

A STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL PUBLICATION

CARE FALL 2018 connection

MY HEALTH. MY HOME. MY HOSPITAL.



A TOUCHDOWN FOR PATIENT SAFETY

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ARE YOU AWARE OF YOUR

Breast Cancer Risk?

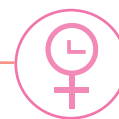
Approximately one in eight women in the United States will develop breast cancer at some point during her life, according to the National Cancer Institute. The earlier the condition is found, the easier it is to treat. That's why it's so important for women to keep up with regular screening mammograms, which can lead to early detection. The U.S. Preventive Services Task Force recommends women have a mammogram every other year beginning at age 50. However, you might need earlier or more frequent screening if you:



Carry mutated versions of the BRCA1 and BRCA2 genes



Started menstruating before age 12



Began menopause after age 55



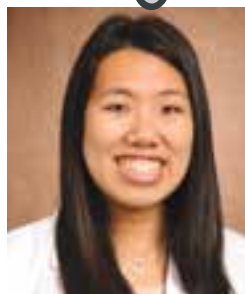
Have a parent, sibling, or child who developed breast cancer

IF IT'S TIME FOR YOUR MAMMOGRAM, CALL YOUR PRIMARY CARE PROVIDER TO REQUEST ONE. IF YOU NEED A PROVIDER, FIND ONE AT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.

WELCOME,

Dr. Leung

After completing a geriatric medicine fellowship at Beth Israel Deaconess Medical Center in Boston, Erika Leung, MD, internal medicine practitioner, longed to return to Missouri, where she performed her residency. Originally from Montreal, Dr. Leung is eager to bring her patient-centered approach and passion for caring for older adults to Ste. Genevieve County Memorial Hospital.



ERIKA LEUNG, MD

"I like the idea of being able to help out those in need and talk to people about difficult decisions they may have to make," she says. "I am also interested in rural medicine because you get to see a broader scope of illnesses."

When Dr. Leung is not practicing medicine, she loves to travel and learn about other people. She speaks English, French, Spanish, and basic Chinese.

"I also love to read, hike, ski, and explore different cuisines," she says. "Part of why I am excited about coming back to Missouri is that it has an amazing food scene and offers so many fun hiking trails!"

DR. LEUNG PRACTICES AT PARK DRIVE FAMILY HEALTH CARE. FOR APPOINTMENTS, CALL 573-883-7474.

TAKE YOUR BEST SHOT

The flu affects millions of people each year, taking them out of school and work and even landing some in the hospital. The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination for everyone age 6 months and older.

Try to be vaccinated by the end of October, when flu viruses start being active, advises the CDC. Your body needs two weeks to develop full immunity. Even if you can't get vaccinated by the end of October, you should still get a flu shot. It will protect you at any point during the flu season.

It's especially important for groups at high risk of complications to be vaccinated, in particular:

- People age 65 and older
- People with chronic conditions, including lung disease, cancer, and diabetes
- Children age 5 and younger
- Women who are pregnant or two weeks postpartum

MAKE AN APPOINTMENT WITH YOUR PRIMARY CARE PROVIDER TO GET YOUR FLU SHOT. NEED A PROVIDER? VISIT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.





YOUR CANCER

IQ GENETIC TESTING MAY OFFER VALUABLE CLUES ABOUT YOUR RISK OF CANCER.

The Cancer Prevention

Program at Ste. Genevieve County Memorial Hospital recently added an online survey called Cancer IQ that can better help you learn if your genes and family history put you at risk for certain types of cancer.



MARY CRECELIUS, MSN,
WHNP, APNG, CCBE

Interested patients can schedule an appointment with Mary Crecelius, MSN, WHNP, APNG, CCBE, genetic counselor at Ste. Genevieve County Memorial Hospital, during which they complete the five-minute survey. She reviews the results and determines whether genetic testing is appropriate.

“If the history meets certain criteria, I draw blood and send it to a lab, where a panel of tests is run to look for genetic changes that could increase the risk of cancer,” Mary says. “Our hope is that, in finding a gene change before cancer occurs, we can set up health screenings and other options to prevent cancer.”

