

CENTER *express*

THE UNIVERSITY OF KANSAS HOSPITAL • UNIVERSITY OF KANSAS MEDICAL CENTER

Hospital Promotes Women's Heart Health

To help women take charge of their heart health, The University of Kansas Hospital is partnering with women community leaders for a special campaign, A Change of Heart™.

This campaign by women, for women, aims to increase awareness of heart disease. The program centers around A Change of Heart Health



a change of heart™

Assessment, which the hospital designed specifically for women. After a woman takes the assessment, she encourages three friends to do the same. Then they each tell three friends, and so on, creating an expanding regional network of women advocating for heart health.

The goal of the heart health assessment is to educate women about their distinctive risks for heart disease and inspire actions to improve their odds of

Girls' Night In Is Premier Event for A Change of Heart

The debut public event for A Change of Heart™ is *Girls' Night In*. This unique educational and fundraising event celebrates women and heart health Wednesday, Feb. 11, at The Midland by AMC.

The featured speaker is renowned swimmer and 12-time Olympic medalist **Dara Torres**. She will share her enthusiasm for balancing a busy career, motherhood and personal dreams and inspire attendees to improve their heart health.

Bev Chapman, Emmy-award-winning news reporter and writer for KMBC-TV, will emcee *Girls' Night In*. Proceeds from the fourth annual event will benefit the hospital's Women's Heart Health program, which is part of A Change of Heart.

For information about event times and purchasing passes for the sponsor/patron cocktail buffet with Torres (\$175) or general admission (\$75), visit kumed.com/GNI, or call 8-8888.

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NIH Grant Helps Students Explore Sciences

Pathological Life Sciences Training Program for Students and Families, an innovative new project at the University of Kansas Medical Center, will give Kansas City, Kan., students a big boost in life sciences knowledge.

A five-year, \$1.25 million grant from the National Institutes of Health will provide funding. The program

will feature educational activities to improve high school students' knowledge about clinical research and life sciences, including careers in those fields. The program will especially target disadvantaged and minority students.

"This award should increase community awareness and appreciation for clinical and translational research, as well as the need for broad participation from all communities," said **Patricia Thomas, MD**, professor and chair, Pathology and Laboratory Medicine, and principal

investigator on the grant. She is also associate dean of Cultural Enhancement and Diversity. "We can leverage our existing K-12 Pipeline programs and partnerships, and with this award we can help create programs that enhance science education for area youth."

Other initiatives will be designed to raise public awareness and understanding of medical research and the clinical trial process to increase participation in under-represented populations. Improving overall

health literacy throughout the community is another goal.

KUMC was among 16 national recipients of the Science Education Partnership Awards this year. Others included Harvard Medical School and the American Museum of Natural History.

"This prestigious award is further proof the medical center is leading the way not just in research, but in using that research to benefit our community," said **Barbara Atkinson, MD**, executive vice chancellor.

Snow Angels Give Hospital Staff a Lift

Simply put, The University of Kansas Hospital doesn't have "snow days."

When severe ice or snow storms hit, the hospital is ready with an Inclement Weather Plan to ensure adequate staffing. Affectionately known as Snow Angels, the program provides transportation and overnight accommodations for critical staff.

"We operate 24 hours a day, 365 days a year. We're always open," said **April Montrey**, emergency preparedness manager, Environment of Care. "We have to have critical staff on site for patient care. This program allows us to proactively and safely do that."

Volunteer to Be a Snow Angel Driver

About two dozen volunteer Snow Angel drivers are needed. Drivers must be exempt hospital employees with vehicles suitable for winter driving. Drivers are reimbursed for mileage and must have insurance. Call 8-5859 to sign up.

Extreme Weather

She noted the Snow Angels program is implemented only in extreme cases. Employees must make every effort to get to work on their own.

Montrey advises staffers to plan for inclement winter weather by salting or shoveling their driveways to ensure street access, leaving early to manage poor road conditions and staying tuned in to weather conditions.

