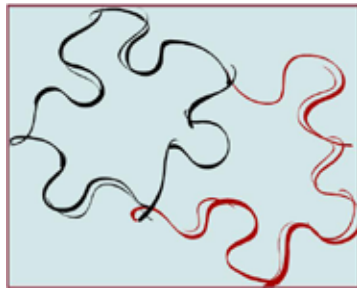


The



Essential Piece

A newsletter for the volunteers at West Park Hospital

Free flu vaccinations for hospital, LTCC volunteers

West Park Hospital encourages all employees to get vaccinated against the flu for the health and safety of themselves and others.

While not mandatory, it is requested that anyone who regularly spends time in the hospital to take precautions as well. Because of this and as a benefit of volunteering, WPH offers free flu vaccinations to all volunteers.



According to the Centers for Disease Control, prevention is the best way to combat the flu, and a flu shot is the best prevention.

The flu shot contains three types of killed flu viruses that scientists believe will circulate in the area during flu season.

This vaccination is for the seasonal flu, not H1N1 (swine flu). Swine flu vaccinations likely will be provided by public health to at-risk populations when the vaccine is available later in October.

People who have had a severe reaction to eggs or to a flu shot in the past should not get a flu shot before seeing a physician.

Another important aspect of prevention is taking everyday

preventative actions.

The most important of these is frequent hand-washing with soap and water. Alcohol-based sanitizers also work if a sink and soap are not available.

Try to avoid contact with ill people; on the other hand, *if you think you may be getting sick, stay home*, and stay away from people in at-risk groups to avoid spreading the virus.

This also protects hospital patients and LTCC residents, families, employees, visitors and other volunteers.

Try not to touch your eyes, nose and mouth. Those areas are especially susceptible to germs.

In addition, covering your mouth

What: Free flu vaccinations
Who: All volunteers welcome
When: 7 a.m.-2 p.m. Oct 12
10 a.m.-1 p.m. Oct 13-16
Where: Cedar Mountain Room
(next to cafeteria)
More information: Call
Joel at 578-2512

with a tissue or your upper sleeve when you cough or sneeze is better than using your hand.

People who are getting sick from the flu usually start to feel sick suddenly, as opposed a common cold, where symptoms appear gradually.

Flu symptoms include a high fever, headache, muscle and body aches, exhaustion and a dry cough.

Symptoms of the common cold include a stuffy nose, sore throat and cough.



Inside Oct./Nov. 2009

Gift Shop Raffle	2
Annual Education	2
Holiday Luncheon	3
Breast Cancer Awareness	3

"You are the essential piece to patient-centered health care."

Gift Shop is raffling stuffed bear

The WPH Auxiliary Gift Shop is raffling off the big bear that has been “guarding” the premises for more than a year.

Tickets are \$1 each or seven for \$5, and can be bought at the Gift Shop weekdays between 9 a.m.-4 p.m.

The winner will be chosen in December.

Money from the raffle will go back to the Gift Shop, which is completely volunteer run and

each year donates its profits back to hospital departments.

In 2009 alone, the Gift Shop has given more than \$3,500 to four different WPH departments, in addition to the many hours the volunteers spend keeping the Gift Shop staffed and running.

Buyer beware, though, he’s a big boy, probably three feet tall, so make sure you have room in your heart and your home before you buy tickets.



Volunteers need to review orientation for Annual Ed Month

In order for the Volunteer Services Department to remain legally compliant, it has been determined that volunteers must their review orientation materials annually in order to remain active.

This process will coincide with WPH’s Annual Education Month each February, in which employees of the hospital and LTCC go through a rigorous review of policies, clinical skills, HIPAA and privacy and other required yearly education topics.

Currently, when they begin, volunteers are oriented about Hand Hygiene, HIPAA and Privacy, Fire Safety, Hazardous Materials, Sexual Harassment, WPH Philosophy/Values/Planetree and the Code of Conduct.

This also will help ensure that volunteers who started before orientation became a mandatory requirement are familiar with the above subjects, in addition to any other important topics that arise during the year.

