

# TYLER *Times*

A publication for the employees of Tyler Memorial Hospital

June, 2005

## The Ethical Life

*Finding courage to do the right thing*

Has this ever happened to you? Someone shares malicious gossip. You hear a neighbor's child cry out from abuse. You listen politely while someone makes a racial slur. You hear a juicy tidbit about a new nurse. What do you do?

It's all too easy to do nothing. We all want to fit in, be accepted and not be considered a prude. To develop the courage to act morally, start with small situations. When you hear the gossip, object to it. Tell the offending joke teller you don't appreciate the cruel remark. Soon you will realize that you can do something about injustices - if only to not sit by.

When you aren't sure what to do about an ethical problem, get advice from someone you respect: a friend, religious leader, or family member. Discuss solutions suggests Rushworth Kidder, author of Moral Courage: Ethics in Action (William Morrow). Think of a role model. Make it someone who you know would do the right thing under these circumstances.

Kidder suggests the "Mom" test. What would Mom do? If you would hesitate to tell her you wouldn't take a stand, you probably should.

He also likes the newspaper test. Consider how you would feel if what you are about to do, or not to do, would show up in the headlines of tomorrow's newspaper. If you're uncomfortable with that, you have a pretty good idea that your course of action is wrong.

Quoted in Health, Kidder says you shouldn't be afraid to follow your first instincts. If you are confronted with evil and just know you have to do something about it, go ahead and do it.

That's what being ethical and courageous is all about. And your actions will speak volumes to your children without a lecture.

## Bug of the Month

Kathy Ritter, RN, *infection control manager*



Microbe of the Month  
By Roger P. Freeman, DDS

OK, so maybe my family (actually, my kingdom) doesn't technically qualify. But I am microscopic, relevant and considered -- in the finest circles -- to be an "honorary microbe." Oh, to be worthy of the MOM column! Nine hundred species should qualify me for something and what's a cell or two, anyway?

As for me, I've been known to "nosocomate" a ward now and then, doing my damage by inhalation from ventilation systems, and especially during those nice hospital renovation projects. Spores, galore! I'm found all over the place, in soil (check those potted plants), foods, grains and also in yummy building materials like plaster, sheet rock, wood and the like. As you can see, I'm heavily into the organic food thing.

I'm composed of gloms of hyphae strung together, growing by extension and branching. (A lot like Aunt Thelma's hair.) My bi-polar infectious personality ranges from benign colonies of respiratory residence to some really bad b-v invasions. I'm usually pretty harmless to the healthy among you; I will sorely misbehave in the suppressed. Or I might decide to couch-potize, lounge around, maybe just cause an allergic rx or two.

Now here's the fun part: although I can be a deadly dude in some forms, I'm getting most of my press today as a social "wallflower." Whaddyaknow about that foul, creeping, smelly, moist, dark-stained Rorschach-o-rama next to your sinks, your appliances, behind

the fridge? Have you had an unexplained urge to sue someone lately? After all, my freres and I are fast challenging our asbestosis buds for the enviro-enemy Emmys. New vocabularies have sprung up where we doth sprang: "remediation," "abatement," "MVOCs" (nasty-gas to us civilians). Just for fun, have your walls tested; behold as the plaster police punch-biopsy them to look like fromage-suisse.

Also, there seem to be a lot of "experts" on the subject (me). Caution: many are of the home-grown variety and may not warrant entrusting them with your alveoli. My formal name in French means "sprinkling" (love those romance languages), but it reads more like a vegetable. My species bros have names like flavus, restrictus, fumigatus. Sounds like the cast of Gladiator.

For a lifetime supply of penicilium or a really nice gift, whichever is most irresistible, name my not-so genial genus and my high-profile, household mate.

The answer to last month's "Bug" was legionella or legionares disease. The lengthy list of correct answers includes Pam Shields, Kim Byrnes, Debbie Traver, Diana Norieka, Jill Smith, Amy Cook, Carol Jonas, Doreen Stevens, Mary Sue Kenny, Karen Feldner, Dr Swisher, Maureen Newhart, Dorothy Culver, Mary Mock, Cindy Leclitner and Jan Holbrook. Wow!!! That one was way too easy. If you know this month's bug call Kathy Ritter at ext.242.

My deepest apology to Mary Sue Kenny who was mistakenly identified last month as Sue Ann Kinney. I understand that she was subjected to much humiliation and ridicule by her coworkers. I am sincerely sorry for any mental anguish or other torment that she was forced to endure as a result of my error.



## INSIDE THIS ISSUE

- 2 Campaign Update
- 4 A Sip of Spring
- 6 Thank You
- 6 Spring Education
- 7 Looking Great
- 8 Bug of Month



## Million Pound Meltdown

**D**o you want to lose weight and have an opportunity to win \$1,000? On June 14 you may have your chance when the Million Pound Meltdown comes to Tyler.

