

# Presby Bulletin

Penn Presbyterian Medical Center

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## OCTOBER

## Events and Activities

### Medical Librarian Month is October 2009

Fishing for quality information? Ask your Medical Librarian! Find the librarian in Cupp, Room 499, at [pmclibrary@uphs.upenn.edu](mailto:pmclibrary@uphs.upenn.edu), or at 215-662-9575. *Library services are available even though the library space is temporarily closed.*

#### PPMC Library is offering two classes in October:

##### **CINAHL:**

Thurs, Oct 22 at 11:00 AM; Fri, Oct 23 at 9:00 AM and 1PM;  
Wed Oct 28 10 AM & 2 PM

##### **General Introduction to Searching:**

Designed for beginners or for those who want a refresher; this course was given previously in July. Wed, Oct 7 at 9:00 AM; Wed, Oct 14 at 10:00 AM, Thurs, Oct 22 at 1:45 PM

To register, call 215-662-9575 or e-mail [PMCLibrary@uphs.upenn.edu](mailto:PMCLibrary@uphs.upenn.edu) (in subject line, please note: Library Class on Searching and specify the date and time of class in the message).



### Staff Seasonal Influenza Vaccines Available

All Penn Presbyterian staff members can receive their required seasonal flu vaccines.

- From October 4 - 10th, vaccines will be administered from 6am-10am and 5pm-9pm in CUPP 4E, rooms 401- 403.
- On Sunday, October 11, vaccines will be available from 2-3:30pm, again in CUPP 4E.
- From October 12 - 16, seasonal influenza vaccinations will be available from 11 - 1pm in the Cafeteria.



At Penn Medicine, we believe patient and employee safety is our number one goal. For that reason Penn Medicine is requiring all employees, faculty & staff, contracted personnel, students/trainees in a clinical setting, clinical research personnel and volunteers be vaccinated against the seasonal influenza each year.

For more information about the influenza vaccination policy, please visit <http://uphsxnet.uphs.upenn.edu/news/swineflu/faq/>.

### October 11: Central Processing Week Begins

Please join us in thanking the team from Central Processing this week, for all their hard work and dedication to PPMC, during Central Processing Week.

### October 18: AIDS Walk Philly/AIDS Run Philly 2009

On Sunday, October 18, a team of Penn Presbyterian employees, families and friends will be participating in the AIDS Walk Philly/AIDS Run Philly 2009, walking 12 kilometers or running 5 kilometers to raise money for HIV/AIDS services in our region.

Over 30,000 people in the Delaware Valley are living with HIV/AIDS. Many are in desperate need of health care services and other life-saving

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**OCTOBER** | *Events and Activities***Lose Weight****Special Autumn Discount  
for All Penn Medicine Employees**

The University of Pennsylvania's Albert J. Stunkard Weight Management Program is a medically-supervised treatment program that provides the highest level of care in a setting of clinical and research excellence. Our expert multi-disciplinary team works closely with patients to develop a customized treatment plan specific to each person's weight and health needs.

*Stunkard patients receive a nutritious, well-balanced diet. Our patients:*

- Lose an average of 25 pounds over 13 weeks.
- Have significantly reduced risk factors for heart disease and diabetes.
- Love the convenience, ease and great taste of our foods.
- Are not hungry or feeling deprived.
- Have a plan for long term success.

*Current group treatment programs include:*

- **Health First Program**, designed to achieve maximum weight reduction and improve cardiovascular health. This program combines the use of meal replacements with prepared wholesome entrees, and fresh fruits and vegetables.
- **Encore Program**, for long-term weight loss maintenance.

Additionally, individual nutrition and psychological counseling is offered for patients who are interested in even more personalized treatment.

*Pick the plan that's right for you.*

Try our "Stunkard At Home" Program, offering the same, nutritionally complete plan with the same great-tasting foods. WE SHIP THE FOOD RIGHT TO YOUR DOOR!

*The Stunkard Difference*

- **Accessible** – Located right on campus at 3535 Market Street on the Mezzanine level.
- **Convenient** – Group meetings are scheduled directly after work hours as well as at lunch time.
- **Affordable** – Employees receive a 10% discount on group programs\*.

For more information or to register for a **FREE** orientation, call (215) 746-4100 or visit the website at [www.med.upenn.edu/weightloss](http://www.med.upenn.edu/weightloss)

*\*An ADDITIONAL 10% off group program and food costs for University and Health System employees. Several health insurers are now offering partial reimbursement for weight management programs. Contact your health insurance provider today!*

programs, especially during the recession. Now, more than ever, donations are needed to support organizations providing HIV/AIDS awareness, prevention education, counseling and testing and care services for people living with HIV/AIDS.

"The world has lost so many incredible people to this disease," said the PaLS ( Positive and Living Support Group ) team captain, Jolie Anderson, HIV/Linkage Coordinator at PPMC. "Let's act now before we lose another person we love. Together we can make a difference."

If you'd like to join the team, please visit [www.aidswalkphilly.com](http://www.aidswalkphilly.com) and look for the PaLS Support Group (team # 0098). The PaLS team goal is to raise \$7,500. **If you'd like to make a tax-deductible donation or join PaLS Support Group (team # 0098) in raising funds and awareness, please visit <http://www.aidswalkphilly.org/walk/sponsor.php>.**

**October 20: Attend the 15th Annual Thomas Langfitt, Jr. Memorial Symposium on Healthcare Policy - P4P4P: Pay for Performance for Patients**

Smoking, poor diet, lack of physical activity and alcohol use are estimated to cause two out of every five deaths in the United States. These modifiable, unhealthy behaviors not only contribute to poor health but also drive up health care costs. This combination of negative effects has led health care leaders to the idea of paying patients to eliminate bad habits that put their health at risk.

Penn medical students have organized this annual symposium where leaders from academic medicine, industry and insurance will debate the merits of P4P4P and how best to design and implement such programs in order to generate health benefits and cost savings.

**Location:** The College of Physicians of Philadelphia  
19 South 22nd Street, Philadelphia  
Tuesday, October 20, 2009 | 6:30PM  
Reception follows program

To register for this free event, visit [www.collegeofphysicians.org](http://www.collegeofphysicians.org) or call 215.563.3737, ext. 304.

**October 24: Mindfulness and Movement with Jill Satterfield**

The Penn Program for Mindfulness is hosting Jill Satterfield, founder of Vajra Yoga and Meditation and Mind Body Therapy for Social Action ([www.vajrayoga.com](http://www.vajrayoga.com)). During this weekend, Jill will lead us in an exploration of the physical and emotional body using mindfulness techniques and yoga postures. By experiencing the body as a house with various 'rooms' we will investigate emotions that have taken residence in specific areas and then make choices as to what is the most appropriate and skillful approach to our discovery.

**Dates:** October 24th (10AM-3PM) & 25th (11AM-4PM)

**Cost:** \$95 for one day; \$145 for both days

**Location:** 3930 Chestnut St, 3rd Floor, Philadelphia, PA

For more information, visit

<http://www.pennmedicine.org/stress/offerings/mindful/index.html>.