



# ASSOCIATE NEWS

## INSIDE THIS ISSUE

**Apps to Help You Stay  
Connected on the Go**  
page 2

**Hinsdale Awarded Bronze-Level  
Beacon Award for Excellence**  
page 3

**Presence Now Offers the  
World's Smallest Pacemaker**  
page 4

**Annual Flu Vaccine Campaign  
Begins Oct. 1**  
page 5

**AMITA Health Tracks Effort to  
Reduce Environmental Waste**  
page 6

**Volunteer Camp Counselors  
Needed for Hospice Camp Erin**  
page 7

**Days Left to Complete 2019  
Annual Education Modules**  
page 8

**Volunteer Spotlight**  
page 9

**Someone You Should Know**  
page 10

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us at [Communications@amitahealth.org](mailto:Communications@amitahealth.org).

## Collaborative Pilot Program Helps Asthma Patients

Presence Health, working with community organizations, is completing a pilot program to address asthma triggers in patients' own homes. Preliminary data suggests that the effort is resulting in better asthma control for patients.

The pilot focuses on patients of Presence Saints Mary and Elizabeth Medical Center (PSMEMC), which is located on Chicago's West Side. PSMEMC's service area has a higher asthma admission rate than any other service area in the Presence Health system, said Sue Ellen Schumacher, Presence project manager, government grants. The area also has high levels of poverty, poor housing quality and other issues that can have an impact on asthma patients.

Under the direction of Will Snyder, senior vice president and chief advocacy officer, Presence Health partnered with Elevate Energy, a local nonprofit, to launch a home-based asthma intervention. The intervention is based on a successful national model created by the Green & Healthy Homes Initiative (GHHI). GHHI provided free technical assistance to Presence Health on its pilot, via a grant GHHI received from the Robert Wood Johnson Foundation.

With financial support from the Chicago Community Trust, PSMEMC launched the pilot in early 2018. Over the course of the year, pilot staff recruited about 20 uninsured people under age 65 who had had at least one asthma-related Emergency Department visit or hospital admission in the previous year. Participants receive a home visit from a nurse educator, who "comes in and teaches them the



# Connected

## Apps to Help You Stay Updated on the Go

Did you know? There are apps available for download that can connect you to rAMITA and Skype – all from your Apple or Android device.

“We know sometimes associates need to access more than just email on the go,” said Cindi Malisia, director, communication & collaboration for AMITA Technology Partners. “These apps can help you take Skype calls, approve your timecard, check your PTO balance and more - all from your phone.” Malisia said the ATP team is exploring more useful applications that can be deployed to associates in the future.

To download the apps, follow the instructions below. Questions? Contact the help desk for assistance.

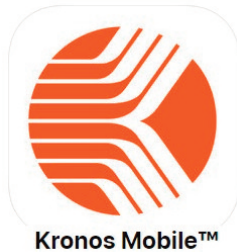
### KRONOS

#### How to Download:

1. Search for the **Kronos Mobile** app in the Apple App or Google Play Store and download the app.  
*\*Please note – there are several versions of the Kronos app in the app store. The correct one is titled “Kronos Mobile.”*
2. Launch the application, and input the following link into the Server field: <https://kronosmobile.ascension.org>
3. On the next screen, enter in your rAMITA User ID and password to login to the app. Please note – the screen should have a mostly white background with a blue bar running across the top. Refer to the job aids on rAMITA (rAMITA/My Links/Associate Links/Connect & Learn/Learn) for more information.

#### Key Features:

- View, edit (salaried only) and approve timecards.
- View paid time off accruals.
- View schedules.
- Request/manage requests for paid time off.



### SKYPE FOR BUSINESS

#### How to Download:

1. Search for Skype for Business in the Apple App or Google Play Store and download the app.
2. Open the app, and sign in using your AMITA Health email address and email password.
3. On the next screen, enter in your mobile phone number and tap Next.
4. Accept the licensing agreement and click Done.

#### Key Features:

- Chat with other associates using the IM function.
- Create a new Skype meeting, or join an existing voice or video call.



# AMITA Health Hinsdale Awarded Bronze-Level Beacon Award for Excellence

The American Association of Critical-Care Nurses (AACN) has awarded AMITA Health Adventist Medical Center Hinsdale with the bronze-level Beacon Award for Excellence for their intensive care unit. The three-year designation recognizes caregivers who successfully improve patient care outcomes and align practices with the AACN's six "Healthy Work Environment" standards. This is the first time the unit has been recognized with a Beacon Award.

