The New Year’s resolutions have been made, the diets and workouts begun. Now it’s time to take a look at your financial fitness.

Hospital employees can make sure their finances are strong and healthy with a wealth checkup from VALIC. Work with our VALIC advisors to develop a plan for your individual needs.

Email WealthCheck-up by Jan. 31 to set up an appointment.

Provide:
- Name
- Phone number
- Alternate phone number
- Email
- Preferred meeting day
- Preferred meeting location (hospital, Westwood, other)

Once you develop your personal plan, you also earn credit for a wellness challenge in the hospital’s Wellness Program.

Continued on page 2
New classes offer ACLS, BLS certification

Two courses launch late this month aimed at helping staff campuswide improve their advance cardiac life support (ACLS) and basic life support (BLS) training. Both courses are offered by the hospital’s Department of Education and Development.

**ACLS Evening Option:** The evening option is limited to hospital, KUMC and The University of Kansas Physicians staff who need to renew ACLS certification.

The four classes begin at 5 p.m. on Wednesday evenings: Jan. 25, Feb. 29, March 28 and April 25. They’re in the Westwood Multipurpose Room. Parking is permitted at the campus after 4 p.m. Each class will last three to four hours. Participants need to attend just one class.

Before the ACLS course, participants will need to complete BLS and ACLS Heartcode courses online. The classroom course will focus on CPR skills tests, megacode practice and megacode testing in groups.

This evening ACLS course is considered a trial. Participants will be asked to complete a course evaluation when they’re done.

To register: contact your unit educator, manager or coordinator. They’ll email registration requests to Education.

**BLS:** Education and Development also will offer BLS Heartsaver classes, or CPR for nonclinical staff. The skills will prepare you for emergencies at work, home and in public.

The classes, which last up to three hours, are 8:30 a.m. Jan. 24, 12:30 p.m. March 27, and 8:30 a.m. May 29. They’re also held in the Westwood Multipurpose Room. Participants will attend just one of those classes.

To register: send an email to Education.

Information about both courses: Jim Waterman, RN.

**Cancer center, continued from page 1**

Clinical trial enrollment, called accrual, stood at 211 in mid-September, prompting cancer center physicians and staff to increase their outreach. During conference calls and research meetings, Jensen and other cancer center leaders emphasized the need for increased patient accrual.

Marketing efforts also included brochures and posters in treatment areas. Ads ran on the website. Staff handed out and wore clinical trial bracelets to spark patient interest.

The initiatives worked. Accrual rose to 275 by Dec. 7, then surpassed 300 on Dec. 27.

Therapeutic trials are one of just four types of clinical trials at our cancer center. Others focus on prevention, survivorship and population-based studies.

Jensen notes the push continues to sign up more clinical trial patients.

Besides providing access to potential advancements in care and leading to medical innovations, he said, “these trials may also be a patient’s best chance for increased survival.”

**In memoriam: Catherine Cole and Michael Wajcman**

Catherine Cole, PhD, RN, associate professor in the KU School of Nursing, died Jan. 3. She was 60.

Dr. Cole, who joined the school in 2010, devoted 35 years to nursing and research. She was highly regarded for her postdoctoral work examining relationships between dementia and sleep in nursing home residents.

Colleagues say Dr. Cole also was a caring teacher. As part of her online teaching, she conducted web-based classes throughout the semester, enabling her and students to see and talk with each other about research.

“Cathy believed it was important to connect with students as they were learning new ideas, and she worked tirelessly to foster those relationships in the online environment,” said Cynthia Teel, PhD, RN, associate dean of graduate students in the school.

Michael Wajcman, RN, a staff nurse in the Post-Anesthesia Care Unit, died suddenly Dec. 26. He was 32.

A graduate of the KU School of Nursing, Wajcman joined the hospital in 2005 and was working toward his ARNP. He and his wife have three children.

Fellow caregivers say Mr. Wajcman was always willing to lend a hand, and he kept the workplace positive. “Michael was the person you could always count on to brighten your day by making you laugh with the silly jingles he would sing or nicknames he made up for everyone,” said Larissa Walker, RN, PACU.

