

# THE Connection

Volume 10

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Number 14

## Weight Watchers Offered at LR Campus

Weight Watchers is coming to the BHMC-Little Rock campus. The program is being offered to BAPTIST HEALTH employees and will be an eight-week course taught by registered dietitians. The cost is \$80, which includes all materials and weekly classes. Classes will begin on July 7 and will be held from noon to 1 p.m. on Wednesdays at in the In-Service Education Room on the ground floor of BHRL. For more information or to register, call 202-7545 and leave your name and a phone number where you can be reached.

## Baby-Sitting Course Offered at BHMC-LR

The Safe Sitter baby-sitting course is a medically accurate, hands-on class that teaches boys and girls ages 12 to 14 years to handle emergencies when caring for children. Safe Sitter participants learn what to do when a child chokes, how to call for emergency help, basic child-care skills, how to entertain children, how to keep them safe, safety for the sitter, and baby-sitting business skills. This course offered by the Grace Steuri Women's Forum will be held from 9 a.m. to 3 p.m. on July 8-9 and again Aug. 5-6 in the Women's Resource Center in the Hickingbotham Outpatient Center at BHMC-LR. The cost is \$75. For more information or to register, call BAPTIST HEALTH HealthLine at B-A-P-T-I-S-T (227-8478) or 1-888-B-A-P-T-I-S-T.

## Speech and Swallowing Is Topic of Conference

A conference entitled "Management of Tracheostomy and Ventilator Dependent Adults: Speech and Swallowing" will be held from 8 a.m. to 4 p.m. on Aug. 6 at Arkansas Children's Hospital. The fee is \$100 for healthcare professionals and \$50 for students. The featured speakers are speech and language pathologist Dr. Roxann Diez Gross and respiratory therapist Kathleen Lane. The application deadline to attend the conference is July 15. For more information, call Ashley Aud at 257-1000, ext. 52125.

## Did You Know?

BAPTIST HEALTH Nutrition & Food Services cooks 72,040 pounds of catfish a year.



On the Fourth of July 228 years ago, the Congress of the 13 united States of America officially adopted the Declaration of Independence, a revolutionary document that split the colonies from Britain's rule and gave birth to modern democracy. This July 4, we again celebrate the vision of the founding fathers in a statement that changed the world: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

## Current LastWord User Numbers to Be Converted to Employee IDs

By Denise Buercklin, Clinical Informations Systems Manager

Employees who currently utilize their old employee number (Social Security number) as their LastWord (PHAMIS) user number will be converted to the use of their newly issued employee identification number during July.

In early May, employees received a letter at their home explaining a change in our BAPTIST HEALTH employee ID number assignments. The letter also listed the employee's new number. LastWord users will be converted to the use of this new number over a period of several weeks beginning July 7.

For example, an employee using a LastWord log-on such as U987654321, and whose new BAPTIST HEALTH employee ID number has been issued as 1234, would be converted to a LastWord user number of U1234.

Starting July 7, Information Systems will begin a conversion process for approximately 4,000 employees. We will start with a designated group of employees on this date and will complete additional conversions the following two Wednesdays in July. The changes will be scheduled based on the first letter of the employee's last name.

The conversion schedule is as follows:

Date*	First Initial of User's Last Name
July 7	A and B
July 14	C-L
July 21	M-Z

\*Process begins each of these Wednesday nights at midnight.

On each of these Wednesday nights, the LastWord system will be unavailable starting from approximately midnight until 1 a.m. to allow for the conversion process. Please note that only BAPTIST HEALTH employees will be affected. This conversion process will not affect physicians and their clinic employees.

Since it will not be possible to contact users individually at the time we change their user number, please make a note of the schedule so you will know which week you will be impacted. A message of the day will also appear on LastWord the day of each conversion.

If you log on following the conversion and get an advisory message of "that user number is not registered," then it is likely that your number has been converted. You will see the user number field highlighted indicating that the log-on has failed. You will need to know your new employee ID number so you can retry the log-on using the letter "U" followed by your new number.

Passwords will not be affected. Only the user log-on number will change. If you experience problems during the conversion process, please call the Information Systems Help Desk at ext. 2100. ♦

## BH Foundation Accepting Applications for Grant Awards

The BAPTIST HEALTH Foundation is currently inviting all BAPTIST HEALTH departments to apply for grants to purchase needed equipment that will not be funded through the operating budget.

Applications for grants must be formatted on a 3.5 disk in the 2004 request format. These disks are available in the Foundation office, which is located on the mezzanine floor of BHMC-Little Rock.

The deadline to submit grant applications to your senior vice president is Friday, July 30. The senior vice presidents will then assign each request a priority rating and will return the requests to the Foundation office by Aug. 13.

