

# Neurosurgery News

The Practice Newsletter for WSU Neurosurgery

February 2010: American Heart Month

Check out page four for a fun way to learn about some of your coworkers....

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**Please make sure to be part of the dedication ceremony for the Rengachary Memorial Neurosurgery Library.**

**The ceremony will be held on 02.17.10 at 11:00 am in the Administrative Offices Conference Room, located in suite #930 in the POB.**

**Refreshments will be provided.**

## WSU and DMC Sign New Educational and Patient Care Contracts

*Neurosurgery resident is happy with the results.*

On February 10th, the Wayne State School of Medicine and the Detroit Medical Center approved and signed new contracts dealing with the clinical and educational programs the two entities provide. These five-year contracts also include an agreement on the teaching of medical students as well.

While these agreements are being lauded by WSU and the DMC, one other individual closer to us in Neurosurgery is also happy. Mark Hoeprich, MD, our fifth-year resident, is also the current president of the Resident Council. He said this about the new agreement:



*"To the residents, this agreement represents a renewal and stabilization of a great partnership. This partnership has served well both the training of resident physicians and its community at large. Those of us who have personally benefited are excited to see that future residents will continue to have this terrific training opportunity."*

Mark Hoeprich, M.D., President - WSU/DMC Resident Council

Over 50 residency training programs will now be under the sole sponsorship of the DMC, which should create efficiencies for both entities. These agreements should also help solidify the commitment that WSU and the DMC have to the city of Detroit and surrounding region, according to DMC CEO Mike Duggan.

Originally reported on 02.10.10 at :

<http://www.dmc.org/news/?sid=1&nid=158>

<http://prognosis.med.wayne.edu/article/wayne-state-and-detroit-medical-center-sign-longterm-contracts-governing-education-programs-and-patient-care>

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# The wait is over...the 2010 Bean Dip-Off is right around the corner. Bring your entry on 02.24.10 to see who's cuisine will reign supreme!

## Standing Out at Work

Using your unique skills and talents to avoid blending in.  
*Originally from Live Fired Up! through Humanetics, LLC*

All of us have our own blend of unique strengths and interests that we bring to all aspects of our lives. Some of us may be better interacting with a group, while others may excel working in a solitary setting. Some of us may be more adept at physical tasks and creating with our hands, while still others may be able to create imaginative ways to solve problems all in our head. Often, we know how to bring these strengths and passions into many aspects of our lives; however, our work environment is one that is often overlooked as an outlet for these talents.

So how do we make our skills shine at the office? And what exactly does get us motivated and ready to take on the world? In essence, how can we "stand out" at work? By completing this exercise of answering a few questions, you can be on your way to discovering what these unique aspects of yourself and how to use them at work.

**1: What are you great at?** Make a list of things that you excel at, no matter if they are work related or not. Be truthful and don't understate yourself. By creating a list of your strengths and talents, you will begin to find ways to stand out at work and in everything else you do.

**2: What are you passionate about?** What motivates you to excel? What gives you courage and energy to work harder towards your goals? Find those passions within yourself, as they provide avenues to use your strengths to stand out amongst your peers.

**3: How can you combine your passions and strengths?** This synthesis of your two lists is where you will find the greatest results. Looking at these two unique views of yourself, you next have to see how they mesh together, and how these combinations can be utilized at the office. What can you do to add to your value while also improving output and efficiency?

Perhaps you can utilize your strengths to create new processes to complete work you see on a daily basis. Maybe you can create new ways for your coworkers to be motivated and in positions to provide maximum effort. Whatever the idea may be, talk to your superiors about it and see if it can be tested or utilized. By doing this you will truly be "standing out" at work, providing both your workplace and yourself new paths to success.

## A TRICARE Beneficiary's ID Card

Is photocopying it legal?  
*Originally from TRICARE Provider News; Issue 12, 2009*

The answer to the above question is **YES**. In fact, the Department of Defense and TRICARE recommend that a copy of the beneficiary's ID card be made for your records. This is, of course, after you've checked it to make sure it's valid!

The beneficiary should be presenting either a uniformed services identification card (ID) or a Common Access Card (CAC). These are the two cards that can help verify the patient's TRICARE eligibility. This identification is not the only verification step, further steps are needed. You must verify the eligibility of the patient online at [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com) or through a telephone call to 1.877.874.2273.

While some patients may be hesitant to have their card copied, remind them that it is legal to do so when it is done for authorized purposes. The only unauthorized use for these cards is to attempt to gain access to privileges and benefits that the patient is not entitled to.

Therefore, continue to photocopy ID cards for patients with TRICARE benefit eligibility, as it helps verify patients, giving them an easier path to the services they require.

For examples of what valid ID cards look like, please visit:

### TRICARE ID Card Examples

More information about TRICARE eligibility can be found at :

### TRICARE Eligibility

## Did you know?

Over 80 million Americans are affected by some sort of cardiovascular disease, with over 850,000 incidences of death each year. This makes them the number one killer of people in the country.

