

CONNECTION

News, announcements, and vital information for associates, their families, and friends of Mercy Hospital of Buffalo

Summer 2014



Hospital staff from Respiratory Care, Nursing, IT, and several other departments gathered to celebrate the **2014 National Patient Safety Humanitarian Award** presented to Mercy Hospital for its commitment to patient safety through the use of a new patient monitoring system. Pictured above, from left, are: Steve Nolte, RT, RRT; Mercy President & CEO C.J. Urlaub; Frank Guido, RT; Julie Womack, RN; Mercy COO John Herman; Mijon Scott, RN; Jon Carlson, RT, RRT-NPS; Dr. Thomas Raab; Ondrea Bennefield, RN; John Black of Masimo Corp.; Dave Ciesla, RT, RRT, RPSGT; Irena Mychajliw; and Kim Salefske.

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Mercy Hospital Celebrates National Patient Safety Award for New Patient Monitoring System

Mercy Hospital was among four prestigious honorees in the nation to receive the **2014 National Patient Safety Humanitarian Award** from the Patient Safety Movement Foundation. The award was presented earlier this year at the 2nd Annual National Patient Safety, Science & Technology Summit held in Irvine, CA.

The hospital was recognized for its commitment to improving patient safety with the implementation of the Masimo® Patient SafetyNet system, a patient monitoring system featuring advanced pulse-oximetry technology and direct nurse notification.

Jon Carlson, RT, RRT-NPS, director of Respiratory Care Services, was the driving force behind the project that began with a 30-month clini-

cal study of the 24-hour, continuous monitoring system on the 6 McAuley West Unit. The system monitored oxygen saturation and pulse rate on all medical and post-surgical patients with the added capability to monitor respiratory rate.

"Comparing results from our 15-month baseline study to our 15-month trial period, we saw an 89% reduction in all-cause mortality and complete elimination of preventable death for the study floor," said Carlson. "We found that this system could benefit all patients and can potentially save lives." As a result of these findings and the support of the medical staff, administration and nursing, the hospital invested \$1.62 million to expand the SafetyNet system throughout the hospital.

Sweet Mercy!

People In The News



Yes, that's really him—the former President Bill Clinton pictured above congratulates Jon Carlson, Mercy Hospital's director of Respiratory Services, who was a distinguished honoree at the National Patient Safety Summit. Jon was also featured in the cover story of the *AARC* (American Association for Respiratory Care) *Times Magazine*, May 2014 issue.

Mercy Hospital welcomes **Joseph Gabner**, as the onsite director of Aramark Facilities Management. Aramark Inc. was recently contracted to provide maintenance and HVAC services. With a degree in Building Management and Maintenance from ECC, he previously served as facilities manager at PHH Mortgage Service in Buffalo.



Joseph Gabner



Tammy Goodemote, RN

Congratulations to **Tammy Goodemote, RN, BSN**, supervisor in Mercy's Transfer Center, who was recently inducted into the Sigma Theta Tau International Honor Society of Nursing. She is currently pursuing her master's degree in Nursing Administration.

Brandon Davis was recently named hospital practice manager for Mercy Hospital. He previously served as operations data analyst for Mercy and holds a master's degree in Health Administration from the University of Southern Indiana.



Brandon Davis



Courtney Currier

Courtney Currier has been named the systems process data analyst for Mercy's Administration Department. A native of Syracuse, NY, she holds an MBA with a concentration in Healthcare Administration from Niagara University.

Mercy receives national award for "Greenhealth"

Mercy Hospital was recently presented the **2014 "Greenhealth Partner for Change" Award** by Practice Greenhealth, the nation's leading healthcare community that empowers its members to increase their efficiencies and environmental stewardship, while improving patient safety and care through tools, best practices and knowledge.

