

insight

June 26, 2006

Legacy garden reaps design award

The Oregon Burn Center's (OBC) serene private healing garden, specially designed with lush shade and a four-season botanical collection, just won the internationally recognized Therapeutic Garden Design Award.

The American Horticultural Therapy Association (AHTA) presented the award to Teresia Hazen, horticultural therapist, coordinator, Legacy Therapeutic Gardens, and Jim Penfold, president of Emanuel Auxiliary, at AHTA's 34th annual conference. The conference was held at the Lloyd Center Doubletree Hotel on June 14-16.

"We're thrilled to have won," Hazen says. "It's especially thrilling because this award marks the third time a Legacy healing garden has received the AHTA award."

The first AHTA award came in 1998 for the Stenzel Healing Garden at Legacy Good Samaritan Hospital. The second AHTA award was presented in 2002 for the Legacy Emanuel Children's Hospital Garden.

A panel of international judges selected the 9,000-square-foot OBC healing garden for excellence in therapeutic garden design, based on activities for



Pictured left to right are Oregon Burn Center (OBC) manager Tanya Shanks, R.N., BSN; OBC critical care nurses Darren Axon, R.N., and Tonya Roth, R.N.; Joseph Pulito, M.D.; horticultural therapist Teresia Hazen, Legacy therapeutic gardens coordinator; and Emanuel Auxiliary president James Penfold, also an OBC volunteer.

patients, accessibility, sense of safety, well-defined perimeters, comfort, and sensory stimulation.

continues on page 2

Sixth-graders try their hand at mock surgery

About 60 Catlin Gabel School sixth-graders recently gowned up to perform mock surgeries on pig hearts, break up kidney stones and repair broken bones during Surgery Day.

According to this year's Surgery Day organizer, Claudia Gallison, M.D., the physicians, technicians and nurses at Legacy Emanuel Hospital looked forward to interacting with the six-graders. The day's event included teaching students about

surgery techniques and introducing them to healthcare careers.

Unique learning

For nearly 10 years, hundreds of Catlin Gabel School students also have looked forward to spending the day with the Legacy healthcare professionals, says Larry Hurst, Catlin Gabel sixth-grade science teacher.

continues on page 2

Legacy garden reaps design award

continued from page 1

Legacy Health System hosted AHTA's three-day conference, attended by 250 horticultural therapists, therapeutic garden designers and researchers from around the world. The group toured Legacy's six therapeutic gardens.

The Oregon Burn Center at Legacy Emanuel Hospital was the first hospital in the nation to offer a therapeutic garden specifically created for burn

survivors. The plants and gardening are used as part of a patient's physical, occupational, speech, and recreational therapies.

For more information about Legacy gardens, please call Teresia Hazen at 503-413-6507. ✕



Sixth-graders try their hand at mock surgery

continued from page 1

"Students are excited to take part in mock surgeries to practice techniques that few people, other than medical students, get to do," says Hurst. "Kids become incredibly focused when they're given an authentic learning situation using high-tech equipment with their own hands."

"Thanks to Legacy Health System and the medical professionals who donate their time and equipment, students are exposed to state-of-the-art techniques in medicine as well as careers that they might not know about."

Making a way

Surgery Day was started in 1996 by William Long, M.D., Legacy Trauma Services medical director, when his son was a sixth-grade student at Catlin Gabel School. Most years since, the program has continued, thanks to Catlin Gabel students' parents who work at Legacy Emanuel Hospital.

Surgery Day was held at Legacy Research & Technology Center at Holladay Park and at Legacy Emanuel Hospital. ✕



Andy Michaels, M.D., Legacy associate trauma director, left, works with a Catlin Gabel School student. At right, Drema Hill, R.N., OR surgery nurse, Legacy Emanuel Hospital, helps another student.

Check out the new digs



The staff members at Legacy Meridian Park Hospital Rehabilitation Services Outpatient Clinic warmly invite you to visit their new facility, 19260 S.W. 65th Ave., Suite 285, Legacy Meridian Park Medical Plaza II, Tualatin. The open house is Thursday, June 29, 7-9 a.m.

Be a B.U.L.L. volunteer

Emanuel Children's Hospital Foundation is fortunate again to be one of the primary charitable beneficiaries of the B.U.L.L. Session Golf Tournament, Oregon's largest single-day golf event and dinner/auction. Last year's event raised \$330,000 for nine local children's charities. Legacy Emanuel Children's Hospital received \$32,000.

