



E-News ONLINE is St. Mary Medical Center’s virtual newsletter sent to all SMMC e-mail users every other Friday. Please print, distribute, or post E-News Online for staff members who do not have access to e-mail.

******* TOP OF THE NEWS *******

St. Mary Medical Center Announces New Foundation and Hospital Board of Trustees



St. Mary Medical Center Newly-Elected Foundation and Hospital Board Members: Front (l-r): Drew Gagner, St. Mary Foundation President; Robin Perry; Dr. Minnie Douglas; Gina Smith. Back (l-r): Dr. Marie-Laure Hinton, Jason Traut, Terry Geiling. Not pictured: Sabina Gault, Brent Tjarks, Karen Anderson, Anita Edwards, Dr. Noel Hacegaba, Kraig Kojian and George Murchison, Foundation Board Chair.

St. Mary Medical Center Foundation has announced five new members to the Foundation Board of Trustees and six new members to the Hospital Board of Trustees.

The newly elected trustees of the Foundation Board include Dr. Minnie Douglas, Health Education Consultant and retired Professor of Nursing/Health Education, Long Beach City College; Sabina Gault, Founder, Konnect Public Relations; Brent Tjarks, City National Bank Economic & Government Relations Officer; Jason Traut, CFO, Superior Printing, Inc.; and Gina Smith, retired Realtor. They will serve with 52 current board members under the leadership of George Murchison, Foundation Board Chair, Long Beach accountant and business leader.

The St. Mary Foundation is a vehicle for charitable giving to the Medical Center, accepting contributions that benefit various health care programs, projects, and medical services including St. Mary’s Centers of

Excellence: Cardiology, Women’s Health, Orthopedics, and Bariatrics. Foundation board members serve in a fiduciary capacity and oversee the Finance Committee and Grants Committee, and serve as advisors to the Foundation and hospital.

Newly elected Hospital Board of Trustees members include Karen A. Anderson, Attorney, Law Office of Karen A. Anderson; Anita Grace Edwards, Attorney, Law Offices of Anita Grace Edwards; Dr. Noel Hacegaba, Executive Officer, Long Beach Board of Harbor Commissioners; Dr. Marie-Laure Hinton, Professor of Spanish and French, Long Beach City College; Kraig Kojian, Communications and Events Manager, Downtown Long Beach; and Robin Perry, Attorney, Law Offices of Robin Perry & Associates. They will serve with 84 current Board members. Terry Geiling, President/CEO of the Gold Star Manor, is the Chair. Hospital Board members serve as ambassadors to the civic and business community for a three-year term and share their insights and leadership skills with hospital administrators and staff.

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**** HUMAN RESOURCES NEWS ****

The St. Mary Employee Service Awards

The St. Mary Service Milestone Awards will be on Thursday October 6, 2011 from 12 noon to 2 p.m. in HEC A & B. The invitees will be treated to a fantastic lunch, entertainment, and special presentations. Please congratulate your colleagues on their many years of service to St. Mary!

45 Years

· Timothy Flaming ·

40 Years

· William Chihak ·

35 Years

· Geneva Brown · Rebecca Dominguez · Sandra Dowdy · Stephen Dunn ·
· Meno Elma · Lori Kawaguchi · Rachel Nething · Mary A. Murphy · Maria Ortega ·
· Esperanza Porciuncula · Susan Saka · Norma Shipp · Sharyn Skeen ·

30 Years

· Gemma Baldonado · Laura Cargill · Robin Diaz · Chita Enerio ·
· Joseph Esparza · Angelito Genuino · Johnny Gibson · Daneen Groom ·
· Gloria Hernandez · Jan McGilvrey · Diane Morsillo · Diana Myers ·
· Joyce Nanbara · Rafael Navales · Maria Saito · Mercedita Sanchez ·
· Sharon Sauser · Philip Simmergren · Teresita Sinio · Deborah Smith ·
· Clarice Verney · Evelyn Wada · Robert Wadey ·

