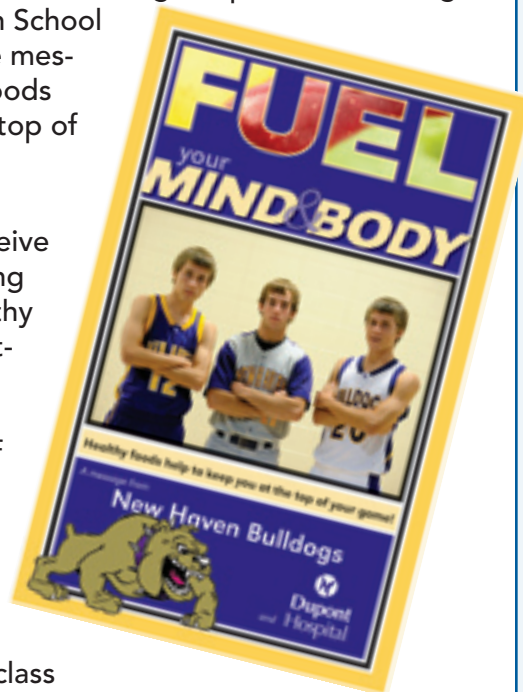


Focus on Nutrition

Dupont's wellness initiative is reaching New Haven elementary school children. In support of New Haven High School's 30-day wellness challenge to the elementary schools, we designed posters featuring New Haven High School athletes with the message "Healthy foods keep you at the top of your game."

The elementary students will receive points for tracking a variety of healthy habits: participating in a team sport, getting 8 or more hours of sleep per night, eating healthy meals, brushing teeth and many more.

Students of the class at each grade level earning the most points will receive Dupont Hospital t-shirts.



United Way, continued from front

A second drawing took place for those returning their pledge by the campaign's close on Nov. 13. Winners of the gift cards from that drawing were:

- \$100 card **Sherry Koeppel**, patient access
- \$25 card **Elizabeth Carr**, radiology
- \$25 card **Mary Evans-Davis**, central scheduling
- \$25 card **Walter Maikranz**, pharmacy

In addition to the Visa cards, two men's leather jackets were raffled, with all proceeds going to the United Way. Winners of the jackets were:

- Scott Burson**, materials management
- Karl Uhen**, surgery

A big "Thank you" to all who were able to support United Way this year!

The Dupont Resource Center Offers Wellness Opportunities

Lifestyle Management

If you'd like to give the gift of improved health and wellness to a loved one this holiday season, look no further than our own Dupont Hospital Lifestyle Management Program!

If you're not yet familiar with the program, one fee covers 18 one-on-one private coaching sessions over a six month period, with each participant's goals customized to his or her needs.

If stress management is an area that could use attention (and most of us could use help finding ways to manage stress!), sessions would focus more on that area. Nutrition, weight management, fitness and smoking cessation are additional areas of focus—all intended to decrease our chance of diseases related to leading an inactive lifestyle, being overweight, smoking and lack of a means of managing stress.

The lifestyle management coaches provide educational materials for you and outcome reports for you and your physician.

Zumba Fitness Class

Work off some Thanksgiving turkey and Christmas cookies-to-come with a zumba class!

Zumba is a high-energy dance fitness class that makes it easy to get moving. It is suitable for all ages, sizes and fitness levels, and you'll see measurable results. Dupont Hospital team members are eligible for a discount—call 3009 for information.

Classes (led by Donna Pond) are in the resource center on the following days and times:

- Mondays, 5:45–6:45 p.m.
- Tuesdays, 9:45–10:45 a.m.
- Thursdays, 6:45–7:45 p.m.
- Sundays, 3:45–4:45 p.m.

For additional information on any resource center program, you may call 416.3009.

Dupont star

December 2009

One-stop Shopping at the Dupont Gift Shop!

Before you venture out to the mall crowds, check out what your gift shop has to offer this holiday season.