The success of the Sept. 12 tournament at Pumpkin Ridge Golf Club, and of the dinner/auction at Portland's Convention Center the preceding day, is made possible by volunteers.

We need your help. Please gather your co-workers, family and friends to volunteer for a day or evening of fun. Contact Kristine Krause, 503-413-4141 or kkrause@lhs.org. ✕

Quilt sews up commitment to patient satisfaction

Most people don't talk about quilts when referring to Patient Voice, the initiative that measures system-wide patient healthcare satisfaction. Quilts probably aren't talked about at coffee breaks or over lunch, for example.

But a cozy quilt does conjure up hearth and home, and in a hospital setting, it brings to mind the compassionate, intimate relationship between caregivers and patients. Thus was born the inspiration for the embracing warmth of a cotton quilt, now hanging in the Terrace Café at Legacy Salmon Creek Hospital.

"Before the hospital opened last year, the organizational development team discussed how employees could demonstrate symbolically their commitment to the hospital's core values of collaboration, compassion, integrity, quality, and service," says Ceva Knight, director, Legacy Organizational Development. "That's when we came up with the idea of inviting employees to sign a quilt, signifying their commitment to each other and to the PACTS model."

PACTS means: **pro**actively communicates; holds yourself and others **accountable**; delivers exceptional **customer** service; is a **team** player; and demonstrates **safe** work practices.

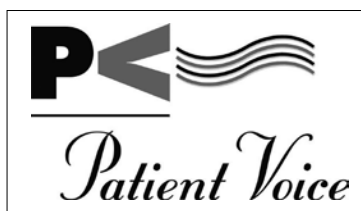
One for all

One-by-one, more than 500 employees signed the quilt squares during an all-employee orientation.

Then, Knight enlisted help from Carole Maloney, training specialist, Legacy Organizational Development, and Delores Johnson, manager, Legacy Payroll.



A specially created quilt at Legacy Salmon Creek Hospital symbolizes employees' commitment to the hospital's core values. Flanking Legacy Salmon Creek Administrator Jonathan Avery are the quilt's creators (left) Delores Johnson, manager, Payroll, and (right) Carole Maloney, training specialist, Organizational Development.



Maloney and Johnson pooled their sewing talents to make the 45-square quilt.

Maloney designed and created the quilt top, carefully selecting fabric with green, brown and gold earth tones to complement the new hospital's color scheme. She also appliquéd Legacy's logo on seven quilt squares. Other panels were embroidered with the hospital's core values. The center panel was embroidered with the acronym PACTS. Johnson quilted and attached a lightly-padded backing to the quilt.

The notably powerful work of art was unveiled at the same time that Legacy launched Phase III of the Patient Voice initiative, now including Legacy Salmon Creek. Staff members who participated in the kickoff event got the first look at the quilt, and received free Patient Voice mouse pads and notepads. ✕



Remembering when

A watercolor painting of former Washington State Senator Al Bauer's boyhood home — once a strawberry field, red barn and white clapboard house, and now home to Legacy Salmon Creek Hospital — was donated recently to the hospital. Bauer gave the painting to the hospital because he wants the legacy of his family and a reminder of the significance of the area to continue in an environment dedicated to healing, comfort and service. The painting is by Bauer's neighbor at the time, Lois Wark. It now hangs in the hospital's first-floor lobby.

Express Scripts Web site offers benefits help

The Express Scripts Web site, www.expressscripts.com, provides employees access to a benefits overview, drug guide and link to a pharmacy locator for the nearest participating pharmacies.

To register to use the Web site, click *Members* on the main page and then click *Activate your account under Not registered?*

Under *Benefits Overview*, you can get your 12-month prescription history, perform a price check to compare drug costs for savings, check co-pay amounts, learn about other pharmacy benefits, and view your plan's preferred drug list.

Click *For Your Doctor Visit* to get personalized information, such as prescriptions, formularies and ways to save money on medications, to share with your physician.



Under *Drug Guide*, there's information about the medications you're taking, including drug comparisons, drug interactions, possible side effects, and alternative treatment options.

Under *Your Health*, learn about, participate in and understand your care. For example, you can participate in a full-health risk report in just a few minutes, get information on more than 30 common health conditions and read daily headlines and the latest news about medications.

Express Scripts has selected Rite Aid as an online provider for health and wellness products.