25 Years

· Raymond Cano · Janet Carfi · Cathy Ferguson · Susan Hoenisch · Elena Mora ·
· Marilu Navarro · Margarita Reyes · Luvinia Taylor · Alisa Termon ·
· Sangita Vandermeer · Elva Vazquez · Kim Whitsett ·

20 Years

· Joan Acord · Eduardo Arce · Cindy Campbell · Roger Cuenca · Hamid Dehdashtian ·
· Dennis Dimarucot · Wayne Dirickson · Beverly Fleming ·
· Irene Fukui · Elva Galvez · Gail Gardner · Rick Glover · Lourdes Gonzalez ·
· Maricela Goodman · Teresa Groves · Catherine Hirokawa · Daaiyah Jordan ·
· Veronica Mathieson · Enriqueta Mendoza · Sandra Moore · Thanh-Cam Nguyen ·
· Celsa Nierves · Janie O' Reilly · Doris Perkins · Rommel Porciuncula · Carolyn Reeves ·
· Kimberly Sand · Rosalba Sandoval · Sandy Shukla · Teresa Skubal ·
· Nancy Stevens · Elisa Thornton · Erlinda Uy · Marian Vales ·
· Sofia Vargas · Sandra Welke · Becky Yourex · Maria Zendejas ·

15 Years

· Juan Aguilar · Caryl Akamichi · Steve Aragon · Daisy Banzon ·
· Virginia Cercena · Martha Choza · Imelda Delgadillo-Mosqued · Scarlett Fearington ·
· Olivia Gonzalez · Brian Haack · Somalia Ing · David Jimenez ·
· Sarah Kuaea –Venegas · Suzanne Lane Orr · Mario Mateo · Jennifer Ortega ·
· Bella Ramos · Edward Sanchez · Archie Stafford · Sue Tam · Cherry Williamson ·
· Ronnel Wilson-Nichols ·

10 Years

- Welhelmina Abellera · Debbie Acevedo · Tracie Adams · Jerry Afanador ·
- Fatima Alihijara · Ninarose Andersen · Mary Asami · Cristobal Badillo ·
- Eva Baltazar · Vanessa Baltazar · Sandra Bazant · Virginia Bohr · Curtis Brown ·
- Drema Burney · Sherry Cabebe · Tiffany Charles · Katherine Christian ·
- Maria Cisneros · Carl Conley · Raquel Cortez · Peggy Davis ·
- Maria Genevir Del Mundo · Denise Espino · Lourdes Fernandez –Roth ·
- Sara Gamboa De Morales · Maria Gonzalez · Jennifer Herbert · Sara Hernandez ·
- Joan Hibbert · Gregory Jeffers · Terrell Johnson · Kameal Krukenberg ·
- Alice La Rue · Ralph Lee · Antoinette Lung · Juanita Macias · Ellen Makos ·
- Daniel McCartan · Stephanie Mckinney · Michael Mercado · Albert Moser ·
- Ana Orozco · William Paige · Catherine Pearce · Lauren Peiser · Maricela Pena ·
- Veronica Perez · Ricky Pouncey · Hilda Revolorio · Aracely Rodas ·
- Dominic Santos · Mimi Sisawang · Robert Stanton · Lucia Tafoya · Lorna Thoppiyil ·
- Robert Thurlkill · Michelle Venable · Catherine Whitaker · John White ·
- Debra Young · Mary Zendejas ·

