



## Spence family donates gift bags to NICU



From left to right, Neonatal Services Clinical Director **Becky Sartini**, donor **Brittany Spence** and Lactation Consultant **Ruth Munday** showcase the contents of the new Forrest Spence Fund NICU bags for incoming families.

Brittany and David Spence recently donated 250 gift bags to Le Bonheur's Neonatal Intensive Care Unit. This donation – made possible through the Forrest Spence Fund – will provide parents of patients in the NICU with items they will need during their stay.

Each bag contains a heartfelt letter from Brittany and David, breast milk pumping supplies for the mother and a journal for communicating with the NICU staff. The bags also contain an Angel Dear "lovie" just like the one Brittany and David's son, Forrest, slept with during his stay at Le Bonheur.

The NICU has a team and resources in place to help assist

mothers pump breast milk for their newborns. In addition to the bags, the Spence family also donated a microwave to the NICU lactation room to provide mothers with a quick and easy way to sterilize pumping supplies.

"Our hope is to meet some of these parents' needs," said Brittany.

Brittany and David created the Forrest Spence Fund in honor of their son who passed away in 2007 after spending 55 days in Le Bonheur's PICU. The fund's mission is to assist with the non-medical needs of critically or chronically ill children and their families throughout the Mid-South.

## transition update available on MOLLI

Members of Le Bonheur's transition teams – dedicated to planning, implementing and communicating all aspects of our move to the new hospital next fall – recently compiled a brief update to provide all Associates with a behind-the-scenes look at the transition process. Each team shares three points about their goals and recent

accomplishments, giving Associates an up-to-date overview of the transition to the new Le Bonheur.

To get a sneak peek at June's transition activity, log on to MOLLI, choose "Our Facilities," select "Le Bonheur," go to "Construction" and click on the "Transition Teams" tab. Stay tuned to *express* for ongoing updates.

## save the date

- Make plans to attend **Town Hall** on Thursday, July 9, at 7:30 a.m. or 3:30 p.m. in the Le Bonheur Auditorium. Town Hall will include a look at the balanced score card and Vision 2020 with Meri Armour, a detailed look at department locations in the new hospital, a behind-the-scenes video tour of the construction site and more. Light refreshments will be served.

- Bring your spare change and hearty appetites to the **7 West Bake Sale** on Thursday, July 9, in the Lower Lobby. The bake sale begins at 6:30 a.m. and will continue until all items are sold. All proceeds from the sale will benefit a new food pantry for families on 7 West. Stop by the Lower Lobby and shop for a good cause.

## splash it up at Cardiac Kids Camp



Campers at Le Bonheur Children's Cardiac Kids Camp enjoy a day of fun in the sun, taking a dip in the pool to beat the summer heat. Cardiac Kids Camp – held each summer at Camp Lakeshore in Eva, Tenn. – provides children with cardiac-related diagnoses with an opportunity to learn about their heart conditions and meet other kids like themselves in a fun-filled camp environment.

## Le Bonheur hosts family-centered care webinar

Mark your calendars for an educational webinar on Thursday, July 9, from noon-1:30 p.m. in the Le Bonheur Auditorium. The webinar, hosted by the Institute for Family-Centered Care, will address the following topic: "Changing the view that families are visitors – strategies that support family presence in newborn intensive care and pediatric settings."

The objectives of the webinar are to identify practical approaches for welcoming families 24/7, to discuss benefits of welcoming families during medical rounds and nurse change of shift report and to problem solve and identify positive, proactive approaches for supporting physicians and staff as changes are implemented.

Attendees are encouraged to bring lunch to the Auditorium at noon on July 9 and stay for some or all of the presentation. For more information, visit [www.familycenteredcare.org](http://www.familycenteredcare.org).

## moms enjoy healthy snacks demo

The Olive Branch, Miss., Stay-at-Home Moms group recently participated in a healthy snacks demonstration at Le Bonheur Children's led by Food Services Director **John Paul Carpenter** and Executive Chef **Emmett Bell**.

"Our group is always looking for fun, educational and cost-effective activities during the summer," said Gina Roman, the group's head mom. "We reached out to a friend at Le Bonheur who contacted John Paul and Emmett, and we received a warm welcome."

John Paul and Emmett taught the group how to make banana sushi – made with flattened wheat bread, peanut butter and bananas – and fresh fruit and yogurt parfaits. The chefs also demonstrated preparation of ants on a log, a dish composed of celery, peanut butter and raisins. Cream cheese and honey were suggested as alternatives for children with peanut allergies.

"These recipes are all easy, fresh and healthy," said Gina, who was eager to try them at home. "When kids get to help make the food, they're more interested in eating it."



From left to right, Le Bonheur Executive Chef **Emmett Bell** demonstrates the preparation process for banana sushi as **Emily Hamilton** and **Olivia Holloway** look on.



## Christmas in June brings cheer



To mark the halfway point to Christmas 2009, Child Life threw a Christmas in June celebration on June 25. The party – themed “Spreading Cheer throughout the Year” – included a penguin cake and holiday punch, photos with Santa, pin the nose on the reindeer, cookie basketball, a visit from Frosty the Snowman and more. Above, members of the Trejo-Chavez family take a break from celebrating to have their picture taken with Santa Claus. Below, Kicker – Le Bonheur’s pet therapy dog – interviews with Santa for the job of North Pole Pup.



## Weight Watchers starts summer session

Want to slim down for the summer? Weight Watchers at Work begins a new session this week. Tuesday sessions meet at 7:30 a.m. and kick off on July 7; Thursday sessions meet at 12:30 p.m. and kick off on July 9. Both groups meet in the POB Ground Floor Conference Room.