Great Gift Ideas:

- Jewelry: New pieces just arrived—we now carry DaVinci bracelets, necklaces and beads. Create your own one-of-a-kind piece.
- Colts gear from onesies to jewelry to decals. Check out the new glam tote!
- Nurse specialty socks
- Designer fragrant soaps
- Address books and list makers in beautiful nature themes
- Stainless steel, eco-friendly water bottles
- Locally-made headbands—a must for baby's



holiday ensemble

- Unique Christmas items for family and friends
- And for the person who has everything: The Laughing Cat, The Snoring Dog, The Trumpeting Elephant or The Twisting, Singing Bulldog

For a special touch, present your gift in a unique, musical gift bag.

Great Stocking Stuffers:

- 3-D bookmarks
- Deck of cards featuring your favorite sports team

- Soap leaves for pocket, purse or travel
- York Peppermint Pattie candle

As you're taking care of everyone else on your list this season, don't forget to de-stress and pamper yourself.

Ease into the season with these items sure to soothe frazzled nerves:

- Body lotions, lip balm
- Matchless candles
- Aroma therapy reed diffusers



Dupont's Holiday Tradition Continues

Don't miss the special annual holiday meal for team members

Friday, Dec. 18, 11a.m. – 2 p.m.

Delicious foods will be beautifully displayed in the corridor between the gift shop and the café.

- Hot Appetizers
- Shrimp Cocktail
- Cheese and Crackers
- Hummus and Pita Chips
- Beef Tenderloin
- Stuffed Chicken Breast
- Wild Rice
- Au gratin Potatoes
- Steamed Vegetables
- Assorted Desserts

Stop by to mingle and celebrate the season with your coworkers!

The 2009 TEAM MEMBERS OF THE YEAR will be revealed at the celebration as well—be sure to congratulate the deserving award recipients.

2009 United Way Campaign Report

The Dupont United Way campaign was supported by more team members this year, with 124 team members participating—an increase from 69 in 2008. Pledges totaled \$20,956, which was also an increase from last year.

Team members who returned their United Way pledge by Oct. 30 were eligible to win a \$200 Visa gift card or one of three \$25 Visa gift cards. The winners of those cards were:

- \$200 card **Peggy Sellers**, NICU
- \$25 card **Cherry Gallogy**, central scheduling
- \$25 card **Mary Ellen Hanna**, radiology
- \$25 card **Michelle Centers**, specials

United Way, continued on back

You Make The Dupont Difference!

OCTOBER SUPERSTARS

Courtesy: Renee Sharp, sleep center

Nominated by Anita Spengler, sleep center

We recently received a letter from a guest thanking Renee for all she had done. The guest was here for CPAP and was a "basket case." The patient stated that Renee went above and beyond what was expected. She explained that Renee, in her words, was "a saint." Renee had taken time to work with her to help her tolerate CPAP. If it were not for Renee's patience and kindness, the patient would probably have left.

Efficiency: Brandy Young, ambulatory surgery

Nominated by Janice Muldoon, ambulatory surgery

It was a very busy day in the preop department and there were some scheduling issues. Brandy works in the OR, but she jumped right in—starting IV's, bringing patients back and putting charts together. These duties were over and above her job requirements, and it was very nice and helpful of her on such a busy day. Brandy is a hard worker and I appreciate all she does.

Image: Sandy Richardson, human resources

Nominated by Elizabeth Kissinger, med/surg/peds

I had misplaced my nursing license and the due date for renewing was fast approaching. I call HR to see if they had a copy of my nursing license so that I could renew. Sandy immediately offered to pull my file (in a different building) and, within 15 minutes, delivered a copy of my nursing license to my office! What an example of the Dupont Difference!

Individuality: Scott Davis, pastoral care

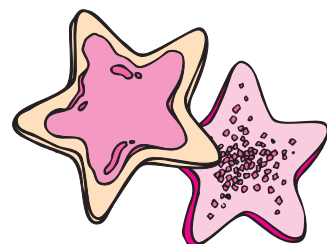
Nominated by Mary Ellen McAfee, education

Scott has been a great help to me the past few weeks. Due to surgery on my wrist, I had been unable to do any lifting or pushing with my right hand. Each day since the surgery, Scott has asked me if there is anything that he can do to help. He has set up rooms for my classes, retrieved boxes and equipment, and pushed my cart for me. I haven't had to ask for any help. He has always offered before I had to ask. Thanks, Scott, for all your help.

