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# Take one: March 1988

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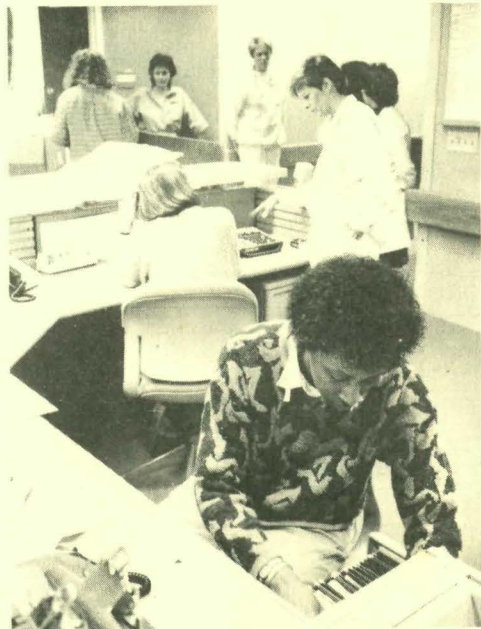
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March 2, 1988

# take one

a publication for the people of the University Hospital



*Settling in—Members of the Hospital's Nursing Department have been busy getting established in new quarters in the Atrium Pavilion over the past few weeks. Information on the elevator/hallway traffic patterns that now are in use in the building will be published this week in a special edition of Take One. (Photo by Bradford F. Herzog)*

## UH staff members invited to air ideas for improving security

Employees who have ideas for measures that might improve security at the Hospital are being invited to bring those ideas to the attention of the administration through a series of open forums.

The idea for eliciting employee feedback came as a result of a recent assault on a UH employee. As most people in the University Hospital community are probably aware, a Laboratory Medicine employee recently was a victim of a knife assault by an intruder. (As the investigation into the incident continues, a man who fits the description of the assailant has been called by UH Security to the attention of the Boston Police Department for appropriate follow-up.)

The victim of the Feb. 6 assault suggested in interviews after the incident that the Hospital administration invite suggestions from all UH employees on ways to improve security and personal safety.

The Hospital's Management Council soon will set the dates for the forums on security as a means of effectively addressing the problem. The Council, whose membership reflects the broad variety of interests and functions at UH, will provide feedback for the employees who come forth with security suggestions.

More information will be forthcoming in the near future on the time and place of the open forum series.

## ID tags should be worn by all UH staff members

In a related security matter, the Hospital administration earlier this year formed a task force to look into ways to improve compliance with policies requiring all employees to wear their identification tags. At the same time, another group has been formulating a new approach to the identification of visitors in the Hospital.

These efforts to better identify both employees and visitors should have a beneficial effect on the Hospital's total security effort by cutting down dramatically on the number of "unknown" people in the institution at any time. Employees are asked to display their tags at all times, and Security personnel will continue to request identification at their stations.

According to Ed Stedman, director of Security and Telecommunications, "We strongly encourage those employees who do not have IDs to obtain them as soon as possible. The office in Talbot 1 is open weekdays from 7:30 a.m. to 4:30 p.m. Employees should ask their supervisors to make the necessary arrangements for obtaining new identification cards."

## UH departments plan activities during March

March is "National Social Work Month" and "National Nutrition Month," and the Hospital's Social Work and Clinical Dietetics Departments both have scheduled activities during upcoming weeks to inform the UH community about their respective areas of expertise.

The Hospital's Social Work Department will organize an information/display table outside of the Cafeteria the week of March 14-18. The Department, which is working to increase awareness—both within the general public, and within the Hospital—of the social worker's role in the hospital system, is developing a pamphlet that will outline the history of social work at UH, as well as discuss the ways in which the Department can be utilized. For further information about the Department, call x8770.

## Choosing good nutrition

The theme for National Nutrition Month—"Choose Good Nutrition: For Today and Tomorrow"—will be emphasized at UH through several activities organized by Clinical Dietetics: a "Guide to Good Eating" will be distributed on patients' trays; posters on ideal body weight will be displayed in the Cafeteria; and a list of nutrition references/resources will be posted.

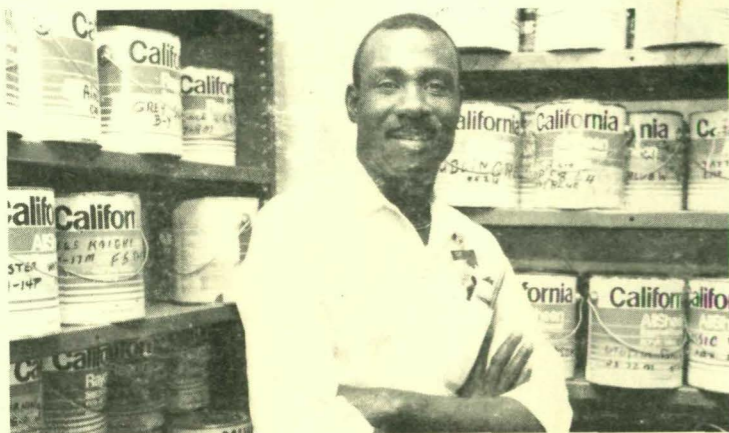
The Department offers the following nutrition tips to UH employees and their families:

- Eat a variety of foods, in moderation, from the four food groups;
- Eat at least three meals a day;
- Achieve and/or maintain ideal body weight;
- Avoid foods that are high in cholesterol and saturated fat;
- Use polyunsaturated fats such as corn, safflower, cottonseed and sunflower oils;
- Eat foods with adequate starch and fiber;
- Avoid consuming too much sugar;
- Prepare food without salt.

