



A weekly publication for Le Bonheur Associates.

express

December 2, 2012

healthier options from Le Bon Appetit



Le Bon Appetit Associates Virginia Brown and Clayton Carter showcase some of Monday's healthier offerings, such as grilled vegetables and a hot tofu entrée.

Beginning Dec. 3, Le Bon Appetit - the hospital cafeteria - will be home to Grill-More Mondays. Every Monday, the grill will offer grilled chicken tenders, grilled vegetables, side salads, fresh fruit and baked chips in addition to burgers and other grilled sandwiches. All grilled and healthy side items will be available as sides for traditional combos. On Mondays, these items will be offered in lieu of fried chicken fingers, French fries and tater tots. As part of the Grill-More Mondays kickoff, free lunches will be given away at the registers at random intervals on Monday, Dec. 3. Additional promotions are coming soon.

Also on Mondays, the hot line will continue to include one tofu entrée, and the soup station will continue to offer at least one vegetarian soup. Vegetarian options - including veggie pizzas, baked tofu on the salad bar, grilled vegetables, black bean and Boca burgers on the grill - will be available every day. In the near future, Le Bon Appetit will also offer healthier grab-and-go snacks, compound salads (like chicken and tuna salad) made with light dressings, sweet-tea brewed with Splenda, sugar-free parfaits and other heart-healthy options. All heart-healthy dining choices will be marked with the red Le Bonheur stitched heart.

"Many of us go out to eat on the weekends and sometimes stray from our usual dining routine, so we are offering some great options on Mondays to help kick-start the week," said Executive Chef **Blake Wilbanks**. "Food is medicine, and we want to make sure we are offering plenty of healthy choices each day to our Associates, patients and families."

In addition to pursuing healthier food choices, Le Bon Appetit is focused on green, sustainable efforts to ensure a healthier planet. The cafeteria currently produces about 30 gallons of compost each week, which is donated to Urban Farms, a small organization producing a variety of fruits and vegetables in Binghamton. Stay tuned to *express* to learn about upcoming sustainable efforts, including eco-friendly containers, a reusable drink cup and a pledge to become foam-free by the end of 2013.

good for you

Congratulations to PCRU Regulatory Specialist **Virginia Calvo Torres**, who was recently certified by the Society of Clinical Research Associates (SoCRA). The SoCRA certification recognizes Virginia as a professional in medical research who has achieved an internationally accepted standard of knowledge, education and experience.

Enchanted Forest open through Dec. 31

The Enchanted Forest Festival of Trees is now open at the Pink Palace. Enchanted Forest hours are 9 a.m.-5 p.m. Monday-Saturday and noon-5 p.m. Sundays, through Dec. 31. On Fridays in December, hours are extended from 9 a.m.-9 p.m. Enchanted Forest is closed on Thanksgiving and Christmas Day.

Children of all ages touring the Enchanted Forest will be charmed by animated characters set in a whimsical snowy setting. Santa greets guests at the end of the forest and poses for holiday photos, making the Enchanted Forest a perfect holiday tradition for the whole family. Guests will also enjoy strolling through the avenues of beautifully decorated trees, sponsored by area businesses and individuals. Thousands of twinkling lights, the miniature train chugging through the Gingerbread Village and the charming array of furry penguins in the Penguin Pond are the icing on the cake of the Enchanted Forest experience.

Individuals and groups may become a Penguin Pal with a \$50 donation, sponsoring a stuffed penguin for Le Bonheur patients during the holidays. Penguin Pals will be recognized by name at the Penguin Pond. To sponsor a penguin, contact stephanie.rainey@lebonheur.org or call 287-5018. For more information about the Enchanted Forest, visit www.theenchantedforest.org or call 525-TREE.

ED team gobbles up turkey craft

Emergency Department nurse Jennifer Winfield created a turkey craft to help bring some holiday cheer to children in the Emergency Department for Thanksgiving. Jennifer printed out copies of a Thanksgiving rhyme and enlisted help from fellow ED colleagues to share the turkey art project with patients and siblings. Children in the ED were invited to create turkeys using their handprints and took home their homemade crafts.



Le Bonheur holiday cards available

The 2012 Le Bonheur Holiday Card Collection is now available. Inspired by the hope and healing received by children treated at Le Bonheur, five uplifting designs created by Le Bonheur patients are available. Individuals can support the hospital by sending cards to friends and family this holiday season.

Holiday honorarium cards are available for a \$10 donation per card. Packaged cards are \$12 for a pack of 10. Corporate and bulk-order discounts are also available. To place an order, call 601-366-0800, ext. 297. Each card purchase helps Le Bonheur provide funding of continued medical care for more than 500,000 children in our community and throughout the world each year.

which exec will dress up as Elvis?

Associates have many ways to help raise money for the United Way campaign this month.

- Stop by the Event Space Dec. 3-Dec. 5 and cast your votes to decide which executive team member will come to work dressed as Elvis for the day. Each vote is \$1, and the administrator with the highest number of votes will come to Le Bonheur dressed as the King himself.
- Wear a sports top - jersey, sweatshirt or other - to work Wednesday, Dec. 5, and Wednesday, Dec. 12. Wear jeans to work the first three Fridays in December. Sports top and jeans day passes are \$5 each, available at the Welcome Desks in the Main Lobby and Research Center Lower Lobby.
- Bid on great prizes at Le Bonheur's annual United Way silent auction on Thursday, Dec. 13, from 9 a.m.-1 p.m. in the Event Space. All are invited to participate and place bids.
- Make sure to fill out pledge cards and turn them in early. Between now and Dec. 21, Methodist is giving away 10 iPad minis to random pledge participants, as well as one to a new giver, one to a loyal giver and one to someone who donates at the leader level.

