



Update Your Address *during the Employee Address Update Campaign*

Throughout the year, the UPHS Employee Benefits Department sends information to your homes using the address stored in our Lawson payroll system. To ensure you receive this information at the proper address, we are initiating an Address Update Campaign. Having the correct address ensures less wasted postage from returned mail. If you have recently moved and just haven't had the time to make the change, now is your chance. Just click on the link below (or copy it into a new Outlook message) and send us your new or updated address.

UPHSAddressUpdate@uphs.upenn.edu

This campaign is for employees paid by the Health System. If you need to check to see what address UPHS has on file, just look at your pay stub. Thank you in advance for your cooperation.

Last Chance *to Take the Patient Safety Culture Assessment!*

Please remember to take the UPHS Patient Safety Culture Assessment today! Your response will allow us to identify our strengths in patient safety and areas where we can improve patient care at Penn. From the UPHS intranet home page, you'll find the Safety Survey link under "What's Hot".

All employees and faculty across the Health System are encouraged to take the survey by the January 19th deadline. It should take about 10 minutes to complete.

*For more information, please visit
<http://uphsxnet.uphs.upenn.edu/ceqi/abrq.html>.*



Get (Re)Certified *at the Penn Medicine Clinical Simulation Center*

The Penn Medicine Clinical Simulation Center provides training to students, residents, healthcare professionals and physicians from all across the Health System, the School of Medicine, neighboring institutions, and the global healthcare field with the goal of increasing patient safety and satisfaction with increased efficiency. The Center, located at Penn Medicine at Rittenhouse (1800 Lombard Street, 2nd Floor) offers the latest advances in medical simulation technology in an approximately 22,000 square foot facility. The Center includes human patient simulators set realistic hospital settings for team training as well as task trainers for individual instruction on skills such as central line placement, intubation and endoscopy.

*For upcoming ACLS and CPR class schedules or additional information, visit
<http://www.uphs.upenn.edu/simcenter/simcenterhome.html> or call 215-893-7700.*

Latest Moves to Perelman Center



January 12, 2009

Breast Imaging / Mammography
John H. Glick, MD
Outpatient Laboratory
Radiology

January 26, 2009

Boutique and Patient Family Services
(Cancer)
Dermatology
Endocrinology
Executive Health
Gary Crooks, MD
Medical Genetics
Nephrology / Hypertension
Plastic Surgery
Pre-Admission Testing
Rheumatology

*For more updates, please visit
[http://uphsxnet.uphs.upenn.edu/
perelmanmove/](http://uphsxnet.uphs.upenn.edu/perelmanmove/)*

Sign Up for the Presby e-Bulletin

Starting in January, the Presby Bulletin can be delivered right to your email in-box! The electronic edition will include more photos, links, and breaking news that doesn't make it in the print edition. Go to <http://www.uphs.upenn.edu/news/publications/presbybulletin> to sign up to receive the Presby e-Bulletin.

If you would like to contribute to the Presby Bulletin by writing articles, covering events or sharing story ideas, please contact Kim Guenther at Kim.Guenther@uphs.upenn.edu or 215.662.6183.

Stress Management Classes Start Week of January 26 in PA, NJ and DE

Penn Program for Stress Management

The Penn Program for Stress Management is a Mindfulness-Based Stress Reduction (MBSR) program that uses meditation as the primary tool for long-term stress management. Mindfulness meditation is taught in a completely practical way as a powerful tool for stress management. Mindfulness teaches you to maintain a steady, balanced awareness. In our program, you will thoroughly explore mindfulness and learn how to use it to manage the physical, psychological and behavioral symptoms of stress.

What You'll Learn

The course teaches a variety of meditation techniques that will lead you to relaxation, clarity and stillness. It will help you to change the negative and confusing thought patterns and emotions that accompany stress. You will learn to recognize your unique reactions to stress, to find more effective ways to respond to stressful situations, and you will discover how to use your own inner resources to find greater health and well being.

Twenty-seven hours of class time includes eight 2-½ hour weekly classes and one full day Sunday session. All class materials are provided, including a manual, a textbook, additional weekly readings and a series of five audio CDs with guided mindfulness and meditation practices.

For more information or to register, go to www.pennhealth.com/stress, call (215) 615-2774 or email stress.management@uphs.upenn.edu.