

# CENTER *eXpress*

THE UNIVERSITY OF KANSAS HOSPITAL • UNIVERSITY OF KANSAS MEDICAL CENTER

## Carpools Help Ease Cost of Commuting

With gasoline prices settling above \$4 a gallon in parts of the Kansas City metro area, campus employees are looking for ways to make the commute to work more affordable.

Participating in a carpool is a time-tested way to “shorten” a long commute. More and more employees are adopting this means of transportation to ease the burden of increasing fuel prices.

**Chris Delaney**, service operations manager for the hospital’s Westwood Campus, is no stranger to carpools. For more than 10 years, Delaney commuted from Lawrence, Kan., to Kansas City with three other campus employees. Now, he shares the ride with a fellow Westwood Campus employee.

And while he hasn’t put pen to paper to calculate his



exact savings over the years, he knows that sharing driving expenses is a big help.

“The goal is to keep your car parked as much as possible,” he notes.

As part of a carpool, employees get the luxury of riding to work at least part of the time. This reduces stress and gives them time to relax and socialize with their carpool mates, Delaney said.

“Many of our employees drive some distance, and we encourage them to carpool whenever possible to reduce some of the cost of getting

### Carpool Resources

A number of Web sites and campus resources are available for employees in search of the perfect carpool.

- KUMC Human Resources: [www2.kumc.edu/hr/events/sm/fuel.html](http://www2.kumc.edu/hr/events/sm/fuel.html)
- RideShare Program: [marc.org/rideshare](http://marc.org/rideshare), log into *Carpool Connection*, a free Web-based matching service for carpools throughout the Kansas City metro area. Or call 816-842-RIDE.
- *Center eXpress* classified ads: Carpools listing
- 24/7, the hospital’s intranet: [intranet.kumed.com](http://intranet.kumed.com), see Classifieds, Wanted or Carpools

to work each day,” said **Alisa Ford**, senior director, hospital Human Resources. “It’s a great way for people to talk with others from work and to get a bit of a different perspective about the hospital and the campus.”

Hospital and university Human Resources departments provide incentives for employees who choose to bike, carpool or take the bus to work.

For instance, campus

employees who regularly ride in a carpool and park in certain areas on the main campus can contact Parking Services, 8-5175, to receive reduced parking rates.

Hospital employees can purchase monthly Metro bus passes for a reduced price from Human Resources by calling 8-5627.

The university’s Human Resources department also is finalizing arrangements

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### Help ‘Race for the Cure’

Team registration deadline is July 28

The deadline is approaching for campus employees, staff and students to join The University of Kansas

Hospital and KU Cancer Center team in the annual “Race for the Cure” supporting the Susan G. Komen Breast Cancer Foundation.

“The Race for the Cure is an inspiring event that honors those who have faced

breast cancer, and at the same time, celebrates hope for advances in diagnosis and treatment,” said **Tammy Peterman, RN, MS**, hospital executive vice president, chief operating officer and chief nursing officer. “By

joining the hospital team, our employees have the opportunity to make an impact in the fight against breast cancer and to show our commitment to a cure.”

The 5K event begins at

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Race, continued from page 1

7:30 a.m. Sunday, Aug. 10, at Union Station in downtown Kansas City, Mo. It includes a competitive and non-competitive race, as well as a 1-mile family fun walk.

Monday, July 28, is the team registration deadline. To register, visit [kokenkansascity.org](http://kokenkansascity.org). Click *Register Online*, then *Register Now*. After login, click *Team Registration*, then *Teams 5K Run/Walk*. Choose KU Hospital/Cancer Center for Team Name. The online registration fee is \$20.

This year, more than 25,000 participants in the metro area are expected to "Race for the Cure." By joining in the event, participants help support breast health education programs, screening and treatment programs, and advances in

breast cancer research.

In 2008, the American Cancer Society estimates 182,460 women and 1,990 men will be diagnosed with invasive breast cancer, and 40,480 women and 450 men will lose their lives to the disease.

**eXtra:** After July 28, you still can register for the event as an individual. Visit the Web site and select *Individual Registration*. Individual registration must be completed by Monday, Aug. 4.

## Medical School Celebrates 50+ Years with Scout Camp

What could a medical school in Kansas have in common with a Boy Scout ranch in the mountains of New Mexico?