The annual Environmental Excellence Awards honor outstanding environmental achievements in the healthcare sector. The Greenhealth Partner for Change Award recognizes healthcare facilities that continuously improve and expand upon their mercury elimination, waste reduction, recycling and source reduction

programs.

"We take great pride in our sustainability efforts that lessen our impact on the environment," said Mercy Hospital COO **John Herman**, and co-chair of Catholic Health's Go Green Committee. "I would like to thank our Mercy Hospital Go Green Chair **Peggy Jetter**, **Tony Dougher** and our Go Green Committee, and all of our associates for their support."



David Pieczynski, above, empties a recycle bin.

MORE-OB® moves successfully into third year



Mercy's Family BirthPlace staff and physicians recently began the third year module of **MORE^{OB}** (Managing Obstetrical Risk Effectively), a program focused on enhancing patient safety and quality care. In above photo, the team was presented the **MORE^{OB} Recognition Award** for module 2 as a result of their significant accomplishments.

Hospital recognized for promoting wellness



Gathered at the awards ceremony were: (l.-r.) Sharon Chase, Amy Langer, Tina Donovan, Gretchen Galliford, Christi Torres, Courtney Currier, Michelle Skrzypek, and Jason Sewell.

For the fourth consecutive year, Mercy Hospital has been named one of Western New York's Healthiest Employers by Buffalo's *Business First* newspaper.

This annual competition recognizes companies that are promoting health and wellness in the workplace. The Mercy Associate Council Wellness Committee can take credit for this outstanding achievement. This group

established the Associate Wellness & Fitness Center on the 8th floor, the Smallest Winner weight loss competition, and recently added Zumba and Spinning classes among other efforts.

Congratulations go out to **Jason Sewell**, supervisor of the Pathology Department, and **Denise Stutzman**, manager of Non-Invasive Cardiology Services who serve as voluntary leaders of the Wellness Committee.

Mercy Celebrates Awards in Stroke & Heart Care



Pictured above, nurses, staff and physicians gathered to celebrate the AHA Gold Quality Achievement Awards for stroke and heart failure care during an awards ceremony.

Mercy Hospital is proud to announce that its healthcare staff, nurses, and physicians have achieved both the **American Heart Association/American Stroke Association's (AHA) Get With The Guidelines® - Stroke Gold Plus & Target Stroke Honor Roll**, as well as **Get With The Guidelines®-Heart Failure Gold Plus & Target Heart Failure Honor Roll Awards** in 2014. An awards presentation and celebration was held on June 4 in the hospital rotunda.

This is the second consecutive year that Mercy has received the Stroke Gold Plus Award and Honor Roll. The Heart Center team moved up to Gold status in heart failure care from Silver Plus in 2013. Both awards reflect an 85 percent or higher adherence to all AHA quality

achievement indicators for two or more consecutive 12-month intervals.

"With a stroke, time lost is brain lost, and the Gold Quality Award demonstrates Mercy Hospital's commitment to being one of the top hospitals in the country for providing excellent, proven stroke care," said **Dr. Peterkin Lee-Kwen**, Director of the Stroke Center at Mercy Hospital.

Avarind Herle, MD, Chief, Division of Cardiology at Mercy Hospital, added, "Participating in the *Get With The Guidelines* program is another way we can help improve the long-term outcome for our patients."



Dr. Igor Lovrincevic named Physician of Distinction

Mercy Hospital recently presented its annual Physician of Distinction Award to anesthesiologist **Igor Lovrincevic, MD**, in conjunction with Doctors Day festivities held at the hospital. Congratulations to Dr. Lovrincevic who received over 100 nominations for the award.



OR staff surprised Dr. Lovrincevic, center, with the award presentation at their morning meeting.

New recovery unit planned for lab procedures

Mercy Hospital will soon embark on a \$4.8 million renovation project to create a new 25-bed holding and recovery unit for patients undergoing minimally invasive diagnostic and treatment procedures in the interventional labs.