How It Works

First, an inclement weather emergency must be called by **Bob Page**, president and chief executive officer, or **Tammy Peterman, RN, MS**, executive

vice president, chief operating officer and chief nursing officer. Then the Inclement Weather Plan is implemented, which includes a series of staffing protocols:

- Volunteer drivers (exempt hospital employees with heavy-duty vehicles) are contacted.
 - Employees staffing the Snow Desk coordinate rides to work.
 - The Snow Desk also coordinates with Bed Placement for rooms or areas to be used for sleeping accommodations for employees or discharged patients who cannot reach their homes.
- The hospital also contracts

with Sun Inn on Rainbow Boulevard.

Getting a Ride

If you cannot get to the hospital on your own in severe weather, contact your supervisor immediately. If an inclement weather emergency has been called, and your supervisor determines you need a ride, the Snow Desk, 8-5859, will work with you to arrange transportation.

Your supervisor also will determine if you need overnight accommodations, which will be made by Snow Desk staff.

Center eXpress Is Online on 24/7

Lost your copy of *Center eXpress*? You can read it online on 24/7. Just click on News & Events on the navigation bar.



Cozy Quilts Donated for Cancer Patients

Mark and Vicki Elliff (center) spread holiday cheer by delivering 62 hand-made lap quilts to cancer patients on Unit 42, as well as to Pediatrics patients. Their son, Jonathan, spent several months on the unit a few years ago before his death. In his memory, his mother created Jonathan Quilts. For the second year, she made and collected colorful quilts for patients to receive during the holidays. Each bears a tag describing the project and wishing the patient comfort. **Cyndy Steen, RN**, nurse manager (far left), and **Angela Rueter, RN**, helped distribute the quilts.

eXtracurricular

Please send calendar items to centerexpress@kumc.edu or contact Marli Murphy at 5-5192. Items must be received by noon on the Monday prior to publication.

Friday, Jan. 9

NEUROLOGY/NEUROSURGERY
Grand Rounds: "Etiologic and Phenomenologic Classification of Seizures: Implications for Evaluation, Management and Prognosis," Ivan Osorio, MD, 6:45-9 a.m., Lied Auditorium.

PEDIATRIC GRAND ROUNDS:
"Lipids for the Developing Fetus and Infant," Susan Carlson, PhD, 8-9 a.m., Wahl Hall West Auditorium.

UNIVERSITY COMPUTER Equipment Drop-Off: 8:30-10:30 a.m., Hixson Atrium. Information: 8-1081.

CAMPUS-WIDE Leadership Series:
"Conflict Management," Larry Long, PhD, noon-1 p.m., G013 School of Nursing Auditorium. Lunch provided for the first 150 attendees. Register: www2.kumc.edu/PDFATraining.

Wreath Contest Winners Listed

Winners of The University of Kansas Hospital's annual wreath contest include:

Main campus

- Pediatrics
- MD/PhD Program, Graduate Studies, University of Kansas Medical Center

Westwood Campus

- Virtual Registration
- Patient Financial Services

KU MedWest

- Pod C

About 40 patients' families were surprised with one-of-a-kind holiday wreaths before Christmas. Departments with a winning entry will receive cookie trays this month.

Wednesday, Jan. 14

INTERNAL MEDICINE Grand Rounds: "Interdisciplinary Medical Research Conference," 8-9 a.m., 3015 Sudler Auditorium.

Thursday, Jan. 15

PROFESSIONAL DEVELOPMENT Seminar: Research Institute event, "CRIS: The Future of the Enterprise Research," Riyadh Naser, noon-1 p.m., Wahl Hall West Auditorium. Information and registration: www2.kumc.edu/PDFATraining.

LUNG CANCER Support Group: 5:30-6:30 p.m., Atrium Conference Room, Westwood Campus. Information: 8-1227.

Friday, Jan. 16

NEUROLOGY/NEUROSURGERY Grand Rounds: "Prader-Willi Syndrome: Genetics and Behavior," Merlin Butler, MD, PhD, 6:45-9 a.m., Lied Auditorium.

PEDIATRIC GRAND ROUNDS:
"Graduate Medical Education 2009," Timothy Bennett, MD, 8-9 a.m., Wahl Hall West Auditorium.