“Working with Michael was a great pleasure, and we are all deeply saddened by his unexpected death.”
eXtracurricular

Thursday, January 12
ALZHEIMER’S DISEASE and Memory Disorders Caregivers Support Group: Second Thursdays, 2-3:30 p.m., Room 145, Landon Center on Aging.

Friday, January 13
NEUROLOGY/NEUROSURGERY Grand Rounds: “Update on Ataxia,” Muhammad Nashatizadeh, MD, 8-9 a.m., Lied Auditorium.
PEDIATRIC GRAND Rounds: “Pulmonary Function Testing: ‘Blow Out’ Doesn’t Just Refer to Diaper Messes!” Lucas Pitts, MD, 8-9 a.m., Clendening Auditorium.


Tuesday, January 17
PHARMACOLOGY/TOXICOLOGY Seminar: “Bioanalysis and Pharmacokinetics in Drug Development: Cancer Chemotherapy Clinical Trials,” Greg Reed, PhD, 4-5 p.m., Beller Conference Center.

Wednesday, January 18
KANSAS PUBLIC Health Grand Rounds: “ATSDR: Protecting Public Health One Community at a Time,” Sue Casteel, environmental health scientist/regional representative, ATSDR division of regional operations, noon-1 p.m., Sudler Auditorium. Lunch provided for first 10 participants.

Thursday, January 19
HOSPICE AND PALLIATIVE Care Lecture Series: “Palliative Sedation,” Emily Riegel, MD, 8-9 a.m.; “Pulmonary Hypertension,” Ryan Westhoff, MD, 9-10 a.m. Registration fee for each program is $15. Series continues every Thursday morning. Register and select an ITV viewing site: coa.kumc.edu/cpgec/palliative.

IAMSE TEACHING SKILLS Web Seminar #2: “Strategies and Competencies for Launching a Successful Program,” John Gilbert, PhD, 11 a.m.-noon, 1014 Orr-Major. Discussion follows noon-1 p.m. Register at www2.kumc.edu/PDFTraining.

US, TOO Prostate Cancer Support Group: Third Thursdays, 7-9 p.m., Rieke Auditorium.

Friday, January 20

Send calendar items to centerexpress@kumc.edu. Items must be received by noon on the Monday prior to publication.

Next phase of OR expansion: locker rooms
The hospital is on schedule to complete the Operating Room expansion by July. The next milestone: remodel the locker rooms.

To make way for the work, crews on Saturday, Jan. 14, will begin moving the locker rooms temporarily. They’ll be located in the former surgery clinic. (This space will eventually house the new pre/post-op area.) The remodeled locker rooms should be ready for occupancy in April.

The OR expansion includes construction of six new operating rooms and a new pre/post-op area.

Office visit co-pay rises to $10
Reminder for hospital employees for 2012: The co-pay is $10 if you see a hospital-affiliated primary care or specialist provider (unless receiving preventive services). The co-pay was $5 last year. You’re responsible for making the payment at the time of visit. Hospital-affiliated providers include:

• The hospital (inpatient and outpatient)
• The University of Kansas Physicians
• KU MedWest, including KU MedWest Ambulatory Surgery Center
• Medical Administration Services (MAS) clinics throughout the metro, including Mid-America Cardiology and Jayhawk Primary Care
• The University of Kansas Cancer Center, including Kansas City Cancer Center locations

JayRock is Feb. 10; sponsorships available
JayRock 7, a concert benefiting KUMC’s JayDoc Free Clinic, is Feb. 10 at The Uptown Theater in Kansas City.

The concert features Nashville-based The Delta Saints with Lawrence-born Quiet Corral, two bands that fuse blues and southern rock. Doors open at 7 p.m.; the concert starts at 8 p.m. A VIP party begins at 6 p.m. and lasts through the night.