For further information on good nutrition, call the Department at x6041.

**Take One** is published for the employees of The University Hospital every second Friday by the Office of Publication Services, Boston University Medical Center. For copy submission or information, please contact Erica Saperstein, editor; or Owen J. McNamara, director, Office of Publication Services, DOB-600, x8482.





**Spotlight on St. Louis**—Linus St. Louis, who works in the Hospital's Paint Shop, has been named the first winner of the UH Spotlight Award. St. Louis, who is being recognized for his community service as a member of Boston's Unity Sports and Cultural Club, will be honored at a March 9 reception. (Photo by Lucy Milne, Educational Media)

### Linus St. Louis is first employee to win UH Spotlight Award

A few minutes with Linus St. Louis are enough to conjure up colorful images of his Caribbean homeland—turquoise seas, pale sands and clear blue skies. "I love colors," admits St. Louis in his lilting accent. This confession isn't surprising—St. Louis, or "Saint" as he is known to friends, has worked as a painter at the Hospital since 1972.

His broad, sunny smile and easy laugh convey the warmth and humor that has made St. Louis a popular member of the Hospital's staff. This warmth also is evident in his work with the Unity Sports and Cultural Club, a Caribbean-American cultural center in Boston that holds, among its varied social and recreational activities, a free Thanksgiving Senior Citizens Luncheon for more than 200 elderly Boston residents.

St. Louis' efforts in organizing the Luncheon recently were recognized at a special ceremony. During this reception, he received certificates of commendation signed by Boston Mayor Ray Flynn, Governor Michael Dukakis and Speaker of the House George Keverian, among others.

### Recognizing excellence—The Spotlight Award

His strong commitment to community service makes it fitting that St. Louis also has been awarded the Hospital's first UH Spotlight Award, based on a nomination put forward by the Nursing Department. A reception will be held for St. Louis in the Paint Shop, located in Talbot 1, on Wednesday, March 9, at 3 p.m. All Hospital staff members are welcome.

**The Spotlight Award** will be given each month to a Hospital employee who embodies the "UH Spirit"—the commitment to excellence for which the Hospital is known.

The winner will be selected each month by a committee made up of a number of UH employees, representing a variety of areas within the Hospital: Joan Downey, Nursing; Mike Fleming, Plant Services; Bea Hamer, Nutritional Services; Gloria Shapiro, Nursing; Diane Sprague, Human Resources; and Rudy Weekes, Environmental Services. Previous winners of the award also will hold two seats on the committee. (Nominations for the award should be made in writing to Gloria Shapiro in Old Evans 2. Nomination forms will be developed in the near future.)

### Committed to the Boston community

St. Louis, a native of Trinidad who came to the United States 17 years ago, has been involved in the Unity Sports and Cultural Club for eight years. He currently serves as a floor representative for the Club, voicing the concerns of the organization's 100-plus members to their executive committee.

"We would like people to come out and see the work that we're doing," explains St. Louis, who also received an award for his service to the community from the Caribbean Foundation of Boston. In addition to its Thanksgiving program, the Unity Club, which was founded 16 years ago, makes its facilities available free of charge to other organizations in Boston; organizes a variety of sports activities, including cricket; and sponsors a Girl Scout troop.

"By just having a club, we felt really weren't helping people," explains St. Louis. "We want to find ways to be of help to the Boston community in general, not just to the city's West Indian community."

St. Louis and his wife, Anita, live in Dorchester. They have five children: Clement, 23, Peter, 22, Yvette, 21, Wesley, 16, and Alicia, 10.

### Support group formed by Social Work Department

The Hospital's Social Work Department has established a support group for families who are facing the problems of caring for an elderly relative. Topics to be addressed in the group will include community services, long-term care insurance and nursing home placement, emotional problems of the elderly and family stress. For further information, call x8770.

### Personal goal setting is topic for March Luncheon Lecture

The Luncheon Lecture for this month, which is entitled "Career Planning: Ready, Set, Goals," will be held Friday, March 4, from noon to 1 p.m. in Talbot 206. The lecture will feature Bob Hartl, president of Directions for Change in Boston, who will focus on personal goal setting as the foundation for career planning. For further information, call Training and Development at x8576.



**Bon voyage**—Patients of the Hospital's Pulmonary Center recently took part in Lung Voyage 1988, the second annual Caribbean cruise designed specifically for individuals with respiratory disorders.

### Classified

**Car for sale**—1979 Caprice Classic. Reliable, runs very well; 99,000 miles (mostly highway). Automatic transmission, V-8 engine, air conditioning, power steering and breaks, AM/FM stereo. Call Tom, 734-0023.

**Oops! Pregnant again**—Clothing for sale, size 7 (still have original receipts). Shearling jacket, 3/4 length, taupe, asking \$150 (paid \$350); Vincio Paoli leather pants, celery green, asking \$150 (paid \$279); leather shirt bought in Italy, black, business length, asking \$75 (paid \$110). Call Maryann at x5110.

**Looking for house to rent**—French physician on sabbatical looking for a four bedroom house to rent in Brookline (Baker School District) from August 1988 through July 1989. Please call Sharon at x4860.