Please take some time in American Heart Month to make sure you are living "heart smart." More information can be found at:

<http://mylifecheck.heart.org/>

# What's on Your Mind?

## Our Holiday Contest Winners

In our last issue, we had a quiz contest that encompassed just about every holiday we see at the end of the year. It must have been daunting for most of you, because we only had two submissions of answers. However, those two entrants both did very well, and ended up tying for the amount of questions they had correct.

Instead of having them answer a twelve part, multiple choice essay tiebreaker question on the proper way to feed Santa's reindeer, we decided to just reward them both as the winner of the contest. This was easier for everyone involved. So congratulations to our two winners of the last contest in the first volume of the *Neurosurgery News*, **Sheena Williams** and **Val Smartt**. Make sure to congratulate them on their win the next time you see them (also check to see if they have any of their delicious prize cookies left!).

As just mentioned, the *Neurosurgery News* is entering into its second volume. As this is occurring, a shift in the "What's on Your Mind?" section is happening as well. Instead of just reporting on who has won the most recent contest, we would like to start profiling the wonderful co-workers we have here in Neurosurgery. Do you or one of our coworkers have a unique talent or skill that the entire department would be interested in? Perhaps an interesting extracurricular activity you are involved in? Whatever it is, e-mail your suggestions to Marie at [mferlito@med.wayne.edu](mailto:mferlito@med.wayne.edu). Maybe we'll see you here next month!



Snapshots of our two winners with their holiday prizes.

## Brain Food for the Month

### Ways to say "I Love You"

French: *Je t'aime*

Italian: *Ti amo*

Norwegian: *Eg elsker deg*

Japanese: *Kimi o ai shiteru*

Russian: *Ya lyublyu tebya*

Dutch: *Ik hou van jou*

Swahili: *Nakupenda*

Welsh: *Rwy'n dy garu di*

Bulgarian: *Obicham te*

Gaelic: *Ta gra agam ort*

Portuguese: *Eu amo-te*

Romanian: *Te iu besc*

Indonesian: *Saya cinta padamu*

Greek: *S' ayapo*

Hindi: *Mein Tumse Pyar Karta*

*Hoon*

## Upcoming Dates of Interest:

02.02.10: Groundhog Day

02.14.10: Valentine's Day

02.15.10: President's Day / National Flag Day of Canada

02.16.10: Mardi Gras

02.17.10: Ash Wednesday

02.27.10: Purim (begins at sundown)

03.14.10: Daylight Savings Time Begins

03.17.10: St. Patrick's Day

03.20.10: First Day of Spring

03.28.10: Palm Sunday

03.29.10: Passover (begins at sundown)

## The Laboratory Formerly Known as the Office Refrigerator

The kitchen area in the clinic. We've all seen it at its best and its worst. What can we do to keep it clean and safe? Here's a few tips.

**1. Be courteous of others.** Don't just throw your lunch on top of somebody else's. Make sure to move things around appropriately to make space for everything.

**2. Label everything.** By doing this, you help prevent someone else taking your soda, and also help clarify who's leaving stuff in the fridge when it comes time to clean it.

**3. Clean it up hot, not cold.** Make sure to check the microwave after you heat something up; if you've had something bubble over, clean it up while it's still hot. It's MUCH easier to clean then than when it's baked onto the walls.

**4. Dishes are for cleaning.** If you use a dish or utensil, wash it immediately after use, unless someone is tasked to do them at the end of the day.

These are just a couple of tips to keep the clinic kitchen clean. If you have any others, let us know!

Our new website is coming soon! Keep checking: [www.neurosurgery.med.wayne.edu](http://www.neurosurgery.med.wayne.edu)

# On the Brain for February

## Crossword Puzzle: Some of Our Favorite Things....

Featuring Nancy Triggs, Julie Gbur, Debbie Fleming, Dr. Sandra Narayanan, Dave Thompson, and Brandon Parker

### Across

3. A favorite holiday of many....gobble gobble!

5. Dr. Narayanan's favorite movie....it might be longer than Brandon's favorite book. But Brandon's definitely taller than some of the main characters....less hair on his feet, though.

6. Dave's favorite movie....weddings, tazers, babies, sunburns, and boxers singing Phil Collins....what more could you want?

8. Debbie's favorite TV show....I think there's a McDreamy, a McSteamy, and a Mayor Mc-Cheese....but I could be wrong.

10. Dr. Narayanan's favorite TV show....while I think it recently ended, I don't think you will find it in a monastery these days.

