



Physician FOCUS

News for South County Health Medical Staff

December 2017

JOSEPH BRADY, MD JOINS SURGICAL TEAM AT SOUTH COUNTY HEALTH

Dr. Brady shares his experiences and insights on general surgery

Joseph Brady, MD, recently joined the South County Health medical staff where his expertise in general surgery will help to sustain South County Hospital's reputation for high quality care.

During his 23 years as a general surgeon, Dr. Brady worked in private practice and was a member of the surgical staff at Kent Hospital in Warwick. The board-certified physician brings extensive experience to South County Health including expertise in procedures such as routine and complex hernia repair and cholecystectomies, colon and vascular surgery.

His professional interest in the use of robotics led him to begin a program in general surgery using that technology. Dr. Brady was the first surgeon in Rhode Island to perform a single-site cholecystectomy using robotics. His experience includes open, laparoscopic and robotic colectomy.

What motivated you to join the surgical team at South County Health?

South County Hospital enjoys a certain reputation among the health care community. It is viewed as a hospital where the patients and the staff are happy. From my experiences so far, it lives up to that reputation. The staff could not have been more welcoming and helpful since I started. It's nice to work at a place you can look forward to going to each day.

What is your philosophy toward improving quality of care and the patient experience?

My personal philosophy for providing surgical care has always been very simple. I try to treat each and every patient the way I would like to be treated, or the way I would like my loved ones to be treated. The staff at South County Hospital does a great job of doing that and I look forward to continuing that tradition.



Joseph Brady, MD

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Q&A with Dr. Brady *continued*

The South County Orthopedics Center has helped thousands of patients with Mako robotic-arm assisted technology for hip and knee replacements and partial knee resurfacing. How is robotic technology used in general surgery?

Robotic-assisted technology can be used for routine laparoscopic operations such as cholecystectomy, hernia repair, interval appendectomy, small bowel resection, etc. But its real value lies in pelvic surgery which for general surgeons includes low anterior resections of the colon. It's also useful in minimally invasive right colon resections. Another arena where it is helpful is in hernia repair of even large ventral hernias. It allows primary closure of the defect and then placement of an underlying mesh or patch. While this can be done with traditional laparoscopic techniques, the suture closure of the hernia defect is quite difficult, but made easier with robotic assistance.

“It's nice to work at a place you can look forward to going to each day.”

What do you foresee for the future regarding the use of robotic technology in operating rooms?

Like most technologies, I believe the growth of robotics in surgery will be exponential. In the early 90's, as I finished my residency, cell phones were relatively rare. They are, of course, now ubiquitous and even some six year-olds have their own. Technology doesn't really go backward. I believe robotics in surgery is here to stay. Our job is to figure out its place, step by step, and how it will benefit the patient.

What particular attribute(s) do you bring to the medical staff that will enhance South County Health's ability to serve people in the community?

I like to hope that I will always be approachable to anyone who works at SCH, not only hospitalists, consultants and primary care doctors, but nurses, techs, etc. I will always try to take the time to answer any question to the best of my ability. I truly am excited to be here and I look forward to becoming part of a great team.

What are some of your personal interests/hobbies outside of the medical profession?

I am a dyed-in-the-wool foodie as my waistline can attest. If you want to start a conversation, just ask me about “sous vide”.

[South County Surgery](#) is located in the Medical Office Building, 70 Kenyon Avenue, Suite 325, Wakefield, RI.

Anyone who is considering surgery can make an appointment for a consult or second opinion by calling 401-284-1212.

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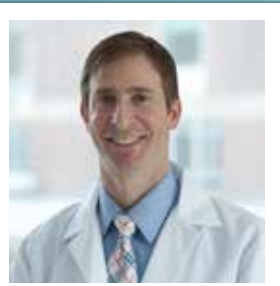
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Surgery

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by Aaron Weisbord, MD



Aaron Weisbord, MD
South County Health
Medical Staff President

Make experience and compassion a hallmark of your profession

Physicians and nurses alike put in long hours of studying and years of clinical training to earn their titles. Yet, once bestowed, the same title can be worn very differently by different people. On some it can seem to be mere letters on a lab coat or diploma hanging on the wall. But a select few wear their title proudly as a badge of honor, a heroic shield of knowledge, experience and compassion used to protect and heal.