Blue Cross of Northeastern Pennsylvania, WBRE-TV and WYOU-TV are launching The Million Pound Meltdown, which challenges overweight individuals to lose a combined one million pounds and reverse the obesity epidemic that's gripping our region.

The program encourages every overweight person to seize control of his or her health by taking the first steps towards living a longer, healthier life.

The Million Pound Meltdown is a year long effort that features an extensive awareness campaign. It officially kicks off June 8 with a 14-day, county-by-county "walking and talking" tour by Gary Marino, a former 397-pound self-described 'food addict' who has lost nearly 150 pounds over the last few years. That includes 45 pounds he lost while walking 1,200 miles from Florida to Boston last summer.

Now weighing 245 pounds, Marino

will host events with Dr. Carmella Sebastian, BCNEPA's chief medical officer, and Kerry Shahan, co-anchor of Pennsylvania Morning. Local residents are invited to join them.

When Mr. Marino visits Tyler on June 14, 1-3 PM, he will offer a short motivational talk followed by a group Mini-Walk around the hospital grounds. Tyler will provide healthy snacks, giveaways and free blood pressure checks.

To encourage our staff and community to take the first step toward better health, the program will award three, \$1,000 prizes to participants in Wyoming County. To be eligible, you are encouraged to lose ten pounds by the September drawing.

The event will be held on the hospital front lawn. Hospital staff, family and friends are encouraged to attend. Children are welcome.

Serving on the event committee are: Ron Coolbaugh, Gayle Gipson, Diana Noreika, Maria Thorne, Jackie Davis, Sherry Sprague and Gladys Bernet. If you would like to help, call Gladys Bernet @ 301.

# Nurses' Notes

Denise Gieski  
Director of Nursing

## Joint Commission Visit

As you know, we are expecting a visit from the Joint Commission at the end of this month (June 27-28, 2005). As was explained in the JCAHO Education Days, surveyors will be talking to staff, discussing patients, and systems and processes within your departments. Just remember – you do know the answers!! You know how things work here better than anyone. Just take a deep breath, think, and share your knowledge. If you don't know the answer to something, but know where to get the information, tell the surveyor that. Someone will always be with the surveyor – Brenna or myself, most likely your department manager, and possibly other staff members. Feel free to help each other out in discussions with surveyors. Patient care is a team effort and getting through a survey is as well.

I know we will do well, and I want to thank you in advance for all your efforts in preparing for the survey, and interacting with surveyors.

# Campaign Update

*The Foundation mailbox never echoes thanks to the generosity of people who care.*

Thank you, employees and practicing physicians who have already contributed to the Tyler Health Foundation's Annual Hospital Campaign! Your support in sending the message that we believe strongly in the work we do in improving the health of our community is appreciated.

If you're still considering making a contribution to the Hospital Campaign, please remember that every very tax-deductible contribution counts, no matter how great or how small the donation might be. Take advantage of the free giving incentive by returning your form with a qualifying contribution by June 24th to receive great logo apparel or gear!

If you already contributed to the most recent Community Campaign, don't miss out on your giving incentive. Your contribution, made between the months of March and May 2005, qualifies. Several employees who did contribute to the Community Campaign have already stepped forward for their complimentary incentives. Do you qualify?

Also, an important reminder for a change in Hospital Campaign protocol: Even if you have arranged for automatic year-to-year payroll deduction in the past, you still need to return a completed and signed form as the Foundation is legally required to have up-to-date approval on file. Payroll deduction cannot continue after June 30th without a completed form on file.

Thank you for both your support and consideration in participating in the Hospital Campaign. Your generosity makes a difference in the lives of our patients.

Shana Tesluk, director

*Please welcome the following new employees:*

Killian, Robert Mark  
MICU

Bratt, Kari  
Johnson, Heidi  
Radiology

LaBarre, Melissa  
ED

Hotaling, Amelia  
Karpich, Kelly  
Ryce, Angela  
Nursing Administration

## Tyler Home Health

We are happy to announce that we have two, new RN's, Barb Smith (*per diem*) and Barb Layaou (*full time*), and a new part time aide, Brandi Whytashek.

THHS aide, Laura Boom is expecting a baby in December 2005.

THHS has been in-serviced on Hospice and Palliative care by Hartland Hospice.

Bob Cooney

# We Look Marvelous... Simply Marvelous



Students from Tunkhannock Area School District treated Tyler to a little makeover of our own recently. Students, (top,) take a break from working beside the front patio, while a group, (center) mulch and plant in the circle outside Outpatient.

Tony Wisnosky, transition specialist TAHS poses with sister, Jackie Davis, housekeeping supervisor and Ron Coolbaugh, plant engineering manager who coordinated the event for the hospital along with Jill Smith, HR manager.

