Campus Diary

It's all in the Family
Getting to know: Desiree Jones, pharmacy admission specialist

What do you do as a pharmacy admission specialist?
My job is to interview the patients who are brought into the Emergency Department and also those who are going to be admitted, and get a clear record of what medications they’re taking, both over the counter and prescription, so that the doctor has a good idea of what needs to be reordered when they’re in the hospital.

How did you get into this field?
Originally, I started as a pharmacy technician and I did that for 11 years in retail and a compounding setting and I got pretty burnt out on the retail portion of pharmacy. I started searching around for different job avenues where I could still use my skills and do something different, and that's when I found the pharmacy admission specialist job.

What is a compounding pharmacy?
A compounding pharmacy can make medications in different strengths. The one I worked for is owned by my dad, and they have partnerships with veterinarian offices, hospice groups, and dermatology centers. They’ll make up creams and specialized medicines that are prescribed by a vet or a doctor.

What did you do prior to coming to UCH?
I worked at Wal-Mart as a certified pharmacy technician. I did that for six years and the compounding pharmacy for five years.

Welcomes
Who's new on campus

Laura Abeyta, Human Resources Assistant
UCHlth Human Resource Administration

Hannah Albrecht, Clinical Nurse
NICU

Sara Aldecoa, Clinical Nurse
Med/Surg Progressive Care

Michael Allgyer, Information Operator
Switchboard Services

Connie Amaro, Case/Utilization Manager
UCHlth Case Management

Cynthia Aragon, Clinical Nurse
Neurosciences

Jacob Austin, Care Team Assistant
Outpatient Psychiatry

Ryan Azzam, Grill Cook
Courtyard Café

Shelly Baity, Revenue Recovery
UCHlth Hospital Denials

Cortney Barbica, Telemetry Technician
Telemetry

Meghan Baumann, Clinical Nurse
Medicine Specialties

Christopher Belcher, Materials Technician
Central Supply

Jacy Bessolo, Clinical Nurse
CT ICU

Mark Bittinger, Systems Analyst
UCHlth Epic Inpatient

Phoebe Blessing, Neuropsychological Technician
Neurosurgery

Sarah Bryant, Ancillary Health Tech
Ancillary Health Techs

Sarah Caleb, Clinical Nurse
Med/Surg Progressive Care
What do you like to do in your spare time?
I don’t have much spare time because I’m a full-time student. Work, believe it or not, has been my getaway. Being at UCH doesn’t feel like work because I get to talk with different patients and I interact with people. That’s been a great getaway from school, which has been a full-time job and stressor for me.

Where are you going to school?
I’m at Metro State. I’m finishing up my last year. I’m a biology major with a minor in health care management. That was another thing that turned me on to UCH. After I finish my undergrad I’m going to the University of Colorado to get my master’s in health care administration.

What was the last great book you read or movie you saw?
I’d say the last great movie was “The Butler.” I really liked that movie, very inspirational.

What do you think of the Broncos’ chances for making it to the Super Bowl again?
They have a very strong chance as long as they can beat the Seahawks.

What do you plan to be for Halloween or what was your favorite Halloween costume?
I don’t know yet. I have a 12-year-old sister and this is the last year my mom is letting her go trick-or-treating so I’ve agreed to be a bigger version of whatever she decides to be.

Where are you from?
I was born and raised in Colorado. I grew up in Park Hill.

Family
My dad, Tony Jones, has been the biggest inspiration for me as far as working in the medical field. He owns his business and it’s thrived for many, many years and I’m really inspired by that.
Mom, Traci, helps my dad do everything at the pharmacy.
Sister, Brooke, 12, is in school.
Brother, Andrew, 25, works for my dad’s company.
Brother, Isaiah, 18, is finishing up his last year of high school.

Welcomes Cont.
Djeinabou Camara, Food Service Worker
Food & Nutrition Svcs.
Maribel Campos, Care Team Assistant
Cancer Center
Christine Carranza, Specialty Instrument Tech
Sterile Processing - ACAM
Luke Carraway, Clinical Nurse
Cardiac ICU
Julian Cavazos, Clinical Nurse
Pulmonary
Chelsea Chapman, Traveler RN
Resource Pool
Travis Chapman, Dietetic Tech
Food & Nutrition Svcs.
Cheryl Chonoles, Medical Assistant
UFM AF Williams
Natalie Cizek, Traveler RN
Resource Pool
Michaela Curtis, Clinical Nurse
PACU - AIP
Alethea Daheshiar, Clinical Nurse
Medicine Specialties
Sally Dean, Traveler RN
Resource Pool
Sean Fitzgerald, Clinical Nurse
Emergency Dept
Maureen Fox, Traveler RN
Resource Pool
Ronald Gatesh, Clinical Pharmacy Specialist
Inpatient Pharmacy
Ashley Geka, Clinical Lab Tech
Clinical Lab
Cynthia George, Certified Nursing Assistant
Medicine Specialties
Amy Gilman, Clinical Nurse
GI/Surgical Oncology Clinic
Could NFL Football be Hazardous to Your Health?