5 Years

- Joan Abutan · Stephen Adams · Marie Christine Agoncillo · Andrea Allen ·
- Poh Koon Ang · Crimalis Ayerdis · Sergio Banuelos · Rebecca Barry ·
- Chatara Bass · Synthya Batiste · Salve Bautista · Alberto Bermudez ·
- Marlene Brown · Barbara Bryan · Amporo Buell · Melissa Cabel · Jemina Cadores ·
- Teresita Canada · Christopher Cascone · Wendy Castillo · James Chandler ·
- Albert Chung · Elizabeth Crljen · Janel Cruz · Brian Deshler · Fr. Emmanuel Dow ·
- Lindsay Dubuque · Kelly Esparza · Mercedes Espinoza · Byron Folgar ·
- Dale Francis · Breanne Gameroz · Lani Garcia · Sendy Garcia · Ramesh Giri ·
- Maria Paz Goco · Sorelly Gomez · Irene Gonzales · Porsha Gray ·
- Erika Guerrero-Gildo · Regina Guiang · Joseph Hanzlik · Monica Hernandez ·
- Denise Holland · Chaka Holloway · Juliet Hontiveros · Raydene Ilagan ·
- Gary Iwakoshi · Jeanellus Jackson · Leah Jacob · Joseph Javier · Lisa Johnson ·
- Luis Jornacion · Daniel Kassel · Rosemary Kidd · Jason Klauk · Gricel Lawson ·
- Theresa Lee · Cynthia Leung La · Ruby Leverett · Art Lima · Hermie Lopez ·
- Julie Lopez · Cynthia Marquetti · Andre Melendez · Jesusa Luz Mendoza ·
- Terri Miller · David Parro · Phey Penuliar · Eleanor Perez · Dina Poppleton-Smith ·
- Anjana Poudyal · Rodolfo Puentes · Jewel Ramirez Zapata · Neill Ramos ·
- Jo Yvette Reyes · Rosa Reyes · Jeannie Reynolds · Rebecca Robinson ·
- Maria Rojas · Elmor Romana · Courtney Rowin · Robert Ruzicka · Daniel Saavedra ·
- Alekhine Sabalo · Ernesto Sammaniego · Todd Sheets · Subita Shrestha ·
- Cecilia Silva · Jennifer Siron · Kelly Slater · Dan Smith · Javier Soto ·
- Vanessa Stipp · David Stroup · Cheryl Sutliff · Jeanne Tapia · Beatriz Torres ·
- Carlos Valderrama · Miguel Valenzuela · Katherine Van · David Velasquez ·
- Javier Villarreal · Alex Villarruz · Yanlin Xiong · Sunnary Yang ·
- Gloria Yuzon ·

Luncheon will be on October 6th 2011!!!

Contact Todd Sheets at 562-491-9684 for any questions.

EAP CORNER

Time Management: Remember the Basics

Good time management can help you find the following:

TIME FOR YOURSELF

An important part of time management is to allow time for yourself. You need special times to be alone or time to do something just for yourself. There should be a few minutes every day when you do not have to answer to anyone, but can do exactly what you want to do. Give yourself a special treat once in a while—go somewhere or do something special. These small things can serve as rewards from past experiences and encouragement for the future.

TIME FOR YOUR FAMILY

Who are the most important people around you? Members of your family demand a lot of your time. They depend on you for many things. You also depend on them in other ways. That is why time with your family is so important. Although it may seem that you have an endless amount of things to do, there are certain times when you need to let outside or household work go and consider your family's feelings. You are an important part of your family and you need to recognize that you can balance their need for you with your need for time by yourself. Sometimes, when you give more time to your family, you find that the other tasks seem less important than you thought.

TIME FOR OTHERS

Many others—friends, neighbors, people you work with on volunteer projects; church, school, or other organizations; other community interests; and people at your job—also need some of your time. This shared time is of benefit to you also. When time is limited, you need to set priorities in this category also.

HELPFUL HINTS FOR TIME

- Investing time in yourself is like refilling the ice trays! There will be something there the next time you need it.
- "No" is a word that needs a more prominent place in everyone's vocabulary.
- If you are here today, and take no action tomorrow, you will be exactly where you were yesterday.
- It is important to make time in your life for your family, hobbies, and civic concerns, just as it is important to work at work.
- "If we take care of the minutes, the years will take care of themselves." —*Benjamin Franklin*
- Time is life. You waste your time; you waste your life.
- Nothing controls your time unless you give it the "OK." Time management is self-management.
- Everyone has the same amount of time; they just choose to spend it differently.
- Dovetailing is a way to get more out of your time by doing more than one thing at a time.

