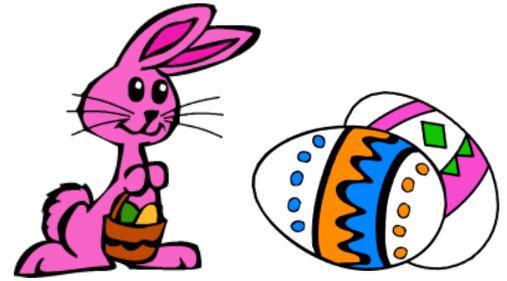


Neurosurgery News

The Practice Newsletter for WSU Neurosurgery

April 2010: Parkinson's Awareness Month



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Our Easiest Contest Ever

Coming in April and May, we will be celebrating the efforts that our Administrative Assistants and Nurses bring to our department.

Without these efforts, our department and our practice would not be the shining examples of excellence that they are today.

Look for more information to be provided in the coming days.

DMC and Vanguard Health Systems Reach Tentative Agreement

\$850 Million dollar investment could create development throughout Midtown Detroit.

The DMC may soon have a new owner. Nashville-based Vanguard Health Systems has entered into an agreement to buy the group of hospitals and provide a wide array of improvements to the facilities. Over \$850 million will be spent on projects over the next five years, which include:

- A new tower at Children's Hospital of Michigan.
- New patient units at Detroit Receiving Hospital.
- Doubling the size of the Sinai-Grace Hospital emergency room.
- A major renovation of the operating room space at Harper University Hospital.
- New physician office buildings at Harper and Sinai-Grace.

These improvements will not only improve the quality of the hospitals themselves, but also have tangible effects in other areas. An increase in available job opportunities should accompany these building improvements; some analysts project as many as 5,000 construction jobs and more within the hospital system itself as it and the customer base grows.

Additionally, this investment could have benefits for the surrounding businesses and residential developments in Midtown. With more people likely working and coming to the DMC for care, there will be an increased need for shops, living spaces, restaurants, and other commercial developments.

This project certainly seems like it could be the starting point for something big. DMC board chairman Steve D'Arcy himself said, "That [the potential sale] could be the event that really just transforms the whole center of downtown."

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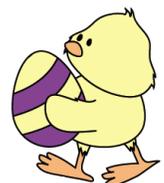


www.med.wayne.edu/neurosurgery

Contacts:

Patti Bekowies: pbekowies@med.wayne.edu

Brandon Parker: bjparker@med.wayne.edu



Over one million Americans are affected by Parkinson's disease, and the number grows to over four million worldwide. Take the time to help fight this disease through talking to other and educating yourself about symptoms and treatments of Parkinson's.



The Power of Kindness

A little bit can go a long way.

We've all seen it: one car swerving in front of another, free of concern for the passengers in the other car. Horns blare, gestures are given, nerves are rattled.

Doors flying in our face. People pushing into an elevator before others can get out. Someone with two carts of groceries has no time to let the person trying to quickly buy medicine and a blanket for a sick child at home through the line. In fact, who says "hello" anymore to someone walking down the street?

Philo, an ancient Jewish philosopher said, **"Be kind because everyone you meet is carrying a great burden."** Mark Twain exclaimed, **"Kindness is the language the deaf can hear and the blind can see."** And Winston Churchill told us all, **"By swallowing evil words unsaid, no one has ever harmed their stomach."**

These quotes are true and to the point. Notice your response when you hear a kind word, a respectful gesture, or even just a little bit of care. You feel better, and you want to spread the kindness along. But how can you do this everyday? Try using some of these ideas to help spread some kindness:

- Commit to random acts of kindness. Smile, hold a door open, buy a coffee for the person in line behind you, send a card, make a call, or something else to brighten up the day for someone.
- Listen to your self-talk. Redirect it to positive and supportive, instead of negative and critical. When you are kinder to yourself, you'll be kinder to others.
- Plan your time better to eliminate the need to rush. A less hurried day has time for kindness.

By making these changes, you will not only be helping others, but yourself as well. A little kindness can go a long way; it's up to us to determine how long that path is.



How to End Corrosive Complaining

Change negative destructors into thoughtful constructors.

Originally from: <http://blogs.bnet.com/management/?p=393&tag=nl.e713>

Every business or office or restaurant or wherever has at least one: the work place complainer. Always trying to find fault with anything from shipping practices to how many times someone should be able to go the bathroom, these individuals can be a very sharp double-edged sword. While it is true that they can sometimes find serious faults and help the company grow through the recognition, they can also be corrosive. If given the opportunity to continually complain, the business could be sent into a spiral where too much time is spent trying to look at the abstract and not at the bottom line.

To combat this, everyone should focus on providing at least one solution to any workplace complaint. By looking at how to fix the problem, it gives better insight as to what the problem actually is. It allows everyone to feel as if they are personally invested in the company, and can help managers determine what real problems may be coming down the road. Also, it provides the complainers a chance to see how things are actually working and how their complaints might affect themselves and the bottom line.



Complaining can be corrosive, but when combined with suggestions, it can be constructive. Take the time to think about a solution that will fix the problem next time, and you might create something really good!

Did you know?

The leprechaun is said to be a solitary creature, whose principal occupation is making and mending shoes; they are also known to enjoy practical jokes.

In some parts of Ireland, the leprechaun was known to wear red, not green.

