

# STAT

HARBORVIEW  
MEDICAL  
CENTER   
UW Medicine

A publication for the staff of Harborview Medical Center

**October 30, 2006**

## Volunteers needed for Children's Holiday Party

**G**et into the holiday spirit by helping at the Children's Holiday Party from 9 a.m. to 2 p.m., **Saturday, Dec. 16**. Volunteers are needed to assist with activities such as arts and crafts, photography, painting children's faces and party logistics.

Volunteers are also needed starting at 2 p.m., **Friday, Dec. 15**, for pre-party preparations such as filling gift bags and decorating the Research & Training Building.

If you are interested, please sign up by **Friday, Dec. 1**. For more information, contact Volunteer Services, 731-3547 or [hmcvol@u.washington.edu](mailto:hmcvol@u.washington.edu).

## Basic Life Support renewal blitz, Nov. 15-21

The Basic Life Support (BLS) renewal blitz, the authorized way for clinical staff to renew their American Heart Association BLS certification, will take place, **Nov. 15-21**, in the Clinical Education Classroom, 9EH, room 55. Hours are 2 a.m. to 11 p.m., based on instructor availability. The final schedule will be sent to managers and staff.

Staff should come prepared for the exam and skills performance. Check with your manager to obtain a warm-up packet and watch the BLS update video, which is scheduled to play continuously on Channel 3.

For questions or more information, contact Lynelle Yntema, 731-8014, or Michelle Goodman, 731-4871.

## Aesop's Fables at Harborview

Have you been enjoying the colorful paper scrolls on view in the Harborview cafeteria? They were created by young artists, ages 12 to 20, from Coyote Central, Seattle's premier youth art program. Coyote Kids regularly team with professional artists to create artworks for public benefit. Harborview has partnered with Coyote on projects in the past, such as the Children's Holiday Party, and is planning a future collaboration to begin next summer.

For the current exhibition, the Coyote Kids worked with professional Seattle artists Liza vonRosenstiel and Tip Toland, who challenged the young artists to create significant narrative paintings based on Aesop's Fables. Working on rice paper with tempera washes and black ink applied with sumi brushes, the artists depicted these timeless fables in the format of traditional wall hangings.

The exhibition will be on view through **Friday, Nov. 17**. For additional information about Coyote Central, contact [info@coyotecentral.org](mailto:info@coyotecentral.org). For additional information about the Harborview Art program, contact [pweiss@u.washington.edu](mailto:pweiss@u.washington.edu).



*The Ant and the Grasshopper*  
Tram Tran, age 16,  
Liza vonRosenstiel

## Open enrollment for health plans

The annual medical and dental open enrollment period continues through **Nov. 30**.

Medical and dental plan benefits and premiums change yearly. During open enrollment, you can re-evaluate your existing plans and adjust your coverage for 2007, if needed.

For more information, call the Benefits Office, (206) 543-2800 or go to [www.washington.edu/admin/hr/benefits/open-enrollment.html](http://www.washington.edu/admin/hr/benefits/open-enrollment.html).

## Combined Fund Drive

"Making a World of Difference" is the theme for the 2006 Combined Fund Drive (CFD), the workplace giving program for state employees.

Since 1984, the CFD has distributed more than \$74 million to over 3,100 charities. For more information or to make a secure online pledge, go to [www.cfd.wa.gov](http://www.cfd.wa.gov).

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## Forms update newsletter

The October edition of the Forms Update Newsletter (FUN) has been posted on the Intranet. Topics include creating new forms, printing barcoded forms and using tables in Microsoft Word. Click on the quick link from the home page for the current or past issues.

## Last call for newsletter contest

Remember to submit your entries to name the new column in the Patient and Family Resource Center newsletter about patients and families who have overcome health issues. The winner will receive a special mug with a gift inside.

Reply to [rcenter@u.washington.edu](mailto:rcenter@u.washington.edu) or call 731-2000. The deadline is Tuesday, Oct. 31.

The STAT is published weekly for Harborview Employees. Send articles to [stat@u.washington.edu](mailto:stat@u.washington.edu) or Box 359711. The editor reserves the right to edit for length, clarity and style. Submit articles by 5 p.m. Tuesday for the following week's edition.

# STAT

## Recycling aluminum cans and plastic bottles

Did you know that Recycling Services now accepts plastic beverage bottles and aluminum cans? Departments are encouraged to use the PMM system to order plastic recycling containers for this purpose. These containers are more durable and sanitary than the metal or cardboard alternatives. Attractive labeling decals also are available.

To make recycling even easier, PET No. 1 and PET No. 2 plastic can be co-mingled in the same bag with aluminum cans.

For more information, call 744-9685 or visit the Recycling Services Web site on the Intranet, located under CSS.

## Flu clinics for patients

Registered adult Harborview patients who meet medical criteria may receive influenza and pneumococcal vaccines from 8 a.m. to 4 p.m., weekdays, **Oct. 31** through **Nov. 17**, in the Patient and Family Resource Center. The nasal spray vaccine will not be offered at this clinic. Pediatric patients may receive influenza and pneumococcal vaccinations through their clinics.

Non-Harborview patients will be directed to community locations in King County providing immunizations. A list of locations can be found at [www.getaflushot.com](http://www.getaflushot.com).

Contact Pam Guntrum, [pguntrum@u.washington.edu](mailto:pguntrum@u.washington.edu), for more information.

## Lunch programs provide tips on research funding

The UW Research Funding Service is offering two "Grant\$ for Lunch" programs at Harborview to help researchers obtain grant funding. Dr. Janet Rasey, faculty advisor for research funding, will moderate both programs, scheduled from noon to 1 p.m. in the Research & Training Building, room 109/113.

- **Nov. 22:** National Institutes of Health (NIH) summary statements. Learn what steps to take to have a reviewer read your summary statement. Get tips on understanding the review process, dealing with common criticisms and responding to summary statements.

- **Jan. 9:** K Awards: K08/K23/K01/K99. Learn about the success rates and popularity of K Awards. Get an overview of the different K awards by general type. Understand the importance of research versus curriculum development.

## Clinical research center announces 2007 award program

The UW General Clinical Research Center (GCRC) invites applications for its 2007 Pilot and Feasibility Award Program. Two awards of \$25,000 each will be given to support projects utilizing GCRC resources by new adult and pediatric clinical investigators. An additional \$25,000 award will be given to either a new or established investigator for a project utilizing the GCRC Gene and Cell Therapy Laboratory.

The application deadline is **Thursday, Nov. 30**. For more information and an application form, visit the GCRC Web site, [www.crc.washington.edu](http://www.crc.washington.edu).

## A good night's sleep

Lack of sleep can affect our bodies in a variety of ways, from heart problems to weight gain. In addition, lack of sleep impairs our judgment or reaction time. Find out what may be keeping you from getting a good night's sleep by participating in an interactive webinar, "Sleep Better, Stay Healthier: How to Enjoy a Good Night's Sleep," from noon to 1 p.m., **Wednesday, Nov. 1**.

The online seminar features Dr. Theodore Bushnell, a research fellow at Harborview's Sleep Disorders Center. Bushnell will discuss the interplay of "sleep debt" and biological rhythms and look at how they influence sleep and wakefulness. He will also address common disorders such as insomnia, sleep apnea and restless leg syndrome.

Participants will have the opportunity to ask questions. To enroll, access the "Sleep Webinar" link at [www.Harborview.org](http://www.Harborview.org).