The new 8,860 square foot unit will feature private rooms and will be

located adjacent to the labs on the hospital's second floor to improve clinical efficiencies.

"By moving this unit closer to the labs, we can improve workflow and convenience for our staff," said Mercy Hospital COO John Herman, "and the creation of private rooms is expected to enhance patient comfort."

Nurses Week Celebration 2014



Staff were welcomed aboard a fun-filled Nurses Week Cruise

Mercy's Patient Care Services staff were all on board as they enjoyed an "I Love a Cruise" theme for their Nurses Week festivities in May.

Nursing staff began their week with the traditional *Blessing of Hands*, cookie distributions to all units on Tuesday and Thursday, luncheon on Wednesday and culminated with their awards ceremony on Friday. This year's honored nurses were: **Nurse of Distinction-** VP of Nursing and Chief Nursing Officer **Kathleen Guarino, RN, MS, NP**; **Staff Nurse of the Year-** **Megan Cheyne, RN, 5 N/C**; **Outstanding ITA-** **Kelly Piechocki, MACC-ER**; and **Outstanding Unit Secretary-** **Cathy Tokasz**.

For the second year in a row, Elvis was spotted during the Nursing luncheon. Many flocked to get their photos with the *King* as they stepped on board for their "cruise experience." Kudos to the Nurses Week Cruise Directors, **Carol Latona, RN**, **Mary Ann Murphy, RN** and **Mary Rose Graham, RN**.



In top photo, from left, Lynn Stewart, RN, Maureen Wilson, and Renee Groh, RN, are greeted by Elvis as they were welcomed aboard their "Nurses Week Cruise." In bottom photo, honorees were recognized in an awards ceremony, from left, Nurse of Distinction Kathleen Guarino, RN, MS, NP; Outstanding Unit Clerk Cathy Tokasz; Staff Nurse of the Year, Megan Cheyne, RN with Mercy President & CEO C.J. Urlaub

Enhancing the Patient Experience



Team exceeds 2013 inpatient goal and raises the bar

Congratulations to all of our Mercy associates for exceeding our 2013 Inpatient Satisfaction Rating goal for overall patient experience—finishing the year with a 58.2% and four percentage points over goal!

A pizza party celebration was held in April to recognize our staff's commitment to enhancing the patient experience. As we continue on our *Mercy Journey from Good to Great*, the 2014 Inpatient Satisfaction target goal has been raised to 61.2% for overall patient satisfaction.

Continuing to provide our staff with the training, tools, and techniques they need to *Wow!* our patients and their loved ones, the hospital rolled out the **Language of Caring (L.O.C.)** program in January. Over 2,500 associates and medical staff attended the L.O.C. Jumpstart sessions held through February. Congratulations to **Mary Anne Habermehl**, of Laboratory Services who was the Ipad Mini Drawing winner. Her name was randomly drawn from everyone who attended the L.O.C. Jumpstart sessions.



Currently, department managers or designees are presenting the 30-minute L.O.C. training modules to their staff. After completing the *Heart-Head-Heart Communication Module* and *5 Habit Builders* in June, associates will start Module 3, *The Practice of Presence* in July followed by Module 4, *Acknowledging Feelings* in August.

Pictured above: Over 40 associates volunteered to be L.O.C. facilitators and led the Jumpstart sessions. The group was recognized and thanked at a special gathering to celebrate the successful kickoff.

Buffalo was the right stop for this happy patient

Chicago resident Terry Johnson, NNP, a neonatal practitioner, who was en route to New York City on March 23 to be a presenter at the National March of Dimes Conference, started to experience chest pain and shortness of breath that caused the pilot to make an emergency landing in Buffalo. From that day forward, she began a new 40-day journey that saved and changed her life.

"I can't say enough good things about the staff, nurses, doctors...every one of them," said Johnson. "I feel like I was divinely guided here."