Individuals donating \$50 or more may designate a specific United Way program for funding, including Le Bonheur Early Intervention and Development or FedExFamilyHouse. Pledge packets may be returned to the following locations: Outpatient Pharmacy, Community Outreach offices at Peabody Place, Research Center Main Lobby, Hospital Main Lobby, Administration, Human Resources and the ED Security Desk. Please contact Le Bonheur co-captains **Geri Skelley** and **Cathy Mauk** with any questions.

Memphis Mummies double donation



This fall, the Memphis Mummies - a group of Cafe Racer motorcycle enthusiasts - held a Run to the Sun weekend ride and sightseeing event to raise money for Le Bonheur Children's. Pictured above are Le Bonheur President **Meri Armour**, center, and the Mummies. The Mummies, including Le Bonheur research neurologist Dr. Larry Reiter, doubled their donation this year, contributing \$3,000 to the hospital as a result of their fundraising efforts.

calendar

Tues., Dec. 4
11:30 a.m.-12:30 p.m.
Weight Watchers
IMCU Classroom

3:30-4:30 p.m.
Weight Watchers
Research Tower, 3rd
Floor Conference
Room

Wed., Dec. 5
8-9 a.m.
Grand Rounds
Auditorium

Published for Associates and medical staff of Le Bonheur Children's Hospital. Le Bonheur express is produced by the Le Bonheur marketing & communications services department. Please send information for express to Katherine at: katherine.whitfield@lebonheur.org or call her at 287-6030. The **deadline** for information for each issue of express is **Tuesday at noon**. However, please give as much advance notice as possible for both stories and requests for photos.



save the date

- Mark your calendars for the annual **Le Bonheur Club Holiday Party** in the Event Space on Thursday, Dec. 6, from 1-3 p.m. Associates are invited to come enjoy food, drinks and festivities thanks to the Le Bonheur Club ladies.
- Branches gift shop - located in the hospital's Main Lobby - is having a **Midnight Madness sale** on Tuesday, Dec. 11, from 6 p.m.-midnight. With the exception of Le Bonheur branded merchandise, everything in the gift shop will be 25 percent off.
- Mark your calendars for a **Family Holiday Party** on Le Bonheur's Front Lawn on Sunday, Dec. 16, from 3-6 p.m. Associates and their families, physicians and their families, patients, siblings and others are invited to a festive event on the lawn featuring a live reindeer petting zoo, crafts, holiday snacks and other merriment. All are welcome.

Beck named to SCR Advisory

Robert Beck, clinical data specialist with Le Bonheur's Decision Support Services, has been selected as one of 10 individuals to participate in the Pediatric Surgical Case Reviewer (SCR) Advisory Committee. The committee is part of the American College of Surgeons' National Surgical Quality Improvement Program.



Robert Beck

Surgical case reviewers are clinical experts who review pediatric surgeries for the American College of Surgeons and collect data to form risk adjusted models of pediatric surgical outcomes. The committee's objective is to work on materials such as SCR case studies, certification exams, conference agendas and newsletter content under the guidance of ACS NSQIP leadership. Committee members are also asked from time to time to provide feedback on program initiatives and development.

"This is a fantastic recognition of the Decision Support team's hard work and a wonderful new opportunity for Robert," said Le Bonheur President **Meri Armour**. "I know Robert will contribute greatly to the advisory committee."

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menu

Mon., Dec. 3
Vegetarian Chili
Chicken Gumbo
Crumb Baked
Tilapia (WW)
Thai Curry
Veggies and
Tofu
Rotisserie Chicken
Breasts
Buffalo Chicken
Wrap
Yellow Squash
Green Beans
Macaroni and
Cheese
Steamed Broccoli
& Cauliflower

Tues., Dec. 4
Chili
Chicken Noodle
Soup
Vegetarian
Lasagna (WW)
Turkey Chop
Steak
Salmon Filet
Wing Bar

Snap Peas & Red
Peppers
Fried Zucchini
Italian Vegetables
Rice Pilaf
Wed., Dec. 5
Potato Cheese
Soup
Chili
Beef Fajitas (WW)
Lemon Pepper
Tilapia
Fried Chicken
Caesar Salad
Station
Turnip Greens
Mashed Red
Potatoes
Roasted Yellow
Squash
Pinto Beans

Thurs., Dec. 6
Chili
Red Beans and
Rice
Golden Crumb
Pork Chop
(WW)

Asian Beef Pepper
Steak
Chipotle Turkey
Meatloaf
BBQ Sandwiches
Roasted Carrots
Fried Okra
Steamed Cabbage
Macaroni and
Cheese

Fri., Dec. 7
Stuffed Potato
Soup
Chili
Molasses BBQ
Chicken (WW)
Pulled Pork
Blackened Catfish
Nacho Bar
Peas
Corn on the Cob
Baked Beans
Spicy Collard
Greens