Time is not an enemy but an opportunity. Used wisely, it feeds success; used poorly, it leads to failure.





Supplemental Life Will Preparation

MetLife

Something many need, but very few have.

With Will Preparation, you can have a will prepared, easily and affordably.

If you're enrolled in MetLife's Supplemental Life Insurance coverage, you and your spouse may take advantage of the Will Preparation benefit.

It is offered through Hyatt Legal Plans, a MetLife company, and fully covers the legal costs associated with having a will prepared or updated, when using an attorney who participates in Hyatt Legal Plans' network.

Virtually everyone needs a will. Without a will, a person's assets are generally distributed according to state law, regardless of his/her actual intentions. Having a will can help you set important decisions—such as who inherits your property, who handles your affairs, and who will care for your children.

It's easy to use the Will Preparation service. Simply call Hyatt Legal Plans' Toll-Free Number, 1-800-821-6400, Monday – Friday, 8:00 a.m. – 7:00 p.m. Eastern Time to speak to a representative. You'll be asked to provide your company name, **Catholic Healthcare West** and **Group # 114178** and your Social Security number. The representative will assist you in locating a participating plan attorney in your area, and provide you with an authorization number you'll need when you or your spouse makes an appointment. (You may also use a non-participating attorney and receive reimbursement for covered services according to a set fee schedule. In this case, you will be responsible for any of the attorney fees that exceed the reimbursed amount.)

People procrastinate for many reasons, but thanks to the Will Preparation service, you can prepare or update a will easily and affordably. And, you'll add to your peace of mind knowing that you're helping to protect your family's financial future.

***** HOSPITAL AND DEPARTMENT HIGHLIGHTS*****



Pediatric Clinic staff members (front) Karina Yuman, MA (back from left) Kim Thompson, RN; and Georgina Alvarado, MA.

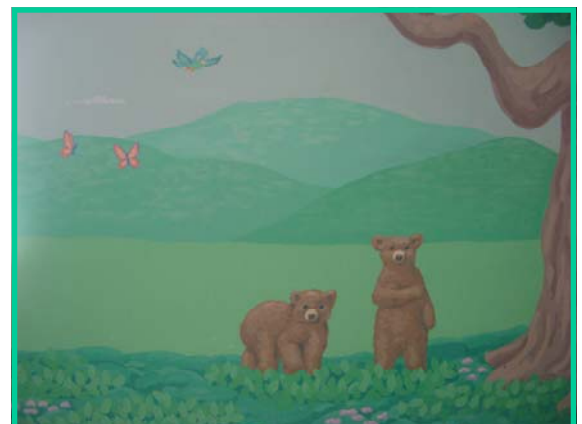
St. Mary Medical Center Pediatric Clinic Opens Doors

On Monday, September 19, 2011, the St. Mary Medical Center Pediatric Clinic at 529 E. 10th Street opened its doors and began to see new patients. "We are pleased with the results, and we look forward to serving the needs of children in our community," said Eleanor Cochran, Senior Director of Strategic and Physician Development, who also manages the OB/GYN Clinic.

The Clinic is fresh and bright, and is decorated with pastel-colored scenes that represent nature and the great outdoors. Children and their parents will be able to enjoy paintings of bear cubs, fawns, butterflies, and more while they wait to be seen. Come by, take a look and say hello to the staff!

A blessing ceremony is planned for next month.

Thank you to our donors for their kind generosity!



***** **HOSPITAL AND DEPARTMENT HIGHLIGHTS (continued)*******

Faith Ambassadors Get Disaster Preparedness Training

Kathy (Crow) Dollarhide, St. Mary Disaster Resource Center Coordinator, recently gave an informative Disaster Preparedness training presentation to the Faith Resource Ambassadors on September 12. The Ambassadors Program supports Parish Nurses and Health Ministries through education, screenings, and information.