**W**hat's wrong with kids today? Not a thing, according to our hospital, which is benefiting from the the hard work of 60 Tunkhannock Area High School (TAHS) students, who spent a day in May doing volunteer landscaping at the hospital.

The students, some from the school's Plant Life Class, taught by Karen Kutish, and others from the Learning Support Classes taught by John Jarden, Kim Fraizer, Betty Walko, Lee Ann Carey and Michelle Marchetti, and a third group from Wyoming County Youth Leadership spent a full day weeding, mulching and planting throughout the hospital grounds.

Coordinating the day's activity was Tony Wisnosky, a transition specialist with TAHS and head of Wyoming County Youth Leadership, an organization he founded five years ago to help students develop their work and leadership skills.

The seed money for the program came from a "Stay and Invent Pennsylvania" grant designed to encourage young people to work and live in Pennsylvania. According to Mr. Wisnosky, one of the goals of the program is to teach students, what he calls, soft skills like: the importance of showing up on time; actually doing the job; calling in sick; getting along with others; how to get to a job; exposure to different types of jobs, salaries; how to write a resume, etc.

Students have participated in 19 activities so far this year that range from service projects, like the work at Tyler, to recreational adventures. "These are great kids," said Ron Coolbaugh, plant engineering manager for Tyler. "We are very grateful to Tony and the students for all their hard work in helping us beautify Tyler."

# Education program is in full *spring*

Check out all the education offerings for spring and summer. There is sure to be something to interest you in this variety of programs. Contact Gayle Gipson, education guru @ 281 for info.

## **CPR June 9,**

Full Class 8 to 11AM.

Quiz & Demo only offered in half hour intervals from 12:30 to 3:00 PM. Call 281 to reserve your spot.

## **Next CPR Class in on July 19,**

Anyone interested in becoming a CPR Instructor is asked to please call Gayle.

## **Heartsaver CPR & First Aid Class June 13,**

Cost: \$45.00.

Everyone needs to complete the **Safety "MEET" and HIPAA Security**. If you have not completed, see your Department Manager.

## **Health & Safety Certification:**

**June 14, 2005, 10:00 AM in the Blue Room**

## SUMMER COMMUNITY PROGRAMS

All programs at the Tunkhannock Library at 7:00 PM

June 15

**Alzheimers Program** featuring Judy Seroski

June 23

**Brain Attack** featuring Carol Berry, RN, MHA

June 28

**Sleep Apnea** featuring Dave Washo, Sleep Lab of NEPA

July 26

**West Nile Virus** featuring Kathy Ritter, RN

August 30

**Hot Tips for Sun Safety** featuring Valerie Bell,  
Department of Health

## **Wilson Family**

Woody and I would like to thank all the staff at Tyler for their wonderful support during Kay's (Wilson) recent passing

The flowers, food and cards and luncheon held at the Tunkhannock United Methodist Church are very much appreciated.

The money donated to the hospital in Kay's memory will be used for a variety of projects. We again thank everyone for their sympathy and support.

Harry Wilson

The following were honored through the *Caught in the Act* program for May:

Glenn Shoemaker \*

Maureen House

Betty Urpack

Linda Sheldon

Mary Sue Kinney

Sharon Kintner

\* gift certificate winner

## **Endless Mountains Gardeners Tour Benefit**

### **TYLER LABYRINTH**

June 11, 10 - 4 PM

June 12 Noon - 4 PM

**Tickets: \$10 available  
Gay's True Value,  
Prince Hotel, People's  
Bank, Meshoppen or  
call Michelle Carpenter  
836.7431.**

## **In Sympathy**

Once again the Tyler family mourns a loss. We extend our very deepest condolences to Gerri Zionkowski, nurse manager, ICU and her family on the tragic death of her husband, John.

## **Anderson Family**

We want to take this opportunity to extend heartfelt thanks for all your help and support for the Anderson family.

For each of you who took the time to donate to the baskets, to sell tickets, to buy tickets or make a donation to the fund; you are the best.

The generosity and unselfishness of everyone here made it a little easier for Terry and his family during this very difficult time. We were able to collect over \$3,500.

Again, a huge thank you to all of you. The measure of caring is beyond compare.

Sincerely,  
MICU and ED Staff

**A complete list of  
basket winners is  
posted in the  
cafeteria.**

# The Juniors are coming. The Juniors are coming!

**T**he 2005 Junior Volunteer Summer Program is off and running! This year's crop of teens are going to see a few changes in the program. Juniors will be rotating through Maintenance, Medical Records and Med Surg. Seniors and returning juniors will be assigned to one department. Each new volunteer will spend two weeks each with Maintenance and Medical records and four weeks on Med Surg.