She was first brought to Sisters Hospital, St. Joseph Campus then transferred to Mercy. Her hospital stay took her through the ER, Cath Lab, CCU, OHU, 7th floor Cardiovascular Unit; and the MRU.



Dr. John Bell-Thomson chats with Terry Johnson before she leaves for home.

On the day of her discharge, several staff who had cared for her stopped by to wish her well, including her cardiothoracic surgeon, John Bell-Thomson, MD.

"I can't imagine having a better experience," she said. "I am filled with gratitude for all the kindness and compassionate care I received."

Patient education videos now available online



Great news for our patients! The health education videos available on our Patient Channel, Ch. 13, and our Newborn Channel, Ch. 26, can now

also be viewed on demand through an online library at: www.thepatientchannelnow.com or www.thenewbornchannelnow.com and inputting the Mercy Hospital passcode, 00155.

Prior to changing to a digital-format

earlier this year, education videos could only be viewed on patient TVs according to a programming schedule. The new feature gives patients and their loved ones the option of watching the programs they choose anytime at their convenience.

Patients and their loved ones can access the full library of videos and program transcripts while in the hospital or after they return home.

While in the hospital, patients can ask their nurse if they would like to view a video on demand.

Patient & Family Advisory Council formed

In ongoing efforts to enhance the patient experience, Mercy Hospital recently formed a Patient & Family Advisory Council to seek feedback on issues that are most important to patients and their loved ones.

The Council, that meets monthly, is currently made up of six former patients; a family member; and members of the Steering & Planning Committee: Lisa Mulder, RN, of 5 N/C Unit ; Anne McGillicuddy, director of Volunteers; Barb Lawrence, RN, Special Projects; Vicky Loretto, RN, BSN,

manager of Patient Relations & Patient Advocate; and Gretchen Galliford, manager of Patient Experience, who also serves as the Council Advisor.



Pictured above, the council met for the first time in March.



Move with Care patient handling program begins

An ice cream social was held at Mercy Hospital on June 20 to celebrate the official launch of the *Move with Care* safe patient handling program.

The program began earlier this year with the training of 165 associates to serve as "Master Movers." These coaches underwent extensive training to learn safe patient handling techniques, as well as how to operate a variety of patient lifts, transfer, and mobility equipment. In addition, numerous lifts and equipment were installed throughout the hospital.

The Master Movers are responsible for training other staff who are involved in the transfer and movement of patients, including nurses, thera-



Allison White, left, hands Brittini Bell a sundae during the ice cream social.

pists, aides and transport staff.

The program is designed to improve patient safety by preventing falls and other injuries, as well as to protect hospital staff from potential injuries.

Associate Council UPDATE



Tina Donovan, RN, leads a spinning class in the Associate Fitness Center. A certified spinning instructor, she was instrumental in starting the spinning classes at Mercy.

The Mercy Associate Council meets monthly with a goal to make Mercy an outstanding place to work.

The **Go Green Committee** celebrated Earth Week by hosting its annual Tree Sale in April and coordinating its 6th Annual Neighborhood Clean Sweep in May. The **Wellness Committee** is proud to announce **Zumba classes** led by certified instructor Michelle Skrzypek on Wednesdays at 3:15 pm in the Associate Fitness Center, 8th floor, and **Spinning classes**, led by certified instructors Tina Donovan, RN, and Courtney Currier in the Associate Fitness Center.

Mercy Hospital marches to another big win!

Mercy Hospital was once again proudly represented at this year's St. Patrick's Day Parade and was recently presented the Bishop Grosz "Best Catholic Float" trophy.

Dozens of Mercy associates and their family members, volunteers and friends braved the frigid weather to march and ride on this year's award-winning hospital parade float. Parade-goers cheered loudly as the Mercy Hospital float made its way down the city's Delaware Avenue, especially enjoying this year's live music featuring the



Congratulations to the Mercy Hospital St. Patrick's Day Parade Committee on another spectacular float!

