

Right Here

A Monthly Newsletter for the Staff of MMC



Jason Douglas

President's Message

Dear MMC Team:

Spring is on its way, and nothing says "happy beginning of spring" like waking up to a layer of snow. It feels like this winter is never going to end. Cold, rain, snow, ice, bare trees, and shorter days can make you feel as though spring will never arrive. Every year, though, spring shows up. The trees bloom. And people head back outside to enjoy the warmer weather.

Spring brings transformation and change. The healthcare environment today is constantly changing, and at MMC we continue to develop and evolve to better meet the needs of those we care for and the communities we serve. This month we will host our first Employee Training of the year. These trainings are an opportunity for us to bring high quality training to all employees related to the strategic initiatives of the organization. More information will be posted later this month.

One of the greatest gifts we can give is our time. This past month, I had the opportunity to attend the Book Across the Bay, and the Moonlight Ski and Snowshoe event and I was overwhelmed by the amount of MMC volunteers we had! Thank you to all of those who have given their time to serve our community. One of our organizational goals under Community is to "promote positive representation through volunteer involvement in our community", and I think we are on target to meet and even exceed that goal again in 2019.



March, 2019
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- Retirees
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EVENTS IN REVIEW

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**Memorial
Medical Center**

Right here in the place we love.

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President's Message, continued from page 1

As you volunteer your time, and attend MMC trainings and forums, don't forget about the True North Passport Program. Get your Passport stamped four times in 2019 for a chance to win one of three \$500 cash prizes. Passport Program information and the list of approved volunteer events is posted on the intranet site under the Pathfinders page in the True North section.

Looking ahead, March looks to be another exciting month. I am looking forward to seeing transformation and change as we move forward. Thank you for all of your great work and dedication!



Jason Douglas



Upcoming Events

PARTNERS IN RECOVERY GRAND OPENING PARTY **Friday, March 1 • 5 - 10 PM** **Partners in Recovery Center**

410 Lake Shore Dr. W. • Ashland

Join the community and show your support for this great new resource for our area! There will be live music, speakers, a chinese raffle, and refreshments. Everyone is welcome!

MARDI GRAS CELEBRATION **Tuesday, March 5 • 2 PM** **Old MMC Cafeteria**

All MMC, REI and NWCC staff are invited to the MMC version of Mardi Gras! Party food & beverages will be served. This party is part of the True North Campaign: "Keep 'Em Satisfied" and is brought to you by the EMRC Committee.

ASH WEDNESDAY SERVICE **Wed., March 6 • 2:30 PM** **MMC Chapel**

You are invited to the chapel for a brief service and to receive ashes. Contact **Andrew MacGregor, Chaplain** at ext. 5498 or amacgregor@ashlandmmc.com for individual or departmental arrangements.

NAVIO ROBOTIC-ASSISTED SURGERY FREE COMMUNITY INFO SESSION

Wednesday, March 20
6 - 7:30 PM

AJ's Bar & Dining, Park Falls

We are reaching out to surrounding communities to provide information about our Orthopedic Services of MMC. If you know anyone in the Park Falls area who could benefit from this event, please have them RSVP to: ashlandmmcnavigo.com.

SHERRY LIPSKE RAFFLE

Donation forms can be found on the intranet and are due to Marketing on Friday, March 8.

Raffle item lists will be distributed after March 13.

Raffle Items need to be delivered to North/South Twin Islands Meeting Room on Friday, March 29 any time from 8 AM - 4 PM. Call Kate, Marketing at Ext. 5186 for special arrangements/drop offs.

Viewing times/Ticket sales will be Monday, April 1 - Thursday, April 4 from 11 AM - 1 PM and Friday, April 5 from 10 AM - 12 PM.

Raffle winners drawing party will be Friday, April 5 at 2:15 PM in the old cafeteria. All winners should claim their prizes that day!

(more events on page 3)

More Upcoming Events

KEEP 'EM SATISFIED WEEKLY ACTIVITIES

- **Trivia: March 6 - 12**
- **Kindness Week: March 13 - 19**
- **Find the Sun: March 20 - 26**

Details for all of these events can be found on the intranet, or go to your supervisor with any questions.