The National Leprechaun Museum opened 03.10.10 in Dublin, Ireland. Make sure to check it out the next time you are in the area.

What's on Your Mind?

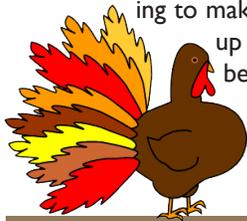
Our Latest Contest Winners

So another newsletter and another contest has come and gone, and again we have had some extremely resourceful and intelligent members of our staff complete the challenge and receive a glorious prize. This time, **Doniesha George** and **Dave Thompson** rose up to the occasion and finished our tricky "Some of Our Favorite Things" crossword. Not even daunted by a patented mistake from our humble editor, Doniesha and Dave finished the crossword by the end of the day they received it.



Such a great effort deserves a great prize, and this time, it was another spectacular lunch at the DIA. Brandon took Doniesha and Dave on March 12th, and a great time was had by all (unless you count the wait for the turkey burger). I'm sure these two will be looking to win another contest for another great prize. Congrats, Doniesha and Dave!

Speaking of contests, we have another one on page four. While we have been trying to make them harder and harder each issue, we decided to ease up this one time and give you something that everyone should be able to finish. So take a look and send in your answers to Brandon at bjparker@med.wayne.edu. The prize for this contest is sure to be the greatest so far, so don't wait!



(top) The happy trio after their meal, standing with a golden donkey. Insert your own joke here. (FYI: you are allowed to touch the donkey)

(below) One of these plates belongs to a front office staff member; the other two, clinic staff. You figure it out.

Brain Food for the Month

Parts of a Turkey

Beard: A bundle of long, dark feathers on the chest.

Bill: A hard point beak used to gather food.

Caruncle: The reddish-pink fleshy growth on the head and upper neck.

Eye(s): Used for seeing.

Snood: The flap of skin that grows on and hangs over the bill.

Spur: A spike above each foot on tom (male) turkeys.

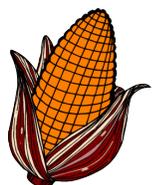
Tail Fan: The colorful feathers at the tail of the turkey.

Wattle: Bright red skin that hangs from the turkey's neck.



Upcoming Dates of Interest:

- 04.02.10: Hospital Admitting Clerks Day
- 04.05.10: Deep Dish Pizza Day
- 04.06.10: Tartan Day
- 04.07.10: International Beaver Day
- 04.14.10: National Be Kind to Lawyers Day
- 04.17.10: Blah! Blah! Blah! Day
- 04.21.10: Administrative Professionals Day
- 04.22.10: Bring Your Child to Work Day
- 04.23.10: Talk Like Shakespeare Day
- 04.24.10: Sense of Smell Day
- 04.26.10: Hug an Australian Day
- 04.29.10: Poem in Your Pocket Day
- 04.30.10: National Hairball Awareness Day
- 05.01.10: Free Comic Book Day
- 05.03.10: National Two Different Colored Shoes Day
- 05.04.10: Respect for Chickens Day
- 05.06.10-05.12.10: Nurses Week
- 05.08.10: National Baby-sitter's Day
- 05.14.10: National Chicken Dance Day
- 05.20.10: Eliza Doolittle Day
- 05.21.10: International Bike to Work Day
- 05.23.10: World Turtle Day
- 05.25.10: Cookie Monster's Birthday
- 05.25.10: Geek and Nerd Pride Day
- 05.30.10: Hug Your Cat Day



Returning for 2010, Bring Your Child to Work Day will be on April 22nd. Here in the offices, your child will get to learn about all the wonderful aspects of our department and our employees that make it that way. More information will be forthcoming.

On the Brain for April

What's Up With All These Holidays?

Simply answer all these simple questions correctly to win a great prize!

1. List the chairmen our department has had since its creation.

2. Please provide five colors you normally see on Easter eggs.

3. How many students in total attend Wayne State University?

4. Name the god of fertility, rice, agriculture, foxes, industry and worldly success in the Shinto religion.

5. A man is found dead in a room with a table, chairs, piles of money, and 53 Bicycles. How did he die?

6. What is the name of the element which when added to Oxygen and Nitrogen, names itself?



7. Two trains 150 miles apart are traveling toward each other along the same track. The first train goes 60 miles per hour; the second train rushes along at 90 miles per hour. A fly is hovering just above the nose of the first train. It buzzes from the first train to the second train, turns around immediately, flies back to the first train, and turns around again. It goes on flying back and forth between the two trains until they collide. If the fly's speed is 120 miles per hour, how far will it travel?

8. Please give the complete scientific / biological classification for *Orycteropus afer*.



9. What did I have for lunch today?

10. What is unique about the following passage?

“Gatsby was walking back from a visit down in Branton Hill’s manufacturing district on a Saturday night. A busy day’s traffic had had its noisy run; and with not many folks in sight, His Honour got along without having to stop to grasp a hand, or talk; for a mayor out of City Hall is a shining mark for any politician. And so, coming to Broadway, a booming bass drum and sounds of singing, told of a small Salvation Army unit carrying on amidst Broadway’s night shopping crowds. Gatsby, walking towards that group, saw a young girl, back toward him, just finishing a long, soulful oration ...”

If you haven't figured it out by now with the various holidays....

April Fools Day, of course.

But if you can actually answer all these, you will still win a prize....probably.