Heard of Buffalo band.

Congratulations to Parade Chair **Heidi Kirsch** and the entire committee for winning the coveted award for the fifth time since 2008.



Service Spotlight



Helping moms and babies get the healthiest start possible

The **Mercy Hospital Perinatal Testing Center**, offering specialized services for both normal and high-risk pregnancies, is our latest **Service Spotlight**.

The center, which is headed by Perinatologist Joseph Polcaro, DO, provides a comprehensive range of diagnostic procedures to assess the baby's condition, rule out or confirm potential medical complications, and help physicians manage the care of the mother and baby before birth. Tests include: first trimester screening; ultrasound and high-resolution ultrasound; biophysical profile; amniotic fluid index; fetal echocardiography; amniocentesis; and non-stress testing.

The center, which is staffed by specially trained nurses and technicians, is located in the Marian Professional Building, 2nd floor, 515 Abbott Road next door to the hospital.

Pictured above are Perinatal Testing Center staff, from left, Janet Keller; Sharon Coughlin, RN; Joseph Polcaro, DO; Laurie Hill, and Pat Militello.

Joseph Polcaro, DO welcomed as director, Maternal Fetal Medicine

Joseph Polcaro, DO, recently joined the Mercy Hospital Perinatal Testing Center as director of Maternal Fetal Medicine. Board certified in Obstetrics and Gynecology, he previously served as director of Maternal Fetal Medicine at the Bronx Lebanon Hospital Center, a teaching affiliate of Albert Einstein College of Medicine Center in Bronx, New York.



Joseph Polcaro, DO



Mission Corner



A warm welcome to John Kalinowski

John Kalinowski was recently named the VP of Mission Integration at Mercy Hospital. A native of Western New York, he previously served as Pastoral Care Director for the Catholic Diocese of Trenton, New Jersey and a Chaplain for St. Francis Medical Center. He holds a M.A. degree in Theology from La-Salle University and a B.S. degree in Marketing from Canisius College.



John Kalinowski

A Reflection: Coming "home" to WNY written by John Kalinowski

June 9, 2014—As I begin my third week here at Mercy Hospital, I am struck by the enduring friendliness of the staff here. The kindness and generosity shown to me has been tremendous as I have been welcomed into this Mercy family.

Coming "home" to Western New York after a thirty-five year absence has had some anxious moments but the reception I have received makes me feel at "home" at Mercy. Over the next few months as I establish my own footprint in this ministry, I feel a growing confidence not only in my own abilities to serve the hospital but as the Mission states, that "We are called to reveal the healing love of Jesus to those in need," and the Vision, "Inspired by faith and committed to excellence, we will lead the transformation of healthcare in our communities." As I read the Values associated with what we believe, I am called to mind today's Scripture of the Beatitudes and how they reinforce our commitment as caregivers to our patients, staff, and surrounding community. I look forward to serving Mercy Hospital and the many people touched by its good works.

Pictured in top photo: Rachael Nees, Catholic Health director of Grants, purchases trees from Liz Miller, left, and Camille Buckley during an Arbor Day Tree Sale to benefit the Helping Hands Fund.

Congratulations to our LOVE Award winners

The LOVE Award is presented to those associates who exemplify the Catholic Health Mission by Living Our Values Effectively in their work.

Honorees recognized earlier this year included: **Michelle Fields** (EVS); **Tasheeka Williams** (former EVS); **John Batson, RN** (OHU); **Jim Miga** (EVS); **Jim Moreland** (Security); and **Chris Damiani** (asst. dir., Food Services).



Mercy President & CEO C.J. Urlaub, center, congratulates LOVE Award winners, from left, Michelle Fields, Chris Damiani, former associate Tasheeka Williams, John Batson, RN, and Jim Moreland.