15. A favorite color of many surveyed....it goes with moon, book, and a man group.

16. Debbie's favorite ice cream flavor....no, not favorite beer, favorite ice cream flavor.

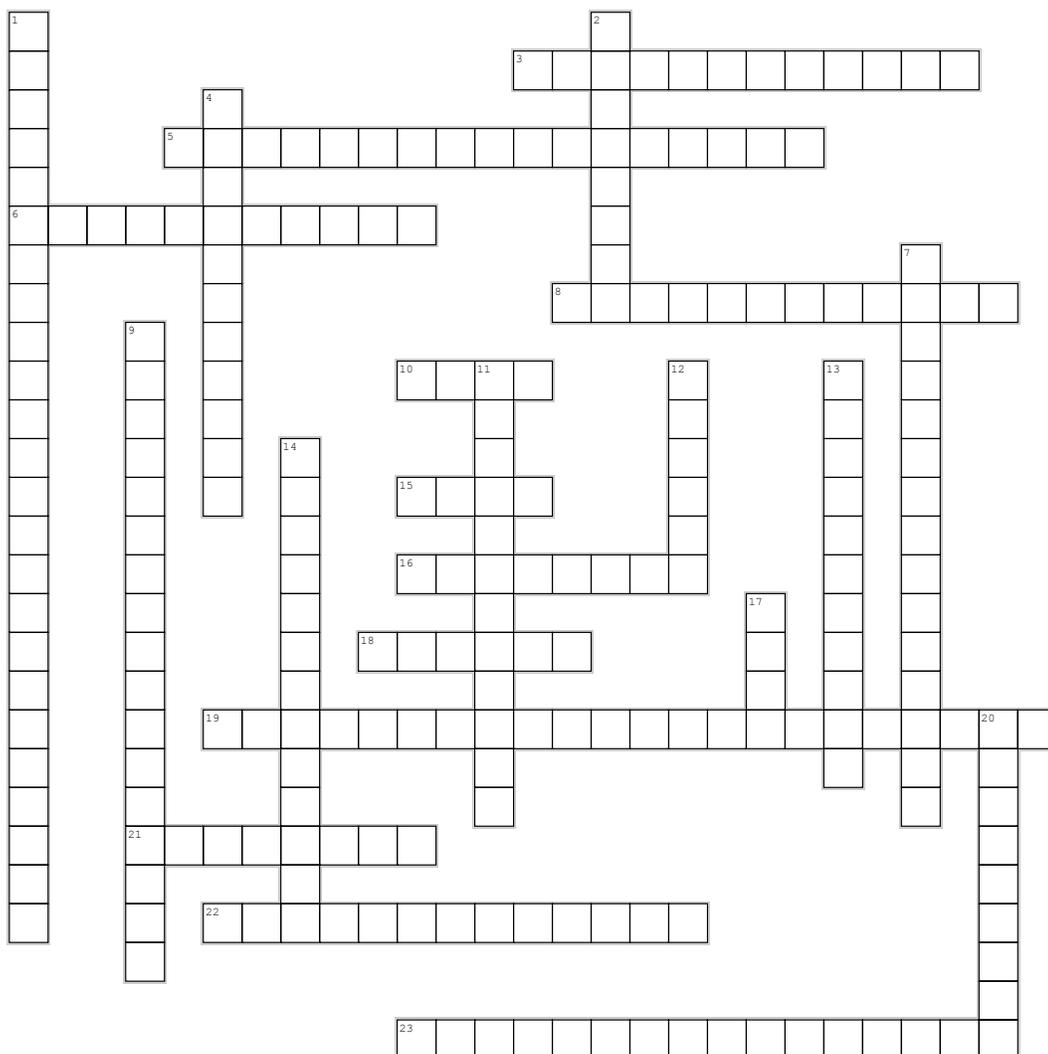
18. Nancy's favorite season....strangely enough, it's probably thought about the most around the present time of year.

19. Brandon's favorite book....you probably had to read it in high school, it's really long, and the Musketeers do not make an appearance.

21. Nancy's favorite TV show....I like to think of it as a thinking man's Miami Vice. (I just made this one waaaaay too easy....you're welcome).

22. One of Brandon's favorite movies....I would have picked the other one, but I don't expect anyone to know how to write Cantonese. Anyway....think more than maids-a-milking, but less than lords-a-leaping.

23. Julie's favorite TV show....although no longer on the air, it certainly provided a non-southern look at things. And a city that sounds like an Italian island.



EclipseCrossword.com

### Down

1. Dr. Narayanan's favorite ice cream flavor....however, it's not really ice cream, and it sounds like it would be better on a sandwich.

2. Dr. Narayanan's favorite color....don't mistake it violet.

4. Debbie's favorite movie....think letters, house building, and timeless romance.

7. One of Nancy's favorite movies....it's long, and frankly, my dear, I don't give a damn.

9. Dave's favorite ice cream flavor....it's like spearmint gum meets a Hershey's bar.

11. Brandon's favorite composer....no clue given....just kidding. He's Japanese, and was named one of Time Magazine's Top 100 Innovators in 2001. That's all you get!

12. Dave's favorite season....leaves everywhere!

13. Julie's favorite ice cream flavor....no, not favorite mixed drink, favorite ice cream flavor.

14. Julie's favorite movie....I'm thinking the Holy Grail, talk radio, and Mrs. Doubtfire.

17. Brandon's favorite TV show....not to be confused with it's spin-off, FOUND.

20. Dave's favorite TV show....at least, that's what she said.

**Like all our other contests, the first person to turn in a printed out version of this crossword with all the correct answers to Brandon will win a prize. So get to it! (One hint....there's no spaces in between words.)**