STERILE PROCESSING SHOWCASE Wednesday, March 27 • 1 - 3 PM MMC Ground Floor Hallway by Vending Machine Room

Stop down for some refreshments and check out the new equipment in the Sterile Processing Department.

ASHLAND HOME SHOW Fri. - Sun., March 29 - 31

Bay Area Civic Center

Specialty Services of MMC will be representing us with a booth at the show this year. Please contact **Patti Pajdash, Specialty Services** at Ext. 6057 if you are interested in volunteering your time for this event.

TROPICAL STAFF PARTY

Friday, March 29

Location TBD

This is the grand finale celebration for the Keep 'em Satisfied Campaign. All MMC, REI, & NWCC staff are invited to a jungle party to get rid of the winter blues!

SPRING TRAINING EVENT

Wed. & Thurs., April 3 & 4

WITC Conference Center

All staff please attend one of the 6 sessions. This is a paid training. Don't forget to bring your passport to be stamped! More information coming soon on the intranet.



JUST FOR WOMEN

Wednesday, April 10

4:30 - 7:30 PM

Northern Great Lakes Visitor Center

4:30 PM: Hands only CPR Training

5:30 PM: Doors Open

6:30 PM: Keynote Speaker

Alexandera Houchin.

Alexandera participates in ultra-endurance bike events all over the country, and is a citizen of the Fond du Lac Band of Lake Superior Ojibwe. She will speak about how she developed a relationship with discipline to dare to not only jump, but soar over barriers.

Get your health questions answered by over 15 MMC informational booths. Enjoy refreshments catered by Good Thyme Catering.

If you are interested in going to the 2019 Just for Women event, please RSVP at: [www.justrsvp.me/just-women-2019](http://www.just RSVP at: www.justrsvp.me/just-women-2019) or call **Terri Leary, Marketing** at Ext. 5183.

SAVE THE DATE

RELAY FOR LIFE

Friday, April 12 • 5 PM

Bay Area Civic Center

If you are interested in being a part of the Relay for life MMC Team, contact **Kathy Tuttle, Nursing** at Ext. 5393.

PARTNERS OF MMC LINEN SALE

Tuesday, April 23 • 9 AM - 3 PM

North/South Twin Islands

Did You Know?

Daylight savings time change is on Sunday, March 10.

Don't forget to "spring ahead!"

Do you want to know the history behind daylight savings?

Go to: www.webexhibits.org/daylightsaving/c.html



All in the Family

Krystle Karlinsky, Social Services attended the Social Work Ethics & Boundaries workshop in January. She received 4 CEUs towards maintaining her social work certification. This online interactive course tackled ethical dilemmas in the healthcare setting, end of life issues, and case discussions that posed ethical dilemmas.

Retirees



Best wishes to **Martha Scott, HR** and to **Barb Richardson, Patient Access**. Thank you for your hard work and for all of your years of service at MMC!

Smile of the Day

Kay Cooley, IS is the proud grandma of the "Smile of the Day" baby published in the February 13 edition of the Daily Press. Lynkin is the son of Kay's daughter Kristin. What a great smile he has!



New Equipment



Sterile Processing is thrilled with their latest equipment, the need of which was brought on in part by increasing workloads due to the rising numbers in OR.

The department now has a new cart washer, a pass-through air dryer and a new washer/decontamination machine. Stop down for the SP Showcase party on March 27 from 1 - 3 PM and see for yourself. Also enjoy cupcakes and coffee.



Recent MMC Events



Thank you to everyone who volunteered at the **Book Across the Bay** race rest stop and med tent.



The **Valentine's Day Party** was a lovely break from our daily routine. This year it was rolled out as part of the "Keep 'em Satisfied" campaign, brought to you by the EMRC committee. The cake was loved by everyone who tasted it. The only down side was having to pick from 3 different flavors!



(more events on page 6)



Recent MMC Events (continued)



The **Free MMC Community Educational Events** this winter have been very well received and provide valuable advice and information for our community. **Dr. Africano, Gynecology & Obstetric Specialty Services** hosted an event in January, and Jeanna **Morsehead-Metelica and Katie Bratley, BHS** hosted an educational event titled Teen Substance Use & Risks on February 27. Look for more of these free community events coming soon.