MCCC reaching out to help the community

The staff of the Mercy Comprehensive Care Center (MCCC) is continuing to step out beyond the walls of this healthcare facility to serve the needs of the surrounding "Old First Ward" community. MCCC is located on the same site of the former St. Brigid's parish, which was the first foundation for the Sisters of Mercy who came to Buffalo in 1858.

Eileen Needham, a social worker at the MCCC, coordinates many of these outreach efforts and leads the MCCC Associate Council. She also provides counseling services for patients and their families and links them to resources for food, shelter, financial issues, alcohol and substance abuse and other crisis situations. This past Easter, council members gathered donations and assembled Easter gift bags that were handed out to over 300 children in the neighborhood.

Recognizing that many patients had clothing needs, the staff started *St. Brigid's Closet* that is stocked with "gently-used" clothes for distribution. **Katie Weir**, a MCCC radiology technician, volunteers her time to keep



Mercy Hospital COO John Herman helps assemble Easter gift bags with MCCC staff from left, Deb Millen, Mary Beth Maciejewski and Kathy Jo Popp.

it organized. For the holidays, several MCCC patients and their loved ones benefited from donations from Mercy staff and outside organizations like the OB/GYN Associates of WNY.

To help immigrant patients, Needham coordinated a *Circle of Success*, a group of 40 women with "like cultures" that meet regularly to share conversation and help each other. The list goes on and on. One thing for sure is that the spirit of St. Brigid and the legacy of the Sisters of Mercy lives on in this corner of the world.

Volunteers are the heart of our hospital!

Mercy Hospital thanks our volunteers who are "the heart of our hospital!" Over 200 strong, our Mercy volunteers help out in several areas of the hospital, including the Patient Information Desk, the Surgical Waiting Room reception desk, and various departments where they provide needed clerical support. They also serve as patient and guest escorts and hospitality cart hosts/hostesses.

Mercy celebrated National Volunteer Week in April and recognized our friends with a luncheon and gifts.



Volunteers, from left, Ed Cuddihy, Jim Hamilton, and Pat Quinlivan staff the Patient Information Desk located in the hospital's main lobby. In their role, they are often the first greeters to the hospital.

Another Sweeping Success for Go Green Group



The 6th Annual Mercy Neighborhood Clean Sweep was another sweeping success as 60 volunteers gathered on May 22 to help beautify the surrounding neighborhood.

For the sixth year in a row, Mercy Hospital staff and BCLA (Belvedere, Choate, Lorraine, Alsace) Block Club members joined together to clean the neighborhood surrounding the hospital during the **Mercy Neighborhood Clean Sweep** held on May 22. About 60 volunteers led by Mercy Hospital's Go Green Committee, pitched in to pick up garbage and put their brooms and rakes to work in recognition of National Earth Week.

"Our neighbors are always very appreciative and it's such a great way to celebrate Earth Week even though we had to hold it a little later this year because of the weather," said Peggy Jetter, coordinator of the Clean Sweep, chair of Mercy's Go Green Committee, and director of Imaging Services at Mercy Hospital. "I was particularly impressed with how everybody worked hard, helped each other, and needed little direction."

Recognizing our physician "Angels of Mercy"

In conjunction with *National Doctors Day*, the Mercy Hospital Foundation provided patients, friends, and community supporters the opportunity to recognize and honor physician *Angels of Mercy*. There were many physicians honored and kind notes received as part of this 2014 Physician Tribute Appeal.

Stanley Krasinski wrote to all the doctors and nurses, "*Since the birth of my children in the 1950s, until today, and in the future, Mercy Hospital has been in our lives, providing care and comfort with our medical needs. May God bless you for your dedicated service.*"



Meet Our Award-Winning Residents

Mercy Hospital is an active educational site for the University of Buffalo/Catholic Health Internal Medicine Training Program. Congratulations are extended to the following award-winning residents:

Dr. Abdul J. Samdani was inducted into the *Richard Sarkin Medical Emeritus Faculty Chapter of the Gold Humanism Honor Society*. He was chosen from among several hundred area residents for this prestigious honor.