Student tickets are $15. General admission is $25 when ordered at jayrockconcert.com and $30 at the door. VIP passes include admission to the concert and VIP party, which features catering by Oklahoma Joe’s and free wine and beer in two of the Uptown Theater lounges.

Sponsorships are the concert’s lifeline. Platinum sponsorships are available for $1,000 and include 10 VIP passes, a table at the front of the theater and marketing at the VIP party. Gold sponsorships, available for $750, include the same except the marketing. Go to jayrockconcert.com to download the sponsorship form.

Staff lunch-and-learns focus on heart health
In honor of February’s National Heart Month, the hospital will host three lunch-and-learns for all staff, including KUMC and The University of Kansas Physicians.

The events will focus on heart health and the hospital’s A Change of Heart program. Employees also will be encouraged to get a heart health assessment. The events are noon-12:30 p.m.: Jan. 30, Westwood Executive Dining Room
Jan. 31, Broadmoor 5th floor breakroom
Feb. 1, main campus, 1050 School of Nursing

Free box lunches will be provided for the first 25 participants at the Westwood and Broadmoor events, and for the first 50 at the main campus event.

Reservations are not needed. Hospital employees who complete a lunch-and-learn will receive one wellness credit. Information: Deb Vaknin, Marketing, 5-7833.

HOSPITAL EMPLOYEE ‘LIVE HEALTHY’ Registration Deadline:
Monday, Jan. 16. The 100 Day Challenge begins Jan. 23. Teams can have two to 10 members. To begin registration, team captains must email a team name to LiveHealthyChallenge. Information: Email LiveHealthyChallenge or kself@kumc.edu.
Vehicles


For Sale

ALEGRIA NURSING shoes, new/in box, size 39 (8 or 9), Dayna style, chrome, paid $120, ALEGRIA NURSING shoes, For Sale 2002 JEEP LIBERTY Limited Edition, 143K original miles, black, 4x4, dark windows, power windows/locks, leather/heated seats, 6-CD changer, great condition, semi-new tires, extra clean inside/out, $6,500. 816-309-7052.

POWER LIFT RECLINER, like new, no damage, photos, $500 OBO. 913-645-2243.

MAGIC CHEF refrigerator, 18 cu. ft., 2007 model, white, 2 doors, bottom drawers slightly broken but still work, $200 or reasonable offer. 402-936-3139.

WOMEN’S RING, 1 ct tw, 14kt white gold, size 7, $1,000 or reasonable offer. 913-572-7027.

SNACK MACHINE, gently used, great cond., bill chager, $1.650; soda machine, great cond., $700; photos, will make a deal if sold together. 816-616-5191.

4’x 6’ MIRROR, more than $200 new at Home Depot, asking $50, you pick up. 913-961-7652.

GRACO METROLITE stroller, great cond., $35. 816-519-0631.

2 BRAD PAISLEY tickets for Jan. 19 concert at Sprint Center, section 5 floor, seats 9 and 10, face value $175, 913-220-1966.

2 T-MOBILE PHONES: Samsung slide, $45; LG flip, $75; both in great cond.; T-Mobile smartphone, Motorola Cliq, gently used, great cond., no scratches on screen, $100. 913-271-8443.

VERA WANG wedding gown, size 8, strapless A-line, exquisite beadwork embroidery, metallic/silk thread, modern cathedral-length train, paid $1,200+, and $300+ for bustle, alterations, asking $900. 913-488-4713.

GAS DRYER, GE Profile, white, new, 18 cu. ft., glass shelves, 2 doors, clean, works great, $300 OBO; king-size pillow-top bed, $125. 913-406-2357.

BENCH WEIGHTS with pole, several sizes, $20, Overland Park. 913-940-5843.

2 PATTI LUPONE and Mandy Patinkin tickets for 7:30 p.m. Jan. 22 performance at Kauffman Center, orchestra center, row B, $46 each. 913-649-3871.

SONY audio-video Pro Logic surround sound center; Sony 5-disc CD player; BOSE Acoustimas 3 Series II sound system, 2 surround speakers, center speaker, subwoofer, $100, 913-226-7074.