From the moment I met Kathy DeGraide, RN, it was clear she was one of the latter. Kathy was, in my view, the Sergeant of our unit. She was a practical and effective leader who commanded respect and admiration from both her staff nurses and administrative leaders alike. After earning her stripes in the trenches of sub-acute care facilities, Kathy eventually moved to South County Hospital where she found her home on the telemetry floor. There, Kathy became a Clinical Leader, serving as an invaluable mentor and friend. Despite attaining her leadership role, or perhaps because of it, Kathy, like many great clinicians, continued to question her abilities. She was unafraid to wonder aloud whether she was truly qualified to be responsible for patients' lives. Those of us who worked with her had no doubt.

In addition to being an amazing nurse and a compassionate caregiver, Kathy, as I think all of us learned quickly, always spoke her mind. If anything potentially compromised patient care, Kathy was the first to let those in authority know. She protected both her patients and colleagues fiercely and inspired all of those who worked with her to do the same.



Kathy DeGraide, RN,
December 2016

But for all of her professional fortitude it was another aspect of Kathy's wonderful personality that made her the most beloved nurse on the floor. She was hysterically funny. While people on the outside of medicine looking in have a hard time finding humor in illness and morbidity, those of us working in the field know how crucial it is to maintain a sense of humor when surrounded by suffering. No matter how depressing the clinical scenario, Kathy always found a way to make us, and her patients, laugh. The power of her sense of humor pervaded Frost 2 and lifted spirits repeatedly when it was needed the most. Now is one of those times.

Kathy's absence, both physically and spiritually, has devastated the staff. I last saw her a few weeks before she passed. We sat her in living room looking out at her amazing garden. The flowers, like Kathy, a spectacular burst of color and warmth slowly fading. She and I spent our time together that morning reminiscing about the ups and downs of the hospital and of life. Her eyes lit up when she spoke about the staff on the telemetry floor and of South County Hospital in general. She was incredibly proud of her nurses and of their professional development and accomplishments. Most of all, Kathy was proud to be an R.N.

I can't imagine anyone wearing the title better.

Dr. Weisbord can be reached at South County Cardiology, 401-471-6440 or aweisbord@southcountyhealth.org.

WELCOME TO SOUTH COUNTY HEALTH

The following professionals were recently appointed to the South County Health Medical Staff

TARYN BISHOP, APRN, FNP-C

(family nurse practitioner - Express Care)

Taryn Bishop, a board-certified family nurse practitioner, was approved to the South County Health medical staff and will work at the Express Care facility in Westerly. She has been employed as a clinical leader at South County Health since 2015 and was instrumental in staff recruitment, planning and development of the Express Care facility in Westerly prior to its opening in 2016. She received a post master's certificate as a family nurse practitioner from the University of Rhode Island and received a master of science as a clinical nurse leader from Sacred Heart University.

JOSEPH BRADY, MD

(general surgeon - South County Surgery)

Joseph Brady, MD is a general surgeon at South County Surgery. During his 23 years as a general surgeon, Dr. Brady worked in private practice and was a member of the surgical staff at Kent Hospital in Warwick. The board-certified physician brings extensive experience to South County Health including expertise in procedures such as routine and complex hernia repair and cholecystectomies, colon and vascular surgery. Dr. Brady earned his medical degree and completed his residency in general surgery at Hahnemann University in his hometown of Philadelphia, Pennsylvania.

JANINE BROOKS, RN, MSN, ACNP-BC

(acute care nurse practitioner - hospitalist department)

As part of the South County Health medical staff, Janine Brooks will provide patient care within the hospitalist department. She received ANCC certification as an acute



care nurse practitioner after receiving a master's degree in nursing science from the University of Connecticut. Prior to joining the South County Health staff, Janine gained extensive clinical experience as an RN, providing care to adult patients in ICU and in medical surgical units.