SHOULD YOU BE SCREENED?

You may benefit from scheduling an appointment with Mary for genetic screening if any of these criteria apply:

- You had breast, colon, or gastrointestinal cancer before age 50.
- You have multiple cancers on one side of the family.
- You have a personal history of rare cancers, such as ovarian cancer or male breast cancer.

Genetic testing also helps people with a cancer diagnosis, Mary adds. Care teams at the hospital use the information to learn which treatment plans and medications might be most successful.

TO SCHEDULE AN APPOINTMENT WITH MARY, CALL 573-483-2727. TO COMPLETE THE BREAST CANCER RISK ASSESSMENT, VISIT BIT.LY/SGCMH. TO COMPLETE THE GASTROINTESTINAL CANCER RISK ASSESSMENT, VISIT BIT.LY/SGCMH2.

CONCUSSION DISCUSSION

WITH A NEW SCHOOL YEAR COMES A NEW SPORTS SEASON—AND A RENEWED CONCERN ABOUT PROTECTING YOUR CHILD FROM SERIOUS HEAD INJURIES.

Shilpa Desai, MD, pediatrician at Ste. Genevieve County Memorial Hospital, aims to confront the issue of concussions head-on.

“Concussions are a significant problem in this community,” Dr. Desai says. “Kids who’ve had a concussion don’t want to stop playing sports, or they’re unaware of their own symptoms, so parents need to be in the know.”

Not allowing a child to fully recover from a head injury before returning to play can increase recovery time, according to the Centers for Disease Control and Prevention.

“When you have a concussion and continue playing, you’re more likely to experience second impact syndrome if you hit your head again,” Dr. Desai says. “This type of concussion, 39 percent of the time, results in long-term neurological disability.”

All parents and coaches should follow these guidelines:

- **Know the signs.** Short-term memory loss, confusion, headache, and dizziness all signal a possible concussion.
- **Let your child heal with time.** The longer the rest period after a concussion, the less likely second impact syndrome becomes.
- **Keep it simple during recovery.** Memory-based activities, or those that require an intense thought process, cause the brain to work harder and may result in prolonged recovery.

FOR MORE INFORMATION ON KIDS AND CONCUSSIONS, FOLLOW UP WITH YOUR CHILD’S PRIMARY CARE PROVIDER. IF YOUR CHILD NEEDS A PROVIDER, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.





A TOUCHDOWN FOR PATIENT SAFETY

PATIENT SAFETY REQUIRES TEAMWORK AND COMMUNICATION—BUT NOT ONLY AMONG PROVIDERS.

You're not just handing yourself over to the professionals when you go to the hospital—you're actually a key player in the outcome of your health during treatment.

“Communication is the basis of all healing,” says Matthew Bosner, MD, FACC, FACP, chief of the Department of Medicine and director of Cardiovascular Services at Ste. Genevieve County Memorial Hospital. “We have a ‘huddle’ every morning where the entire team gets together in the same room to review each patient’s care plan.”

These routine meetings are combined with a robust plan to identify possible threats to patient safety as well as opportunities for improvement, according to Morgan Ritter, MSN, RN, CNL, day shift house supervisor at Ste. Genevieve County Memorial Hospital. For example, she says, each care team provides bedside shift reports and participates in mandatory continuing education, policy reviews, and task force committees.

ON THE FIELD

Every patient undergoes a thorough evaluation as soon as they walk in the door.

“Upon admission, our nurses initiate an assessment that focuses on nutrition, fall risk, skin integrity, and risk for readmission,” says Kim Lalumandier, BSN, RN, ACM,

case manager at Ste. Genevieve County Memorial Hospital. “We also verify family contact information and the need for a social service consult.”

Preventing healthcare-acquired problems, such as infections and fall-related injuries, is also a high priority.

“We give blood thinners to prevent clotting in bedridden patients or patients recovering from surgery,” Dr. Bosner says. “In addition, we’ve decreased catheter use to inhibit urinary tract infections and made sure to inspect IV sites, changing them every three days.”

A TEAM EFFORT

Family members are a vital part of patient safety. They should be keeping their eyes and ears open for instructions.