Dr. Abdul Samdani and Marcia Sarkin at the induction ceremony.

Dr. Ambreen Raza was one of 20 winners (out of 2,700 entrants in the U.S.) in the American College of Physicians National Abstract Competition. Her topic was *Compliance with Recommendations on Aspirin for Primary Prevention of Cardiovascular Disease in Men: A Population Based Review*.



Marte



Mavissakalian



Raza

Mercy Foundation at Work



Foundation to raise funds for Mercy Stroke Center

In 2013, Mercy Hospital was the first hospital in Western New York (and second in New York State) to be named a Comprehensive Stroke Center by the Joint Commission, the nation's leading accrediting body for hospitals and healthcare providers.

This year, the Mercy Hospital Foundation is proud to support our hospital's prestigious Stroke team and the patients and families we serve. The Foundation is actively seeking funds to raise \$300,000 this year to enhance the nursing station and patient care floor in the Mercy Hospital Stroke Center.

Continuing to enhance stroke care treatment is important to our WNY community. Research shows the rate of stroke death in the region is 23% higher than the national rate and 79% higher than the aggregate New York State rate.

To learn more about how you can support stroke services at Mercy Hospital or other patient-centered projects, please contact Kathy Swenson, executive director, at (716) 828-2120 or email at kswenson@chsbuffalo.org.

Pictured in top photo: Liz Zulawski, left, executive director of the WNY American Heart/Stroke Association, presents the Stroke Gold Plus Quality Achievement Award to Richard Elman, MD, Peterkin Lee-Kwen, MD, and Shirley Duane, FNP, CNRN.

Save the Date



2nd Annual Scrub Run
Sat., September 13, 2014
Cazenovia Park Casino
5K Run starts at 9:30 am



6th Annual Autumn Ball
Fri., November 7, 2014
Orchard Park Country Club

For info, call the Foundation at (716) 828-2038

2nd Annual



Catholic Health
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SATURDAY, SEPTEMBER 13, 2014

Registration / Check-in

Starts at 8:00 am

5K Run begins at 9:30 am



Is there a doctor in the house? There will be at Catholic Health's 2nd annual Scrub Run 5K and 1 Mile fun walk! The 2nd annual charity run and walk will benefit the hearts transformed, babies born, and lives saved at Mercy Hospital of Buffalo and Catholic Health's Community and Home Care mission. The healthy competition will take place Saturday, September 13, 2013 near Cazenovia Park in South Buffalo.

Register online today at ScrubRun5K.itsyourrace.com.

Here are the vital signs: The USATF-certified 5K course is fast and flat - perfect for breaking your best Personal Record! The run will start and finish at the Casino on Warren Spahn Way in Cazenovia Park at 9:30 a.m. Race packets and Scrub shirts guaranteed to the first 400 pre-registered participants. Runners ages 12 and under will receive a finisher medal.

Refreshments will be provided by Subway, Coca Cola, Pine Hill, Wegmans, Upstate Niagara dairy, and more.
Plus there's a beer tent!

Costumes, team t-shirts, and fun medical attire encouraged! Dress like your favorite physician real or fictional, like Dr. Oz, Dr. Quinn Medicine Woman, Dr. McDreamy, and many more!

Proceeds from the 2nd Annual Scrub Run will support patient care at Mercy Hospital of Buffalo and Catholic Health's Home and Community-based Care ministry. At Catholic Health, we believe every patient and patient family deserves top-quality, efficient and effective healthcare. Inspired by faith and committed to excellence, we are leading the transformation of healthcare in our communities.

Volunteers are also welcome and needed! For more information, contact Kathy Swenson, Executive Director, at kswenson@chsbuffalo.org or call (716) 828-2038.

Register online today and put your best foot forward and we'll see you at the Scrub Run!
ScrubRun5K.itsyourrace.com.