Fourth Thursday every month  
Flint Central Church of the Nazarene  
Call 606-5897 for details.

### Breast cancer support group

First and third Wednesday every month  
5:30 p.m. to 7 p.m.  
Genesys Hurley Cancer Institute library  
Call 762-8226 for details.

### Event to share?

Submit them online via the Genesys intranet homepage, or email them to [INK@genesys.org](mailto:INK@genesys.org). *Sorry, no solicitation of businesses, please.*

## ADVISOR

### Transportation

**Auto** - '00 GMC Jimmy 4X4. Good condition. \$4,000 OBO. 223-4622.

**Auto** - '93 Chrysler sedan. Runs good. \$1,000 OBO. 424-9331.

**Auto** - '97 GMC Z71 Pickup. Loaded. Great condition. \$7,500. 422-8530.

### Housing

**Condo** - 2 Br., 3 baths. Close to Health Park. All appliances. \$138,000. 248-634-4465.

**House** - 4 Br., 2 baths. Troy. Many updates. \$218,900. (248) 761-9446.

**House** - 4 Br., 2.5 bath colonial in Grand Blanc. Built in 2002. \$245,000. 603-0483.

**Vacant land** - (4) lots in Flushing. Flint Township taxes. 223-3519.

**Vacant land** - Goodrich/Grand Blanc area. 252-7294.

### Miscellaneous

**Baby gate** - Portable. Adjusts for most standard openings. \$5. 603-0483.

**Chainsaw** - Craftsman 18 in. w/ case and extra chain. \$100. (248) 807-3574.

**Dog** - Chocolate Lab, 2 yrs. Free to good home with kids. 621-3627.

**Exercise equipment** - Total Gym, \$120. Ab Lounger, \$50. 743-6124.

**Furniture** - Couch, love seat, end table, (3) brass lamps. 252-1479.

**Instruments** - Bass Clarinet, \$650. Clarinet, \$350. Metronome/MetroTune, \$100. 715-1914.

**Kitchen table** - Comes w/ 4 chairs. Best offer. 252-1479.

**Kittens** - (2) 1 year olds. Very loving, shots, necessities included. 252-5566.

**Maple trees** - (5) ranging from 6' to 2' tall. \$75. 230-1409.

**Pool** - 30 ft. Round, above ground. 52" walls. All equip. \$1,000. 266-6560.

**Tigers tickets** - Vs. Cleveland Indians, 6/8. \$44. 658-1495.

**Toy Poodle** - Five weeks old, male. Very playful. Needs loving home. \$350. 835-5901.

**Trailer** - '03 26 ft. enclosed. Like new. Very low miles. \$5,000. OBO. 687-6944.

**Treadmill** - Proform. Used, good condition. \$225. 230-1409.

**Waterbed** - Super single, oak finish w/12 drawers. No heater/mattress. \$50. 230-1409.

**Weight bench** - compact in size. Good shape. \$10. 603-0483.

**Wireless router** - Linksys. Works great. \$20. 603-0483.

### Events

**Sub sale** - Maplewood Meadows. North of Maple, west of Belsay. May 22-24.

**Sub sale** - Coventry Sub. Hill and Linden Rd. May 30 to June 1.

**Sub sale** - The Glens. Perry Rd., East of Belsay. June 5-7.

### Wanted

**Outdoor playhouse** - Little Tikes or Step 2. Gently used. 695-1057.

### INK ads?

Submit them online via the Genesys intranet homepage, or email them to [INK@genesys.org](mailto:INK@genesys.org). *Sorry, no solicitation of businesses, please.*