In order to make the process as easy as possible and accommodate all volunteers, this annual education

will happen in two different ways this February.

1. Volunteers will be able to complete the orientation courses through WPH’s online education program, known as SWANK. SWANK is Web-based, so volunteers can view the PowerPoints and complete the related quizzes at any time during the month of February and from any computer with an Internet connection.
2. Volunteer Services coordinator Joel Hunt will offer two group sessions covering the required materials during the month February, one in the morning and one in the afternoon. Volunteers will need to sign in, Joel will confirm that they have attended one of the sessions.

More details, including the dates of the two group sessions, will be announced via a letter to all volunteers in addition to being included in the “Essential Piece” newsletter.

Please keep in mind that this review will be required in February for volunteers who wish to remain active.

Save the date: Holiday luncheon planned for Dec. 4

All volunteers are cordially invited to the 2009 Holiday Volunteer Appreciation Luncheon.

The date has been set for Friday, Dec. 4, from noon until about 1:30 p.m. in the WPH Sunlight Room.

Tentatively, the luncheon will include holiday entertainment, food from Stewart's Mercantile, drinks and dessert, a volunteer recognition ceremony and giveaways.

Over the next two months, the Family and Volunteer Involvement

What: Holiday luncheon
Who: All volunteers welcome
When: Noon-1:30 p.m. Dec. 4
Where: WPH Sunlight Room
More information: Call Joel at 578-2512

Planetree Team will be finalizing ideas and preparing for the luncheon.

If you have been to previous luncheons, you know they are great fun for staff and volunteers alike, and it's a small way for us to say "thank you" for the benefits you provide West Park Hospital.



October is National Breast Cancer Awareness Month

According to the American Cancer Society, just over half of Wyoming women ages 40 and older had a mammogram in 2006, the most recent year data is available for. Wyoming's mammogram numbers also lag behind the U.S. average.

That's low considering research has clearly shown that early detection of breast cancer through mammography greatly improves treatment options, the chances for successful treatment and survival, according to the ACS.

Although there are several different methods, mammography is the most effective method of early detection, according to the ACS, since it can identify cancer several years before physical symptoms develop. Treatment is more successful when cancer is discovered early.

Mammography is a low-dose X-ray procedure that creates a representation of the internal structure of the breast. On average, mammography will detect about 80 percent to 90 percent of breast cancers in women without symptoms.

American Cancer Society guidelines for breast cancer screening

Ages 40 and older

- Annual mammogram
- Annual clinical breast examination
- Monthly breast self-examination (optional)

Ages 20-39

- Clinical breast examination every three years
- Monthly breast self-examination (optional)



October is National Breast Cancer Awareness Month, and women who have a mammogram at WPH during October will be entered into a drawing for a free gift.

"National Breast Cancer Awareness Month is a good reminder of the importance of screening, but women should think about breast health year-round," said Karen Beemer, Radiology Department director.

Joel Hunt, Volunteer Services
West Park Hospital
707 Sheridan Ave.
Cody, WY 82414

Phone: 307-578-2512
Fax: 307-578-2744
E-mail: jhunt@wphcody.org



Family and Volunteer Involvement Team

- Joel Hunt, Volunteer Services coordinator (chairman)
- Dawn Garrison, Planetree coordinator
- Donna Daniels, switchboard employee/Gift Shop
- Donna Zubik, LTCC
- Janice May, LTCC activities director
- Randy Leisey, Hospice chaplain/volunteer coordinator
- Donna Turecek, Pharmacy

The impact that volunteers make is extremely significant

In 2008, West Park Hospital volunteers accumulated *more than 6,156 hours*. That's equivalent to:

- 1,030 Long Term Care Center
- 1,416 Cody Blood Drive
- 1,820 Hospital Gift Shop
- 1,200 West Park Hospital
- 596 Spirit Mountain Hospice
- \$20.25/hour (2008 estimate of the worth of volunteer time)
- 2.96 full-time employees
- \$124,659 worth of work
- 153.9 40-hour weeks
- 769.5 eight-hour days
- 2 straight years of 8-hour days