Quite a lot, as it turns out.

For more than half a century, physicians from the University of Kansas Medical Center and students from the KU School of Medicine have provided health care at the Philmont Boy Scout Ranch in northeast New Mexico during the summer.

**Kenneth Goertz, MD**, associate professor, Cardiology and Pediatrics, has served as medical director at the ranch for 20 years, supervising the medical students. He and his wife, **Sallie Page-Goertz, RN**, clinical assistant professor, Ambulatory and Pediatrics, are 23-year volunteers at Philmont.

Medical students can spend two months between their first and second years as camp drivers. Between their third and fourth years, they serve as medics as part of a rural health elective.

They treat everything from sprains, fractures, GI complaints, asthma and heart attacks to snake bites, bear attacks and lightning strikes.

**Barbara Atkinson, MD**, executive vice chancellor, KUMC, and executive dean of the medical school, took part in a ribbon-cutting ceremony for a new infirmary at the Scout ranch. A crew of nearly 25 students, faculty and administrators attended the celebration in early July.

"Our relationship with Philmont is outstanding for all: excellent education for our students and excellent health care for the Scouts and employees," Atkinson said.

Created in 1938, Philmont covers 200 square miles and has hosted about 860,000 people since it was founded. About 1,000 employees take care of the ranch and its visitors.

eXposure



## Hospital, Medical Center Honor Ruth Heaton

More than 100 employees from both The University of Kansas Hospital and the University of Kansas Medical Center attended a recent retirement celebration for **Ruth Heaton, RN**, assistant director, Patient and Community Services, Organizational Improvement (second from right). Among those honoring her were (from left) **Chris Ruder, RN, MS**, vice president, Patient Care Services; **Tammy Peterman, RN, MS**, executive vice president, chief operating officer and chief nursing officer; and **Bob Page**, president and chief executive officer. During her 30 years with the hospital and medical center, Heaton served in nursing leadership, helped create the Drive-Thru Flu Shot event, established a diabetic patient support group, implemented the Kronos System, served on the KUMC Alumni Board and more.

# eXtracurricular

Please send news and calendar items to [mmurphy@kumc.edu](mailto:mmurphy@kumc.edu) or contact Marli Murphy at 5-5192. Items must be received by noon on the Monday prior to publication.

## Thursday, July 24

HEMATOLOGY JOURNAL Club: James Watkins, MD, 8-9 a.m., Boley Conference Room.

THORACIC CONFERENCE: 10-11 a.m., Radiation Oncology Conference Room.

## Friday, July 25

NEUROLOGY/NEUROSURGERY Grand Rounds: "Musculoskeletal Mimics – Effectively Identifying and Treating Extremity Pain," Erik Ensrud, MD, 7-9 a.m., Lied Auditorium.

MULTIDISCIPLINARY TUMOR Board Conference: Stephanie Schutt, MD, 7:30-8:30 a.m., 3015 Sudler Auditorium.

ONCOLOGY JOURNAL Club: Michelle Affield, MD, 8:30-9:30 a.m., 3015 Sudler Auditorium.

## Monday, July 28

MICROBIOLOGY, GENETICS and Immunology Seminar:

"Temporal Analysis of Many Single Cells – The CKChip Solution," Giora Akiva, Cell Kinetics, 1-3 p.m., 1023 Orr-Major.

## Tuesday, July 29

DIABETES SUPPORT GROUP: "Medications: New and In the News," 1-2 p.m., 1107 Cray Diabetes Center. Information: 8-1227.

## Wednesday, July 30

CARDIOLOGY GRAND Rounds: "Percutaneous Carotid Artery Intervention," Kamal Gupta, MD, 8-9 a.m., 3015 Sudler Auditorium.

LONDON CENTER BROWNBAG Lunch Series: "CPR Training for Older Adults," Jeff Johnson, noon-1 p.m., 200 Landon Center. Register: Matt Chandler, 8-3094.

WEIGHT LOSS SURGERY Support Group: "Gastric Bypass and Laparoscopic Gastric Binding," 5:30-6:30 p.m., Community Room, KU MedWest. Information: 8-1227.

## Friday, Aug. 1

SCRUBS DRIVE ENDS at 5 p.m.; benefits Wyandotte County families that lose their homes to fire, flooding and other disasters. Contact Paula Baum, 8-1017, for drop-box locations.

will serve as associate vice chancellor for Research Administration.