At www.expressscripts.com, you can purchase such health-and-wellness products as over-the-counter medications, vitamins and herbal remedies, cosmetics, skin care products, soap, and shampoo. ✕

Protect your valuables

By John Reid, director, Safety and Security Services

It's summertime, and that means fun in the sun and lots of outdoor activities. Unfortunately, it also usually means an increase in thefts.

Theft from cars is a crime of opportunity. A criminal walks past a car, notices a visor CD holder, breaks the window and grabs the CDs, along with the CD player that's in the glove box.

Don't let it happen to you. Hide valuables in the trunk, and don't leave cash, bags, electronics or other items in view.

Report suspicious behavior — if you see something or someone suspicious on a Legacy facility campus, call Security immediately. To get Security's telephone number or to be transferred to Security, call the operator at your location. ✕

Big money, and a big TV *What more is there to life?*



Legacy is giving away up to \$2,000 and the chance at a flat-panel television. Just for helping us find new employees.

You'll be rewarded for a referral who becomes a regular Legacy employee:

- \$250 (less taxes) for most positions
- \$2,000 (less taxes) for critical-to-fill positions
- Plus, a special drawing at year's end for a flat-panel television for everyone who referred an employee

You can find the referral forms and complete rules:

- On Legacy's intranet, <http://lhsweb.legacyhs>
- Where Human Resources forms are found at each site

Call 503-415-5405 for more information.

Hey, hey Kids' Fair

It's tough to say which attraction drew the attention of the more than 600 wide-eyed children at the first annual Legacy Salmon Creek Kids' Health & Safety Fair.

Children were running to and fro looking around, accompanied by adults in T-shirts, shorts, sunglasses and walking shoes.

Sights that caught their eye included up-close-and-personal encounters with EDITH, the fire safety house, Mr. Yuk about poison safety and Surgi-bear for hands-on mock surgery.

Kids also traversed an obstacle course, scrambled in and out of ambulances and a special weapons and tactical (SWAT) truck, while their parents, grandparents, uncles and aunts watched from comfortable chairs.

Health and safety underscored the day, with giveaways of more than 250 gun locks and scores of electric toothbrushes. About 650 bicycle helmets, either sold at \$5 each or donated, were fitted to kids and adults.

And, of the nearly 50 child/infant car seats checked for free, 31 were found to be used incorrectly. The



Volunteers fitted bicycle helmets for hundreds of children at the recent Legacy Salmon Creek Kids' Health and Safety Fair.

shebang also was attended by State Rep. Richard Curtis, R-La Center. ✕

Baby and Me reunion



More than a dozen mothers and their babies, ages 1 week to 8 years, got together recently at Legacy Meridian Park Hospital for a Baby and Me reunion.

The Baby and Me program offers fitness and educational classes for new mothers and their babies born at Legacy hospitals.

Tracy Throckmorton, R.N., IBCLC, has led Legacy Meridian Park Hospital's Baby and Me program for more than 13 years. She is pictured in first row center holding 8-month-old Grace Kelso. The baby's mom, Shelesha Kelso, took the photograph.

New parents may call Legacy Women's Services at 503-413-4840 for more information about Baby and Me or to register for the weekly program. ✕

Lab solvent recycling

By Tom Badrick, Legacy recycling specialist

Solvent use is necessary in some lab processes. Recently, our pathology program at Legacy Good Samaritan Hospital made the environmentally friendly step forward in recycling used solvents, and it's already paying dividends.

The labs are a very efficient group. They work hard to eliminate waste and by-products at every turn. Both pathology and histology use industrial solvents in their processes, and this generates an appreciable amount of used solvent, which is commonly disposed of as waste.

Recently, the team tested and purchased a cold distillation solvent-recycling machine. It is safer and more efficient than the model that was used for years at Legacy Emanuel Hospital, and already has had a significant impact on the fiscal bottom line and the environment.

According to Don Toussaint, director of Legacy Labs, at current rates, this new process will have a consistently positive impact on operating costs, and will prevent 29 drums (1,600 gallons) of hazardous waste from being generated each year. ✕

Free lunch

Bring yourself and your family to Legacy Federal Credit Union's 35th annual open house, Friday, June 30, 11 a.m.-2 p.m., 2148 N.W. Overton. Free barbecue lunch, balloons and coloring books for kids and door prizes. Show your credit union membership card or statement for a free anniversary gift.