“Everyone needs to listen to what the nurse is saying,” Dr. Bosner says. “We want the family to be involved in the patient’s care once he or she goes home, so we educate them on what steps need to be taken. Vigilant and coordinated care is the best thing you can do to ensure patient safety.”

FOR MORE INFORMATION ON PATIENT SAFETY AND QUALITY, CALL HIRSELL PARKER AT 573-883-4430.

Celebrating a Win

The Missouri Hospital Association recently presented Ste. Genevieve County Memorial Hospital with the “Top 10 Greatest Percentage of Improvement Award” for its dedication to patient safety. The award recognizes our reduction in adverse drug events, hospital-acquired infections, and readmissions, among many other patient safety improvements.

“Our hospital is very excited to receive this award,” says Kim Lalumandier, BSN, RN, ACM, case manager at Ste. Genevieve County Memorial Hospital. “It shows that our hard work and dedication to quality have been recognized.”

A Community Garden for



COMMUNITY HEALTH

TWO STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL PROVIDERS ARE ON A MISSION TO CREATE A HEALTHIER COMMUNITY THROUGH GOOD NUTRITION. WHAT BETTER WAY TO DO THAT THAN WITH A GARDEN?

The seed of an idea has begun to sprout. Gardeners at the Bloomsdale Community Garden at Bloomsdale Medical Centre are closely watching its seedlings of heirloom pumpkins, tomatoes, cauliflower, broccoli, basil, cantaloupes, squash, sweet potatoes, and an assortment of mystery plants (you know, the plants you forgot to label) grow.

“We’ve been talking about this garden for some time, so I’m really excited it has become a reality,” says Mary Crecelius, MSN, WHNP, APNG, CCBE. “Healthy eating can really benefit our health. We believe in whole foods and are really promoting fruits and vegetables in our diets.”

GAINING GROUND

Here in the Midwest, we might consider certain east- and west-coast trends to be on the fringe. Did you know there are doctors who write prescriptions for vegetables? When patients take these scripts to a pharmacy, they get fresh produce instead of medications. While we’re not at that stage yet, the idea of the farm-to-hospital movement is making its way to our neck of the woods.

“It’s fun to be on the leading edge, and as they say, there’s never a crowd at the leading edge,” laughs Theresa Cavins, MD, FACS, breast and general surgeon at Ste. Genevieve County Memorial Hospital. “We’ve known for a long time that eating more plant-based foods and fewer animal products is associated with a decreased risk for cancer, heart disease, diabetes, obesity, and

almost all the common ailments in our country. If we can encourage people to plant a garden, go to farmers markets, or even shop more often from their grocery store’s produce department, that’s a big step in the right direction.”

FRIENDS WHO PLAY TOGETHER

“Nutrition aside, there are other reasons to consider why some people live longer, healthier lives,” Mary says. “The suggestion is that a strong sense of community is a contributing factor. Community gardens can increase a sense of community, foster the development of community spirit, and bring people together.”

For those reasons, Dr. Cavins and Mary hope the garden becomes a respite for gardeners and nongardeners alike.

“We may add a picnic bench and table, walking paths—even a Little Free Library box where residents can share books,” Dr. Cavins says. “If our harvests grow large enough, perhaps we can have a community dinner. I love the idea of bringing people together. Our vision really is to promote healthy eating, exercise, and relaxation.”

ALL RESIDENTS ARE INVITED TO HELP WITH THE BLOOMSDALE COMMUNITY GARDEN. FOR MORE INFORMATION AND TO GET ON THE VOLUNTEER SCHEDULE, CALL THE BLOOMSDALE MEDICAL CENTRE AT 573-483-2727.

PLOTTING FOR FALL

If you’re inspired to try growing at least some of your own food, it’s not too late to plant a fall garden. August and September are good months to sow seeds for beets, spinach, lettuce, and radishes for cold-weather harvest.



AN OVERDOSE *Antidote*

A MEDICATION CALLED NALOXONE CAN SAVE A LIFE IN THE EVENT OF AN OPIOID OVERDOSE.

