From left, Santa Claus (Supply Chain Management associate Rick Dravenstatt) and Marketing secretary Cathy Potter flank Bingham Elementary School Principal Tracey Keyton who presented a donation to Sparrow on behalf of her students.

« MSU chef helps kids cook healthy.
Michigan State University Senior Executive Chef Michael Clyne explains the finer points of simple food preparation to a group of students at Lansing’s Otto Middle School. Chef Clyne's presentation was a component of the award winning, Sparrow-sponsored Fitness Initiative Targeting Kids (F.I.T. Kids) program that encourages students to increase physical activity and make healthier food choices. Otto students received recipes and preparation tips for Chef Clyne’s vegetable soup and peanut butter hummus.

« Bingham kids love holiday luncheon. Clinical nutrition manager Michele Nikolai serves up a dish of chicken fingers, mashed potatoes, corn, jello and holiday cookie to a Bingham Elementary School lunch aide during the annual Sparrow-sponsored event in December. The students eagerly look forward to the event, which marks the 15th anniversary of the unique relationship between the Sparrow Children’s Center and neighboring Bingham Elementary.
MAC earns “Best of Aquatics” award

Sparrow’s Michigan Athletic Club (MAC) was recently honored with the 2010 Best of Aquatics award by Aquatics International. The MAC was recognized for its total aquatics programming featuring multiple pools and water temperatures. Aquatics International is the leading industry source for managers and operators of commercial and recreational pools.

To learn more about the outstanding health and fitness facilities at the MAC, call 364.8825, or go to www.sparrow.org/mac/

Annual HIPAA test deadline nearing

The 2010 annual Privacy and Information Security Tests are available in Sparrow’s Computer Based Training (CBT) application and must be completed by Jan. 31 2011. These training tests are mandatory for all associates and can be found on the Sparrow Intranet Home Page under Computer Based Training. Click the hyperlink for: Annual HIPAA Privacy Education and Competency Annual Information Security Education and Competency. Please inform your immediate supervisor after completing the tests.

On behalf of the Sparrow family, the Sparrow News extends birthday wishes to Sparrow Volunteer Don Pickard, who celebrated his 101st birthday on Dec. 5. Still helping others by serving at the Escort Desk at the St. Lawrence campus, Don is our oldest active volunteer. Happy Birthday, Don!

Amy Ayers has joined the Sparrow Team as a member of the new Physician Liaison Office. Most recently, Amy served as business development manager at Burcham Hills Retirement Community in East Lansing.

Unique boutique.

Custom glass ornaments were just one of the exotic offerings of the Ingham County Medical Society Alliance’s (ICMSA) 2010 Holiday Boutique held in the Sparrow Professional Building in December. The boutique featured furniture, home accessories, apparel, handbags, food and much more. Proceeds from the event support ICMSA scholarship fund for aspiring medical professionals and Sparrow’s Sexual Assault Nurse Examiner (SANE) room.

Amy Ayers has joined the Sparrow Team as a member of the new Physician Liaison Office. Most recently, Amy served as business development manager at Burcham Hills Retirement Community in East Lansing.
On the cover. Sparrow President and CEO Dennis Swan was one of three prominent CEOs featured on the cover and in profile stories in the Nov/Dec edition of Profiles in Diversity Journal. Segments of the issue can be viewed online at diversityjournal.com

Julie Lantz, LPN, has been honored with the 2010 Alliance for Immunization in Michigan Outstanding Achievement Award. Julie, who serves on the staff of Sparrow's Mason Family Practice was cited for consistently contributing to raising and improving immunizations.

Scout helps beautify CCH campus. Joseph Fricke, a 12th-grader at Fulton High School takes a well-deserved rest on one of the three handmade cedar benches he donated to Sparrow-affiliated Carson City Hospital. Fricke, the son of Carson Home Care employee Karen Fricke, took on the bench-making project to help earn his Eagle Scout designation through Boy Scout Troop 520 of St. Johns. To finance his project, Fricke raised private donations and gained funds from the Carson City Hospital Auxiliary and wood from Carson City Lumber. Fricke's benches now grace the hospital grounds, offering a welcome resting spot for staff and guests.

Laura Wilkinson has been selected as December Volunteer of the Month by the Sparrow Women’s Board of Managers and the Sparrow Volunteer Services Department. Laura has served as a Sparrow Volunteer for more than 27 years, donating her time to help with the Tender Loving Care group, the MSU Faculty Folk group and the Sparrow Auxiliary.

Gift establishes nutrition endowment. Sparrow Foundation President Stella Cash accepts a check from retired Sparrow physician Douglas Wacker, MD, and his wife Dee Loge-Wacker (far right) to establish an endowment to enhance the knowledge base of Sparrow’s nutrition and clinical care teams. Flanking Cash on the left are executive director of support services Wally Woźniak, clinical nutrition manager Michele Nikolai and food services supervisor Christa Byrd.
Aiding Nicaragua. Sparrow physician Harman "Hack" Nagler, examines a baby in Nicaragua during a nine-day medical mission that included Sparrow Labor & Delivery nurse Teresa Miller, RN, nurse resident Stella Swartz, RN and Home Care nurse Steve Swartz, RN. Since March, torrential rains have flooded large areas of Nicaragua, killing dozens and leaving thousands homeless and without access to medical care. During the six days the Sparrow team offered a free clinic, more than 700 people were treated.

Building homes in Jamaica. Physical therapist Kerry Linder helps construct the framework of a house in Morant Bay, Jamaica, as part of a 10-day mission sponsored by Divine World Missionaries in conjunction with Food for the Poor. Sparrow associates Monica Phelps and Beth Spitzley accompanied Linder to Jamaica where they built homes for two families, delivered supplies to an elementary school, and visited patients in public infirmaries.

New Year’s Health Tips
Here are a few simple tips from Sparrow’s Health and Wellness team for a healthier you in 2011!

- Get moving! Dance, walk, or take the stairs.
- Cut empty calories and substitute with a healthier option:
  - Soda ➔ Water
  - Chips ➔ Pretzels
  - Mayo ➔ Mustard
  - Cookies ➔ Animal crackers
- Control portion size by reading labels and enjoying just one serving size.
- Write it down! Log daily activity and food intake.
- Wear your seatbelt.
- Spend time with friends and family.