HANNAH GRIFFIN, PA-C

(TeamHealth - emergency department)

Physician assistant, Hannah Griffin, will provide patient care in the emergency department at South County Hospital. She received a master of science degree in physician assistant studies from Bryant University and gained clinical experience in pediatric and emergency department settings. Her clinical rotations included emergency medicine, trauma surgery, ICU and orthopedics.

JANE MCPHILLIPS, MSN, FNP-BC, ACHPN

(palliative care)

Jane McPhillips of Hope Hospice and Palliative Care, was approved to the South County Health medical staff. Her expertise includes surgical oncology/surgical palliative care and surgical intensive care, as well as extensive experience in curative and palliative wound care.

SOPHIA O'DONNELL, MD

(TeamHealth - consulting, emergency department)

Sophia O'Donnell, MD, is a member of the South County Health medical staff as a consulting physician in the South County Hospital emergency department. Dr. O'Donnell received her medical degree from New York Medical College and is certified by the American Board of Emergency Medicine.



by Russ Corcoran, MD



J. Russell Corcoran, MD
Chief Medical Officer

EMERGENCY MANAGEMENT: READY TO RESPOND

When disastrous events occur, such as the recent hurricanes in Texas, Florida and Puerto Rico, and the horrific mass shooting that took place in Las Vegas, managing the emergency is crucial to mitigate further harm and address the immediate needs of affected people and property. Here at South County Hospital, we have emergency management systems in place to address a variety of situations should they occur. In my role, I have had the opportunity to learn what goes into emergency management and how to organize that management.

The events that occurred in Texas, Florida and Puerto Rico have given me an opportunity to observe how other emergency management teams respond in a crisis. At the urging of Steve Juchnik, RN, and Dr. Sabina, I received training in the protocols of our Incident Command Systems (ICS). I had been particularly interested in completing this training because every six weeks I am the administrator-on-call. If there was an emergency situation, I would be the incident commander, coordinating the response.



The training took place under the auspices of FEMA in the Providence emergency management building. It was a very interesting two days of training to say the least. The mock scenario started with a bank robbery, an escape, and a gunman running into an emergency room of a 100-bed hospital. The gunman in this exercise then took a hostage and sequestered himself in an exam room in the corner of the ER. The training took us through the steps necessary to resolve this problem, if it were real. Obviously, safety and protection of the patients and staff were paramount. Various changes in the scenario and the progression of the events were given out in stages. The result: after a 12-hour stand-off the gunman surrendered and the recovery period began.

It was a little close to home talking about a fictional 100-bed hospital. Reflecting on what I observed during the events in Puerto Rico made me wonder how we would deal with this type of emergency. I am happy to report that we have a very dedicated and prepared team here at South County Health, ready to handle emergencies large or small.

ICS in action

Recently, a volatile substance spilled in our lab which triggered the activation of our Incident Command System (ICS). The ICS worked very well and helped coordinate our response with the local hazmat team. Following protocol, the area was evacuated, ventilated and evaluated for any exposure to our staff. During this time, the laboratory was closed and, due to prior planning, lab specimens

continued on next page



Emergency Management *continued*

were transferred to Kent Hospital so that a patient who was in surgery could be properly treated. There were no injuries and after approximately 2-1/2 hours everything returned to normal. This was a small example of the ICS that worked very well.

Hopefully we will never have to deal with events of the magnitude portrayed in our training or experienced elsewhere, but if they do occur, we have staff and leaders trained in the principles of incident management who can guide us through the ordeal.

I just wanted to take a brief moment to thank everyone for the work that they do here at South County Health and their dedication to the care of our patients and of one another. I wish you all happy holidays and a happy and healthy new year.

Sincerely,

J. Russell Corcoran, MD
VP MA-CMO

Know the code and what to do

South County Health uses a code system to notify staff of a variety of emergency conditions. When a code is called, [know your responsibility](#) and respond appropriately.

