Welcome to the first edition of In Touch with OBGYN Express! This newsletter is created by the OBGYN Employee Committee with the help of employees from around the department. We've come up with some interesting topics and informative pieces to let you know what is going on around the department and the hospital.

Kirschner's Korner

I would like to begin my initial installment of “Kirschner's Korner” with a sincere thank you to all those that provided input and involvement in the creation of the Employee Committee. We assembled this committee because of feedback we received and your request for a communication vehicle about issues that affect you. The committee has worked on numerous initiatives including uniforms, summer picnic, holiday party, and this newsletter. Be sure to use the committee as a forum to address issues or to make recommendations. Future installments of the “korner” will include updates of what’s going on in the department. Please feel free to drop me a line anytime with suggestions.

Break Through in HPV Protection

There is a new vaccine that helps protect against diseases caused by Human Papillomavirus (HPV):

- Cervical Cancer
- Abnormal and precancerous cervical lesions
- Abnormal and precancerous vulvar lesions
- Genital warts

Gardasil helps prevent these diseases but will not treat them. Gardasil is manufactured by Merck. This vaccine is given to girls and women from the age of 9 years through 26 years. Patients receive 3 doses of the vaccine over a period of 6 months.

Penn Health for Women is now offering the vaccine to patients.

Highlights:

- HPV Information 1
- Open Positions 2
- What’s happening 2
- Word Search 3
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Something seems lighter in the Helen O Dickens Center and it’s not the air! Some employees of the Dickens Center have started 2007 out right by participating in their own “Biggest Loser” contest. Approaching the halfway mark in the program, the participants have lost close to 50 pounds with the front runners in the group losing more than 30 pounds together! The cash prize will go to the biggest loser on March 23rd. The program consists of weekly weigh-ins and nutrition information developed by the center’s dietitian, Sarah Barts. She reports “The support and encouragement that the group has for each other is a big part of the groups’ success.” Many in the group have shown interest in opening up the program to the whole department in hopes for an interdepartmental contest. **Do you think that you can beat us? If interested, call Sarah Barts RD, LDN at 215-662-2771.
Open Positions in the Department

- Penn Tower-Registered Nurse
- Penn Fertility Care- Patient Service Reps, Part time Medical Assistant, and Andrology Lab Technician.
- Helen O. Dickens Center-Certified Registered Nurse Practitioner, Patient Service Rep, and 2 OB Care Coordinators (RN).
- Radnor- Medical Assistant

Employee Spotlight

Our employee spotlight for this edition is Victoria Wilson. Back in October she set up a very special “meeting” between a Marine Lance Corporal Han Liang who was 7000 miles away and his new born son. Vicki met Han and his wife Van during their prenatal visits before Han was deployed to Iraq. Wanting to help this family get back in touch, Vicki got in contact with the hospital’s communication department and the ball started rolling. On October 21, Han and his family were reunited via video teleconferencing in the Surgical Theater at HUP. Vicki says “I’m so happy to work for a facility that allows this and makes it happen. It’s just wonderful.”

Announcements

Here’s what’s going on!

- Irma Yehuda has become a CRNP.
- Lara Bagby had a baby girl, Jadyn in November.
- Sharon Murrell had a baby girl, Taylor in August.
- Christine Donovan is newly married.
- Kristen Donahoo is getting married in May. She also recently bought a house.
- Martina Mwaka bought a house recently.
- Michele Cohen is recently engaged.
- Mary Williams-Little’s son will be traveling to Australia in July to compete in an international track meet. He will be graduating from Girard College High School in June.
- Patricia Callahan CRNP in Family Planning, received the Ellen I. Irvin Clinician of the Year Award for her dedication and commitment to providing the highest standard of patient care.
The Joys of Pregnancy!

Word Search

Sending You a Little Sunshine

Tuesday Davis, we’re thinking of you!! Get Better Soon!!!

Winners from the Holiday Quiz

- **Question 1:** Total number of OBGYN chairs, past and present: 6
  Winners: Valerie Ford, Becky Greene, Jackie Jones
- **Question 2:** First Department Chair: James
  No winners
- **Question 3:** Number of OBGYN faculty: 48
  Winner: Barb Brzowski
- **Question 4:** Number of employees in the department: 193
  Winner: Dave Burtis (200)
- **Question 5:** How many births at HUP and PAH: 8,421
  Winner: Susan Nestory (8,500)
- **Question 6:** Helen O. Dickens. (Octavia) What year did she join the staff: 1965
  Winner: Bonnie Ohnishi (Octavia, 1962)
- **Question 7:** Number of related employees: 17
  Winners: Eulalee Pettiford (15) and Kathy Rosenzweig (15)

There were 9 days off with pay won this year which happens to be the exact same number of days off with pay won last year!
Announcements Cont.

**Keep Your Eyes Open For:**
- Summer Picnic at Mermaid Lake, June 23rd - more info to follow!
- Bring your child to work day - April 26th - more info to follow!
- Shopping Trip to outlets.

- Roxanne Hughes, Family Planning Counselor has accepted a full time position in the Rowan Breast Center effective 2.11.07.
- Joining us in the Business Office is Shanita Waters. She is replacing Jackie Bretz and handling all of the Accounts Payable, Check Requests, and Payroll transactions.
- Carolyn Gorman has accepted the role of Director in the Association of Managers of Gynecology and Obstetrics (AMGO). Amgo is a national association of administrators of OBGYN departments in academic medical centers. It serves as a forum for fellow administrators across the country to share knowledge and gather ideas for creating successful practices.

**Healthy Recipe**

**Tortellini Primavera with Pesto Sauce**
*From Sara Barts, RD, LDN - Dickens Center*

Ingredients: 1 9oz pkg refrigerated cheese tortellini; 1 16 oz pkg frozen broccoli stir-fry vegetables; 1 8 oz container fat-free sour cream; 2 Tbsp pesto; ¼ tsp salt; ¼ cup shredded fresh Parmesan cheese; 1/8 tsp freshly ground pepper.

- Cook tortellini and vegetables in 3 quarts boiling water 5-7 minutes or until vegetables and pasta are tender. Drain and return to pan.
- Combine sour cream, pesto, and salt, stirring well. Gently stir sour cream mixture into pasta mixture. Sprinkle with Parmesan cheese and pepper. Serve immediately.

Makes 4 (1 ¼ cup) servings. Per serving: 331 Calories; 12.2 g fat; 18.7 g protein; 38.1 g carbohydrate; 3 g fiber; 659 mg sodium.

**Artichoke Pizza**
*From Donna Shiarra, RN – Admin Director, Faculty Practices*

Artichoke hearts chopped 1-2 cans, cup mayo, cup of parm cheese, tsp of minced garlic, 1 can of sliced black olives, 1 - 8 oz. bag of pizza cheese, pizza or italian seasoning, 1 - 12 oz. can of diced tomatoes - drained, shredded mozzarella (if desired), Boboli pizza crust

- Mix artichoke, mayo, parm cheese, garlic olives and ½ the bag of pizza cheese
- Spread on pizza crust
- Sprinkle with Italian seasoning
- Spread diced tomatoes over mixture
- Sprinkle with parm cheese; sprinkle with mozzarell (if desired)
- Bake at 400 degrees for 15-20 minutes

Any questions, comments, or other input into this newsletter may be made to any employee committee member or submitted via email to Michele Cohen in MFM, or by phone at 662-6938.