If you have any questions, please call Emily Ingram at ext. 1839. ♦

## NLR Auxiliary Raises Funds Through Pepsi Golf Tournament

By Sherry Lloyd, Volunteer Services Coordinator, BHMC-NLR

The 10th annual Pepsi Challenge golf tournament sponsored by the BHMC-North Little Rock Auxiliary was a huge success last month. The Auxiliary raised \$22,000 to go toward funding special projects and equipment at BHMC-NLR, and the tournament had its first hole-in-one winner.

Hole #2, sponsored by Hill-Rom, offered a trip to Hawaii for anyone getting a hole in one, and North Point Mazda sponsored a closest-to-the-hole contest on the same hole for a set of Ping irons. Our very own Art Spicer, a project leader in Information Systems, landed the hole in one, winning the trip and the Ping irons.

We had good support from the Auxiliary and participants, and 27 teams played Friday and 18 teams played Saturday. Pepsi furnished plenty of drinks, and Dixie Pig of North Little Rock furnished barbecue and all the fixings both days. Yarnell's ice cream provided the frozen treats both days.

Next year, the tournament will again be held at Burns Park on June 10-11.

### Special Luncheon Honors Sponsors

BHMC-North Little Rock held a special 10th-anniversary luncheon to honor the many sponsors of the Pepsi Challenge golf tournament. The celebration was well-attended and the food was wonderful. Each sponsor received a special crystal paperweight to commemorate the 10th year of the tournament.

This luncheon was even more special because we were able to recognize the winner of the trip to Hawaii and the set of Ping irons. Art Spicer and his wife, Jane, are celebrating their 30th wedding anniversary and will enjoy this trip to Hawaii. Way to go Art! ♦



Russ Harrington (left) with tournament chairman Carl Brents and vice chairman Ray Sarmiento.

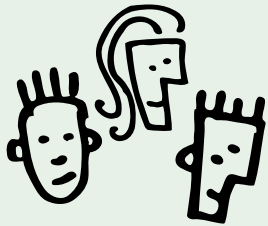


Hole-in-one winner Art Spicer (right), project leader in Information Systems, with wife Jane.



Baptist Health

## BHMC-LR Holds Employee Forum



Employees from BHMC-LR and BHRI having birthdays in May attended an employee forum breakfast held at the BHMC-LR cafeteria. The monthly breakfasts are all-you-can-eat buffets served in Dining Room #3. Employees unable to attend the forums may now submit questions that will be read and answered during the breakfast. Question cards are included in the invitations sent to employees having birthdays each month.

The following are the key concerns addressed by employees at this forum with answers from BHMC-LR leaders.

- Q. Is there any way to make the smoking areas safer at night with regard to more lighting?
- A. We try very hard to make sure security is visible, especially at night. I know for a fact that we have more security officers per employees than any other hospital in the area. And although the docks look like they have plenty of light when you drive by at night, we will look into it to see if lighting is needed for that area.
- Q. Can the dress code be changed to include navy blue lab coats for nursing staff? The white lab coats get dingy after a while even after washing them.
- A. A few years ago, before we addressed uniforms in our dress code, everyone was wearing a hodgepodge of outfits and you couldn't tell who worked here and who didn't. We've made a lot of progress and now have a uniform policy that provides our employees with a very consistent and professional look. In fact, we receive comments all the time to that effect. Also, nursing students currently wear navy blue lab coats versus the white so that patients and family members can make the distinction between nurses and students. We are currently very pleased with the dress code.
- Q. I really think we need to look at healthcare coverage for early retirement. Currently if you retire early you have to continue your healthcare coverage through Cobra and it's cost-prohibitive for most people. Can coverage be added for employees who retire early?
- A. It boils down to "what are the needs of the organization?" Presently, we are not at a place that we want to offer incentives to employees to retire early. Some corporations that do offer beefed up healthcare coverage for early retirement do so to entice employees to leave sooner as a cost-savings measure. With the current vacancies and continued forecasts of staffing shortages in the healthcare field, we are not in the position to offer those kinds of incentives.
- Q. Why can't we get Coke products on our campus?
- A. BAPTIST HEALTH signed an exclusive 10-year partnership agreement with Pepsi starting in January 1998 for use of Pepsi products on BAPTIST HEALTH campuses. As part of the agreement, Pepsi agreed to pay BAPTIST HEALTH more than \$8 million during a 10-year period. Coke was offered the same opportunity as Pepsi during the negotiation of this contract in 1997, and the contract offered by Coke was not anywhere close to being as attractive to BAPTIST HEALTH as the offer from Pepsi.
- Q. When will the new Critical Care area be completed?
- A. It's tentatively set for completion in the middle of 2005.
- Q. Can a walkway be added to the grassy area between the docks and the south parking lot?
- A. It's already been done.
- Q. Can we earn extra money for volunteering for Bolo Bash?
- A. If the Foundation had to pay for the services that volunteers provide, they would lose a lot of the money they raise to help purchase more than \$300,000 in equipment for our system each year. However, was it not for the volunteers, Bolo Bash would not be nearly as successful!
- Q. Why doesn't Respiratory Care get weekend differential pay?
- A. I know sometimes areas feel they are the only ones who do not get weekend differential pay, but actually there are only a very few who do receive this pay.
- Q. It needs to be as quiet as possible during the Nursing Skill Blitz.
- A. We'll keep that suggestion in mind for next year.