There are only 22 critical care units in Illinois with a Beacon Award designation, including the critical care unit at AMITA Health Alexian Brothers Medical Center Elk Grove Village and AMITA Health Adventist Medical Center La Grange. AMITA Health Elk Grove Village was awarded a silver-level Beacon Award for the third time in May, and AMITA Health La Grange was awarded a silver-level award in 2015. Presence St. Joseph Medical Center's CVC Intensive Care Unit was awarded a silver-level Beacon award in 2017.

"I am very proud of our team and all the hard work they put in to obtain this designation," said Maureen Davoren, nursing director at AMITA Health Hinsdale. "We know that it helps us get to a better place, create a better environment and achieve better outcomes, and we will strive to continue this high-level of care."



## Open Enrollment Begins Oct. 29

Open enrollment for 2019 benefits coverage AMITA Health associates begins Monday, Oct. 29 and runs through Monday, Nov. 12.

This year, no action is required to have coverage in 2019 – benefit elections will stay the same as last year unless you opt to make changes. However, if you plan to take advantage of the flexible spending benefit, both dependent and health care flexible spending, then you must re-enroll for 2019 benefits.

"It's always a good idea to review your benefit information, including your personal information and premium amounts," said Tracy Mendoza, director, Benefits. "It's worth the time to ensure your benefits fit the needs of you and your family."

Effective Jan. 1, 2019, all AMITA Health and Presence Health locations will become a Tier 1 network provider. This means associates will be able to take advantage of the expanded AMITA Health network of facilities and providers. Associates will also be able to utilize all retail pharmacy locations, including Presence Health pharmacies.

AMITA Health associates will be able to enroll online or by phone. More information and reminders will be sent to your home and by email in the coming weeks.

Presence Health associates will be transitioning into AMITA Health benefits during this open enrollment period. All Presence Health associates may choose to enroll into new benefit coverage during this time.



# Presence Resurrection Medical Center Now Offers the World's Smallest Pacemaker

Presence Resurrection Medical Center is one of the first hospitals in Illinois to offer the world's smallest pacemaker for patients with bradycardia. The Micra® Transcatheter Pacing System (TPS) is a new type of heart device, approved for Medicare reimbursement, which provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker. The first procedure at Presence Resurrection Medical Center was performed by cardiac electrophysiologist, Erica Engelstein, M.D. on Sept. 4.

Bradycardia is a condition characterized by a slow or irregular heart rhythm, usually fewer than 60 beats per minute. At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal activity or exercise. Pacemakers are the most common way to treat bradycardia to help restore the heart's normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

Comparable in size to a large vitamin, physicians at Presence Resurrection Medical Center have elected to use Medtronic's Micra TPS because unlike traditional pacemakers, the device does not require cardiac wires (leads) or a surgical "pocket" under the skin to deliver a pacing therapy. Instead, the device is small enough to be delivered through a catheter and implanted directly into the heart with small tines, providing a safe alternative to conventional pacemakers without the complications associated with leads – all while being cosmetically invisible.

"We are excited about being able to offer the world's smallest pacemaker to our patients. Among the advantages of this technology are the lower risk of infection and lower risk of complications due to having leads within the blood vessels and heart" said Engelstein. "Also, patients are able to resume their usual activities without restrictions within a few hours after the procedure."

Approved by the U.S. Food and Drug Administration in April 2016, the Micra TPS has been granted Medicare reimbursement, allowing broad patient access to the novel pacing technology.



## Presence Holy Family Medical Center Awarded Guardian of Excellence

Presence Holy Family Medical Center has been awarded the 2018 Press Ganey Guardian Of Excellence award for the second year in a row.

The distinction is given to hospitals who have reached the 95th percentile for each reporting period during the award year for patient experience in inpatient behavioral health. Presence Holy Family's services include a Keys to Recover program, which provides treatment for those struggling with alcohol and drug addiction. Congratulations to hospital and staff on this achievement!



# Annual Flu Vaccine Campaign Begins Oct. 1

All AMITA Health associates are required to receive a flu vaccine. **Associates will have through 12 p.m. Nov. 2 to receive the vaccine.** Associates who choose to receive the vaccination at a non-AMITA Health location will be required to offer proof of vaccination from their provider to Employee Health. Exemptions to receiving the vaccine may be granted for certain medical contraindications and sincerely held religious or ethical beliefs. Staff with an approved declination will be required to wear a mask within 10 feet of a patient during elevated influenza season, as determined by infection control.

Flu vaccines are available in the Employee Health department and will be provided free of charge to all medical staff, associates and volunteers. Hours will vary, so please check iAMITA for a site-specific schedule of available dates and times. If you are offsite, or have additional questions, please contact your local Employee Health office.