KUMC Students Get \$2.4 Million in Scholarships

Students in the University of Kansas Schools of Allied Health, Nursing and Medicine will receive 1,017 scholarships totaling \$2.39 million during the 2008-2009 academic year.

This compares to 894 scholarships totaling about \$2.5 million students received in the 2007-2008 academic year.

The current figure is part of an estimated \$29.6 million awarded overall in more than 8,555 privately funded scholarships. These funds support

Auxiliary Topic Is the Holocaust

"The Will to Survive: My Parents' Life during the Holocaust and Beyond" is the program topic for the University of Kansas Medical Center Auxiliary Wednesday, Jan. 14.

Auxiliary member **Evie Tilzer** is the featured speaker at the potluck luncheon from 11 a.m. to 1:30 p.m. in Beller Conference Center, Kansas Life Sciences Innovation Center. To register, contact **Wendy Baker**, program chair, 8-7006, wbaker@kumc.edu, or **Carrie Slattery**, program vice-chair, 5-5641, cslatter@kumc.edu.

Nursing Comp Fair Is Jan. 15-16

The second of two Nursing Competency Fairs will be 7:30 a.m. to 4 p.m. Thursday, Jan. 15, and Friday, Jan. 16, in the KU School of Nursing Atrium and Varnes Conference Room.

The annual skills/competency validation is mandatory for all nurses and unlicensed health care providers. Staff members review and perform high-risk, low-frequency skills. Check in by 2 p.m. to have time to finish.

For more information, contact **Marci Walker, RN**, Education and Development, 8-1063, mwalker4@kumc.edu.

Town Hall Meeting Set for Faculty

A Town Hall Meeting for the University of Kansas Medical Center faculty is planned noon to 1 p.m. Wednesday, Jan. 21, in 4024 Varnes, KU School of Nursing.

Barbara Atkinson, MD, executive vice chancellor of KUMC and dean of the KU School of Medicine, and **Karen Miller, RN, PhD**, dean of the KU Schools of Allied Health and Nursing, will address budget questions previously submitted by faculty. The meeting will be transmitted via ITV to the Wichita Room of the School of Medicine's Wichita campus.

more than 6,500 KU students on campuses in Kansas City, Kan., Lawrence, Overland Park and Wichita.

This year's recipients represent 103 of Kansas' 105 counties, 45 other states and Puerto Rico, and 45 countries. Many students receive more than one scholarship.

Virtually all the scholarships, awards and fellowships come from private contributions to

KU Endowment, the independent, nonprofit fundraising and fund management organization for KU. Established in 1891, it is the oldest foundation of its kind at a U.S. public university.

While KU Endowment raises financial support for scholarships and other student aid, the university determines the distribution of available support.

eXchange

Vehicles

2005 HYUNDAI SANTA FE, 44K, 4 doors, silver exterior, gray interior, some hail damage, 4-wheel disc brakes, power mirrors/locks/ windows, alloy wheels, cassette/CD, \$9,000 OBO. 816-743-0223.

1955 CHEVY BEL AIR, 70K original miles, 3-speed (manual on column), straight 6 engine, green and white, 4 doors, \$5,500. 913-638-5968.

1997 MERCEDES-BENZ E320 Sedan, 193K, air bags, sunroof, 4 doors, 4-wheel ABS, 4-wheel disc brakes, rear-wheel drive, radio/cassette, leather seats, beige exterior, tan interior, \$8,000 OBO. 816-743-0223.

For Sale

TODDLER BED, light-colored wood with side rails, no mattress, includes Thomas the Train bedding, used less than 1 month in smoke-free, pet-free home, \$40 OBO. 660-232-1536.

STEAM CLEANER, Shark brand for hard surfaces, new/in box, \$15; HoMedics back massager, 5-motor heated chair massager, new/in box, \$15. 573-529-1630.

CASIO CTK700 electronic keyboard, 61 full-size keys, with stand, \$40; Sharp carousel microwave, white, like-new, \$20; wall mirror, 4' x 5', \$20. 573-529-1630.