With an extensive background in the academic and business sector, Kopf is the former assistant vice president of Wyeth, a global pharmaceutical firm. Earlier in his career, he was a tenured professor at the University of Pennsylvania.

Established in 1992, the

## KUMC Kicks Off ALS Walk Efforts

The University of Kansas Medical Center is gearing up for the ninth annual Walk to Defeat ALS, set for 10:30 a.m. Saturday, Sept. 20, at Corporate Woods in Overland Park.

The medical center is a major sponsor of this year's event. Campus organizers hope to raise \$30,000 and recruit at least 100 walkers for the 3-mile walk. A team captain kickoff and informational luncheon will be noon to 1 p.m. Thursday, July 31, in the KU School of Nursing Auditorium. Lunch will be provided to the first 60 attendees.

**Kirk Benson, MD**, board president, Kansas University Physicians, Inc., is the medical center's honorary chair for the event. **Barbara Atkinson, MD**, executive vice chancellor, is corporate recruitment chair.

Often referred to as Lou Gehrig's Disease, amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease affecting nerve cells in the brain and spinal cord. Over time, patients lose muscle control and become disabled and unable to care for themselves. They often die from complications related to respiration and swallowing. There is no cure. After diagnosis, an ALS patient's average life expectancy is three years.

To register for the walk or to donate, visit [alsa-midwest.org](http://alsa-midwest.org). For more information, contact **Paula Baum**, manager, Community Affairs, 8-1017, [pbaum@kumc.edu](mailto:pbaum@kumc.edu).

## Fetal Origins of Adult Disease Is Topic

A researcher renowned for his studies of the fetal origins of adult diseases will speak on campus. **Kent Thornburg, PhD**, will present "The Placenta Tells the Future of the Offspring," at noon Tuesday, July 29, in Beller Conference Center, Kansas Life Sciences Innovation Center.

Thornburg will discuss his findings related to how human development before birth is vital in predicting the likelihood of developing diseases such as type 2 diabetes, heart disease and osteoporosis.

Thornburg is the M. Lowell Edwards Chair of Research in Clinical Cardiology in the Department of Medicine at Oregon Health Science University. Lunch will be provided for the first 50 attendees.

## Research Institute Names New Director

Gregory Kopf, PhD, is the new executive director of the University of

Kansas Medical Center Research Institute, Inc. He also



KUMC Research Institute is a not-for-profit corporation that promotes and supports medical research discoveries and faculty inventions. The institute administers research projects and clinical trials at

KUMC. It also fosters individual partnerships between researchers and the private sector, and facilitates interaction between KUMC and corporations, both in the U.S. and abroad.

# eXchange

## Vehicles

2003 CHEVY SILVERADO 2500 HD, 56K, white, 4x4, extended cab, toolbox, new tires, great condition, \$20,000 OBO. 913-660-4667.

2002 CHEVY SILVERADO Z71, 145K, white, 4x4, extended cab, includes 3 toolboxes and ladder rack, great condition, \$8,500. 816-679-3142.

1998 CHEVY BLAZER LS, 145K, V6, 4.3 liter, 4-door, automatic, AC, dark blue with gray interior, well maintained, \$3,850. 816-935-7639.

1994 CHEVY PICKUP TRUCK, 90K, dark blue, 4x4, great condition, \$3,500. 913-579-5039.

1992 HONDA SHADOW VLX motorcycle, 7K, 600cc, red, detachable windshield, minor dent in gas tank, \$1,700. 913-299-4677.

## For Sale

WESLO TREADMILL, electric motor with digital timer, excellent condition, paid \$350, asking \$175, you pick up. 816-838-9995.

CYCLOPS RESISTANCE TRAINER, includes riser block, excellent condition, \$100. 913-669-5748.

DESK with glass top, \$20. 913-638-6014.

FERRET CAGE, great condition, \$50. 913-262-1614.

RAINFOREST INFANT SWING, battery operated, rarely used, \$100. 913-238-3873.

CADEN LANE DIAPER BAG, chocolate brown with light blue, changing pad, bottle carrier, paid \$150, asking \$100. 913-634-9203.

