

November 16, 2006

Employee Craft Fair

8 a.m. - 7 p.m.

Nov. 16

James Walker rooms, NHRMC

Auxiliary Jewelry Sale

Name Brand Selections

Cape Fear campus

Tuesday, Nov. 28

11 a.m. - 7 p.m.

Education Center - 3rd Floor

NHRMC

Wednesday, Nov. 29

11 a.m. - 7 p.m.

and

Thursday, Nov. 30

7 a.m. - 4 p.m.

James Walker Conference Rooms

All major credit cards, cash,
personal checks and
payroll deduction accepted.

Flu shots for families

Flu vaccines are now available for families of NHRMC employees through Employee Health.

CEO forums

The final CEO Forum for this quarter is:
Dec. 5, 10am, EMS/Employees/
Volunteers, Cape Fear Ed Center

Calendar of events

Nov. 20: Loss & the Holidays Workshop, 10 a.m.-noon, Hospice. 815-3971 or 772-5461.

Dec. 4: Loss & the Holidays Workshop, 10 a.m.-noon OR 6-8 p.m., Hospice. 815-3971 or 772-5461.

Dec. 4: Ovarian Cancer Support Group, Zimmer Conference Room. 342-3412.

Dec. 6: Stroke Support Group, 1-2 p.m., NHRMC's Coastal Rehab Hospital. 342-3446.

Dec. 7: Wilmington Prostate Cancer Support Group, 6 p.m., Cameron Education Center at NHRMC. 792-9953.

Dec. 7: Karen Jo Smith Breast Cancer Support Group, 7 p.m., Mammography Waiting Room at NHRMC's Medical Mall. 343-7973.

Dec. 9: Kangaroo Kapers, Class to help children ages 3-8 whose mother is pregnant understand and adapt to the sibling soon to be born. 10 a.m. - noon, NHRMC. 342-3211 to register. Registration required.

Dec. 9: ALS Support Group, 11 a.m., NHRMC's Coastal Rehab Hospital. 815-5615.

Dec. 12: Look Good, Feel Better, 4 p.m., Shelia's Wig & Skin Care Salon, 917-A S. Kerr Ave. 798-0704.

Encapsulated

Network news from the past week

Benefits open enrollment is underway

Open enrollment for 2007 benefits has begun and will close at 11:59 p.m. Nov. 28. Complete details of the benefit options were provided in a special benefits-edition of *Capsules*, distributed at the Benefits Fair last week.

Again this year, all enrollment will be achieved on-line. Lawson's Employee Self-Service On-Line Open Enrollment may be accessed from any computer within the medical center. Use the Employee Self Service link on the front of *CapsulesLive* under New Technology.

Those without easy access to computers may use the computers in Human Resources, the kiosks in the Cape Fear HR office, the AHEC library or the ESS Open Enrollment Center in the small dining room of the NHRMC cafeteria.

Contact the IS help desk at 343-7855 if you need assistance with your User ID or password.

New and important: All benefits-eligible employees who have medical insurance through NHRMC are being required to undergo a brief health assessment by Employee Health before Feb. 28, 2007. The quick and confidential assessments will include height, weight, tobacco use, glucose screening and cholesterol screening. A fast of at least two hours will be required.

The goal of this assessment is to achieve an overall idea of the health of covered employees so the organization can better plan ways to promote a healthier workforce. Results will be anonymous and reported only in summary form to establish a baseline about the general health of NHRMC employees. Those receiving the summary report will not have access to individual employee information. This assessment will not be used to determine any employee's ability to obtain medical coverage.

Call Employee Health Services at 343-7445 to schedule your assessment. Employee Health will be open extended hours during these months. Appointments will take about 15 minutes. Please show your ID badge.

If health assessments are not completed by Feb. 28, 2007, the employee will be assessed a \$5 charge per pay period for the remainder of the year. No exceptions and no retroactive reimbursements will be made.

Mobile CT scanner serves until permanent in place

Installation of a 64-slice CT scanner at the New Hanover campus began on Monday, Nov. 13, to replace existing equipment. Until the new scanner is operational, which is scheduled to be Dec. 4, a mobile CT scanner set up in the MRI parking lot is providing the service.

The Mobile CT is an 8-slice scanner and will be equipped with portable oxygen and suction as well as PACS, so images will be available to any physician already looking at images in PACS.

Entrance to the mobile scanner will be through the MRI lobby. The awning is being put up in case of inclement weather.

If there are any questions or concerns, please call Bobbie Burn at 343-2527 or Mike Moldovan at 342-3492.

NHRMC nurses inducted into honor society of nursing

Four NHRMC nurses were recently invited to join Sigma Theta Tau, the international honor society of nursing. In a ceremony held on the campus of UNCW, Susan Ramsey, Gabby Pike, Angie West and Kathie Wheeler were inducted into this prestigious nursing alliance under the category of community leaders. Through collaboration between the UNCW School of Nursing and NHRMC, the Nu Omega Chapter of Sigma Theta Tau inducts new members twice a year based on strict academic and leadership criteria. Nu Omega Board members from NHRMC include Tom Curly, Christy Spivey, Patty White, Sue Ballato and Karen Pleva.