## Keeping You Connected



### New System Eases Employee Transitions

By Tony Kendall, Vice President of Human Resources

In early 2003, Corporate Compliance conducted a random audit of the BAPTIST HEALTH transfer and termination process. It was determined that our current system was not working.

Employees were asked to follow up to areas that they had never visited previously to return assets, and most terminations did not resolve all outstanding issues. A committee was formed to improve the process. The committee discovered that we did not have one clear place to track employee's physical, monetary, and security assets.

After considerable planning, the BAPTIST HEALTH Asset Management System was created. This new system will monitor each employee's assets, streamline the transfer and termination process, and help us to become better stewards of the assets provided to us by BAPTIST HEALTH.

No longer will employees have to travel from one department to another to "check out." A simple phone call to the system administrator, Jamie Smith, is all that it takes. During the two-week notice period, the system will determine what assets need to be returned, what computer system access needs to be discontinued, and what financial issues need to be addressed. At this time, charging privileges to the cafeteria, drug store, and Starbucks will be suspended. The entire termination process will be better coordinated, and the employee's PTO payout, if available, will be processed in a more timely manner.

The BAPTIST HEALTH Asset Management System will go live as of July 6. For more information regarding this new process, please contact Jamie Smith in Human Resources at 202-7551.

*If you have a question for the Human Resources department that you would like answered in a future issue of The Connection, e-mail Tony Kendall at [awkendal@baptist-health.org](mailto:awkendal@baptist-health.org).*

## Personal Best



Feeney

Glenyce Feeney, system director of Nutrition & Food Services, has been elected to the University of Arkansas Alumni Association Board of Directors. Her three year term begins July 1. As a member of the board, Feeney will serve on committees with other community and corporate leaders to foster the goals of the Association and represent the University and Association at local chapter and community functions. Feeney earned her bachelor's degree from the University of Arkansas in Fayetteville and was a charter member of the Dale Bumpers College of Agricultural, Food, and Life Sciences Society, the first to be recognized by the Association. She served on numerous committees and was society president.

## Chaplain's Corner

### The Goat Lady

By Glenn Norris, Chaplain, BHMC-North Little Rock

"Have you met the goat lady yet?" I heard that question a lot. My wife and I were ministering in a retirement community seven miles east of Yuma, Arizona. People, young and old, would tell me what a wonderful and authentic person the goat lady was.

One afternoon I decided to find her. The directions to her home were simple. There was one paved road running north and south in the mobile home park. At the south end of it I was to turn east and follow two tire tracks across the desert.

I drove several miles through occasional thickets of ocotillo and cholla. When I was about to give up and turn back, I topped a rise and there was a house out in the middle of nowhere. It was low, built out of thick adobe bricks the same color as the desert around it. There was a metal stock tank with a hand pump to fill it. There was an old pickup that used to be black before the sun and sand wore most of the paint off. And there were goats everywhere.

I stood in the yard a moment or two before I saw a lady make her way through a heard of goats. She wore long sleeves and a wide-brimmed hat to protect herself from the sun. When I saw her face I knew that no hat could keep 50 years on the desert from taking its toll. Young eyes looked out from an old face.

Like most people who live in isolated areas, she seemed to look forward to a few minutes of company. I was ushered into the living room of the house. The first thing I noticed was that the walls of that house were two feet or more thick. The second thing was the darkness, no electric lights. The third thing was how cool it was inside.

As we visited, I learned that she and her husband homesteaded back in the 1920s the land she now lived on. I was dumbfounded. She was the only person I have ever met who actually homesteaded 160 acres. Her husband was now buried on that 160 acres. What would possess a young couple to settle on the desert as far away from civilization as they could get? Why anyone would want to live on the desert with no electricity and raise goats

was her own business that she did not share and I did not ask about.

But she did tell me a story. It seemed that while she was changing a flat tire on the pickup, it slipped off the jack and not only broke her arm, but pinned it under the truck. With her free arm she was able to get the jack under the fender and free her arm. Then she had to jack up the truck again, this time with one arm, change the flat, and drive into Yuma to the hospital.

That day, as I sat in her adobe house and listened to the goat lady, I knew that I was in the presence of an authentic American pioneer. Her fierce independence and self-confidence was what built our country. She demonstrated the American freedom to live life on our own terms.