COACH GLASSES, new, elegant tortoise frames with non-prescription lenses, Coach case, retails for \$150 or more, asking \$50. 816-616-4229.

COMPUTER DESK, great condition, oak/black finish, roomy. 816-616-4229.

DINING SET, solid light oak, 2 armchairs, 2 side chairs, photos, \$250. 816-923-1744.

FRENCH HORN, professional level CONN 8D horn, excellent condition, 1 owner, no damage, immaculately cared for, with maintenance supplies, \$2,800. 913-575-4421.

COUCH AND MATCHING loveseat, khaki color, \$200; green metal/light wood baker's rack, \$25; wood entertainment center, \$75. 913-544-1491.

SMALL KITCHEN TABLE, wood with white tile top, 2 bar stools, 6 months old, from Nebraska Furniture Mart, photos, \$100, you pick up. 913-669-2943.

Please send classified ads to centerexpress@kumc.edu or post online at 24/7. Items must be received by noon on the Monday prior to publication and run on a space-available basis.

ORIGINAL XBOX with 30 games, 2 controllers, DVD adaptor, great condition, \$250 OBO. 913-568-9226.

UPRIGHT PANTRY, tall, oak-colored wood, 2 doors, about 6' tall, 4 shelves, 6 months old, photos, paid \$150, asking \$75, you pick up. 913-669-2943.

OAK STAND, great condition, \$20. 816-616-4229.

ULTIMATE OVEN, can bake, broil, slow cook, rotisserie and more; some accessories never used; paid \$275, asking \$150 OBO. 913-321-2298.

Housing

• FOR SALE

MISSION HOME, 6349 W. 49th St., 2 BR, 2 BA, 1,690 sq. ft., new central AC/heat, new kitchen, large master suite, appliances, garage, move-in ready, \$148,500. 913-636-0270.

• FOR RENT

PRAIRIE VILLAGE Cape Cod, 4 BR, 2 BA, 1-car garage, hardwoods,

washer/dryer, updated interior, short drive to KUMC, available now, \$1,495/month. 913-634-7185.

Pets

PAMPERED POOCH named Blue, with 1 family since birth in August 2005, neutered, shots current, loves kids, active, loves to cuddle, never lived outdoors, needs loving home. 816-612-0865.

ABANDONED HOUSECAT, sweet and loving, gray, needs a name and a home. 816-506-2716.

Lost/Found

LOST, CELL PHONE, RAZR-style flip model. 816-694-7847.

Wanted

MATTRESSES, 1 twin size, 1 full or queen size, brand new or from smoke-free home, can pick up. 816-898-2024.

TOTAL GYM XL, will pick up. 913-334-9491.

SMALL COMPUTER DESK to match black metal futon frame, reasonably priced. 913-375-8778.

GENTLY USED bike rack for Honda Accord, must carry 2-3 bikes. 816-699-0568.

eXtra: Find these and other classifieds on the hospital intranet, 24/7, <http://intranet.kumc.com>.

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beating it. The assessment provides emotional support, education, and diet and exercise recommendations. It also evaluates:

- Cholesterol (lipid) levels
- Blood glucose
- Blood pressure and pulse
- Body mass index
- Waist-to-hip circumference

A cardiac nurse practitioner reviews the results with the patient to determine her current heart health and discuss her risk level for heart

disease. Together, they form a heart-healthy action plan.

Of the first 100 women who took the assessment, about half were found to exhibit early warning signs of heart disease – signs they didn't realize placed them at risk. A few required immediate intervention.

"We believe educating women about heart disease will lead to better decisions about their health care," said **Tammy Peterman, RN, MS**, executive vice president, chief operating officer and

chief nursing officer. "The campaign broadens the awareness of heart health, provides a reasonable action step to do something about it and a ready-made network of women to discuss and support lifestyle changes needed as a result of the assessment."

The 90-minute A Change of Heart Health Assessment costs \$60. Call 8-1227 or e-mail hearthealth@kumc.edu to schedule it.

Russell Stover is the 2009 title sponsor for A Change of Heart.

CENTER eXpress

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