November 20 is the deadline to apply or nominate someone for the Institute for Nursing Excellence. The application is available on *CapsulesLive*. Call Christy Spivey, ext. 7435, to nominate a nurse.

Classifieds

NOTE: Ads can only be for items owned, not income-producing activities or outside organizations. Ads typed in all capital letters will not be used. All submissions must include the sender's name and department. Only non-work phone numbers are listed.

Please check your phone number carefully before submitting an ad. Your information is copied and pasted onto *CapsulesLive* and deleted once it is posted.

Wanted: old surfboards, any condition. Chris @ 616-1612.

House for rent. 3 BR, 2 BA, washer/dryer. Recently renovated. Large storage/workshop. \$950 month. 232-9527 after 4:30pm.

2001 Acura 2.5 TL gray 47,000 miles; mint condition. 4 door sedan. serviced every 3000 miles at Stevenson Honda - records available. 620-3937 or 343-1526 anytime. \$13,999.

4x6 sisal rug, has scattered palm trees on it, excellent condition, \$50; paid \$125.. White microwave only 5 months old, has turntable, \$25. Jayne at 794-8753.

1997 Dodge Intepid Sedan, 4 door. Automatic, FWD. Candy Apple Red, 77,000 miles. Good condition, all bells and whistles. Joe or Pat 632-5190.

Wanted: Weider Crossbow or Bowflex Exercise Equipment - Reasonably priced in good condition. Chris @ 910-231-2294.

1997 Yamaha Royal Star Cruiser. All chrome. Many extras ! LD lights. \$5600. 836-9321.

Wanted:1991-1994 Nissan Sentra 2 and 4 door models. E's, XE's, SE's and SER's. Chris 910-231-2294.

Freezer/Fridge, GE 21.7 cub ft, white. 3 yrs old. \$300 obo. 264-3997.

Wanted: Wheelchair in good shape for elderly man. Needs to be lightweight. Call 547-0763.

Queen sized sleeper, thick mattress, beige, \$300. Water softener, used 1 year, \$100. Small refrigerator, \$40. Organ, mint condition, \$800; paid \$11,000. Lawn edger, \$35. Fur stole, \$50. Suede coat, 3/4 length, women's, medium-large, \$50. 799-4743.

House: 3 BR, 2 BA. Nice sized fenced back yard with storage shed. All appliances. \$174,000. Bring all offers! 520-9618.

Playstation 2. Used less than 5 times. Includes 11 games. \$125. 520-9618.

2001 Mustang GT: 5 speed manual, V8, loaded, 5 disc CD changer, 53,200 miles \$9500 call (910) 297-5940 or email for pix gstang@ec.rr.com.

1997 Toyota Rav4 4WD 5 speed manual with 167,000 miles. routine maintenance, runs great, good condition, tires in good shape. Great on gas. \$3700. 336-491-0940 or dabike1@yahoo.com.

Free! Tender, loving, playful yellow lab. 4 years old, fixed, loves children, family dog and he is an indoor/outdoor dog. Tammi at 620-5776 or Grant at 279-2422.

Play Pen, Older design in good condition. Perfect for lots of different uses. \$5. Jon @ 395-1656.

Baby Walker, by Kolcraft. "Tot Rider 2" Deluxe walker with toys and full size play tray, height adjustable. With box. In excellent condition hardly used. \$20. Jon 395-1656.

For rent: Home in Castle Hayne 4 BR, 2 BA, corner lot, 3 garages for storage, w/d, dishwasher, quiet circle street. \$1150 rent, dogs ok with refundable deposit of \$150. Karen, 620-6905.

Snow Babies by Department 56; 1) "I'll love you forever" 2) Surprise its Me" 3) "Counting the Days till Easter" 4)"I'll paint the Top" 5)" You didn't forget Me" All in excellent shape w/boxes/certificates. Jon 395-1656.

For rent: Park Place condo, 2 BR, 2 BA, new appliances including w/d, new paint, new lighting fixtures, all tile floors, downstairs end unit, plenty of parking (1 designated space) water and sewer included in rent, \$750/month. 200-1391.

Wanted: Girls size 6/7 or 7/8 flower girl dress for Dec wedding. 675-0086.

IBM 17" Computer Monitor. This is NOT a skinny LCD, full sized monitor. \$25 (910) 228-9330.

Wanted: Truck cap (camper shell) for 2000 Toyota Tacoma SR5 extended cab pickup. 6 ft bed. (910) 228-9330.

1994 GMC 1500 4x4, 350 cubic inch Extended Cab. In Good Shape. \$4000. 796-0251.

Air Conditioning Tools: Reclaimer with Tanks and lots more. 796-0251.

Radio Flyer Fold & Go Trike (for 18mo-3yr) used once \$30. Radio Flyer Walker Wagon barely used \$40. can email pictures. shanmce@yahoo.com or 297-6090.