I think it is the freedom to pursue the joy and passion of our own hearts. I think that is what we celebrate on the Fourth of July. Our forefathers built homes in the wilderness and carved civilization out of a raw continent, always mindful of what they were passing on to future generations. It was their passion that caused them to build and their faith in a providential God that caused them to be stewards of not only the land, but freedom itself.

Not all the framers of our constitution were people of faith, but they respected it. They knew that without faith, freedom would become chaos with each person acting in his or her own self-interest regardless of the consequences. Faith was what caused people to use their freedom for the common good, even if it meant personal sacrifice. The framers made sure that the freedom both to express faith and search for faith was given to each American.

As I said goodbye to the goat lady, I was thankful that I had met her. I was even more thankful for the country that people like her had given to me and my generation. I prayed to use my freedom to be faithful to my own calling as I drove home that day. I pray that prayer for each of us today.



**Baptist Health**

## BHMC-LR/BHRI Names Servant's Heart Award Winners

Servant's Heart Award winners go above and beyond what is required of their job to perform acts of kindness and service that deeply impact the lives of others. The following recent winners of this BHMC-LR/BHRI award were given a plaque, gift certificate, and pin for going beyond the call of duty in the workplace.



**Helen Malchan-Evans**  
RN II, Psychiatric ICU

Malchan-Evans transported a patient's family member to the airport after her shift was over. The family member was only in Arkansas for 24 hours, and this Malchan-Evan's actions allowed the family member to visit the patient for a longer period of time and save money. The family had already spent money for cab fares from the hotel to BHMC-LR and from the airport to BHMC-LR. The family never asked for a ride and never expected one from the staff. They were so appreciative. Malchan-Evan's assistance was wonderful.



**Irah Blackwell, LPN, Radiology**

Blackwell was in a line at the cafeteria when she helped a man with two young boys. When the cashier told the man what the total was for the three breakfasts, he said he didn't have enough money because he was from out of town and didn't have that much cash on him. Blackwell was in another line and turned to the cashier and told her to put the man's charges on her badge. Blackwell and the man didn't know each other, but the man turned to her and squeezed her arm and told her thank you. He was really grateful, and it was a sweet moment that made you feel proud to be a BAPTIST HEALTH employee.



**John Horn**  
Manager, Pathology Liaison Dept.

In December, a patient who had no relatives passed away. Horn began to research a way to properly bury this man. He contacted the VA in hopes that the man was a veteran, and he was, so Horn got in touch with the manager of Roller-Chenal funeral home and asked for their assistance. This funeral home agreed to bury the man at no charge. On Jan. 30, Horn was awarded a Certificate of Appreciation from the Arkansas Veteran's Coalition for his effort. This demonstrates the true Servant's Heart that Horn has.



**Rose Garcia**  
ES Tech, Environmental Services

Garcia was cleaning the MICU family room and had moved all the furniture out and was beginning to vacuum when she was told the room was needed immediately to give privacy to a large family that had to make the decision to withdraw life support on their mother that morning. The family seemed content to sit on the sofa in the hall, but this private area was better suited for the grieving process. Garcia promptly moved all the furniture back into the room and even apologized. Garcia then bought donuts and muffins with her own money and gave them to the family for the inconvenience.

## TV Icon 'Carol Brady' to be at Amazing Spirit Awards

Television star Florence Henderson, best known for her work as Carol Brady on "The Brady Bunch," will be the featured speaker at the second-annual Amazing Spirit Awards luncheon on Aug. 26.



Henderson has made countless appearances as an actress, host, and guest on television, in movies, and in plays during her long career in Hollywood. Henderson will give a presentation that incorporates her fascinating personal story as part of the awards luncheon.

The luncheon begins at 11:30 a.m. in the J.A. Gilbreath Conference Center on the BHMC-Little Rock campus. Tickets are \$15.

To order tickets for the awards luncheon, call BAPTIST HEALTH HealthLine at B-A-P-T-I-S-T (227-8478) or 1-888-B-A-P-T-I-S-T. ❖

## Magic Springs Holding BH Appreciation Week

Magic Springs & Crystal Falls amusement park in Hot Springs will hold BAPTIST HEALTH employee appreciation week from July 2-12.

During this period, the regular general admission price of \$31.99 will be discounted to \$19.99 for all BAPTIST HEALTH employees presenting a special coupon at the ticket window.

Coupons may be picked up at your Human Resources office, and each coupon is good for up to six people, which can mean a total savings of \$72 per coupon.

Two concerts will be held at Magic Springs during this period — Tracy Bird and Kellie Coffey on July 3, and Styx on July 10 — and admission is included with the price of your discounted ticket.

For Magic Springs tickets purchased after July 12, coupons are available from Human Resources for \$8 off through Aug. 13. ❖



## Your Fitness Connection

With Jeremy Ray, Fitness Center Coordinator, BHMC-LR



Before I go into the questions, just a reminder that employee wellness testing is now under way and available to employees. This is a great free benefit offered by BAPTIST HEALTH and is valued at about \$300.