Education: Deb Kunkle, pre/post/PACU

Nominated by Kelly Kepler, pre/post/PACU

One of the physician assistants for ONE reported that Deb had taken the time to help her go through the CPOE total knee pathway, modifying orders, adding orders, etc. She stated that due to Deb's thorough teaching, she was then able to help another PA later that day with their CPOE orders. Deb has also helped other physicians with their CPOE entries, always taking the time to patiently and thoroughly help them. She is the Dupont Difference!



If you have not yet used your Culver's gift cards (which expire at the end of Dec.), they have offered to extend the expiration to June 30, 2010. These are good at the Dupont Road location only.

Customer Service



"A personal connection takes the anxiety away and helps the healing process."

—Jason Cupp, Dupont environmental services

NOVEMBER SUPERSTARS

Courtesy: Stacy Smith, NICU

Nominated by D. Mosbrucker, Lutheran Hospital NICU

Stacy did an excellent job preparing for a transfer to Lutheran. She drew up fluids, made flushes and had everything ready. She gave a wonderful report, and did this all with a smile. You are awesome—continue the excellent work!

Efficiency: Sarah Bishop, med/surg/peds

Nominated by Elizabeth Kissinger, peds

Sarah is a wonderful nurse tech whose home base is med/surg—and we are glad it is! On Oct. 19, Sarah was asked to float to the ED to assist, as they were short a nurse tech and were extremely busy. Angie Bickel, ER Team Specialist, raved about Sarah, reporting that Sarah not only willingly floated to the ED, but she was wonderful to ED team members and guests. The fact that Sarah could float to the ED and function at such a high level was a huge asset to them. Sarah certainly lives "The Dupont Difference" everyday!

Image: Mindy Carnes, physical therapy

Nominated by Marissa Pfister, Erin Salisbury and Karen Stow, med/surg

What other physical therapist makes the guest's bed, plans to come back and help guests into their cars, gives them a shower *and* helps them blow dry their hair? Mindy *always* goes above and beyond with a smile and a sweet attitude. Her positive attitude is outrageous and contagious. She is always helpful and has the patient first in her mind. She is, overall, an awesome coworker!

Individuality: Craig Moss, Security

Nominated by Tim Amstutz, surgery

A "code strong" was called in the ED. When I arrived, several team members were already present, including Craig Moss. He was at the door of the guest's room and was our "front line defense." The guest was extremely agitated, shouting and potentially violent. Craig stood his ground, interacting at appropriate times and calming and reassuring that he and the rest of the team were there to help.

Craig could have been assaulted at any time. He managed to convince the guest to allow the nurse to administer medication. Soon after the medication was administered, the guest calmed down and the code was cleared.

Craig provided supportive care at an intense moment. He represented our hospital and interacted with a potentially dangerous guest carefully to ensure safety for all. His performance was stellar. We all should feel proud to have a team member who is so dedicated to our safety and well-being. Congratulations on a job well done!

**November
Team of the Month**
Special Procedures



Courtesy ★ Image ★ Efficiency ★ Individuality ★ Education

Network Newsletter Makes a Comeback

A new and improved network newsletter is being introduced in February 2010. This newsletter will have a variety of articles and short features written to keep associates more "in the know" about what's happening across the network and at our sister facilities. The goal is to create a publication that is interesting, informative and easy to read.

Bluffton Regional, Dupont, Dukes, KCH, Lutheran, Redimed, Rehab Hospital, St. Joe and TOH associates will all receive the quarterly newsletter, either in

print or via e-mail. Issues will be distributed in February, May, August and November.

The Dupont Star newsletter will continue as needed during the months that the network newsletter is not distributed. In addition, time-sensitive announcements will be delivered to the team via e-mail. For those without e-mail access, important messages will be posted on bulletin boards in team member areas.