INSIGHT CLASSIFIEDS

Announcements

Legacy CPR instructors class. Learn the skills to teach all levels of CPR. A current HCP card and a letter of recommendation are required for the class. A small paid time commitment at a Legacy site will be required at a CPR renewal day. Classes in July. Contact Sue Martinot at smartino@lhs.org for additional information.

Vehicles & Boats

'95 BMW 740iL, beautiful car, no dents/rust, great condition, well maintained, 103K, champagne color, tan leather, premium sound, CD changer, traction control, performance tires, studless snow tires included, parking assistant, heated power seats with memory, etc., \$9,900, obo. Lori/Rich 503-452-7703.

'04 Hyundai Santa Fe, V-6, 3.5L, auto with shift-tronic, 4WD, power steering & breaks, moon roof, 18,600K, \$17,400, OBO. 503-409-0967.

'02 BMW 325 convertible, 25K, leather, Premium, sport, & cold weather package, xenon lights, steptronic transmission, HK sound, excellent condition, \$30,800. 503-314-8490.

'95 GMC Suburban, original owner, great condition, 157K, 1500SLT model, leather seats, tinted windows, power windows/doors, front & rear A/C, towing package, luggage rack, CD/cassette, \$4,500, OBO. 360-901-0934.

'03 Buick Century, 37k miles, original owner, well maintained, cardinal red, automatic, power etc, 30 mpg, \$9,995.00. 503-667-4040.

Homes for Sale

NW Portland, FSBO, \$615,000, like new but better, 4 bed, 3 baths, formal DR & LR, pro landscaping, in Windermere subdivision, nearly perfect cond., minutes from downtown. 503-297-1879.

East Vancouver, 1,800 sq. ft., completely remodeled with hardwood floors & granite countertops, great neighborhood & schools, close to freeway & 10 minutes from PDX, 3 bed, 2.5 baths, must see, \$292,900. Elizabeth 360-521-3332.

NW Portland, renovated Victorian Craftsman, built 1902, 2314 NW Marshall, zoned C2 storefront commercial, near streetcar/bus/retail/hospital, 3,505 sq. ft., inc. 832 sq. ft. finished basement, 4 bed 2.5 baths, DR, library w/fireplace, 3-car driveway, \$898,000. Carol/Gary 503-223-3682.

Vancouver, 2,400 sq. ft. home, 3 bedrooms + bonus, \$329,900, for sale or rent to own \$1,495/mo, 1st & last + \$1,000 deposit, beautiful 1 year old home, upscale in nice Felida neighborhood, great schools, gas heat & gas fireplace, A/C, stainless steel appliances, family room, den downstairs with large kitchen & eating nook. 360-600-2624, can e-mail photos.

Homes for Rent

SE Portland, quiet, just remodeled 2 bedroom in duplex, large kitchen, W/D, garage, private yard, single story, no steps, half block to bus, close to I-205, \$700/mo. 503-869-8850.

SE Vancouver, 1 bedroom apartment, 750 sq. ft., \$475/first 2 months, \$690 after, month to month for additional cost, 2nd floor, fireplace, W/D in unit, near I-205 & Mill Plain, pool, hot tub, exercise room, tanning, cats allowed, move in 7/2. Kiri/Nate 360-260-7878.

Tigard, room for rent in 3 bedroom triplex, 1,194 sq. ft., shared kitchen/ bath/living room, near Washington Sq., easy access to I-5/I-217/99, coin-op laundry, reserved parking, half block to bus, near county park, large kitchen, small fenced yard, \$385/mo includes utilities/basic cable/high speed Internet, no pets, 10275 SW 85th Ave. Sandee 503-341-3259, leave message, <http://mysite.verizon.net/terrysandee/>.

SE Portland, Ladds Addition, 1923, original character with tasteful updates, 1,500 sq. ft., including unfinished basement, 2 bed 1 bath, updated kitchen & bathroom, newer appliances, walk to Hawthorne & Division shops, theaters & restaurants, easy commute to downtown, 1 car garage and off street parking, \$1,450/mo, min. 1 year lease, first + last + \$500 deposit, pets negotiable, ready in early to mid- July. Joe 503-799-9253.

Tigard, 2 story Cape Cod, nice neighborhood, walk to bus/Wash. Square, PO & library, 2 bed 1 bath, newer W/D, refrig & DW, fresh paint throughout, single car garage with storage & auto door opener, large deck, garden area & fully fenced yard, hardwoods, fireplace insert, no smoking/pets, \$1,100 month + deposit, move in ready 8/1/06. Immaculate credit & references required. e-mail cwornath@hotmail.com.