CODE	CONDITION
Amber	Infant/Child Abduction
Green	Bomb Threat
Red	Fire
Silver	Hostile Situation
Active Shooter	Person discharging firearm
Grey	Security Team
Triage	Tiered Activation
Orange	Hazardous Material Release
Blue	Cardiac Arrest/Medical Emergency
Purple	Infectious Event
Yellow	Trauma Team

DO GOOD, FEEL GOOD ...

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." - Albert Pike

DO YOU HAVE A GRATEFUL PATIENT?

Let your patients know how they can make a gift of gratitude.

Often, patients look for ways to show their appreciation and "pay it forward" so that others may experience the same level of care they experienced with you. In fact, your patients are our biggest donors, making a tangible difference in the resources available to doctors, nurses, and other care team members.

Whenever a patient asks how they can repay you for returning them to good health, let them know about the South County Health Annual Fund and Gifts of Gratitude program. These opportunities offer patients a way to express their gratitude by helping to support programs, upgrade medical technology, and make capital projects possible.



Information on the Gifts of Gratitude program is available through the South County Health Fund Development office.

Keep brochures on hand and in your waiting area where patients can learn more.

RNs become BSNs to improve patient care



Bottom row: (l-r) Christine Davis, Keri Gardner, Carolyn Taborelli-Baxter, Lisa Baton, Colleen Handrigan

Middle row: (l-r) Sarah Waimon, Pam Hargraves, Sharon Johnston, Karen Dolan, Laura Lisi, Tonia Williams

Top row: (l-r) Ann Marie McGarty, Alexis Knapp, Sam Fuimarello, Kathie Graichen, Sherri Flynn, Brianna Giorno, Deb Owens

Not pictured: Alicia Brown, Kendra Guilfoyle, Jessica Ryder; Posthumously: Kathy DeGraide

On Saturday, November 18, 2017, the first group of nurses from South County Health to enroll in the RN to BSN program at the University of Rhode Island was rewarded for their academic efforts. The 21 registered nurses received their baccalaureate in science degrees in nursing, along with the traditional pin that represents the spirit, science and art of nursing.

Each of the nurses in this graduating class is employed by South County Hospital, South County Home Health or South County Medical Group. Although coming from various entities within South County Health, they attended classes as a group, and participated in online courses in the hybrid program.

According to Anne Schmidt, RN, vice president of patient care services and chief nursing officer, South County Health's objective is to employ a higher percentage of baccalaureate level nurses as part of a continual effort to improve patient care.

"Education is essential to ensure that nurses will have the skills they need to care for a burgeoning, highly complex, older patient population, many of whom are living longer and managing more chronic conditions," Anne said.

Given the link between education and patient care, the Institute of Medicine's Future of Nursing goal is to create a more highly educated nursing workforce, nationally.

CME OPPORTUNITIES

[Dealing with the Difficult Patient: Everything a Clinician Needs to Know](#)

January 25, 2018

5 - 8:15 pm

Warren Alpert Medical of Brown University

Registration Fee: \$40.00 (*includes CME credit, dinner and parking*)

This educational activity is designed to equip you with the tools to prevent, recognize and diffuse conflict in the exam room. Learn about transference, counter-transference, the hateful patient, avoiding unpredictable outcomes and managing professional risk.

[Infectious Diseases for Primary Care](#)

February 22 - 24, 2018

Jade Riviera Cancun, Mexico

This conference is designed to provide primary care practitioners with up-to-date, evidence-based information on commonly encountered Infectious Diseases related medical issues, while suggesting pragmatic approaches to clinical management.

[Minimally Invasive Surgery Symposium \(MISS\)](#)

(Up to 30.75 CME credits)

March 6 - 9, 2018

Encore at Wynn Las Vegas

Educational sessions include lectures, surgical video presentations, discussion and debate by world-renowned experts on advanced laparoscopic techniques for managing metabolic disorders, hernia, foregut and diseases of the colon.

