



## Focus on Wellness

You can satisfy your sweet tooth without abandoning your wellness goals. Enjoy a warm, healthy peach crisp this fall, and look for many other great healthy recipes on the "My Five-Star Community" section of the Dupont Web site.

### Peach Crisp

3 c. peaches (peeled and sliced)  
1/2 c. brown sugar  
1/3 c. whole wheat flour  
1/2 c. old fashioned or quick cooking oats (uncooked)  
1 tsp. cinnamon (divided evenly)  
2 Tbsp. prune puree  
2 Tbsp. plain non-fat yogurt

Place peaches in 7" x 7" baking dish or pan. Sprinkle 1/2 of cinnamon over peaches. Preheat oven to 375°F. In a medium bowl, mix sugar substitute, flour, oats, cinnamon, prune puree and yogurt. Spread mixture evenly over peaches. Bake 40 minutes or until topping is golden in color. Serve warm or refrigerate to serve cold later. Yield: Approximately 8 servings; 153 calories, 0 g fat; 36 g carbs per serving.

Yield: Apprx. 6 servings; 160 calories; 1 g fat; 35 g carbs per serving. Serving size = 2" x 2".

### Welcome New Hires!

**Chelsea Andrews: Nutritional Services**  
**Nicole Geissler: Surgery**  
**Alicia Grannell: Med/Surg/ICU**  
**Angela Ulrich: Radiology**



### Chaplain's Corner — Rev. Scott Davis

It warmed my heart to walk past the chapel windows and see all the names you placed on the friendship boards! I hope you stopped to read the names placed there in honor of friendships and those who influence you.

September's focus is healing. Is there an emotional or spiritual wound you're carrying? If it hinders your going forward and healing, it's time to face it, release it and heal. You will not be able to accomplish this on your own—not without God, friends and family. Don't delay—begin healing today!

## September Events at the Dupont Resource Center

**Sept. 17 and 24, 9:30–10:30 a.m.**  
**Zumba Fitness**

Zumba fitness combines high energy and motivating music with unique moves that allow the participants to dance away their worries! Zumba uses the principle of fitness interval training and resistance training to burn fat. It is based on the principle that a workout should be fun and easy to do! Beginner to intermediate.

You may call 416.3009 for package rates. Or, reserve your space in a class on the Kachmann Mind Body Web site: [kachmannmindbody.com](http://kachmannmindbody.com).

**September 18, 6–7 p.m.**  
**Caring for Your Aging Parents Without Killing Your Siblings (Free!)**

It can be a challenge to assist your parents when multiple brothers and sisters are involved. We will discuss the history of sibling relationships in various cultures as well as the impact your sibling relationships have on providing care and assistance to your parents. We will also focus on tools that may be useful in successfully working with your siblings on your parent's behalf. This interactive session allows plenty of time for questions and answers about your specific needs and our personal and professional experiences with similar situations. Please join us for a lively and informative evening. Presented by Dorian Maples, RN, BA, CMC, Professional Geriatric Care Manager.

**October 2, 9, 16, 23 and 30, 6–7 p.m.**  
**Yoga Classes at the Dupont Resource Center**

If you have not yet had the opportunity to experience yoga at the Resource Center, try it this fall. You're welcome to join in anytime.

Kachmann Mind Body Institute is offering group classes at the Dupont Resource Center. Space is limited.

You may call 416.3009 for package rates. Or, reserve your space in a class on the Kachmann Mind Body Web site: [kachmannmindbody.com](http://kachmannmindbody.com).

# Dupont Star

September 2008

## Team Member Satisfaction

**Survey Item: CLEANLINESS—How well your work space and equipment are kept clean and neat**

2008 Mean: 3.20 National Mean: 2.93

Very Satisfied: 34%  
Satisfied: 55%  
Dissatisfied: 10%  
Very Dissatisfied: 2%

Team Members,

Your satisfaction regarding the cleanliness of our hospital doesn't surprise me. It does look great, due to our awesome environmental services and plant operations teams and to all of you who care about your workspace and equipment.

It's amazing to me that our facility is almost eight years old! With multiple additions and renovations, we've managed to continue to look brand new. On a recent tour, a gentleman remarked that our Med/Surg East Unit looked as good as a newly opened unit in his hospital! That comment made me so proud. It was another example of how others see us as a stellar team providing high quality healthcare to the community, taking pride in our workspace and being considerate of our fellow team members.

Thank you, team, for the extra effort you make in keeping our facility ready for our guests.

*Thawn*

## Dupont Double Feature

Blue skies and pleasant temperatures graced two August 16 events at the Dupont Sport and Fitness Park.

The Neonatal Intensive Care Reunion treated hundreds of small guests from 10 a.m.–1 p.m. to pony rides, a petting zoo and many fun games and crafts. Staff enjoyed the opportunity to reunite and celebrate with the many cowboys and cowgirls.



The afternoon and evening brought new crowds in for Music & Movies in the Park. Hundreds of guests enjoyed food and drinks, music sandwiched between two family-friendly movies, frisbee play and giveaways. Donations to Matthew 25 totaled approximately \$325.