Juniors from a few years ago pose with their certificates. The 2005 crop of teens start on June 20..

## **Junior Volunteers for summer '05 are:**

From Lackawanna Trail High School:

*Christina Benedict, & Albert Bennett.*

From Wyalusing Valley Jr. Sr. High School:

*Christina Cheri, Justine Stewart, & Miranda Hamilton.*

From Elk Lake High School:

*Karley Mosier, Suzanne Crockett, & Ashley Wilson.*

From Tunkhannock Area High School:

*Miranda Killian, Maria Thorne, Liz Voda, Kate Gibbons, & Sandra Heeman.*

From Montrose Area Junior Senior High School:

*Abigail Warner*

Junior Volunteers will begin with an Orientation On June 20. The orientation will cover information on customer service, infection control, confidentiality, fire safety, and (my favorite) how to make a bed. The juniors will be with us for eight weeks. Look for and welcome the teens in the bright red shirts as they join the Tyler Family of Volunteers!

Maria E. Thorne, volunteer director **3**



## A Sip of Spring

The Tyler Memorial Hospital Activities Committee held a Wine Tour to Seneca Lake, NY on Friday, May 6. The group of 40 employees, volunteers, family and friends started out the day by taking an actual wine-making tour at Fox Run Vineyards.

The group then ventured on to Anthony Road Wine Company where the folks at the winery arranged tables and chairs for everyone to enjoy a tasty boxed lunch provided by our dietary department.

The weather cooperated and the group was able to enjoy the beautiful scenery of the lake while wine tasting and shopping at Prejean Winery, Four Chimneys Farm Organic Winery, Woodbury Vineyards and Ashley Lynn Winery where many enjoyed a "wine smoothie."

Raffles were also held during the day with two wine baskets and monetary prizes awarded. Running ahead of schedule, an additional stop was made at Glenora Wine Cellars.

A great time was had by all! Tour coordinator, Pamela Shields adds, "I'd like thank everyone who attended to make the day a huge success. Special thanks to the dietary department for providing lunch and to Ron Coolbaugh for helping to transport supplies.

Hopefully everyone's interest will continue and I'll look forward to another tour in September.

*Top: A group of 40 wine enthusiasts enjoyed a day of wine tasting at Seneca Lake, NY sponsored by the Tyler Activities Committee.*

*Center Photo: Ann Fisk-Ware, lab pours a glass of wine for Betty Platt, Kozy Korner volunteer.*

*Bottom Photo: Jim Maillet does the honors as wife, Lorraine, looks on.*

*Photos taken by Pamela Shields.*

## Second home an investment?

Is the equity in your home security for your retirement years? Many investors don't see it that way. To them, it's money that's not earning anything on its own.

Refinancing has freed up huge amounts of cash in the U.S. Much of this money is going right back into real estate.

About 36 percent of houses purchased last year were second homes. According to the National Association of Realtors (NAR), 13 percent were bought as vacation homes, and 23 percent were bought as investments.

Experts say home values are not rising as fast as they were, but there's still plenty of profit ahead despite the talk of a real estate bubble ahead.

In 2004, home prices rose an average of 10.7 percent across the U.S. Gains varied in all areas of the country. The value of homes in Las Vegas rose 47.3 percent in 2004 where the median price of a home is now \$281,400.

Refinancing is not the only option for those wishing to take cash out of their homes. Home-equity lines of credit are averaging 4.2 percent for smaller lines and 3.7 percent for larger ones according to Bankrate.com.

People who will rent out a home or condo they own should get enough income to pay the mortgage, taxes, insurance, and maintenance, plus a reserve fund.

Draining cash from a home is most productive for people in their middle years who have a secure job. They should aim to have a home mortgage free at retirement. Then, if they cash out, they might double their original investment.

Although the real estate market in Woming County isn't quite as hot as Las Vegas, values are rising. Houses that just a few years ago sold in the 80s are now in the low 100s - at least, something to think about.

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13				14				
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16	17	18				19	20	21
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## Musical Horses

### Across

1. Computer science acronym
5. Masticate
9. Hideout
10. Desire
11. A home on high
12. Ajar
13. Structures built of stone or brick
15. Graphical user interface: Abbr.
16. Military trainee
22. Algerian city
23. Sawbucks
24. 53, in ancient Rome
25. Norse goddess of old age
26. After bath powder
27. The Devil \_\_, team

### Down

1. Little neck, for one
2. International Atomic Energy Agency: Abbr.
3. Gentlemen
4. Of or relating to very low temperatures
5. Church singer
6. Arizona Indian
7. Fencing sword
8. Cysts
14. Pecan or cashew
16. Revolver
17. "Salome" solo
18. Lower house of the parliament of the Republic of Ireland
19. Goddess of the dead
20. Deeply
21. Greek letters