[Symposium on Emergency Medicine](#)

(Up to 20.00 AMA PRA Category 1 Credits)

March 26 - 30, 2018

Grand Hyatt Kauai Resort & Spa, Koloa, HI

Subject matter will include a review of current topics and advances in critical care, emergency cardiovascular and neurologic medicine, shock states, emergency pediatrics, ophthalmologic, pain management, trauma, and the application of design thinking in emergency medicine.


EVE KEENAN,
BOARD OF TRUSTEES CHAIRPERSON
**Honored for Distinguished
Service to South County
Health**

South County Health's Board of Trustees Chairperson, **Eve Keenan, RN**, received the Benjamin R. Sturges Distinguished Service Award for her efforts to ensure quality care of our patients. Eve was recognized at the Hospital Association of Rhode Island's (HARI) 85th Annual Meeting where she was described as "compassionate, confident, and a strong leader who is greatly respected." Eve was nominated and selected for the Service Award based on her dedication and accomplishments toward patient care at South County Health.



Eve Keenan, RN
*Board of Trustees
Chairperson*

Eve's vision and dedication have made a positive impact on South County Health for nearly a decade. She has served as chairperson of the Board of Trustees since 2011 and championed the development, implementation, and growth of the Palliative Care Program that began in January 2016. Her commitment to that program and her leadership to ensure that patients receive quality care contributed to South County Health's high patient satisfaction ratings, as reported through Press Ganey.

In developing the Palliative Care program and other initiatives during her tenure, Eve actively engaged members of the community to ensure that they have a voice in the discussion, planning, and implementation of programs, true to South County Health's vision of forging extraordinary relationships with the community. 



SOUTH COUNTY HOSPITAL
Ranked among "America's Best"

South County Hospital earned three Women's Choice Awards for 2018 - America's Best Hospitals for Obstetrics, America's Best Hospitals for Patient Safety and America's Best Stroke Centers. Understanding that women in the United States make approximately 80 percent of the healthcare decisions for their families, the Women's Choice Award was designed to empower every woman to make smarter healthcare choices by providing publicly available reporting on the best hospitals. Award recipients are based, in part, on survey results that identify women's healthcare preferences.

In addition to the standards that hospitals must meet or exceed to qualify for Women's Choice Awards, the organization identifies hospitals that use an Inpatient Safe Surgery Checklist, reports low rates of early elective deliveries (one percent or less) and those that have a Baby Friendly USA designation as determined by World Health Organization (WHO) and United Nations Children Fund (UNICEF).

"This is a testament to our ongoing commitment to the families within our community. We could not have achieved this exceptional recognition without the hard work and support from each of our employees," said Lou Giancola, president and CEO of South County Health. "Every day they demonstrate an ongoing commitment to our patients and to our community."

South County Hospital has received the Women's Choice Award for Obstetrics each year since 2015.



Travel makes one modest, you see what a tiny place you occupy in the world. - Gustave Flaubert

MANLY, AUSTRALIA

A beach-lover's paradise, down under

If the winter weather has you yearning for summer, Manly, Australia may be the perfect destination, if you don't mind the 20-plus hour flight to get there.

Its location in the southern hemisphere is globally opposite to North America. When we are in the cold of winter, Australia is enjoying summer weather. Another noticeable difference is found along the shoreline. [Manly Beach](#) is lined with pine trees, a species we may associate with forests. The non-native conifers were planted in the 1800's by Manly's "civic fathers" in an attempt to beautify the foreshore. Since then, the pines have self-propagated to the dismay of some environmentalists in the area.

Manly, whose name was created by its first governor, Arthur Phillip, after observing the indigenous people's "confidence and manly behavior," consists of three coves, one reserve, one bay and 11 beaches. It is approximately 30 minutes away from [Sydney](#) by ferry or 17 minutes by fast ferry and water taxis.

Things to do

Manly Beach is an Australian landmark, most notable for its pine tree-lined shore. A short distance away from the beach is [Manly Corso](#), a pedestrian mall

with surf shops, cafes, pubs, retail and fashion outlets. Another attraction is the [Cabbage Tree Bay Eco-Sculpture Walk](#). The trail offers views of the beautiful coastline along Shelley Beach and an outdoor exhibition of sculptures that promote marine life in the area.