Is your faith community a part of it? Join St. Matthews, The Rock Christian Fellowship, Antioch Church, New Philadelphia AME, Bethel CME, St. Dominic Savio, Bethel Reform Church, Christ Second Baptist Church, Prevailing in Christ Ministries, Los Altos United Methodist Church, and other churches in this Community Outreach effort. For more information, please contact Rachel Plotkin at rplotkin@chw.edu or (562) 491-9066.



Former Pharmacy Director Transitions to New Role

Please join Administration in welcoming Miguel Gutierrez to his new role as Director of the Family Clinic of Long Beach, C.A.R.E. Program, and Pharmacy Operations. Miguel has been with St. Mary since 1995, working most currently as the Pharmacy Operations Director which includes management of the retail pharmacies on campus. Miguel steps into his new role with plans to maximize resources for operational efficiency and develop business for the programs.

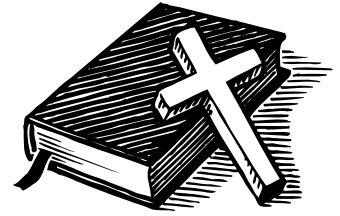
Blood Drive Commemorates 9/11

The blood drive on September 8th had more than 60 participants! Thank you to all those who donated blood! Thank you also to our partners in this drive Senator Alan Lowenthal and Councilmember Dee Andrews.

A huge thank you goes out to the Aquarium of the Pacific for the ticket each donor received!



Forgiveness Means Touching the Holy!



My Dear Friends:

The Holy Scriptures propose to us quite a few remarkable ways and means of life by which we can achieve peace and tranquility! Though sometimes they sound hard, but they are not impossible ones, and we remember what Jesus says, “Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it” (Mt. 7: 13). One of the most remarkable ways of life proposed by Jesus at all times is “Total or Unconditional Forgiveness.” We have thousands of stories of people who lived and still live a life of peace, after having forgiven their offenders totally. I call them heroes and living legends for their achievements and keep moving forward, leaving everything in the hand of the Lord, and not dwelling on anger or harboring on grudges.

What do we see in Sirach 27: 30- 28: 7? It is concerned about the people who dwell on anger and harbor grudges as they ruin our life and prevent us from being closer to God and to one another. They both, not only prevent us from establishing a healthy relationship with others and God, but also destroy our peace of mind, creating unwanted illness in us. “Vengeance belongs to God,” says Rom. 12: 19, and we may not steel what belongs to God. When God speaks in terms of peace and we think in terms of anger and revenge how can we be reconciled with one another and build our homes in peace as a sweet home? While anger and wrath lead us to sin, reconciliation and forgiveness lead us to peace and tranquility. “The Lord is kind and merciful, slow to anger, and rich in compassion,” says Ps. 103: 8. He who understands it will seek ways and means to avoid any vocation to sin.

What do we see in Romans 14: 7-9? We are social beings and so we do not live for ourselves, but we live others and live for God. This is the truth of our existence and there is beauty in understanding this truth and living this type of life. When we seek God’s glory and others’ benefit, we live happily, have the courage to take up our cross, and show to the world what it means to leading a life of difference in the Lord, which gives us the serenity of peace! The truth is that when we try to live for others, we live for ourselves (but not vice versa), and when we try to seek God’s glory, He crowns us with His own glory. That is why Paul says in Rom. 14: 7, “None of us lives for oneself, and no one dies for oneself. For if we live, we live for the Lord...”

What do we see in Matthew 18: 21-35? Jesus speaks to us about the benefit of forgiveness and the consequences harboring grudges and taking revenge. Forgiveness leads us to healing and peace, and Jesus wants us to enjoy such peaceful life that no one can give us. We need to share such a life of peace with others. On the other hand, holding onto anger and revenge will lead us to so many other unhealthy complications, such as, anxiety, depression, high blood pressure, heart failure, you name it! Look at the servant in the story of Jesus! When he was forgiven by the landlord, he was happy and there was a feeling of a great relief. He was at peace. Instead of generously sharing that peace with his fellow servants, in his anger and vengeance, he took his fellow servant into task and he fell himself victim into his own anger and vengeance. A few years after the tragic event of 09/11 someone said, “If only we learned to forgive our enemies, we would have seen the world differently than the world sees us now differently.” Perhaps, forgiveness, as a blessing, would have even saved us from the economic devastation that we are facing today! Let us, in forgiveness, learn to let go many of the elements that we, out of fear, hold onto, and live in peace, share it with others as blessing from above, and thus touch the holy in our day-to-day life!

