University of Iowa Health Care News

Day of Surgery Check-in Moving During Elevator H Closure

The Day of Surgery check-in desk, formerly located in the Day of Surgery Lounge (Elevator H, Level 6), will temporarily relocate to the Day of Surgery Admissions desk (Elevator H, Level 5), just inside the surgery area. Patients are being directed to take Elevator I to Level 5. Signs will direct them to take a right off the elevator and follow the hall until they see the “Day of Surgery Admissions” sign.

For more information on the Elevator H closure can be found on The Loop.

Update: North Liberty Project and Iowa Rehab Hospital

A message from CEO Suresh Gunasekaran

“I’m happy to report we are making progress. Yesterday, I briefed the Board of Regents on two different growth initiatives, and I want to be sure you are informed as well.”

To read Suresh’s entire message regarding his growth initiatives, visit The Loop.
**Volunteer Service Safety Segment**

**2019 Novel Coronavirus, Flu Data, and Hand Hygiene**

An email from Volunteer Services was recently sent to all on-site volunteers regarding the 2019 Novel Coronavirus. UIHC Marketing and Communications has been posting updates on The Loop for staff and volunteers.

The 2019-2020 flu season is in full swing. We are happy to report **99% of on-site volunteers** received the flu vaccine this season! Based on the Centers for Disease Control and Prevention (CDC) data, as of January 18, 2020, there have been 15 million cases of the flu, 140,000 hospitalizations, and 8,200 deaths in the US during this flu season. For more in-depth data on this season’s flu, visit the CDC’s Seasonal Flu website.

The single best way to prevent seasonal flu is to get vaccinated every year, but good hand hygiene habits can often help stop the spread of germs and prevent illnesses like the flu. Here are some great tips:

**Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses are spread by cough, sneezing, or unclean hands.

**Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

**Practice other good health habits.**
Clean and disinfect frequently touched surfaces especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Clean your hands.**
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- Wash your hands with soap and water:
  - Before eating or preparing food
  - After using the restroom
  - After any contact with stool
  - Whenever your hands are visibly dirty

- Use the alcohol-based hand rub:
  - Cross the threshold of a patient room
  - Before and after contact with patient and their environment
  - After removing gloves
  - Before and after touching your eyes, nose, or mouth
  - After blowing your nose, coughing, or sneezing
Volunteer Services Recipe Competition
Have a recipe to share? Submit your favorite recipe by emailing Volunteer Services. If your recipe is chosen, you will receive a $10 Volunteer Services gift card!

Volunteer Services Recipe Winner
Party Mix!
Congratulations to Rooftop Café volunteer Teresa Cox for her winning submission!

Ingredients
- 1 bag Original Bugles
- 1 box Cheez-It White Cheddar crackers
- 1 bag Ritz Original Toasted Chips
- 1 bag Goldfish crackers
- 1 box Club Crackers Original Minis
- ½ bag Rold Gold Pretzels Tiny Twists
- 1 16oz jar Planters Dry Roasted Peanuts, unsalted
- 1 ½ cups Orville Redenbacher’s Popping & Topping Oil
- 1 packet Hidden Valley Ranch Seasoning Mix

*Note: this recipe makes a VERY large amount of mix!!

Instructions
1. Preheat oven to 250°F
2. Add Bugles, Cheez-Its, Ritz Toasted Chips, Goldfish, Club Crackers, pretzels, and peanuts to a large, deep roasting pan and mix to combine
3. In a small bowl, whisk the seasoning mix into the oil until no clumps remain
4. Pour oil over snack mix and gently stir until thoroughly coated
5. Bake for 45 minutes, stirring every 15 minutes
**Volunteer Services Events**

**Wild Rose Gifts** will begin accepting flowers for preorder for your valentine on Monday, February 10! Preorders can be placed over the phone (319-356-1999) or by stopping into the gift shop.

**Rooftop Café** will be accepting orders for Valentine’s Day Cupcake Gift Boxes until 5:00pm on Monday, February 10. To place an order, fill out the form here.

**Fourth Floor Salon** will be having a sale in the Fountain Lobby (Elevator D, Level 1) on February 27 from 9:00 a.m. – 4:00 p.m. The event will feature shampoo and condition liters. Express Mani-Pedi packages are only $35, just in time for Valentine’s Day!

**Patient and Family Stories**

“The entire time we’ve been coming to this hospital/clinics, everyone from the volunteers to the providers and doctors who operated on me have been incredible. We are so grateful and so happy with the care and attention we have received [...] thank you so much for everything!”

“Today I got to spend time in the Patients’ Library and interact with different patients around the hospital; seeing their faces when I came with deliveries made my day!”

“Today was really busy! We had Child Life come and do teddy bear checkups with the kids, and we talked about how to keep your heart healthy for Valentine’s Day. We had a big group of kids, so it was great!”

**We Want to Hear From YOU!**

The First Friday Newsletter is created by staff in Volunteer Services for you, our wonderful volunteers. Is there something you would like to see more of in the newsletter? Do you have suggestions or ideas? Please let us know!

You can email us directly or give us a call at 319-356-2515.