DELL COMPUTER, 2400 series, 18" flat-screen monitor, Windows XP, like new, \$300. 816-809-6979.

WEIGHTS AND BENCH, full set, includes bar and bench, good condition, \$100. 913-638-6014.

GIRLS' CLOTHING, sizes up to 14; women's clothing, sizes 3/4XL; wooden doll stroller, \$10. 913-856-0251.

AMEDIA BREAST PUMP with carry tote, single/double pump, includes many amenities, paid \$240, asking \$75. 816-363-8696.

JOGGING STROLLER, Expedition Baby Trend, excellent condition, paid \$180, asking \$60. 816-363-8696.

## Garage Sale

OVERLAND PARK, 9224 Wedd Dr., Thursday-Saturday, July 24-26, girls' clothes, toys, household items, loveseat, dining table/chairs. 913-244-7683.

## Housing

### • FOR SALE

MISSION HOME, 3 BR, great

location, 10 minutes from KUMC, \$164,000. 816-228-7253.

COUNTRYSIDE HOME, 5704 W. 61st Terr., 4 BR, 4 BA, 2330 sq. ft. living space, recently renovated, 3-car garage, close to KUMC, \$298,000. 913-432-2526.

SHAWNEE MISSION HOME, 2 BR, 1 BA, updated bathrooms/kitchen, sunroom, backyard, patio, deck, garden area, 10 minutes to KUMC, \$155,950 for sale or \$1,200/month rent. 913-515-2533.

OLATHE HOME, 4 BR, 2 BA, finished basement, new tile, hardwood floors, carpet, appliances, countertops and paint, \$168,000. 913-620-0109.

LENEXA HOME, 8526 Bradshaw, 6 BR, 4 BA, updated windows, hardwood, paint and tiles, \$304,000. 913-461-6835.

### • FOR RENT

HOME, 7240 Nall Ave., 4 BR, 2 BA, fenced backyard, pets allowed, 15 minutes to KUMC, \$300/month per room. 913-375-7930.

INDEPENDENCE HOME, 3 BR, 2 BA, finished basement, new carpet and paint, fireplace, all appliances except refrigerator, 2-car garage, \$950/month. 816-591-2788.

GLADSTONE HOME, 3 BR, furnished, Internet, cable, laundry, carport available, \$350/month plus utilities. 816-455-6333.

APARTMENT, 3 BR, 2 BA, spacious, close to KUMC, \$395/month for 1 BR, \$485/month for 2 BR, student discount. 816-510-6016.

Please send classified ads to [centerexpress@kumc.edu](mailto:centerexpress@kumc.edu). Items must be received by noon on the Monday prior to publication and run on a space-available basis.

DUPLEX, 2 BR, 1 BA, refrigerator, stove, window AC unit, off-street parking, \$400/month plus deposit. 816-942-7683.

## Carpools

SMITHVILLE to KUMC, work hours 7 a.m.-3:30 p.m. 913-669-0581.

86th and RIVERVIEW to KUMC, work hours M-F, 6 a.m.-3 p.m. 913-299-1142.

## Wanted

FAMILIES to host high school exchange student for fall semester. 913-220-2023.

## Pets

MIXED TERRIER, male, 25 lbs., neutered, housebroken, vaccinated, great with kids. 816-694-7166.

MIXED TERRIER, 3 years old, female, black, housebroken, neutered, great with kids. 913-972-6802.

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

# CENTER eXpress

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Carpools, continued from page 1 for discounted employee bus passes.

University officials are studying the placement and number of bicycle racks to determine whether changes need to be made. Bicycle racks also are available on the hospital's Westwood Campus.

"While we have no magic solution to return the price of gas to \$2 a gallon, there are things we can do to help

alleviate some of the cost of getting to and from work," noted **Rick Robards**, director, university Human Resources.

For **DeeDee Attebery** and **Lisa Kern**, carpooling just made sense. Both work in the university's Human Resources office and have commuted together from Gardner, Kan., for about two years.

Their experience has taught them to be flexible. Unplanned sick days, events and family emergencies

happen. It's important to have a good back-up plan. Kern said communication with managers is essential to making a carpool work. "Carpooling takes a certain amount of flexibility between riders and the employer to understand the circumstances and come to a compromise that fits everyone's needs," said Kern. "KUMC has embraced that and made carpooling work for us."