Spiritual Care Week 2011

**“Shared Voice” October 23-29
Founder’s Day Celebration– October 25th**



Weight Watchers at Work **September Promotion**

During the month of September, for those joining or renewing their membership will receive a reduced rate!

Promotion: 17 weeks for \$175.00 (savings: \$11.00)

Payment Options: Credit Card, Check, Cash & Payroll Deduction
(\$10.29/wk or \$20.58 a pay period)
E-Tools: 19 weeks (free)

Dates: September 21 ~ January 18th, 2012

Meetings: Wednesdays at Noon (Weigh-in begins at 11:30am)

Place: HEC Bldg– various rooms - **Call Sr. Gerard (ext. 3837) or Susan (ext. 3675) for more information**



St. Mary Medical Center Employee, Volunteer and Medical Staff Flu Vaccine Clinic

OPEN FOR WALK-INS
NO APPOINTMENT NECESSARY
Open During Lunch Hour

Flu Shots are available at Employee Health (2nd Floor, 2 South)
Starting Thursday Sept. 15 ~ Oct. 31

Clinic House
Mon-Thurs 8:30am ~ 4:00pm
Friday 7am ~ 3:00pm

You **MUST** have your SMMC badge with you.



Healthcare Volunteers Needed for CareNow USA!

You can help make healthcare history by donating your expertise to help CareNow USA, an urban healthcare initiative that provides free medical, dental, vision, and wellness care for thousand of patients.

The event will be held at:

Los Angeles Sports Arena, 3939 South Figueroa Avenue, Los Angeles, CA
7:00 a.m. to 5:00 p.m.
October 20, 21, 22 & 23, 2011

Visit www.carenowusa.org and click on “volunteer” to register online. You will receive confirmation via email. Directions to the venue, parking instructions and other information will be emailed to you once you register.

Help Support the Participants of the Long Beach Marathon 2011 Team St. Mary Medical Center “De-Feets Diabetes”

October 9, 2011

Support St. Mary’s Outpatient Diabetes Education Program
Team Goal: \$10,000

To donate or to follow our progress in reaching our team goal, visit the fundraising site:
<http://www.active.com/donate/SMMCdiabeticprogram>



“A Circle of Promise” Kickoff to Fight Breast Cancer

Join the St. Mary Breast Center at the “Circle of Promise” FREE community kick-off event to engage African American women, men and families to help save lives through early detection of breast cancer. Breast cancer survivors and their families are encouraged to attend and Raise Your Voice!

You can be a part of Long Beach’s largest New Orleans-style Second Line, complete with music, hankies, parasols and beads as we join the community in raising our voices to celebrate survivors of breast cancer. Let’s bury the silence to protest the stigma, fear and silence that keep African American women from getting regular mammograms and early detection to save lives.



To reserve your parasol, contact Young Communications Group, Inc.
at 213.738.9240. One parasol per adult attendee.

- **Sunday, October 23, 2011**
 - 1:30 – 4:00 p.m.
 - **Pacific Coast Campus Quad of Long Beach City College**
 - **PCH & Orange Avenue**
 - **1305 Pacific Coast Highway, Long Beach**
- F R E E P A R K I N G**

Green News.... Sharing information to help us become more environmentally-friendly



Farmer’s Market vs. Supermarket

Try doing some of your shopping at a local farmer’s market. If you can, walk or bike there as well. Of the total energy used in the United States per year, 4 percent is used to produce food, and between 10 and 13 percent is used to transport it. On average, U.S. supermarket food travels 1,500 to 2,500 miles before it reaches the family table. Buying local food can reduce the amount of petroleum consumed to transport your dinner by as much as 95%.