From 2010 to 2016, the number of deaths related to prescription and illicit opioid use doubled, rising from 21,089 deaths in 2010 to 42,249 in 2016, according to the National Center for Health Statistics. But naloxone may be one important tool for preventing further increases.

Naloxone counteracts the effects of an opioid overdose, namely slowed or stopped breathing. It can prevent an individual from dying before he or she receives medical attention.

“People who misuse drugs and/or their family members should consider having a dose of naloxone available and be familiar with how to use it,” says Laura Fowler, RPh, director of Inpatient Pharmacy Services at Ste. Genevieve County Memorial Hospital. “Patients taking pain medication, especially at higher doses or in combination with other medications, such as other opiates, antidepressants, sleep medicine, or anxiety medicines, should also consider having naloxone available.”

Under Missouri state law, any individual can get naloxone from a local pharmacy, including the Bloomsdale Pharmacy.

“There have been standards put in place by our state government to make naloxone more accessible to the general public,” Laura says. “Outpatient pharmacies play a vital role in providing this much-needed service.”

NEW VISION, A MEDICAL STABILIZATION SERVICE FOR PEOPLE WITH SUBSTANCE USE DISORDERS, IS ALSO AVAILABLE AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL. TO LEARN MORE, CALL 800-939-2273 OR 573-883-1165.



Chipotle Pumpkin **BLACK BEAN CHILI**

THIS HEARTY, SPICY CHILI IS PERFECT FOR FALL.

INGREDIENTS

2 tablespoons vegetable oil	1 cup no-salt-added chicken broth
1 onion, chopped	1 can no-salt-added black beans, drained and rinsed
1 celery rib, chopped	1 12.5-ounce can no-salt-added chicken, drained, or 1½ cups cooked, shredded chicken
2 jalapeños, seeded and chopped	1 chipotle pepper in adobo sauce, finely chopped
3 cloves garlic, minced	1 teaspoon brown sugar
1 teaspoon ground cumin	2 green onions, finely chopped
1 teaspoon dried oregano	lime wedges
¼ teaspoon ground pepper	
2 tablespoons tomato paste	
1 can no-salt-added diced tomatoes	
1 cup canned pumpkin puree	

DIRECTIONS

1. Heat oil in Dutch oven or large saucepan over medium heat. Add onions, celery, jalapeño, garlic, cumin, oregano, and pepper. Sauté for 5 to 8 minutes or until vegetables soften.
2. Add tomato paste and cook for 2 minutes.
3. Add tomatoes, pumpkin puree, chicken broth, black beans, chicken, chipotle pepper, and brown sugar. Bring to a boil.
4. Reduce heat to low. Simmer, stirring occasionally, for 1 hour or until chili is thick and flavorful. Salt to taste.
5. Garnish with green onions and serve with lime wedges.

NUTRITIONAL INFORMATION

Serves 4 to 6

Calories: 240

Total fat: 6g

Saturated fat: 0g

Protein: 18g

Carbohydrates: 29g

Cholesterol: 35mg

Fiber: 8g

Sodium: 210mg

Recipe courtesy of Produce for Better Health Foundation, www.morematters.org

RESOURCE MEDICAL DIRECTORY

With more than 100 providers, we have a doctor for you! Visit www.stegenievehospital.org/findadoc or call our Physician Referral Line at 573-883-7777.

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JoAnn Uding, MSN, FNP-BC
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BLOOMSDALE WALK-IN CLINIC

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573-883-2929

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The Medicare Part D
Open Enrollment period
is October 15-December
7. Our Bloomsdale Pharmacy
staff is ready to help you with
changes or updates to your
plan. Call 573-483-2626
to schedule your
appointment.

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CALENDAR

Speaker's Bureau 573-883-7777

OCTOBER

AMERICAN RED CROSS BLOOD DRIVE October 4

10 a.m.-3 p.m., Hospital education/conference room

SPIRIT OF PINK FOR BREAST CANCER AWARENESS October 18

Learn the latest breast cancer information and honor breast cancer survivors while enjoying food, drinks, door prizes, and goodie bags. Tickets are \$15; free for breast cancer survivors. For more information, call 573-883-7729.