Plus, every employee taking part gets a \$120 credit to your personal benefits plan. The wellness testing consists of two parts. The first part includes blood work and checks on your blood pressure, body mass index, and carbon monoxide level. The second is a health survey that you can take over the phone or online on EmployeeNet. Both tests are quick and easy and all information is strictly confidential. It's a valuable way to assess your current health and see if there is anything you need to do to improve any risk factors. Spouses can participate for \$10, and all employees participating for the first time receive a \$5 gift certificate to Wal-Mart. This program is a really great benefit I urge everyone to take advantage of.

Now, on to the questions.

Q. Do rubber suits or sweat suits work to help weight loss?

A. Absolutely not. Sweat suits do help you lose weight, but the weight you lose is water and should be completely replenished after a workout. It is a misperception to consider sweat suits a weight-loss tool, and they can even be hazardous by making you more prone to heat exhaustion. Your goal should be to lose weight through burning calories — not by sweating. Your body is made up of about 70 percent water, so water is essential. Sweating is a cooling mechanism. Let your body do what it's supposed to do!

Q. How early can my child start working with weights?

A. A lot depends on the maturity of the child. With children, you have to take into consideration their growth plates and how fast their body is changing mechanically and structurally. We recommend body-weight exercises first like push ups, chin ups, body squats, and lunges. Body-weight exercises for most children are enough to exhaust the muscles. Once some level of strength is established, you can begin to introduce them to weights as long as they are given specific instructions on how to execute the exercise. Typically, the interest in weights arises

around the ages of 13 or 14 because of athletics. That's OK, but be sure your son or daughter is given and understands the proper technique on every exercise. You want weight training to be beneficial, not detrimental.

Q. What are the dates for wellness testing and when will the testing start on the Little Rock campus?

A. The first date for testing on the BHMC-Little Rock campus is July 1. The testing will be held in the BHRI In-Service Education Room, which is on the basement level near the fitness center. All dates are posted on the EmployeeNet web site, and upcoming dates can also be found in *The Connection*. The health questionnaire can be done at any time by phone or through EmployeeNet. The survey can be done before the physical portion and vice versa. Just make sure you get both completed before the deadline in order to qualify for your \$120 benefits credit.

### Upcoming employee wellness test dates:

July 1	7-11 a.m.	BHRI In-Service Ed. Room
July 6	7-11 a.m.	BHRI In-Service Ed. Room
July 8	7-11 a.m., 1-3 p.m.	BHMC-NLR Conf. Room #1
July 13	7-11 a.m.	BHRI In-Service Ed. Room
July 14	7-11 a.m.	BHRI In-Service Ed. Room
July 15	7-11 a.m.	BHRI In-Service Ed. Room

*Your Fitness Connection is an opportunity to ask resident fitness expert Jeremy Ray your questions about exercise and staying fit. Ray holds a degree in Health & Wellness and is certified by the American College of Sports Medicine. If you have a question that you would like answered in a future column, send an e-mail to [jkray@baptist-health.org](mailto:jkray@baptist-health.org) or call 202-7628. ❖*

## Save the Date

BAPTIST HEALTH's annual Nursing Symposium will be held on Oct. 1. Two breakout sessions are planned with topics including fluid resuscitation, pressure ulcer treatment guidelines, bariatric surgery, legal issues in nursing, drug interactions and the elderly patient, and more. The keynote speaker will be Mary Malone from Press, Ganey. The cost to attend is \$50 for BAPTIST HEALTH employees and \$80 for outside participants. ❖

## Preschool Openings



The BAPTIST HEALTH preschool centers in Little Rock and North Little Rock offer convenient, top-quality child care at affordable prices for BAPTIST HEALTH employees. All openings are filled on a first-come, first-served basis. Applications must be filled out at the preschool center for specific openings after they have been published.

**The following openings are available at the BH Preschool Center-LR:**

- ◆ Two year olds (Must be 2 by Dec. 31) — Two full-time openings
  - ◆ Four year olds — Five full-time openings
- (Contact for BHMC-LR openings is Charla Rippetto at ext. 1138)

**The following openings are available at the BH Preschool Center-NLR:**

- ◆ School-age summer program — Eight openings
- (Contact for BHMC-NLR openings is Linda Williams at ext. 3875)



## Starbucks Coffee Break



By Kimberly Curet, Starbucks Manager, BHMC-LR

Attention all dieters! Starbucks is introducing a new Frappuccino!

It is a light, blended Frappuccino in coffee, mocha, and caramel flavors. All three will have less calories, fat, and carbohydrates. See any barista for specifics, but none of these new Frappuccinos have more than 1.5 grams of fat for a grande size! These new lighter varieties became part of our regular menu on June 30.

