News for the Week of November 14, 2011

We CAN Do It!
St. Joseph’s annual Food Drive for St. Vincent de Paul comes to a close on Tuesday, Nov. 15. Please help us meet our goal by contributing non-perishable food in one of the boxes that is located in the hospital. November 15 is also the last day to contribute to the Count the Cans Contest. For more information about the food drive, please call Fran Lozon at 602-406-3690.

Let’s Get Cooking
Do you think you and your department have what it takes to win Best Chili, Best Chili Theme, Hottest Chili, or Most Creative Chili? If so, enter the cook-off and compete for one of the amazing prize baskets. To register, contact Patty Hanson at ext. 63841 or patty.hanson@chw.edu. Departments must supply enough chili for everyone to taste. The cafeteria will supply tasting cups, spoons, and aprons for the chefs. All employees are invited to vote for their favorites on Thursday, Nov. 17 from 10:30 a.m. to 2 p.m. in the cafeteria.

Watch for the Baby Brigade
On Thursday, Nov. 17, St. Joseph’s will help kick-off the 2012 March of Dimes Campaign and work to raise awareness of premature births. At 11 a.m. a baby brigade and stoller race will take place in the hospital’s Admitting Circle. Our former Nursery Intensive Care Unit patients and their parents will participate. The first 100 attendees will receive a piggy bank to help the hospital raise money for the March of Dimes team.

This year, CHW Arizona Service Area Vice President of Operations and St. Joseph’s President Linda Hunt will serve as the March for Babies Metro Phoenix Chair. March for Babies is set for Saturday, April 14. St. Joseph’s will work to raise 100,000 dimes (for a total of $10,000) for the team. For more information about how you can help or to join a walk team, call 602-406-4871.

Be United!
St. Joseph’s is once again sponsoring the annual United Way Campaign. United Way helps a number of worthy local organizations, many of which are our community partners. Donations to United Way can also be directed to the St. Joseph’s Foundation and Barrow Neurological Founda-
Contributions can be made via payroll deduction. CHW employees who donate at least $10 a pay period ($260 annually) will be entered to win a Phoenix Suns basketball that’s been autographed by Vince Carter.

**Time Is Running Out to Win the Cardinals Helmet**
St. Joseph's Foundations are giving away a signed helmet from Arizona Cardinals defensive end Darnell Dockett to one random fan who “likes” the Foundation's Facebook page by Tuesday, Nov. 15. Check out the page at:

www.facebook.com/FoundationsofStJosephs

**Smoke Out**
The Great American Smokeout is Thursday, Nov. 17. If you’ve been thinking about kicking the habit, this is a great time to do it. St. Joseph’s Employee Health Services offers free smoking cessation products and information to employees. Call 602-406-3172 for more information. For additional information and resources, visit www.cancer.org/Healthy/StayAwayfromTobacco/index.

**Stock Up for Thanksgiving**
Get some goodies for Thanksgiving! The last Farmer’s Market in November is Friday, Nov. 18. You can shop between 7:30 a.m. and 1 p.m.

**Learn How to Make All the Trimmings**
Join Chef Chris for a cooking demonstration on Monday, Nov. 14. Chris will show you how to make some healthy holiday side dishes from 4:30 to 5:30 p.m. in the St. Joseph’s Studio. Registration is not required.

**Trying to Watch Your Weight During the Holidays?**
The next Weight Watchers at Work meeting is Wednesday, Nov. 16. If you would like to participate in a Weight Watchers session over the holidays, please attend this meeting, which will take place in the St. Joseph’s Studio from 12:30 to 1:30 p.m. You’ll be able to get more information about the program and register for the weekly sessions. If you would like to obtain more information prior to the meeting, please call 602-406-3172.

**Do You Know What You’re Doing for Thanksgiving?**
Many St. Joseph’s Departments will be closed or on flexible schedule for the Thanksgiving holiday weekend. If you have not talked to your supervisor about your schedule, please do so.

**St. Joseph’s Amazing!**
Volker Sonntag, MD, Barrow Vice Chairman Emeritus, was named University of Arizona Alumnus of the Year during the university’s recent homecoming festivities. Dr. Sonntag was president of the first class to graduate from the University of Arizona College of Medicine (Class of 1971). Dr. Sonntag joined Barrow in 1983. He served as vice chairman of the Division of Neurological Surgery and as Chairman of the Spine Section from 1984 to 2009. Dr. Sonntag has received many awards for his community service, research and outstanding achievements. He’s also received many honors for the teaching and mentoring of young neurosurgeons, an aspect of his career for which he has strong personal commitment.