

# Well Aware

A Publication for the Employees of St. Joseph Hospital

## *The Gift of Giving*

The lights are on the tree, the ham is in the oven, and it won't be long until family and friends are gathered together for the sharing of presents.

We have been conditioned to expect these and other experiences during the holidays; unfortunately, the nature of life sometimes refuses to allow for our expectations. Whether unemployed, or perhaps lonely due to a recent divorce or death, circumstances can cause us to feel far short of "merry."

"The holidays are easier if you rethink the spirit of giving," says Yolanda Copeland, social work supervisor for St. Joseph Home Health Care. "If you're financially strapped, try giving of your time—read a book to a child, visit a nursing home, or run an errand for a neighbor."

"Christmas can be anytime. If your child is in the service and can't get home until January, postpone the festivities," she said. "If holidays bring reminders of those deceased, surround yourself with church members or other positive people. Free yourself of disappointment by channeling the expectation of receiving into one of giving."



**Dec. 1-31** – Fantasy of Lights, Pendleton King Park. Contact Easter Seals 722-3175.

**Dec. 2** – Annual Children's Christmas Party. Contact Marcia at 7604.

**Dec. 9** – Hospital Dance. The "Original" Drifters will perform at the Sheraton Augusta Hotel. Contact Marcia at 7604.

**Dec. 14** – Annual Christmas dinner at St. Joseph/all shifts. Contact Drew at 7567.

**Dec. 21** – St. Joseph Christmas Program and Talent Show, SMLCR at 2 p.m. Contact Ceelia at 7694.

**Dec. 31** – Riverwalk New Year's Eve. Call 821-1754.

**December 1995**



# Angiography

**T**he computer technology in the soon-to-open St. Joseph angiography suite will help doctors save time and money as well as lessen patient discomfort when examining blood vessels by x-ray.

The digital angiography system will speed the procedure by removing bone and organ images from x-rays

"on the fly," said Jay Pitzer, director of radiology and catheterization lab services. The suite is set to be operational by January and will be housed in a renovated section of the radiology

department. The suite will also house stereotactic mammography and nuclear medicine.

Since the entire process is done through a computer, the need to develop film is eliminated, cutting the time dramatically. The time-saving features mean less catheterization time for patients, less discomfort and less danger of a clot or bleeding around the catheter.

With the higher resolution, Pitzer said he estimates the need for one-third less contrast media to see blood vessels on an x-ray, reducing hospital costs.

"Because some side effects are associated with higher doses of contrast media, the new system will also make the procedure safer," Pitzer said.



hospital hotline

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## The Fun, F

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until 4 p.m.

## Enjoy the

Dec. 9, at the An  
The dance will be  
Expressway from 8  
and include light ho  
will be no ticket sales