

Partners ⁱⁿ Care

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The Newsletter for Associates of the Lourdes Health System

Nursing Pioneers: *School of Nursing Celebrates 45th Anniversary of First Graduating Class*

In 1964, Francine Denham Minder and Louise Kenney Wieliczky were among the 30 young women to graduate from Our Lady of Lourdes School of Nursing in Camden. As they proudly received their diplomas, all eyes were on them. After all, they were, in a sense, pioneers. And, their success in obtaining the necessary education and skills to become nurses would be an important measure of the new school. State accreditations of the school would, in part, be awarded based on the outcomes of their experience. A lot rested on their shoulders, not just for their own future, but also the future of the school.

"It was a tough three years, but a good three years I'll never forget," recalled Francine. "We entered the school as strangers, but because of our shared experience, we developed a friendship that endures today."

Francis and Louise met in 1961 when, just out of high school, they decided to enroll in the new Nursing School. In the 1960s, there weren't as many careers choices open for women. With the guidance of their families, Francine and Louise both felt that nursing would be a good option and were excited to be among the first class of students at the newly opened school.

Both recall that life in nursing school was much different then. Francine laughed when asked about any male students. "Back then nursing was considered a career for women." The first male students didn't enroll until much later in the school's history.

The all-female student body was required to live in the eight-story School of Nursing, which stood at the current location of the Lourdes Pavilion. The facility included classrooms, clinical labs, study areas, a



kitchen and dining area, dormitory rooms and a social room and an auditorium that still exists as part of the physician conference center.

Dorm life was strict and they were expected to be in bed—lights out—by 10 p.m following mandatory study time. They studied year-round for three years, with one month off in the summer. Sister William Ann Cannon, the school's first dean, and housemothers enforced the rules, including study hours, "no slacks allowed" on the first floor and daily uniform inspections. They worked and studied hard to become professional, well-trained registered nurses with strong clinical skills.

"There were only three students who didn't finish the program," recalled Louise. "But those of us who did—we were very proud of our accomplishment."

On Oct. 17, Francis and Louise joined 22 of their former classmates and 100 other alumni to celebrate the success and achievement of the Lourdes School of Nursing and the 45th anniversary of that first graduating class.



Above: Colette Shapley, RN, a member of the School of Nursing's first graduating class, models her school uniform. Colette worked her entire career at Lourdes until her recent retirement.

Left: Members of the Class of '64 reunite. (from left) Evelyn Kelleman Berger, Kathleen Bisco Coxwell and Garruti McClellan.

Today the school is much different: gone are the dorms, enrollment is open to both men and women and students include many older or second-career students. What remains the same is the program's strong clinical component and academic background in the social, physical and biological sciences, according to Dr. Anne McGinley, the school's current dean. "Since its inception, more than 1,600 students have gone on to careers as hospital staff nurses, school nurses, working in private practices and subacute care facilities among others," said Dr. McGinley. "Many have sought advanced degrees and are nursing leaders or became instructors teaching the next generation of nurses. Wherever their careers took them, we are proud that our school gave them the foundations they needed."

To read more about the nursing school's history, current happenings and educational opportunities, visit the school's Web site at <http://www.lourdesnursingschool.org/>.

The Lourdes Health System offers a variety of opportunities for associates interested in pursuing a nursing career through the school.

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For information on programs and scholarships, consult the nursing school's Web site and human resources.

Long-time friends and nurses: Louise Kenney Wieliczky (at left) and Francine Denham Minder.



Congratulations Lourdes Champions!

The Lourdes Health System Patient Centered Care Committee would like to congratulate the following individuals who were selected the most recent Lourdes Champions:



ACC Outpatient Dialysis, Our Lady of Lourdes Medical Center:

ACC Dialysis demonstrated Stewardship by embracing increasing recycling efforts and properly segregating waste. As a result, the medical center deposited 39,000 pounds less waste into a landfill, medical waste volume has been reduced by 20,000 pounds annually and sharps volume by 16,000 pounds annually. The department's efforts saved the medical center an estimated \$10,000 in 2008.



Dr. Anne McGinley, Dean, School of Nursing:

Dr. McGinley has recharged the School of Nursing, developing a sense of cooperation and collaboration between the school and nearly every department in the health system. She encourages faculty and students to be more proactive in the profession and involved in the community. She is always very conscientious about Lourdes' Mission and Values in Practice.



Food and Nutrition, Our Lady of Lourdes Medical Center:

Food and nutrition goes beyond serving patient, visitor and associate meals. They are in the forefront of community event and activities, interacting with local civic organizations and educational institutions. The department created a garden outside the emergency department to encourage healthy eating and engages in "green" initiatives (see story on page 2). Constantly aware of service, during a power outage department associates formed a human chain in the North Building stairwell to ensure patients received their meals on time.



2 Generations = New Relationships, Understanding and Fun!

Before Halloween, children from Angel's Alley, the health system's onsite childcare center, paid a visit to the seniors at the LIFE at Lourdes Center in Pennsauken. The meeting, the first in what hopefully will become a long-term relationship between the two centers, included crafts, snacks and music.