5:30 p.m., DuBourg Centre, Ste. Genevieve

NOVEMBER

THE FRIENDS OF STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL FOUNDATION BLACK TIE GALA November 3

Join us for our annual gala fundraiser to support the hospital. Enjoy an elegant evening of fine dining, music, and oral and silent auctions. Call 573-883-7725 for more details.

6 p.m., DuBourg Centre, Ste. Genevieve

FRIENDS FOUNDATION GIVING TREE PROGRAM November 26-December 21

Purchase an ornament for the Friends Foundation Healing, Hope and Happiness Giving Tree and raise funds for the hospital while honoring a loved one. For more information, call 573-883-7725.

CLASSES AND SUPPORT GROUPS

Breastfeeding Class

October 4
7-9 p.m., Hospital education/conference room

Childbirth Education

September 4, 11, 18; November 13, 20, 27
7-9 p.m., Hospital education/conference room

Call 573-883-5715 to register for all childbirth classes.

Parkinson's Pals Support Group

September 12, October 10, November 14
10 a.m., Hospital education/conference room

Taking Cancer Down Support Group

September 5, October 3, November 7
7-8 p.m., Hospital

Specialized Care, Close to Home for YOU!

Our Specialty Clinic has brought the expertise and resources of metro St. Louis to Ste. Genevieve since 1994. The clinic's current visiting professionals specialize in the following areas:

- Allergy
- Cardiology
- Vascular Surgery
- Audiology
- Dermatology
- Weight Management

Call 573-883-5151
for more information.

Visit Us Online!

Visit www.stegenievehospital.org to access health information, hospital news, programs, and job listings and to register for our Patient Portal. It's fast and easy to use.

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 Ste. Genevieve, MO 63670



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Ste. Genevieve County Memorial Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.stegenevievehospital.org.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008. (TTY: 1-800-735-2966).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-808-9008。(TTY: 1-800-735-2966)。



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

**WELCOME TO THE NEIGHBORHOOD!
 NEW RESIDENTS, WE HAVE A WELCOME
 GIFT FOR YOU. CALL 573-883-7777.**



CARDIOLOGIST, ADVOCATE, PUBLIC SERVANT

Matthew Bosner, MD, FACC, FACP, cardiologist and chief of the Department of Medicine and director of Cardiovascular Services at Ste. Genevieve County Memorial Hospital, may not be ready to add politician to his business card, but he is ready to take his commitment to public health one step further. On April 3, voters in Ste. Genevieve County elected him to the Ste. Genevieve County Health Department board with 53.5 percent of the vote.



“I’ve always been interested in public health issues as a preventive cardiologist,” Dr. Bosner says. “But really what prompted me to get involved was the opioid crisis.”

Dr. Bosner is the only physician in the county certified through the American Society of Addiction Medicine to prescribe detoxification medications, and prior to being elected, he worked with Sandra Bell, the health

department’s administrator, to deal with this pressing issue.

“In our community, the opioid epidemic is really rampant,” he says. “We have to bring together public health, education, and social services initiatives. It’s not just a mental health illness. It’s a medical condition.”

All in a Day’s Work

Becker’s Hospital Review has named Ste. Genevieve County Memorial Hospital one of the “150 Great Places to Work in Healthcare” for the fourth time in the last five years. Only one other hospital in Missouri earned the honor this year.

The publication recognizes healthcare providers and companies that offer benefits and opportunities for employees to build successful careers, encourage professional development, and promote leadership from within. Many honorees offer unique wellness and personal benefits to ensure employees strike a positive work/life balance, as well as employee recognition programs to highlight their accomplishments. Ste. Genevieve County Memorial Hospital’s leadership awards employee bonuses after meeting patient satisfaction and financial goals. In addition, our employees receive 50 percent off membership at Transformations Medical Weight Clinic.

“We’re dedicated to creating an engaged workplace full of diverse ideas and people,” says Tom Keim, CEO of Ste. Genevieve County Memorial Hospital. “We’re proud our efforts have earned us national recognition as a great place to work in health care.”

VISIT WWW.STEGENEVIEVEHOSPITAL.ORG/CAREERS.ASPX FOR MORE INFORMATION ABOUT EMPLOYMENT OPPORTUNITIES.