**Find Clinic Schedules  
and Locations on iAMITA!**



## Pharmacist Jason Groch Recognized by American Liver Foundation for Work on HCV Clinics

On September 6, Jason Groch, system director, Ambulatory Pharmacy Services, was one of a select group of “Guiding the Journey Honorees” acknowledged at the 2018 Journeys celebration hosted by the American Liver Foundation, Great Lakes Division.

Honoree status is bestowed on hepatology associate health care professionals who have shown a commitment to guiding patients and their families along their journey to liver wellness. An anonymous group of Jason’s colleagues nominated him for this recognition based on his significant efforts in helping to successfully launch and support hepatitis C clinics within AMITA Health Adventist Medical Centers GlenOaks and Bolingbrook.

The Centers for Disease Control and Prevention (CDC) estimates that 3.5 to 5 million Americans have hepatitis C. Only about half are diagnosed, and only a fraction are receiving treatment. “AMITA Health has made a commitment to eliminate hepatitis C throughout our system,” said Rockford Yapp, MD. “Jason has been a guiding force in creating the only two dedicated hep C clinics in Illinois. The success we are already seeing in treating these patients would not have been possible without his support and leadership.”

“I am thrilled to be part of a great team of AMITA Health professionals who wanted to build a strategy to help diagnose and treat this deadly disease within our community,” said Groch. “This was an opportunity to provide dedicated, lifesaving care to patients that didn’t exist 10 years ago. Our clinics make it easier and less frightening to deal with a hep C diagnosis. Within 20-24 weeks, most patients can be completely cured.”

In their first year of operation, AMITA Health hep C clinics have screened or treated more than 100 individuals and have cured 25 patients of the disease.

Jason Groch (center), system Pharmacy director, was joined by Ruth Davis (left), AVP, Digestive Institute and Dr. Rockford Yapp at an American Liver Foundation awards ceremony honoring his work on HCV clinics.



## TRACKING OUR PROGRESS

# GREENSCORECARD

AMITA Health is continuing to track our collective efforts towards reducing the health system’s impact on the environment and the communities we serve. These efforts are in line with Ascension Health’s Environmental Stewardship Program and help us to stay focused on ways we can all do our part to care for the earth.

The scorecard tracks the following initiatives at each AMITA Health facility:

- Decreasing solid waste production;
- Increasing recycling;
- Decreasing biohazard waste;
- Decreasing the pounds of laundered linen, thereby increasing waste water savings;
- Decreasing utilization of electricity.

The icons (at right) demonstrate how we are progressing in our goals. Strides have been made in a number of the categories, including a more than 51,000-pound decrease in the amount of solid waste production at our facilities.

Hospital associates have found their own ways to help reduce energy and costs. AMITA Health Adventist Medical Center La Grange recently hosted a one-day energy reduction initiative, where they asked associates to turn off lights in empty rooms and non-essential machines that might otherwise stay on. The effort resulted in a 10 percent reduction in the hospital’s energy capacity footprint and amounted to \$10,400 in savings.

“We asked associates to consider shutting off things that are always on, but aren’t always being used,” said Jim Today, vice president of Operations. “We know these small bits of effort add up to big savings – both in energy and money. Associates really banded together and rose to the challenge, and their teamwork paid off.”



### MUNICIPAL SOLID WASTE

	Alexian Facilities	Adventist Facilities
Baseline – FY17	325,995	278,869
FY18 – Q2	316,873	283,933
FY18 – Q3	303,607	257,830
FY18 – Q4	307,419	284,280
FY19 – Q1	297,506	256,080



### RECYCLING

	Alexian Facilities	Adventist Facilities
Baseline – FY17	69,135	48,278
FY18 – Q2	98,000	47,073
FY18 – Q3	101,450	39,080
FY18 – Q4	98,840	43,340
FY19 – Q1	79,713	50,160



### RED BAG

	Alexian Facilities	Adventist Facilities
Baseline – FY17	30,925	20,222
FY18 – Q2	26,098	20,291
FY18 – Q3	25,661	20,780
FY18 – Q4	28,115	20,936
FY19 – Q1	28,549	21,239



### SHARPS

	Alexian Facilities	Adventist Facilities
Baseline – FY17	8,368	6,122
FY18 – Q2	8,814	5,985
FY18 – Q3	9,081	6,395
FY18 – Q4	8,766	6,016
FY19 – Q1	8,186	5,906



### LINEN LAUNDERED

	Alexian Facilities	Adventist Facilities
Baseline – FY17	389,691	249,544
FY18 – Q2	318,493	244,086
FY18 – Q3	305,971	242,265
FY18 – Q4	298,087	243,485
FY19 – Q1	302,497	237,843

# Volunteer Camp Counselors Needed for AMITA Health Hospice Camp Erin

AMITA Health Adventist St. Thomas Hospice is seeking volunteers for Camp Erin® Chicago, a free, weekend grief support camp planned for this fall.