Cultural Destinations

There are several places where visitors can learn about the city's history, culture and environment. [The Kalkari Discovery Centre](#) is a great place to see flora and fauna, native animals and aboriginal history. The [Manly Art Gallery and Museum](#) is the first metropolitan regional gallery in the area which opened in 1930. [Barrenjoey Lighthouse](#), a sandstone structure built in 1881, is another popular site that speaks to the area's



maritime past. [North Head Sanctuary](#) is mainly untouched bushland where native plants, birds and animals are abundant, as are structures that remain from the area's military past. [Q Station](#), another historical destination, shows the city's history of quarantine from migrant ships from the 1830's until 1984. Tour guides at the station discuss the stories of the people who were quarantined there.


Getting around

Self-guided bike tours, bicycle rentals and mountain bike tours are available year round. A self-guided tour allows visitors to see the city on their own pace and make plenty of stops. Visitors can see Manly Beach, Cabbage Tree Bay and Shelley Beach on a bike path. Mountain bike tours are on off road bike paths. Visitors who pick this option will see bushlands and the peninsula. Manly Bike Tours offers self-guided tours and rentals.

Nearby places to see

The city of Manly has several different nearby attractions from its namesake beach such as Manly Ocean Adventures which is a popular whale watching

tour. There is a kayak center where you can rent kayaks, paddleboards, boats or take a tour with a guide. The [Manly SEA LIFE Sanctuary](#) is a great place to see a variety of local species, with shark and penguin exhibits. For more adventure, the sanctuary

also has a shark diving area where visitors can get up close and personal with the carnivorous creatures. All these attractions are a two to three minute drive from Manly Beach. 



IN PRINT

[Reduction in Opioid Prescribing Through Evidence-Based Prescribing Guidelines](#) (JAMA Dec. 6, 2017)

Most opioid drugs prescribed by surgeons to treat acute pain following surgery remain unused, which results in excess medication in the community available for diversion. Identifying strategies to curb overprescribing could mitigate this risk.

[The Aging Physician and the Medical Profession](#) (JAMA Oct. 2017)

A mandatory retirement age could be discriminatory and take many competent physicians out of practice and risk a physician shortage. An increasing body of evidence regarding the relationship between physicians' age and performance has led organizations, such as the American College of Surgeons, to revisit this challenge.

[Using Data to Enhance Performance and Improve Quality and Safety in Surgery](#) (JAMA Oct. 2017)

Errors resulting in adverse events are a common cause of morbidity in hospitalized patients. A significant portion of these errors occurs in the operating room (OR) and may be avoidable. Comprehensive assessment of operative quality is not possible with traditional post-event analysis. In response to this, an OR Black Box has been developed to continuously acquire various intraoperative data feeds, including in-room and intracorporeal video. All collected data is then stored on a secure server for further analysis.

COMING UP ...

January 2018

11th - South County Health TALKS - Baby Ready Pets

6:30 - 8 pm - East Greenwich Public Library

Jane Deming teaches soon-to-be parents, grandparents and others how to prepare the family pet for the family's new arrival. A must for all pet owners who are excited to welcome a baby or toddler into the family. FREE

31st - Smoking Cessation Seminar

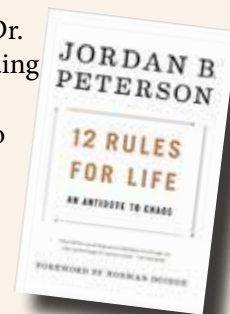
Maggie Mann, registered respiratory therapist, provides an overview of South County Health's 8-week smoking cessation class, *Fit to Quit*. Participants will learn how to incorporate education and exercise to help them stop smoking for good. FREE

ON THE BOOKSHELF

[12 Rules for Life: An Antidote to Chaos](#)

by Jordan B. Peterson, PhD

Humorous, surprising and informative, Dr. Peterson queries include: why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. Mixing discipline, freedom, adventure and responsibility, he distills the world's wisdom into 12 practical and profound rules for life.