As you may also have noticed, we are now featuring a "coffee of the week." Each week we will focus on one of our deliciously brewed drip coffees and offer the whole beans of that flavor at a special price for your enjoyment at home.

In addition to the weekly feature, we will continue to offer an additional roast and decaf roast that still changes on a daily basis. Our goal is to be able to better educate the public on our coffee roasts. We hope you enjoy! And remember... it's always a great day at your very own BAPTIST HEALTH Starbucks!

The BAPTIST HEALTH Starbucks is located on the first floor of Medical Towers I on the BHMC-LR campus. The hours are 6:30 a.m. to 6 p.m., Monday through Friday, and 8:30 a.m. to 4 p.m. on Saturday. E-mail your questions about Starbucks and coffee to [kruret@baptist-health.org](mailto:kruret@baptist-health.org). ❖



*Starbucks was voted by the readers of the Arkansas Democrat-Gazette as the "Best of the Best" in Central Arkansas. Starbucks' baristas are Amanda Knott, Cynthia Harris, Hannah Gregurek, Vanessa Viser, Emily Jay, Andrea Malone, Lacie Rollins, and Kerry Williams. Since the Starbucks opened, it has received a "100% Secret Shopper" award for customer service.*



## Continuing Education

Reservations for the following BAPTIST HEALTH courses should be made for employees by their immediate supervisors by calling BAPTIST HEALTH HealthLine at B-A-P-T-I-S-T (227-8478) or the extensions shown for the class. Please be ready to give specific employee information needed to schedule these classes.



**New Employee Orientation**  
Every Monday (Excluding Holidays),  
8 a.m.-12:15 p.m.,  
BHSC, Room 1606

**New Employee Benefits**  
Every Monday (Excluding Holidays),  
1-4 p.m.,  
BHSC, Room 1606

**Traditions (for New Employees)**  
Every Tuesday (Excluding Holidays),  
8 a.m.-5 p.m.,  
BHMC-LR, Gilbreath Conf. Center

**CPR Challenge**  
July 30, Aug. 27  
8:30 a.m.  
BHMC-LR  
Schedule with Deloris McKinley, Ext. 2986

**CPR Heartsaver**  
July 2, Aug. 6  
8:30 a.m.-4 p.m.  
BHMC-LR  
Schedule with Deloris McKinley, Ext. 2986

**IV Conscious Sedation Exam Only**  
July 16, Aug. 27  
9 a.m.-noon  
BHSC  
Schedule with Barbara Hobby, Ext. 1904

**Information Associate Course (Five-day course)**  
July 19-23, Aug. 9-13  
8 a.m.-4 p.m.  
BHSC  
Schedule with Barbara Hobby, Ext. 1904

**LastWord for Nurse Aides and PCTs**  
July 28, Aug. 4  
8 a.m.-noon (Nurse Aide)  
2-4 p.m. (PCTs)  
BHSC  
Schedule with Deloris McKinley, Ext. 2986

**LastWord for RNs/LPNs**  
Every Friday (Excluding Holidays),  
8 a.m.-4 p.m.  
BHSC, Training Room #3  
Schedule with Barbara Hobby, Ext. 1904

**LPN IV Insertion Class**  
July 6, 30  
8 a.m.-5 p.m.  
BHSC  
Schedule with Barbara Hobby, Ext. 1904

**LPN IV Push Exam Only**  
July 9, 16  
9 a.m.  
BHSC  
Schedule with Barbara Hobby, Ext. 1904

**Nurse Aide Exam, Pre-Employment**  
Every Tuesday (Excluding Holidays),  
9-11 a.m.  
BHSC  
Schedule with Deloris McKinley, Ext. 2986

**Nursing Orientation (Two-day course)**  
July 14-15, 28-29  
8 a.m.-5 p.m.  
BHSC, Room 1606  
Schedule with Barbara Hobby, Ext. 1904

## Employee Referral Bonus Program Adds Positions to Eligible List

Newly added positions for which you can receive an Employee Referral Bonus means your chances have just gotten better!

As always, simply find and refer one or more of the following and receive a \$1,000 bonus:

- RN/LPN
- Radiology Tech, all specialties
- Respiratory Therapist
- Physical Therapist
- Occupational Therapist
- Pharmacist
- Medical Technologist
- Designated Practice Plus positions

And now included are these positions...

- Histotech
- PT Assistant
- OT Assistant

Refer friends, family, neighbors, or acquaintances who fit into any of the above categories! You gain great employees to work by your side in addition to a \$1,000 financial incentive!

Remember, the applicant must put your name on the application in order for you to qualify for \$1,000, paid out in two equal installments. The first installment will be paid as soon as the applicant begins work for BAPTIST HEALTH, and the second after six months of employment for the applicant, as long as you are also still an employee.

