

St. Elizabeth Celebrates Five-Year Anniversary with Mayo Clinic



For the past five years, St. Elizabeth has been raising the bar for healthcare in our region through our relationship with the Mayo Clinic Care Network (MCCN). We were the first healthcare system in Kentucky, Ohio and Indiana to pass the rigorous review process required to become a member of this prestigious group. Our collaboration with the Mayo Clinic has been an invaluable resource for our associates, physicians, patients and community, helping to advance programs and cultivate relationships that will improve health outcomes through the delivery of high-quality services and evidence-based medical care.

In addition, clinical trials we are participating in with Mayo will continue to add to St. Elizabeth's already exceptional cancer care treatment program, helping to transform it into a state-of-the-art Cancer Center. Through Mayo, St. Elizabeth has access to 75+ trials offered by the NRG Oncology research group as part of the National Clinical Trials Network. We currently have eight studies open, including clinical trials related to gynecologic malignancies and studies in partnership with the radiation groups. One year ago, we became a member of Mayo's Academic and Community Cancer Research United, a network of more than 65 academic institutions and community-based cancer treatment practices in the United States and Canada. We expect these collaborations to dramatically improve the lives of patients in our community and throughout the Commonwealth.

Our MCCN collaboration has helped St. Elizabeth, other MCCN organizations, and Mayo Clinic advance programs and improve health outcomes for countless patients across the nation. We are tremendously honored that, through our collaboration with Mayo Clinic, we have provided our care teams with clinical experiences and knowledge-sharing opportunities that have truly made a difference in patient care and outcomes

SAVE THE DATE

Volunteer Appreciation Dinner

Tuesday, March 20

Details of this fun event in next issue of the Voice! Plan to join us!

Culture of Caring Donation Request

Culture of Caring is our regular corner where we share *WISH LIST* items that have been requested by a department that provide a "special touch" to support their patients and families. *There is no expectation for you to contribute, but if it speaks to you, please do!*

In January and February, we are collecting donations for patients in our St. Elizabeth **Emergency Departments**. Items requested include **hats, mittens, gloves and socks**. Your generous donations can be dropped off at any Volunteer Office. Donations will be distributed among all Emergency locations.

In Memoriam

We are honored to have known these volunteers who gave of themselves to help St. Elizabeth. It's been a pleasure to share conversation and laughs while being a witness to the many lives they have touched.



Jane Hewitt, Info Desk, EDG

Genie Edwards, Auxiliary/Gift Shop, FLO

Glenna Mills, Found/HR, Dolwick

Joyce Daley, Gift Shop, FTT

Tom Webster, Gift Shop, Surg/Waiting, FLO

Joan Krueger, Hospice

Target Health Self-Defense Class

Target Health will host a self-defense class focusing on general safety including nurse safety on **Tuesday, January 23** from 5-7 p.m. in Edgewood Conference Room J. The class will be taught by Master Greg Fahey of Northern Kentucky Shaolin Do.

Participants must register in advance by contacting 301-9004. Cost is \$35 per person.

Also, check in the Volunteer Office for the **January** Wellness Calendar and newsletter.

What You Need to Know About Aquatic Therapy



The first question that most people have about aquatic therapy is, “is it right for me?” The answer to that is easy, yes! Aquatic therapy is right for almost anyone, no matter your age, fitness level or injury. Whether you are an athlete recovering from an injury, or someone with arthritis dealing with intense pain – aquatic therapy can help alleviate your pain and speed up your recovery.

Dana Hoskins, PT, DPT, a Physical Therapist at St. Elizabeth Healthcare outlines what you need to know about aquatic therapy:

- You do not need to be able to swim to have aquatic therapy, most therapy is in 4.5 feet of water.
- Your body becomes buoyant in the water, so therapy in water lessens the pain associated with weight-bearing land exercises.
- Water therapy is beneficial to anyone with arthritis, as it lessens the pain land-based, weight-bearing exercise may cause.
- Water therapy improves your tolerance of strengthening exercises and can return you to land-based activity more quickly. It can help increase joint flexibility and mobility.
- Water therapy is beneficial if you have balance issues, as the water prevents you from falling and getting hurt.
- Water therapy can help with conditioning before joint replacement surgery or during cancer treatments.

Hoskins adds, “After 4-6 weeks of aquatic therapy with a therapist next to you, you can often transition to a home-based water program or land-based therapy to continue your strengthening.”

The most important message is, if you find land-based therapy of exercise too painful, water can get you back to regular movement and weight-bearing **more quickly and ease the pain of recovery.**

If you think you would benefit from aquatic therapy, talk to your primary care physician.

GIFT SHOP



FLORENCE

Tri-State Running Sale

Monday, January 29 – 12-8 pm

Tuesday, January 30 – 7 am-4 pm

Lower Level Conf. Room

Sales benefit patient services

WELCOME NEW VOLUNTEERS

Please give a warm welcome to the **NEW VOLUNTEERS** who joined our team in **December.**

- Katie Baker ~ Mary Kay Daniel
- Susie Ewing ~ Jacqueline Felthaus
- Carolyn Grieme ~ Tiffany Kessen
- Kaitlin Meyer ~ Elizabeth Peck
- Candi Reed ~ Elizabeth Walker



*Volunteer Services
Wishes You a
Happy and Healthy 2018!*