The fee for new members is \$120 for a 12-week session. Returning

members pay \$110. Methodist Le Bonheur Healthcare will reimburse the membership fee of all participants who achieve a weight-loss goal of 12 pounds or more during a session. For more information or to receive registration forms, contact **Dorothea Jackson** at 287-4481 or jacksdor@methodisthealth.org.

## calendar

**Tues., July 7**  
7:30-8:30 a.m.  
**Weight Watchers**  
Ground Floor Conf.  
Room

2-4 p.m.  
**AOC**  
Auditorium

**Wed., July 8**  
8-9:30 a.m.  
**Grand Rounds**  
Auditorium

**Thurs., July 9**  
7:30-8:30 a.m.  
**Town Hall**  
Auditorium

12:30-1:30 p.m.  
**Weight Watchers**  
Ground Floor Conf.  
Room

3:30-4:30 p.m.  
**Town Hall**  
Auditorium



Published for Associates and medical staff of Le Bonheur Children’s Medical Center. Le Bonheur express is produced by the Le Bonheur marketing & communications services department. Please send information for express to Katherine at: whitfiek@lebonheur.org or call her at 287-6030. The **deadline** for information for each issue of express is **Tuesday at noon**. However, please give as much advance notice as possible for both stories and requests for photos. Want to read express online? Log on to <http://mlh.gomolli.org> and select Le Bonheur under the “Our Facilities” tab.

# good for you

Congratulations are in order for **Paula Dycus**, whose doctoral residency project entitled “Using QSEN to Measure Knowledge, Skills, and Attitudes of Experienced Pediatric Oncology Nurses: An International Study”

was accepted for publication. The article, co-authored with Leslie McKeon, Ph.D., RN, will be published this month in *Quality Management in Health Care*, volume 18, number 3.

## help recycle ink and toner cartridges

Did you know that Methodist Le Bonheur Healthcare offices order approximately 2,500 ink and toner cartridges every three months? That’s a lot of hard plastic trash that could end up buried in area landfills. To encourage everyone to recycle empty cartridges from printers, copy machines and other equipment, MLH has partnered with Staples (Corporate Express) to raise awareness about the right way to dispose of them.

The Staples drivers who make regular office supply deliveries can pick up empty cartridges whenever they are on a delivery run in the area. As our recycling partner, Staples will pick up all empty cartridges, not just cartridges delivered by their company.

There are two ways to recycle empty cartridges:

- Option 1: Write “Recycle” on your empty cartridge boxes and stack them at your regular delivery area. They will be picked up during the next Staples delivery run.

- Option 2: Order a free collection box to hold a larger supply of empty cartridges by emailing [collect@cloverenvironmental.com](mailto:collect@cloverenvironmental.com). The boxes will ship within 24-48 hours. Staples will pick up the boxes when they are full.

“Many cartridges have shipping labels for mailing recycling, but we are urging MLH offices to use the Staples drop-off points instead of mailing. This saves on shipping expenses for the receiving company and gives MLH a way to track how many cartridges are recycled,” said **Trina Jones**, MLH director of Sustainability.

A flyer with recycling info and a Staples contact for questions is posted on MOLLI. Log on to MOLLI, click on “About Us,” select “We Care at Work,” choose “MLH Recycling” and click on “Ink and Toner Cartridge Recycling.”

“Staples has been a great partner in helping us plan for more cartridge recycling. We appreciate their support and look forward to seeing an increase,” Trina added.

July 5 - 11

menu

### Sun., July 5

Chicken Noodle  
Fried Chicken  
Baked Spaghetti  
Green Beans

### Mon., July 6

White Bean, Kale  
and Bacon Soup  
Chili  
Baked Chicken  
(WW)  
Fried Chicken Livers  
Blackened Salmon  
BBQ Nachos  
Baked Spinach  
Macaroni and  
Cheese  
Okra and Tomato  
Mashed New  
Potatoes

### Tues., July 7

Vegetable Beef  
Soup  
Cheddar Potato  
Shrimp Creole  
w/Rice (WW)  
Pork Loin  
w/Pineapple  
Salsa  
Chicken Cacciatore

Pigs in a Blanket  
Green Bean  
Almondine  
Baked Parmesan  
Tomato  
Au Gratin Potatoes  
Collard Greens

### Wed., July 8

Garden Vegetable  
Soup  
Wild Mushroom  
Bisque  
Balsamic Chicken  
and Mushrooms  
(WW)  
Herb Encrusted  
Tuna  
Roast Beef  
Wing Bar  
Garlic Mashed  
Potatoes  
Capri Vegetables  
Corn on the Cob  
Pickled Beets

### Thurs., July 9

Red Beans and Rice  
Tomato Bisque  
Southern Oven  
Fried Chicken  
(WW)

Grits and Grillades  
Meat Lover’s Pizza  
Brenda’s Stromboli  
Turnip Greens  
Ratatouille  
Green Beans  
Macaroni and  
Cheese

### Fri., July 10

New England Clam  
Chowder  
Chicken and Rice  
Chicken Parmesan  
(WW)  
Fried Catfish  
Braised Turkey Legs  
Taco Salad  
Roasted Roma  
Veggies  
Corn Soufflé  
Green Peas  
Yukon Gold  
Mashed Potatoes

### Sat., July 11

Potato Soup  
Beef Lasagna  
Italian Potato and  
Artichoke  
Frittata  
Roasted Potatoes

**The cafeteria now accepts debit and credit cards.**  
Actual daily offerings are subject to change based on availability of menu items.