The camp will take place from Oct. 19-21 at Camp Manitoqua in Frankfort, IL and is designed to offer support to children and teenagers ages 6-18 who have experienced the death of a parent, sibling or someone close to them. Registrations for campers are also still being accepted, with 10 spots left to fill.

“Camp Erin allows these kids to talk freely, and be honest about their grief,” said Laura Cottrell, camp director and bereavement coordinator. “Volunteers play an important role in this – the campers can freely share with the volunteers and camp counselors in ways they may not be able to with a caregiver or family member.”



Interested volunteer applicants and campers can request an application from Cottrell at [laura.cottrell@amitahealth.org](mailto:laura.cottrell@amitahealth.org). Camp counselors as well as support staff are needed. All volunteers will be required to undergo an interview process, background check and training.

The camp is offered as a partnership between AMITA Health Adventist St. Thomas Hospice and The Moyer Foundation, which has awarded a 10-year, \$100,000 grant to establish the program. It allows AMITA Health to expand its services to the teen population, providing critical support to the community.

## You're Invited!

### PAMPERED IN PINK FASHION SHOWS

Breast cancer is the second most common type of cancer in women. The good news is many women can survive breast cancer if it's found and treated early. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer.



AMITA Health is hosting many special events and programs throughout the month of October to partner with our local communities to raise awareness. On Oct. 25, join us for Pampered in Pink Fashion Shows at your local Macy's store – an evening of fun, fashion and breast health education. Our “Models of Hope” will show off the latest fall fashions and light refreshments will be served.

**All Pampered in Pink Fashion Shows will be held on Thursday, Oct. 25 at 6 p.m.**

Locations are listed below. To register, call 1.855.MyAMITA (855.692.6482). For a full listing of Breast Cancer Awareness Month Events, visit [iAMITA](http://iAMITA.org).

**Macy's Bolingbrook**  
*645 Boughton Road, Bolingbrook*

**Macy's Oakbrook**  
*1 Oakbrook Center, Oak Brook*

# Asthma continued from page 1

basics of asthma, what the triggers are, and looks at the home,” said Gladys M. Aguirre, MSN, RN, Presence Health Community Education Department. “It’s in-home so we can teach them and other members of their family and we can see their home and see what triggers really are affecting their asthma.” The nurse educator also reviews the participant’s medications and care. Patients who don’t have a physician receive a referral.

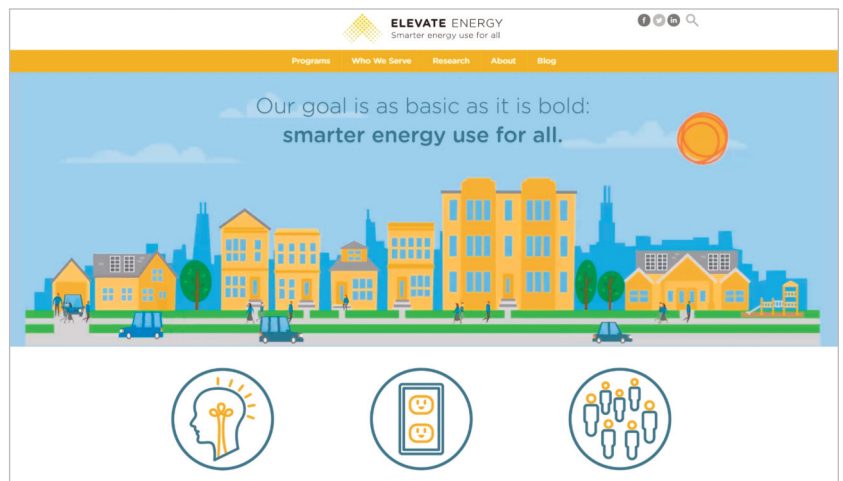
After the initial visit from Presence Health, Elevate Energy does a more comprehensive environmental assessment of the patient’s home. Elevate Energy provides all patients with items to help with asthma control, including mattress and pillow covers, a HEPA vacuum, pest management supplies and green cleaning products. If the Elevate Energy assessment finds more serious issues, those participants receive minor home repairs, including mold remediation or carpet removal.

“This program recognizes that so much of what drives our health happens outside the hospital and doctor’s office,” Schumacher said. “The phrase, ‘ZIP code is more important than genetic code’ is becoming cliché, which is a good thing. It shows that the health care system is recognizing that if we want to improve population health, we have to address the social determinants of health.”

