

Smokeout

By Stacey Knott
PSF Marketing & Public Relations

Penrose-St. Francis Health Services celebrated the Great American Smokeout and three months as a tobacco-free campus Nov. 20.

PSF went tobacco-free Aug. 8. To celebrate, and to encourage smokers to quit, each PSF campus had activities and information, including a bubble gum blowing contest, employee raffles, free pamphlets, quit kits, and smoking cessation information.

Photo left, Jessica Nolting, a Penrose-St. Francis Specimen Management supervisor, points to the bubble blown by Mary Lynn Matthews, PSF In-patient Rehabilitation occupational therapist at Penrose Hospital. Both women participated in a bubble gum bubble blowing contest, along with nearly 160 other associates between the four campuses.

All associates who blew a bubble were eligible to enter the associate raffle for four iPod Shuffles. Winners by location: Chris Hyman, PH float pool nurse; Hellen Ballard, SFHC Administration; Pauline Sylvester, SFMC Environmental Services; and Jennifer Reyes, Administrative Service Center.

KOAA, Channels 5/30 covered the Great American Smokeout and PSF three months tobacco-free by featuring the Bubble Gum Blowing Contest on their 6 p.m. newscast.

PSF is proud of associates who quit smoking and would like to feature their success stories in the Pulse Points. Please e-mail Kristine Barrett at kristinebarrett@centura.org to share success stories.

PSF also supports people trying to quit smoking. HIIP along with EAP, is offering an incentive for FY08: if an associate quit smoking after July 1, 2007 and stayed quit for six months, HIIP will reward them with a \$50 gift card. Contact Liz Berardi at ext. 7393 for specific details on the incentive.

As a reminder to those who still smoke: please be respectful of neighbors and do not smoke in front of their homes. Please do not litter cigarette butts on the ground. Let's keep our community beautiful.



Left, Leigh Anne Obluda, a clinical research associate, blows a bubble gum bubble during the festivities for the Great American Smokeout. (Photos by Stacey Knott)

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Opening of new hospital coincides with the last light up at Penrose



Amy
Gillentine
April 25, 2008

All Penrose-St. Francis Health Services campuses will be tobacco-free starting Aug. 8, with no designated smoking areas available at any of its facilities.

“We’re committed to preserving the health and wellness of our patients and associates, as well as promoting a true healing environment,” said Kristine Barrett, health improvement incentive program coordinator for the hospital.

The Aug. 8 date coincides with the opening of the St. Francis Medical Center in northern Colorado Springs.

Memorial Health System went smoke free Jan. 1.

Penrose-St. Francis offers a smoking cessation incentive program for its employees and, beginning July 1, the prescription medication Chantix will be added to its health benefits package at a discounted rate.

Beginning Aug. 8 patients will undergo a pre-op interview and nursing assessment to inform them about the tobacco-free policy, and to determine whether they qualify for nicotine replacement therapy during their stay.

About 600 hospitals across the country are tobacco-free, and eight hospitals in the Denver area will join Penrose-St. Francis on Aug. 8 to launch their tobacco-free campaign.

PSF facilities that will be tobacco-free include:

Penrose Hospital, 2222 N. Nevada Ave.

Penrose Community Hospital, 3205 N. Academy Blvd.

St. Francis Health Center, 825 E. Pikes Peak Ave.

St. Francis Medical Center, 6001 E. Woodmen Road

Langstaff-Brown Urgent Care Center, 41 N. Highway 67, Woodland Park