Fish– Farmed vs. Wild

Choose sustainably harvested wild fish as opposed to farmed varieties. Farmed fish tend to have higher levels of heavy metals and are considered threats to endangered populations of wild fish species. Also, because farmed fish live in extremely close quarters, they generate a lot of waste.



Letters to ENews...

Dear CNO/COO:

I was admitted into your facility on 9/6/11 by Dr. Douglas Smith with HealthCare Partners Medical Group for a hysterectomy.



This letter is to inform you of the EXCELLENT care/service I received from everyone during my stay. From Tiffany, the Admissions person, to Evelyn the short stay surgery nurse, Flora, Paula, RN's on 6 Bauer, to the transporters, lab techs, and the nurses that took EXCELLENT care of me post-op on 3 Bauer. Mary Ann, Anjana, Emelita, Mary Lou and others whose names escape me. I have been admitted into some of the larger hospitals in the past, Cedars Sinai, Kaiser but the service and the feeling of genuine care that I received from each and every person that came in contact with me was superb. — *Patient's Name Withheld*

Save the Date!

Tuesday and Thursday, September 27 and 29 AARP Mature Driver Class 9:00am ~ 1:00pm (each day of class)

The one-day or two-day Mature Driver program, taught by an instructor from AARP, is offered monthly and covers:

- Dos and don'ts of driving
- How aging affects driving



DMV certificate will be issued upon completion of one or two-day class and may entitle you to a discount on your auto insurance.

RESERVATION: Please mail check (\$14 per person, \$12 if current AARP member) payable to AARP, to: St. Mary Medical Center, Attn: Sandy Bazant, 1050 Linden Ave., Long Beach, 90813

Thursday, September 29 5-Wishes: An Advance Directive for Healthcare

During this workshop you will learn about the similarity between the living will and the medical power of attorney, have a discussion regarding how the "5 Wishes" form incorporates both the living will and the medical power of attorney into one concise document, and be given instruction on how to complete the form.

Complimentary dinner, Limited Seating (Reservations Recommended. Please call 1-888-478-6279 to RSVP)

Ongoing Programs

Monday, Wednesday, Friday - SeniorFit Exercise One-Hour Class

9:00 a.m. – Advanced, 10:00am – Beginning

Offers a variety of mild to moderate exercise for seniors - \$20.00 (\$15 with Gold Card paid on or before the 1st class of each month). Pre-registration required! Call: 1-888-478-6279

Thursdays- Tai Chi

2:45 p.m. - Health Enhancement Center

\$12 per month (Gold Card members \$5, SMIPA- FREE). Pre-Registration required!

Wednesdays- By Appointment- REIKI Healing Touch- \$20





Month– Long Observances

- 1-31 Breast Cancer Awareness Month (National)
- 1-31 Chiropractic Health Month (National)
- 1-31 Dental Hygiene Month (National)
- 1-31 Disability Employment Awareness Month (National)
- 1-31 Medical Librarians Month (National)
- 1-31 Physical Therapy Month (National)
- 1-31 Patient-Centered Care Awareness Month

Week-Long Observances

- 2-8 Gerontological Nurses Week
- 2-8 Healthcare Resource & Materials Management Week (National)
- 3-7 Midwifery Week (National)
- 6-12 Physician Assistants Week (National)
- 9-15 Case Management Week (National)
- 10-15 Dialysis Technician Recognition Week (National)
- 16-22 Infection Prevention Week (International)

Recognition Days/Events

- 21 Mammography Day (National)

www.Facebook.com/StMaryMedicalCenter

Send your events, awards, and good news and photos to post on the St. Mary Facebook page to stmarypr@chw.edu.

St. Mary employees, physicians, and volunteers are encouraged to use *E-News Online* as a way to communicate important information. Please send your news in Word document format and list your extension by Friday at 5:00 p.m. on the “non-pay” week to Francine Marlenee in Public Relations at Francine.marlenee@chw.edu.