5-in-1 wooden train and game activity table (in Penny's catalog) offered for \$69.99 like new condition asking \$35. 395-5582.

Queen size bed frame and 2 night stands. Solid Cherry Wood. Easy Assembly. No Tools needed. \$275. 917-882-6682.

Wanted- childs play kitchen, prefer Little Tykes Side by Side or Step 2 Little Helpers Complete Kitchen. call 452-7861.

2 10" Sony Xplod 1100 Watt rating each Subwoofers with 1000 Watt Amp mounted to woofer box. \$300. 910-793-6578.

A.R.E. brand red truck bed topper for 2001 Toyota Tacoma Double Cab. Excellent condition. 910-793-6578.

Rabbit. Small gray and white. Approx 2 yrs old. cage and accessories. Litter trained. \$20. 798-0029 5-9pm. One of us wrks nights.

Lease Purchase on 1800 sf 3 BR 2 BA home in Eastbrook subdivision in Leland. \$1295/month with \$100/month rent credit toward purchase. No option fee. 1904 Elsie Circle 520-9737.

Kenmore refrigerator, inside water dispenser, ice maker, freezer on top, black, 4 years old, \$300. Desk \$35. 270-0339.

Reclining Couch and Love seat (Hunter Green) in good condition \$400 or OBO, Refrigerator 18.5 in great shape work like new, \$200 or obo. I will e-mail pictures on request. 798-2353.

Lil Tykes Cook and Clean Kitchen with over \$100 worth of extra accessories, foods, sliceable fruits and veggies, iron, mixer, etc. Like new condition \$75 Fisher Price Toddler table and chairs, metal and plastic, very sturdy, great condition, yellow and blue table with red chairs. \$30. photos of both at www.wilmingtonyardsales.com. 262-4499.

Cherry vanity with bench stool. beautiful, like new. 796-0212.

2 House of Blues Myrtle Beach, Motley Crue general admission tickets. Concert date Tuesday 11/21/06. \$99 each. 792-5552.

14k yellow gold engagement ring. Marquise diamond with trilogy diamonds on side. 1k total. Retail \$3000. Sell \$1000 obo. 264-4532.

For rent: Lions Gate 2Bd/2Ba. \$1050/mo. 397-9030.

20ft 1991 4.3 inboard outboard regal boat CD, new top good shape, \$5500 obo 319-3276 Andrew.

Power Wheels Dora the Explorer Jeep 6 volt, single seat Jeep that sports cool Dora colors and comes with "Map" and "Backpack". Vehicle goes up to 3 1/2 mph forward and backwards. Manufacturer's Age:2-6 years Never Ridden. Retail \$169.99 Asking \$140. Deborah 620-7677.

Wanted: Stationary bike. 793-5346.

For Rent: Oceanfront, ground floor 1 BR condo at Atlantic Towers, Carolina Beach. All utilities, indoor and outdoor pool and laundry facilities on premises. Can be rented on a monthly basis or short term lease.\$750/mo. 602-3353.

Public Auction Nov. 21: 2001 Harley-Davidson FXST Softail Standard, 6,843 miles Exc. Cond. Bids will start at \$7500 (BlueBook Value \$11,785) 675-0790(H) or 231-0680(C).

Dell 17" standard size monitor \$25. Gateway computer, monitor, keyboard, mouse, \$75. 350-0626.

California King 4 Post Semi-waveless Waterbed with 6-drawer base. Mattress and heater are in good condition. Bed is solid, but the wood shows use. \$50. 910-383-1484.

Hot tub: 4 seats. only 6 months old. paid \$2800 brand new; will sell for \$1800. 431-2777.

1987 Chevrolet C10 Truck, 146 K, runs well. \$800. Ping Pong Table that converts to Air Hockey Table, \$50. Graco Portable Crib, \$10. 686-9892.

1998: 23" Hydra-Sport Center Console Boat Good Condition: Runs Great Engine: 225 Evinrude. Hull: Fiberglass. Furono Navigation- GPS Clarion CD player. Retail: \$19,500 Asking: \$16,200. 910-233-0208.

2003 tanning Bed Excellent condition! New Bulbs Medium Pressure. Integrated countdown timer. Retail \$4,200 Asking \$2,000. 910-233-0208.

Wanted: dog crate for training, small to medium sized dog. 231-6950.

1998 Jeep Cherokee Sport, Sunroof, Roof Rack, Great shape! \$5,000 397-0934.

Free. Beautiful 20 month old Husky mix. Very friendly. Medium size, 63 lbs. Good with other dogs. Vaccinations up to date. (910) 253-3575.

Wanted - 2 tickets to Carolina Panthers game with Giants on December 10. 458-6211.

Wanted:"This End Up" queen bed (without mattress)and/or misc. pieces. Laurie at 350-3632 after 5:30 PM.

Home in Jacob's Ridge! Nice 3br 2ba with pond view. Open and spacious floorplan perfect for investor or first time homebuyer. Very motivated sellers. Priced at \$162,000. Davis @910.297.7118.