For more information, contact Gwen Wetzel at ext. 2854. ❖

**Pyxis**  
July 15, 29  
8-11 a.m.  
BHSC  
Schedule with Barbara Hobby, Ext. 1904

**RN/LPN Medication Exam, Pre-Employment**  
Every Tuesday (Excluding Holidays)  
9-11 a.m.  
BHSC  
Schedule with Barbara Hobby, Ext. 1904

The Connection's classifieds section is free and open to any BAPTIST HEALTH employee, retiree, board member, physician, or physician staff member to advertise items. Phone numbers appearing in ads cannot be BAPTIST HEALTH work numbers. All submissions must also include a name and work extension. Classifieds must be submitted in writing and can be faxed to 202-1740 or e-mailed to [jmdishon@baptist-health.org](mailto:jmdishon@baptist-health.org) no later than the Friday before publication. Classifieds may be edited as needed.

**APPLIANCES:** GE washer and dryer, both work great, almond color, electric, I am redecorating, \$100 for set. Call 501-206-8207.

**AUTOMOBILE ACCESSORIES:** Chrome rims and tires size 205/40ZR16 75W, five star, four lug, fits Honda Civic, paid \$1,200, asking \$800. Call 472-8493 or 501-336-0875 (Conway).

**AUTOMOBILE ACCESSORIES:** Chevrolet Cavalier spoiler, factory style, raised, lighted, brand new, primed, \$75. Call 501-960-0253.

**AUTOMOBILES:** '01 Chevrolet Suburban LT, green, loaded, third-row seat, great condition, 63,000 miles, \$20,217. Call 821-0199 or 772-0699.

**AUTOMOBILES:** '00 Ford Explorer Sport, two doors, white, beige interior, 63,000 miles, power windows and locks, two-wheel drive, four cylinder, tilt, cruise, cassette player, very good condition, non-smokers, asking \$11,500. Call 228-7111 or 920-3298.

**AUTOMOBILES:** '99 Chevrolet Cavalier, white, four door, automatic, 94,000 miles, new tires and brakes, tinted windows, clean interior, good condition, \$2,950. Call 501-960-0253.

**AUTOMOBILES:** '97 Oldsmobile Silhouette GLS, beige metallic with beige leather interior, seven passenger, loaded with extras, excellent condition, \$7,000. Call 227-0472.

**AUTOMOBILES:** '96 Buick Regal GranSport, 3800 Series II, V-6 with SFI transmission, four-speed automatic with overdrive, driver and passenger air bags, four-wheel anti-lock brakes, full power, aluminum alloy wheels, dual climate control, security system, cassette/CD player, keyless entry, six-way power driver's seat, sunroof, luggage rack on trunk, exterior color is medium jade stone metallic, interior color is gray leather, 56,000 miles, 25 miles per gallon city, excellent condition, original window sticker \$24,577, asking \$4,950. Call 501-868-2620 or 479-263-0768.

**AUTOMOBILES:** '93 Chevrolet Suburban 1500, V-8, 5.7-liter engine, automatic, fully loaded, towing package, \$4,200 or best offer. Call 501-843-2330.

**AUTOMOBILES:** '76 Ford pickup, good learning opportunity, has not been started in 3 1/2 years, would be good for parts or to learn auto repair, would be sharp fixed up if you have time and knowledge, \$300. Call 501-206-8207.

**CONDOMINIUMS:** West Little Rock, five minutes from BHMC-LR, on second floor, 2BR/2BA, 1,028 square feet, recently updated, \$85,000. Call 347-6133.

**FARM EQUIPMENT:** Ford tractor, model 1710, five-foot brush hog, 4,500 hours use clearing cow pasture, cost \$7,000 new in 1985, make best offer. Call 501-679-6175.

**FURNITURE:** Computer desk, cherry wood, hutch, two drawers and two cabinets for storage, \$100. Call 501-794-4674 (Benton area).

**FURNITURE:** Small cherry makeup table with attached mirror and padded seat, good condition, negotiable. Call 501-960-0253.

**FURNITURE:** Moving sale, all types of furniture, reasonable prices, everything must go by July 2. Call 612-3445.

**HOUSE FOR RENT:** West Little Rock in BHMC-LR area, 3BR/1.5BA, hardwood floors, all-new paint, fenced yard, \$875 per month. Call 501-744-0909 or 501-227-0508.

**HOUSE FOR RENT:** Cabot, 3BR/2BA, 1.6 acres, no smoking and no pets, \$800 deposit, \$800 per month. Call 501-416-9367.

**HOUSE FOR RENT:** Quapaw Quarter, charming 3BR, two stories, front porch, screened-in back porch, located in neighborhood behind governor's mansion, \$500 deposit, \$750 per month. Call 835-9700.

**HOUSE FOR RENT:** Southwest Little Rock, 3BR/1.5BA, large family room, new ceiling fans and lights, two-car carport, laundry room, fenced yard, central heat and air, ready to go, \$500 deposit, \$650 per month. Call 835-9700.