The second annual **Moonlight Ski & Snowshoe Extravaganza** was a hit. Even Cosmo was there! Great job True North Team Wayfinders for planning and organizing this event. About 75 community members came out to enjoy the festivities. An album of photos from this party is up on our Facebook page.



MMC Image Campaign

The Marketing department has been working hard along with the Hailey Sault agency from Duluth to develop our next MMC and HAMH/WE image advertising campaign. In the past we have used staff to portray the “Right People Right Here.” This time we will be promoting the idea of “Caring for the People you Love” using faces and stories from our community. Be on the look out for these new ads and promotional videos to go live mid to end of March.



True North- Plan

2018 in Review

There has been a whirlwind of activity moving into the New Year. As we look ahead, it's a perfect time to pause and reflect on the work and accomplishments achieved in 2018. For the True North Plan for MMC, it has been a very busy year with lots of successes. These achievements would not be possible without our truly talented team who dedicate themselves every single day to help improve the quality of life for our community.

2018 included the culmination of a number of True North initiatives, including: Orthopedics services, Gynecology & Obstetric services, and an Employee Wellness program.

Fall 2018 MMC opened the Orthopedic Services of MMC office led by board certified, and fellowship trained surgeons, Dr. Joseph Signorelli and Dr. Justin Cummins. Their focus is on orthopedic surgery centered around sports medicine, arthroscopic procedures for shoulders, knee and hips, joint replacement for knees and hips, and robot-assisted procedures. They offer total joint, bone and muscle treatment from diagnosis to treatment, with quality outcomes. The Go-To-Market Plan included public relation and advertising initiatives and community educational seminars on knee replacements using the NAVIO system. The seminars have been held in Iron River, Washburn, Hayward, Hurley and Ashland with over 140 people in attendance. Dr. Cummins and Signorelli have completed over 897 clinic appointments and 146 surgical cases. The Plan-Do-Study-Act (PDSA) review of this new service launch was completed in January 2019.

August 2018 MMC opened the Gynecology & Obstetric Specialty Services of MMC office lead by Dr. Africano, a board certified OB-GYN and subspecialty certified female pelvic reconstructive surgeon. The Go-To-Market Plan for this practice centered on public relations and advertising initiatives which included: print ads, radio spots using Dr. Africano's voice, social media marketing, and community events. As of December 31, 2018, Dr. Africano completed 134 clinic appointments and performed 24 surgical cases. As an essential part of the PDSA cycle, key stakeholders reviewed the success of this initiative in January 2019, and created a plan of action for additions and changes to the Marketing Plan in the coming months. This service line will be reviewed again later in 2019 to determine its overall effectiveness.

MMC created a robust Employee Wellness program for not only Ashland but Hayward as well. Kyle Narges was brought on in September 2018 and is charged with planning a coordinated program with a focus on outcomes. Kyle will be splitting his time in Ashland and in Hayward. His program plan includes wellness events including challenges, fitness classes, and wellness education seminars for all employees. Kyle ensures that the Wellness Program meets the requirements to be certified as a Well Workplace by the Wellness Council of America (WELCOA). He is responsible for conducting wellness surveys to determine interests and needs of employees. At the MMC Employee Benefits Fair, over 100 people completed a wellness survey. This vital data provided feedback that will be valuable when creating the 2019 wellness plan.

As we look forward to 2019, the leadership and the Board of Directors, both at MMC and HAMHWE are continually evaluating the needs of our communities, and how to best serve those needs. The main goal of our work is to build and create lifelong connections with the people who live in the Northland. As we continue to fulfill that work, all of us can feel that we are truly living our mission; to improve the health and wellness of people of our south shore region of Lake Superior.





STAR

- Service
- Teamwork
- Accountability
- Respect



Congratulations to Rehab Services of MMC! They won the Heart Health month department decorating contest. Coming in second place with lots of creativity and effort was Gynecology & Obstetric Specialty Services of MMC. Thank you to everyone who participated.

Every encounter,
every person,
every time.



**Memorial
Medical Center**
Right here in the place we love.

Got Photos?
Submit them to *Right Here!*

We'd love to highlight your favorite photos. Send us your best photo of volunteering in our community or some of your favorite milestones of you and your family.

Email your pictures as JPG files to krdeering@ashlandmmc.com