IPOD, 3rd generation, very good cond., armband/belt clip, iPod dock, silicone case, no headphones, photos, $160, 913-538-1518.

GRACO INFANT car seat, Elyse design, 2 bases, 1 year old, perfect cond., $60; Evenflo ExerSaucer, adjusts to 3 heights, used 4 months, $30, 913-908-3170.

Housing

For Sale

REMODELED HOME in KCK, new floors/paint/HVAC/water heater, updated kitchen and bath, landscaping, corner lot, move-in ready, $115,950. 913-515-5819.

For Rent

APARTMENT, 1 BR at Georgetown Apartments, sublease for 8 months, $150 less than regular price, $700/month (utilities included). 913-636-6720.

TOWNHOME, 2 BR, 1.5 BA, renovated, new carpet/appliances, updated bath, wood-burning fireplace, 1-car garage, no smoking, 1943 Lawrence Ct in KCK, $710/month, plus utilities. 913-432-2602.

Peds

GOLDEN RETRIEVER/Cocker Spaniel mix, 9-year-old female, white, spayed, wonderful with kids and animals, 20-25 pounds, needs lots of love. 816-520-6929.

Lost

WEDDING RING, white gold, princess-cut diamond, diamonds alongside and on band, lost 2-3 months ago, possibly in outpatient Radiology bathroom. 913-710-0694.

Wanted

EXTRA-LARGE KENNEL or crate for 85-pound Weimaraner. 913-488-4713.

PLACE TO STAY for 6 to 8 months, work nights and sleep during day. 913-689-9195.

PATIENTS for Atherosclerosis & LDL-Apheresis Center study using Krill/Fish oil. Must not be currently taking fish oil, be willing to participate for 6 weeks, and make 2 clinic visits. Compensation available. Information: Shannon McCabe, 5-7939, smcabe@kumc.edu or Jim Backes, 8-5324, jbackes@kumc.edu.

eXchange

Cardiologist Charles Porter, MD, has extra reason to smile when he drives by billboards promoting The Nelson-Atkins Museum of Art’s Rodin exhibit. The campaign features Porter’s very own photo (right) of Rodin’s The Thinker. The sculpture – actually a replica of the original – sits in front of the museum. Mid-America Cardiology’s Porter snapped a creative time-lapse photo of the sculpture one evening in 2008. He sent it to a friend at the museum, which kept it on file.

Porter has taken photos as a hobby since he joined the KU School of Medicine’s yearbook staff in 1974. More of his photos are on display in the MAC office on the main campus. He credits the museum for using an amateur photographer’s work on its billboards. “It’s a nice example of how the museum is well-linked to the community, even though it’s world-renowned,” he said.

The free exhibit of 40 Rodin sculptures runs Feb. 8-June 30.

Getting Here

The sculpture – actually a replica of the original – sits in front of the museum. Mid-America Cardiology’s Porter snapped a creative time-lapse photo of the sculpture one evening in 2008. He sent it to a friend at the museum, which kept it on file. Porter has taken photos as a hobby since he joined the KU School of Medicine’s yearbook staff in 1974. More of his photos are on display in the MAC office on the main campus. He credits the museum for using an amateur photographer’s work on its billboards. “It’s a nice example of how the museum is well-linked to the community, even though it’s world-renowned,” he said.

The free exhibit of 40 Rodin sculptures runs Feb. 8-June 30.

Please send classified ads to centerexpress@kumc.edu or post online at 24/7. Items must be 25 words or less and received by noon Monday. Ads are for staff and students only. You cannot promote personal businesses or commercial ventures. Ads run on a space-available basis.

LENEXA TOWNHOME, 2 BR, 1.5 BA, new paint/carpet/appliances, partially finished basement, washer/dryer hookups, off-street parking, no smoking/pets, $700/month. 913-626-7001.

KCK HOME, 2 BR, 2 BA, 4462 Francis, close to KUMC/Plaza, $850/month. 913-558-7624.

Wanted

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