**HOUSE FOR SALE:** North Hills, 3BR/2BA, fenced yard, brick exterior, fireplace, washer and dryer connections, 1BR/1BA apartment downstairs, great for family or rental, \$129,500. Call 835-9700.

**HOUSE FOR SALE:** Sherwood, like new, great neighborhood, built in 2000, single story, 1,390 square feet, two-car garage, maintenance-free exterior, flat lot, 3BR/2BA, large master bath with two walk-in closets, great room with tray ceiling, located near Sylvan Hills schools, \$124,900. Call 835-2975.

**HOUSE FOR SALE:** For sale by owner, 17 Newcomb in Otter Creek, 1,300 square feet, 3BR/2BA, see-through fireplace between master bedroom and living room, fenced yard, two-car garage, lots of updates within past three years. Call 455-6288.

**LAND FOR SALE:** Lakefront property, Greens Ferry Lake, 5 acres, 200 feet of waterfront, beautiful east and southeast exposures, hardwoods, wildlife, native stone, perfect for private getaway, south side of lake, 20 minutes to Heber Springs, one hour from Little Rock, \$75,000. Call 501-944-2898.

**MISCELLANEOUS:** Commercial vending machine, owner tired of doing route, holds snacks on top and cold drinks in the bottom, good extra income, purchased for \$1,800, selling for \$1,100. Call 224-3275.

**MISCELLANEOUS:** Books from freshman and sophomore years at BAPTIST HEALTH School of Nursing,

RN traditional program, great condition, already sold Black Hawk Med/Surg book, must sell before move out of state. Call 501-960-0253.

**PERSONAL WATERCRAFT:** '93 Kawasaki jet ski, trailer, cover, good condition, runs great, \$1,800. Call 455-3660.

**PETS:** Miniature dachshund puppies, APR registered, piebald color, males only, ready for new homes, \$250. Call 501-345-3803.

**PETS:** Pembroke Welsh corgi puppies, AKC registered, born May 7, two males, both tri-color, first shots, ready to go, \$200. Call 501-605-0162.

**PETS:** Campbell's Russian dwarf hamster babies, 5 weeks old, all males, very sweet, been handled a lot, good homes only, \$5. Call 258-7389.

**PET SUPPLIES:** Hamster cage and accessories, colorful plastic and metal with optional tunnels, includes watering device, food bowl, ground fill, food, toys, and playpen fence, \$25. Call 501-960-0253.

**SPORTS & FITNESS:** Golf equipment, Mizuno Cimmarron OS clubs, sand through 3 irons, also 3, 5, and driver, Taylor Made bubble driver and 3 wood, bag and cart puller, \$500. Call 407-0758.

**SPORTS & FITNESS:** ProForm P490LS crosswalk treadmill with power incline, two years old but like new, \$200. Call 920-2480.

**SPORTS & FITNESS:** Wakeboard, Byerly 142 by Hyperlite, board only, no bindings, used one-and-a-half summers, just like new, \$150. Call 351-4306.

**WANTED:** Radio station KITA 1440 looking for church youth groups for Friday afternoon show, youth group and coordinator will go live on the air and talk about programs and plans. Call 224-2613.

**WANTED:** Desperately need large bird cage on stand for rescued parrot, free or very reasonable, cannot afford to buy new one, came to me in homemade rabbit cage, bird is a mitred conure just slightly smaller than an African Grey, please help Vern out. Call 258-7389.

**WANTED:** Want inexpensive twin or day bed with drawer storage underneath. Call 501-831-7899.

**WANTED:** Need help to raise money for a young couple trying to have a child. Call 912-8942.

### Page 4 Factoid

A "jiffy" is an actual unit of time for 1/100 of a second.

## THE Connection

The Connection is a biweekly newsletter published for employees — like Lisa Johnson — physicians, retirees and special friends of BAPTIST HEALTH. Johnson, a utilization management supply coordinator in Case Coordination at BHMC-Little Rock, joined the growing BAPTIST HEALTH network in January 2000. The Connection, with a circulation of more than 7,500, is published by BAPTIST HEALTH. Suggestions or information for The Connection may be sent to BAPTIST HEALTH, Strategic Development, 9601 I-630, Exit 7, Little Rock, AR 72205-7299; e-mailed to [jmdishon@baptist-health.org](mailto:jmdishon@baptist-health.org); or voice mailed to 202-1811.

Editor: Matt Dishongh

Contributors: Denise Buercklin, Kimberly Curet, Glenyce Feeney, Gloria Hurst, Emily Ingram, Tony Kendall, Cindy Lewis, Sherry Lloyd, Amber Noble, Glenn Norris, Jeremy Ray, Allen Smith, Jamie Smith, Doug Weeks, Takako Y.



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