Were you yelling expletives, throwing things and guzzling a few brewskis when the Seahawks defeated the Broncos a few weeks ago? If you were, consider a new study out of the University of Alabama that found that watching football can actually be hazardous to your health (and maybe your furniture and relationships). In addition to feeling the stress of a close match-up, you’re most likely consuming high-sodium chips and high-fat dip, while throwing back a few cold ones, the authors said.

“The body doesn’t distinguish between ‘bad’ stress from life or work and ‘good’ stress caused by game-day excitement,” said one of the researchers. “It impacts your health either way.”

The study goes on to make suggestions on how to make your game watching a low-stress, healthy experience or at least reduce the stress and make things less toxic. We spoke to football fan and Senior Project Accountant Garrett Miller, an Eagles fan who also cheers for the Broncos with his son, and asked him if he’d be willing to make the following changes to his viewing habits for the sake of his health.

Would you be willing to help minimize stress by watching the game with people you enjoy?

GM: Yes. I’m usually at home watching with my kids and wife. Except if it’s the Eagles and they’re not doing well. Then they usually stay away from me.
Would you be willing to knock out a few pushups and situps during commercial breaks?
GM: Sure, why not?

Would you be willing to chew gum or squeeze a stress ball to reduce anxiety and smooth out your emotions?
GM: I won’t chew gum. I don’t like gum. But I’d be open to the squeeze ball. It’s better than throwing things across the room.

Would you be willing to take a brief walk at halftime, or if you are attending the game, take a walk around the stadium?
GM: Sure. I usually get up and do stuff at halftime anyway.

Would you be willing to substitute vegetables, fruit and Greek yogurt instead of chips and dips as tailgate food and snacks?
GM: That’s fine. We’re pretty adamant about what food we eat at our house anyway. That’s not an issue for us.

Would you be willing to limit yourself to two alcoholic beverages per game?
GM: Sure. I’m not a big drinker anyway.

Do you think following these tips will make you less angry or stressed during the games, especially Eagles games?
GM: Probably not. I, unfortunately, take it personally.
Welcome Cont.

Lan Nguyen, Physical Therapist
Inpatient PT

Nne-Omoji Nwobodo, Clinical Pharmacy Specialist
Inpatient Pharmacy

Matthew Padilla, Cook
Food & Nutrition Svcs.

Olivia Partin, Clinical Nurse
Neurosciences

Maria Pena, Medical Assistant
UFM AF Williams

Ashlin Phelps, Certified Nursing Assistant
Medicine Specialties

Nancy Phelps, Clinical Nurse
Orthopaedics

Margaret Porter, Compensation Consultant
UCHlth Compensation

Paul Price, MRI Technologist
Radiology MRI

Loriann Quintana, Care Team Assistant
GI/Surgical Oncology Clinic

Tracy Reinhard, Program Support Assistant
CeDAR Administration

Ana Reynosa Coronado, Ancillary Health Tech
Ancillary Health Techs

Alma Rocha, Cashier
Garden View Café

Sara Rogers, Clinical Nurse
UFM AF Williams

Veronica Rojas, Food Service Worker
Food & Nutrition Svcs.

Daniel Ruedeman, Athletic Trainer
Orthopaedic

Therese Ryan, Clinical Nurse
OR - ACAM

Michael Samborski, Systems Analyst
UCHlth Epic

What made you start this “quote of the day” white board?
Well, I bought the white board with the idea that people could write me notes on the board, and it has a box so people could leave me things instead of shoving them under my door. Once I hung it up, I thought I’d start it off by writing a quote.

Wise Words White Board
Feeling down? In need of a little inspiration or pep talk? Just visit Clinical Nutrition Manager Robin Saucier’s office in the Leprino Building and read her white board. She’s been posting an inspirational quote on it almost every day for about six months. She’s gotten some great feedback, which has inspired her to keep going.

But mixed with that inspiration is a little pressure. We spoke to Saucier to find out how her words-of-wisdom white board got started.

Clinical Nutrition Manager Robin Saucier, RN, CNSC, spreads good thoughts and words of wisdom on the white board outside her office.

Clinical Nutrition Manager Robin Saucier, RN, CNSC, spreads good thoughts and words of wisdom on the white board outside her office.
What was your first quote?
I don’t remember. I don’t remember a lot of the quotes I write. But I do remember a couple of days [after I posted the first quote] someone said to me, “Well, you need to change your quote,” and I did. Then people from across campus would tell me, “I like your quote board.” And I thought, how did they hear about it? [Vice President of Ambulatory Services] Suzanne Sullivan told me she really liked the quote I had the other day and she wrote it down. Soon I started to feel pressure to update the board regularly.

Where do you find them?
I collect them. Sometimes it’s seasonal or based on the weather. Sometimes it’s inspirational. Sometimes people send me quotes or I find them in things I read. I’m on a listserv and sometimes there’s a quote on the bottom and I’ll write it down. [UCH Chief Operating Officer] Tom Gronow sends sundry readings with articles and sometimes I like what’s in there. It’s very random. I also started a Pinterest board.

Do you find inspiration from your quotes?
I think so. Sometimes it might mean something to me personally in the moment, but I think it will also benefit other people.