*You Make*  
**The Dupont Difference!**  
**JULY SUPERSTARS**

**Image:** Heather Marden, admissions/registration  
 Nominated by Mary Mullins, admissions/registration

Heather always goes above and beyond when it comes to guest service. Heather had finished her shift when she overheard a guest, who was there for a radiology procedure, being told that she would have to come back another day, as she had not been fasting. Heather put down her belongings and went to the guest to get her information so she would not have to reregister the next time she came in. Heather wanted it to be as easy as possible for the guest, and is definitely "The Dupont Difference"!

**Efficiency:** Lori Adams, human resources  
 Nominated by Patti Wagner, case management

Lori has, on many occasions, dropped what she was doing in order to assist me with human resources and policy and procedures questions, or with a computer document. Her kind, helpful attitude is very much appreciated and has made my job much easier. I believe that Lori could actually be nominated for all of the superstar categories, but the form only allowed me one choice! Lori is very much "The Dupont Difference"!

**Education:** Sherman Rorick, special procedures  
 Nominated by Leisa Reese, special procedures

I was recently taking care of a patient in another department, who mentioned that he had a PICC line placed by Sherman. He described how nervous he had been and that Sherman has explained what he was doing, step by step, and took his time through the procedure, which put the patient at ease.

**Individuality:** Sarah Ryan, nurse  
 Nominated by Rev. Scott Davis, chaplain

An elderly guest was saddened by the reality of his decreasing ability to care for himself and his deteriorating health. When I walked past his room, he was in tears. Sarah was sitting beside him on the bed, rubbing his back and comforting him with words of affirmation and kindness. She later asked me to check in on this guest, as he was having a bad day. Sarah helped this guest tremendously by taking the time to walk with him in his despair.

**Individuality:** Pat McCullagh, nurse  
 Nominated by Janet Elmer, postpartum

Pat worked over the phone with our HUGS infant security representative to help with solving a problem with our system. He was able to talk Pat through changing a relay switch, which brought our system right back up. Excellent job!

**SAVE THE DATES!**

**Physician Office Scheduler Event  
 October 15 and 16**

This annual event gives Dupont team members the opportunity to meet face to face with physician office staff who schedule procedures with us every day. It's a great way for us to present our services to them, let them know of any changes that affect them, and listen to their questions and concerns to know how to better serve them. The event will be in the Dupont Resource Center from 5-8 p.m. both nights.

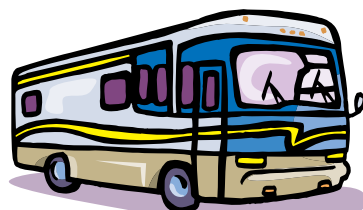
**Benefits Fair  
 October 27**

Dupont Resource Center  
 7-9 a.m., 11 a.m.-1 p.m. and 3-5 p.m.  
 Watch for more details to come soon.

**Raving Fan Bus Trip  
 November 8**

7 a.m.-approximately 10 p.m.  
 Sponsored by the Customer Service Steering Committee.

Look for a flyer in your area. We'll travel to Birch Run Outlet Mall in Saginaw Michigan, with education taking place on the bus.



*Courtesy ★ Image ★ Efficiency ★ Individuality ★ Education*



**Bon Voyage!**

Dupont Team member, Julia Carr, visitor representative, and her husband, Michael, recently enjoyed a dinner cruise on Lake Michigan. Julia, who is a member of Dupont's Customer Service Steering Committee, was awarded the cruise in recognition of her dedication and time investment to the committee.

The cruise ship, which departed from the Navy Pier in Chicago, offered dining, dancing, and a sunset view

of Chicago's skyline. The evening was especially meaningful to Julia and her husband as they were also celebrating a wedding anniversary.

**Congratulations, Julia!**

**Igniting  
 the Dupont Difference**

—☆—  
**"Most people are as happy as they make up their minds to be."**  
 —Abraham Lincoln

**Congratulations**

September Team of the Month:  
**General Accounting/Patient Financial Services**

**Kimberly Neuhouser**, pharmacy, gave birth to a baby boy, Eli James Neuhouser, on Thursday, August 21. He was 7 pounds 4 ounces and 20.5 inches long.

**Nutrition Trivia Quiz Winners:** Thank you to all team members who played the Team of the Month Trivia Quiz highlighting nutritional services facts!

**Pharmacy**—gift basket (The pharmacy department had 5 entries—Brandy, Kimberly, Cindy, Vicki and Walt!)

**Jill Potts**, lab—grilling set; **Craig Moss**, security—2009 Dupont Hospital calendar, gift cards; **Lindsey Sault**, PAT—box of goodies

**In Her Shoes**

The Dupont Hospital-sponsored Walk A Mile event on Saturday, September 6 drew 320 male walkers to Headquarters Park for the one mile walk in red high-heel shoes. The event raised \$70,000 for the Fort Wayne Women's Bureau Rape Awareness Program.