According to Ruthanne Towers, director of Angel's Alley, the purpose of this and future visits is to promote intergenerational appreciation and understanding. LIFE at Lourdes, which opened in May, is one of only two PACE (Program of All-Inclusive Care for Elderly) programs in New Jersey, which assists elders to live safely at home as an alternate to nursing home care. The adult daycare center in Pennsauken is a hub for the program's activities. Attesting to the need for this innovative service in the area, the program has exceeded its enrollment goals.



Going to the Dogs!

By now everyone knows about Charlie the Boston Terrier who visits with patients on the behavioral health unit. But, did you know that Lourdes Medical Center of Burlington County now has three more canine therapists? Lyric and Dorothy, both standard poodles, and Romeo, a havanese, are all certified therapy dogs who now visit once a week and round on various inpatient units.



Dedication of New Meditation Garden

In the fall, staff, volunteers and physicians gathered to dedicate the new meditation garden located near the front entrance. The garden was developed as an Eagle Scout Leadership Service Project by Eddie Fernandez, Troop 61 - Moorestown. Fernandez is the son of Eduardo Fernandez, MD, an oncologist on staff at the hospital, who serves as an assistant scout leader for the troop. As part of the ceremony, a tree was dedicated in honor of Elizabeth Blum Goldstein, a survivor of six concentration camps. Goldstein's granddaughter is a staff member of Lourdes Specialty Hospital of Burlington County, a unit of the hospital that provides long-term acute care services.



A place to reflect: (from left) Lourdes Medical Center of Burlington County CEO Eugene Johnson, Elizabeth Blum Goldstein and Eddie Fernandez at the garden dedication.



Denise Berrian-Ayim, food and nutrition supervisor, weighs a tray of noodles with the department's new food waste tracking system. Since the system's implementation, the department has reduced food waste by 30 percent.

In the Kitchen: Going Green Behind the Scenes

Imagine converting leftover food, cups and other disposable waste on a patient's tray into nutrient-rich compost. Such a process may be on the horizon as Lourdes increases its efforts to be environmentally friendly.

Food and nutrition departments at both hospitals are helping to lead the health system's "green" initiatives. Both cafeterias offer customers napkins made of recyclable material, sell reusable mugs and recycle cans and bottles. But projects started this year at Our Lady of Lourdes Medical Center, with hopes of expanding to Lourdes Medical Center of Burlington County, are reducing the health system's environmental impact and reducing costs.

"We have a responsibility," said George Cranmer, food and nutrition director in Camden. "We serve thousands of meals a day. Part of our job is to make sure there's a level of sustainability, that we're environmentally friendly."

For instance, the department has implemented a food waste tracking system. Through quantifying which foods are being thrown away and when, the department can reduce overproduction and avoid spoilage. A Stop Waste Action Team, led by Executive Chef John Scullan, uses the system's software to pinpoint trends and target problem food groups weekly.

These actions not only save time and money because less food is being prepared and wasted, they are reducing the amount of garbage headed to landfills, Cranmer said.

In the three months since the system's implementation, the department has reduced food waste by 30 percent, he said.

Cranmer said he is looking to virtually eliminate patient food waste through the installation of a decomposition machine. Currently, patient food waste and waste from preparation are pulverized with most non-food waste being separated and shredded into a large 500-pound container. With a decomposition system, the shredded refuse would be reduced to compost, or water, significantly reducing the amount of garbage into the waste stream.

Such systems are currently used at a handful of hospitals and restaurants around the country.

"Through utilizing local produce instead of items shipped from great distances, motion-sensitive lights, our recycling initiatives in partnership with environmental services, reusable cups and plates and smarter food waste reduction methods, we are reducing our impact on the environment," Cranmer said. "We invite all associates to join our efforts."

Coming in January 2010: The Lourdes Green Guide

Check out the Lourdes Green Guide for tips on greening both your professional and personal life! The guide contains links to Web sites and articles with eco-friendly information. Going green is important to the environment because it encourages conservation of resources and energy while promoting sustainability. It also promotes Stewardship, a core value related to our Mission.

Integrity Shines at Sr. M. Elizabeth Corry Awards

Traci Hubler-Hussain, LIFÉ at Lourdes, and Jeanette O'Keefe, RN, E-5 at Lourdes Medical Center of Burlington County, are the recipients of the 7th Annual Sister M. Elizabeth Corry Awards.

The awards, which were presented Dec. 9, highlighted this year's Mission value of Integrity. Twenty-six associates were nominated.

According to Traci's nomination, "she lives Integrity every day and moment of her life. The associates who report to her trust her because they know that they will be treated fairly, and with dignity, respect and caring. The word 'accountable' is used commonly

and her associates know it. If they show the same Integrity that she demonstrates, they prosper under her guidance."

Jeanette, who recently completed a Global Health Ministry trip to Peru, "is a nurse who can be counted on for solid, values-based, mission-driven nursing care. She is often the first one to ask, 'Is this care appropriate and beneficial to the patient?' Jeanette is never too busy to help someone fully understand and grasp all the challenges a patient may be going through. She has a collaborative spirit and willingness to help, which comes from her personal and professional integrity."