Presence Health is reviewing data from the pilot, and the results so far are encouraging, Aguirre said. The next step is to expand the pilot to include more people. Ultimately, Presence Health plans to seek sustainable funding for the program.

Schumacher said that the success of the program is rooted in cooperation between the health care system and other community-based groups that have input into issues that affect health. “Everyone does have a piece of this puzzle, and it is about learning how to put those pieces together,” she said.

Aguirre agreed, saying, “Nowadays, it’s not just the hospital itself taking care of the patient – it’s the whole community.”



## Five Days Left – Complete Your 2019 Annual Education Modules

**There are only five days left to complete your 2018 annual education assignments.** All associates are required to complete their 11 assignments by Sept. 30. Assignments will appear in the “To Do” list in myLearning. New associates hired January 1, 2018 or after are exempt from these courses, as they are assigned and completed as part of the onboarding education assignments.

Questions about your assigned modules? Contact Latoya Johnson, system learning management lead, at [latoya.johnson2@amitahealth.org](mailto:latoya.johnson2@amitahealth.org).



# Psychology Major Volunteers Her Time at Behavioral Health Hospital

Adriana Sosa is a real go-getter – juggling college, part-time work and volunteering at AMITA Health. The 30-year-old wouldn't have it any other way. She's fully engaged and passionate about everything she does. For the past two years, Sosa has volunteered eight hours a week at AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates.

She packages volunteering with her schoolwork. Sosa is a full-time student at Northeastern Illinois University (NEIU) in Chicago and will be graduating in December with a bachelor's degree in psychology. The Schaumburg resident also works part-time at a bridal salon.

"I really like the mental health area – in particular, severe mental health problems such as antisocial personality disorders and schizophrenia," said Sosa, noting that after graduation she also may be interested in forensic psychology, which combines psychology and the criminal justice system.

On Mondays, she works in the electroconvulsive therapy (ECT) Department. ECT is used to treat depression and bipolar disorder. Sosa helps clean beds in the area, and gathers and organizes paperwork for patient charts – making notes for clinicians.

"Friendly. Pleasant. Dependable. These are three words that I would use to describe Adriana," said Rina Yague, manager of the ECT department. "She approaches life with a smile and a positive outlook. She talks to patients and staff with respect. I look forward to Mondays because I know that Adriana will be with us. It is always a delight to have her volunteer in our department."

Sosa also volunteers in the hospital's reception area – helping staff with paperwork, alerting clinicians if a patient is having a difficult time and escorting patients for mental health assessments. She has also helped hospital staff with a patient survey – asking individuals how they feel before and after treatment.



Sosa said she got involved with the hospital after she completed her associate's degree and had a small gap of time before starting at NEIU. She was interested in volunteering at a psychiatric hospital, applied for a volunteer job and was accepted.

Sosa is now back to school full-time and working part-time along with volunteering. Despite all that, she appreciates the opportunities to learn more about mental health.

"Everyone has been really nice, and they help me get my questions answered," said Sosa.

# Meet Anna Majka

ICU MANAGER, AMITA HEALTH ADVENTIST MEDICAL CENTER GLENOAKS

**Years of Service:** 5 years

**What do you like about working at AMITA Health?**

I like working here because of the culture, values, and mission of the organization. AMITA Health treats their employees well – we are provided with the resources and training in order to give our patients the best care. I like that it's a faith-based organization that also incorporates a spiritual aspect in the holistic care of every individual.

**How did your career path lead you to this job?**

Growing up, I always knew I wanted to be in the medical field but did not know exactly what I wanted to do. When my aunt got sick, I spent a lot of time in the hospital with her and saw how the nurses were compassionate and knowledgeable. Since that moment, I have aspired to be a nurse and take care of others.

**What event or incident has impacted you while working at AMITA Health GlenOaks?**

Last year, I was taking care of a patient that was about to pass away. She had no family from Chicago, and her daughter was traveling here from Las Vegas. Her daughter had called me right before she got on the plane and I had told her that her mom's vital signs were not looking favorable, but I assured her I wouldn't leave her side.

The patient had passed away an hour later. When the daughter landed, she called. I told her not to rush, and that I would try and get permission from my director to keep her mom in the room until she arrived to say her goodbyes. She came within the hour and expressed her gratitude of letting her see her mom before we had to move her. It stuck with me, because it made me feel like I made a difference for this daughter and it reminded me of why I became a nurse.

**What is the most important lesson you've learned on the job?**

Teamwork! In my experience, working alone will not get you far, but working together improves the ability to succeed and bring better outcomes.