Are you planning to keep it going?
I guess, until I run out of things. It’s kind of fun. It’s fun to brighten up people’s days or to engage with people. I meet people I wouldn’t have met otherwise.

Here are a few of Saucier’s favorite quotes from her board:
"Everything is hard before it is easy.” –Goethe
"Say yes and you’ll figure it out afterwards.” –Tina Fey
"Patience is the calm acceptance that things can happen in a different order than the one you have in mind.” –David C. Allen
"Discipline is just choosing between what you want now and what you want most.” –Unknown
"Worrying does not empty tomorrow of its troubles, it empties today of its strength.” –Corrie Ten Boom

Welcomes Cont.
Abigail Schaeberle, Clinical Nurse
GI/Surgical Oncology Clinic

Jason Schrom, Clinical Nurse
Cardiac ICU

Karen Schultz, Occupational Therapist
Outpatient Occupational Therapy

Amy Schwartzman, Physical Therapist
Inpatient PT

Karen Snow, Clinical Pharmacist
Inpatient Pharmacy

Jeffrey Stambaugh, Program Support
UCHlth ICD 10

Brianna Steel, Medical Assistant
UM Denver

Lauren Steiner, Physical Therapist
Inpatient PT

Debra Street, Childbirth Educator
Gynecology General

Brian Tarpey, Clinical Coord. Nursing
EP Outpatient

Kimberley Van Vleet, Guest Relations Specialist
Lone Tree Health Center

Pamela Ann Vaughn, Care Team Assistant
Pulmonary Diagnostics Lab

Ibeth Vivaldo, Medical Laboratory Scientist
Clinical Lab

Thomas West, Clinical Nurse
Medicine Specialties

Aa'Reck Wiggins, Mobile Mammo Support Driver
Radiology Mobile Mammography

Anna Wilzoch, MRI Technologist
Radiology MRI

Meredith Wodrich, CeDAR Clinical Team Leader
CeDAR Residential Care

Brenda Zachel, Clinical Nurse
OR - AIP

Pablo Zavala Ahumada, Clinical Nurse
Orthopaedics
Campus Diary continued

“What you do today is important because you are exchanging a day of your life for it.” –Unknown

“What chocolate comes from cocoa,
Which is a tree.
That makes it a plant.
Chocolate is salad.” (unknown)

Acronym Specialist
Getting to know: Felecia Massingill, medication access specialist

What does a medication access specialist do?
Right now it’s for a brand-new department called MARC (medication access refill center) and there are multiple aspects. I’ve been doing a lot of abstraction of paper charts for a couple of our clinics that are about to go live in Epic. Also I’ve been working the prior authorization aspect of the job as well as the MAP, medication assistance program. Another part of the job is the CRC, which stands for central renewal center, and I haven’t had a chance to train for that yet but it’s part of the whole program as well.

What did you do prior to working at UCH?
I was at an allied health school working with the pharm tech program as an instructor, as well as in the graduate placement department.

What do you like to do in your spare time?
I like to be outdoors with my boyfriend and dogs. We like to go camping and hiking.

Where are you originally from?
I’m a Colorado native.

What do you think are the Broncos’ chances for making it to the Super Bowl again?
I think they’re going to take it this year.

What are you going to be for Halloween?
Not sure yet. Still mulling over a couple of ideas. My boyfriend and I were thinking of doing a couples’ costume. We still have to figure that out.

Family
Boyfriend, Jeff, works for the Colorado Department of Corrections.
Three dogs: Junior (American bulldog), Chancho (lab mix) and Honey Bunny (lab mix).

Celebrity Twin
Service Excellence Administrative Assistant Echo Vogel sent us this wonderful photo of University of Colorado President and CEO John Harney dressed up as his animated doppelganger Carl Frederickson from the 2009 film “Up” (voiced by Ed Asner). Here’s the story behind the photo from Vogel:

“In our action team we’re reading ‘Patients Come Second’ as part of our book club and [Nurse Manager] Justin Oeth presented on the chapter about fun and we were all sharing
Campus Diary continued

ideas about fun. Justin has, in his clinic, funny pictures of people dressed up, like one of a previous [male] CEO in a dress, and thought it would be great to get a picture of John dressed as the character from ‘Up’ since he looked so much like him. Well, I presented the idea to John and he’s such a good sport, he was totally on board after he saw a photo of the guy and realized that he really did look like him. He brought an outfit in, we bought balloons and built a cane and it took just four minutes of his time. And everyone had so much fun with it.”

UCH President and CEO John Harney good-naturedly dressed as his animated celebrity twin (right) from the Disney movie “Up.”

See anything weird, wonderful, amusing and/or interesting around UCH Anschutz Campus? Please let us know at uch-insiderfeedback@uchealth.org. Or send ideas directly to Diary dynamo Joelle Klein (pictured) at joelleklein@yahoo.com.

Klein is a Denver-based freelance writer who specializes in health and wellness issues. When she’s not searching for quirky UCH campus incidents or interviewing fascinating new employees, she’s reading, enjoying the outdoors or spending quality time with her family.