Jeanette (at left) and Traci display their awards.



The 7th Annual Sr. Elizabeth Corry Award nominees.

Front & Center

Chain Reactions: Volunteers Recruit Family, Friends

Seven years ago, Sylvia Hearn accompanied her husband to Our Lady of Lourdes Medical Center as he underwent a heart catheterization. While the procedure was a success, Sylvia never left the hospital. A volunteer on Pavilion Three, she not only speaks highly of Lourdes, she started a "charitable chain reaction" — Sylvia recruited her friend Dot Pawling, who then brought on her daughter Linda McLeod.

"Sister Sandy said she could use volunteers on 3 West, and since then I've answered the phones in the waiting room," Sylvia said. "Then Dot wanted to get out of the house, and now Linda's here. The hospital can always use someone."

Volunteers play a vital role in the operations of the Lourdes Health System. They serve as our welcoming face to patients and visitors in many areas, and without their tireless acts, some functions would not easily occur.

Dot spends each Wednesday in the Gift Shop, the busy crossroads of the medical center. "I wanted something interesting to do, meet other people," she said. "Every day is different."

Linda, who drives her mother and Sylvia from their homes in Barrington to the hospital, volunteers in the Gift Shop on Mondays and in patient relations on Wednesdays. "Volunteering at Lourdes is all I heard my mother talk about," she said. "I thought I would come, too."

Working on the units, "patients are appreciative I'm come to talk to them. I hear a lot of compliments about the hospital, especially about how good the food is," Linda said.

Volunteer chains also occur at Lourdes Medical Center of Burlington County. For example, in pastoral care, Jackie Young recruited her Cinnaminson neighbor, Caroline Shontz.

Jackie said she was inspired to give her time at Lourdes Burlington as a Eucharistic minister after listening to a church talk by Connie Giampaolo, director of pastoral care.

"It's rewarding to be able to distribute the Eucharist to the Catholics in the hospital. They are so happy to see you," said Jackie, a former teacher. "Spending time with patients, reciting a prayer or blessing, giving out hand-knitted prayer shawls, I know I made a difference in their day."

Caroline, a former nurse at St. Francis Medical Center in Trenton, said at first she was intimidated with her pastoral care responsibilities. "It's nice to be able to spend more time with each patient," she said.

Do you know a potential Lourdes volunteer? For more information, contact Lisa McGarr at Our Lady of Lourdes Medical Center at 856-365-4014 or Ceil VanEmburgh at Lourdes Medical Center of Burlington County at 609-835-2900 ext. 4263.



Sylvia Hearn, Dot Pawling and Linda McLeod (from left to right) stand in front of the Gift Shop at Our Lady of Lourdes Medical Center.

BOARD PROFILE: Meet Joyce Campbell



Since July 2008, Lourdes Medical Center of Burlington County has been pleased to have Joyce Campbell serve as a member of the Board of Trustees.

Joyce is the associate executive director for external affairs for Catholic Charities of Trenton, where she has worked for 14 years. "My role is focused on ensuring that we engage and retain community partners and resources that support our programs serving the most vulnerable in our four-county diocese," said Campbell. As such, she oversees Catholic Charities' strategic planning and development, fundraising and corporate initiative efforts; communications, public relations and marketing; government relations and advocacy; parish social ministry and county-wide boards.

"I was absolutely delighted to be asked to serve on the board of Lourdes Medical Center of Burlington County by board Chairman Kevin Connor," said Campbell. "I feel this is one way to serve my community that I have not had the opportunity to before. As a Burlington County resident, I am well aware of the challenges that Lourdes Medical Center of Burlington County has faced over the last decade. However, the history of the hospital as a community, faith-based healthcare provider was a natural draw for me. My impression of Lourdes is that of a growing hospital, meeting today's challenges while remaining patient and community focused."

Relationships with organizations like Catholic Charities are important as Lourdes works with community providers to ensure continuity of care for patients following discharge. Behavioral health is a good example of how the services offered at Lourdes and Catholic Charities complement each other. In New Jersey, there is a shortage of inpatient behavioral health programs. To help ease the demand for inpatient care, it is important to have high-quality outpatient programs available.

Catholic Charities of Trenton offers a variety of outpatient behavioral health services including partial-care, work-readiness/assessment and transitional residential programs. By enrolling patients in these programs following discharge, it not only lessens the demand for inpatient services, but also helps patients avoid readmission once they are discharged.

The Lourdes Health System is proud to work with agencies such as Catholic Charities and is grateful to have community leaders like Joyce Campbell serve on our boards.

"I am fortunate that daily I get to live out my faith in my work at Catholic Charities and in my service on the Board of Lourdes Medical Center of Burlington County," said Joyce. "It makes my life much fuller. My hope is to contribute some building block no matter how small. Archbishop Oscar Romero wrote what I use to remind me of this:

'We cannot do everything, and there is a sense of liberation in realizing that. This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.'