Items for Sale

Full bed, 4 years old, great condition, \$350, OBO, available end of July after move. 360-513-0180.

Sega Genesis game, Mortal Kombat, \$5; Nordic-Track treadmill, excellent condition with extras, \$250, obo. 360-891-8109.

4 BMW rims & Toyo tires, 50% tread, \$100. 503-631-7230.

Antique library card file, 60 drawers, excellent condition, \$875, OBO. 503-550-1702.

Apple Powermac G4 Quicksilver 867 + beautiful 17" LCD Apple Studio Display, 80 gb hard drive, over 1 gb RAM, watch DVDs or burn your own with the built-in DVD burner, extras available, \$1,000. 541-386-3749 or taca@charter.net.

Standard size hide-a-bed, dark blue with coral accents, clean, \$50. 503-667-4040.

To advertise in Insight you must:

- Be a Legacy employee
 - Identify your work area
 - Identify your work number
 - Include a home number for the ad
- Employees may submit ads as follows:

- Internal e-mail: Insight News Letter;
 - Internet e-mail: insight@lhs.org (include "Insight" in subject line)
 - FAX to Insight @ 503-415-5954: or
 - Interoffice mail: Insight/System Office
- All ads MUST be in by NOON Monday for the following Monday's edition.

Printer cartridge for Epson, made by Print-Rite, expiration '07, 2 color/2 black & white, \$68 value, sell \$45. 503-635-1217.

Apple Nano iPod, 2 GB, black, new, \$160, obo. Sergey 503-513-4691.

I-Robot Roomba 4210 Discovery Floorvac robotic vacuum. Dirt detection & infra-red cliff sensors, rechargeable APS battery, 3-hour charger, 2 virtual walls, 2 air filters, remote control & wall mount, auto adjusts to any floor surface, 2 hour continuous cleaning & many more features. \$279 retail, used twice, works perfectly, sell \$100. 503-703-3504, typingismylife@yahoo.com.

Golf clubs, bag & cart, ladies right-handed Northwestern, 3-9 Irons, 1-3-5 woods, putter, bag & cart, in great condition, \$40; ladies Iron-Horse mountain bike, good condition, \$20; pink ladies Kozmopolitan bicycle, Kustom Kruser, excellent condition, never ridden, paid \$400 at Copeland's, will sell \$250. 503-680-1772.

'20s antique armoire, \$300; round oak kitchen table w/4 chairs, excellent condition, \$350; antique twin headboard & footboard w/mattress & box spring, \$295; antique dresser w/pivot mirror, \$375; white rattan sofa & love seat, cushions in excellent condition; 2 rattan end tables & 1 coffee table, will sell separately, \$450; Lexmark printer, needs cartridge, \$10, TV stand with glass doors, \$50, all prices OBO. 503-693-2483.

Pets & Supplies

Loving home needed for beautiful neutered male cat, extra soft, long black hair, born 10/99, indoor/outdoor, great cat, can e-mail photos. 503-888-7467.

Wanted

Roommate wanted to share 3 bed/2.5 bath home in Vancouver, off I-205 near downtown, 15 minutes from SCH, \$450/month. 360-993-5723.

Heating oil wanted, will pump out & remove above ground tank. 971-327-8278.

Wanted

Preferred Employees. Cash reward if you find us new employees. Make a referral to win cash and the chance at a flat-panel TV. You can find the referral forms and complete rules on Legacy's intranet, <http://lhsweb.legacyhs.com> or <http://lhsweb.legacyhs.com/HR/java/hr.jsp?view=cash>, or where Human Resources forms are found at each site.

Insight is published on Mondays for Legacy Health System employees. By policy, *Insight* does not advertise any business or publish phone numbers of businesses, such as real estate, etc. Vacation rentals are listed the first issue of each month.

Send submissions to "Insight News Editor." All addresses are found at the top right corner of the classifieds.

We welcome your contributions. For reasons of space and style, submissions may be edited or held for future issues. Articles must be received by noon on Thursday before a publication date (11 days before publication date). *Insight* ads must be received no later than noon, Monday, before a publication date. Legacy reserves the right not to print submitted articles

or ads. Ads are NOT taken by phone.

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