[Communication with and on Behalf of Patients: Essentials for informed doctor-patient decision making](#)

by Javad Hekmat-Panah, M.D.

Part of suffering from an illness is the fear of not knowing what might happen. This book describes what a patient needs to know and what the doctor needs to communicate to enable the patient to make choices that are rational, based on medical standards, and can best lead to recovery.



Physician Focus is a monthly, e-publication distributed to members of the South County Health medical staff. Questions, suggestions, ideas, comments and content submissions should be directed to: [Eric Dickervitz](#) 401-788-1137.

SIDE DISH

Diabetic Recipe / Heart Healthy

BARLEY VEGETABLE RAGOUT

Yield: 6 Servings

This delicious Barley and Vegetable Ragout recipe can be served as a side dish or light vegetarian entree.



© Baldwin Publishing, Inc.

INGREDIENTS

- 2 1/4 cups low-sodium vegetable broth
- 3/4 cup uncooked pearl barley, rinsed
- 4 Tbsp olive oil, divided
- 1 package (10 oz) cremini mushrooms, sliced
- 1 small head cauliflower, cut into florets (about 4 cups)
- 1 large white onion, cut into thin strips (about 1 1/2 cups)
- 5 fresh plum tomatoes, diced
- 2 small orange bell peppers, diced (about 2 cups)
- 1 cup fresh basil leaf, chopped, plus a few sprigs for garnish
- 1/4 cup grated Parmesan cheese
- 1/8 tsp salt
- Black pepper to taste

NUTRITION FACTS PER SERVING

- Serving size: about 1 1/2 cups
- Calories: 251
- Fat: 11g
- Saturated Fat: 2g
- Cholesterol : 4mg
- Sodium: 156mg
- Carbohydrates: 32g
- Fiber: 8g
- Protein: 8g

PREPARATION

Bring broth to a boil in large pot. Add barley, reduce heat to low, cover and cook 30 minutes, or until broth is absorbed and barley is tender. Transfer to a mixing bowl.

In a skillet, heat 1 tablespoon of the oil over medium-high heat until hot. Add the mushrooms and sauté for 5 minutes or until browned. Add the mushrooms to the barley.

To the skillet, add the remaining 1 tablespoon of oil and heat until hot. Add the cauliflower and onion and saute for 8 minutes, stirring frequently. Add the tomatoes; reduce heat to medium-low, cover and simmer for 8 minutes. Stir in the peppers; cover and simmer for 5 minutes or until tender.

Stir the barley-mushroom mixture into the vegetable mixture. Add the chopped basil and cheese. Season with the salt and pepper to taste. Cook for 1 minute more, or until heated through. Serve garnished with basil sprigs.

Recipe courtesy of: webhealthyrecipes.com

Visit Healthy eRecipies for this and other great food ideas!



Merry Christmas!

DECEMBER 2017

MEDICAL STAFF CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 OB/GYN Dept. 6 - 7:30 pm Basement	5 Cancer Conference 7 - 8 am / Potter	6	7	8	9
10	11	12 Cancer Conference 7 - 8 am / Potter Credentials Committee 7 - 9 am/Potter A <i>Hanukkah begins</i>	13 Medical Records Committee 7:15 - 8:15 am Med Staff Lib	14 Leadership Cncl. 7 - 8:30 am Med Staff Lib	15	16
17	18 OR Dept. Staff Education OR schedule begins at 8:30 am	19 Cancer Conference 7 - 8 am / Potter Medical Exec. Committee 7 - 9 am Lab Mtng Room (basement)	20 <i>Hanukkah ends</i>	21 Dept. Emerg. Medicine 7:15 - 9:15 am DI Conf. Room	22	23
24/31	25 <i>Christmas</i>	26 Hospitalists' Mtg Hospitalists' Off. noon - 1 pm <i>Kwanzaa (through Jan. 1)</i>	27	28	29	30

For the most up-to-date medical staff calendar info, visit the [Med Staff Calendar](#).

The calendar is updated on the intranet, departments, medical staff, whenever the Medical Staff Office is informed of any changes.