#### Welcome to

# St. Vincent & SRYLIGHT

#### ACCESS

At St.Vincent, your health, comfort and satisfaction are important to us. Your room is equipped with Skylight Access TV, which offers:

- Free cable programming
- Free movie rentals (go to "Main Menu", select "Free Entertainment TV", push "OK", select "Watch Movies").
- Free music, video games, internet, e-mail access and educational videos.
- You may take a patient satisfaction survey from the main menu.

#### **Cable Channels**

- Ch. 2 Chapel
- Ch. 5 NBC WTHR (Local 13) Ch. 7 WTTV - WB4 (Local 4)
- Ch. 10 PBS WFYI (Local 20)
- Ch. 11 ABC WRTV (Local 6)
- Ch. 12 Family Channel
- Ch. 14 Discovery
- Ch. 15 CBS WISH (Local 8)
- Ch. 16 AMC
- Ch. 17 ESPN
- Ch. 18 TBS
- Ch. 20 CNN Headline News
- Ch. 21 UPN WNDY (Local 23)
- Ch. 22 CNN
- Ch. 23 FOX WXIN (Local 59)
- Ch. 24 Cartoon Network
- Ch. 25 USA
- Ch. 31 ESPN 2
- Ch. 32 TNT
- Ch. 33 Golf Channel
- Ch. 34 FOX Sports
- Ch. 37 TLC
- Ch. 38 ESPN News
- Ch. 39 ESPN Classic

- Ch. 40 The Weather Channel
- Ch. 41 FOX News
- Ch. 42 A&E
- Ch. 43 Animal Planet
- Ch. 44 Bloomberg
- Ch. 45 C-Span 2
- Ch. 46 Comedy Central
- Ch. 47 Food Channel
- Ch. 48 HGTV
- Ch. 49 History Channel
- Ch. 50 Lifetime
- Ch. 51 Nickelodeon
- Ch. 52 Travel Channel
- Ch. 53 BET
- Ch. 54 Game Show Network
- Ch. 55 Speed Channel
- Ch. 56 TBN
- Ch. 57 National Geographic
- Ch. 59 Univision
- Ch. 60 Galavision
- Ch. 61 MTV
- Ch. 62 MTV 2
- Ch. 63 VH1

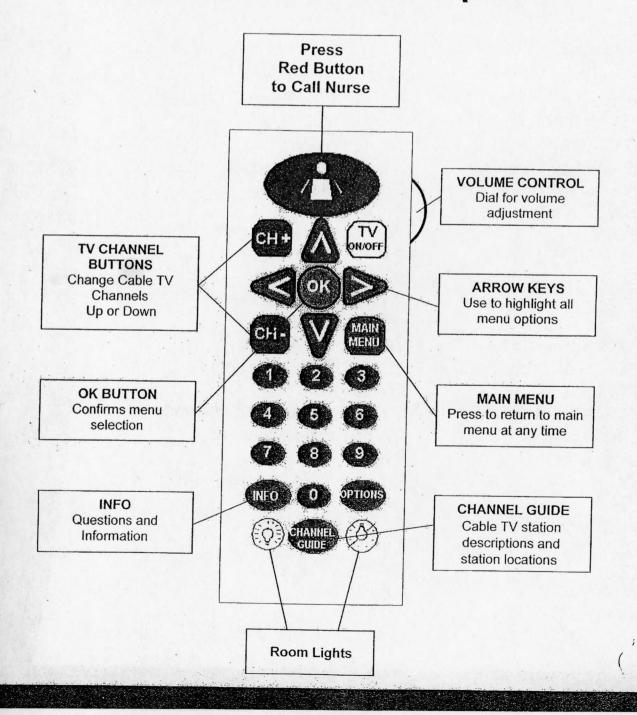
## To use Skylight Access TV

- Use the channel up (+) or down (-) keys to watch cable TV.
- Use the arrow keys (1↓ →) to navigate through the options and screens available and click OK to advance to the next screen
- If you have questions or difficulty using the Skylight AccessTV system, call toll free 1-877-694-9355, 24 hours a day, 7 days a week.
- Ask your nurse for a wireless keyboard. You can use the keyboard to send e-mail and as the TV remote control.

## How to Use the Pillow Speaker

SKYLIGHT

ACCESS



Welcome to St. Vincent Orthopedic Center

& St. Vincent Spine Center



In order to serve our patients better, we have developed an innovative meal delivery system which we call, At Your Request Room Service. This program gives you greater control over what, and when you eat. The basic premise behind At Your Request is that you, the patient, can order what you want, when you want it.

Due to the importance of your Physical & Occupational Therapy scheduled sessions, you will be called the evening before to order your Breakfast Selections. If you can not be reached a House Tray will be delivered in the morning. Your tray will be delivered between 7:00AM & 7:45AM the following morning. This will allow for your morning therapy session not to be interrupted. <u>Lunch tray orders should be called in after your</u> <u>morning therapy or by 11:00am at the latest</u>. All trays will be delivered between 11:45 & 12:45pm to accommodate afternoon therapy sessions. <u>Your Dinner Meal can be ordered anytime up to 6:30PM</u>.

If you have any questions please do not hesitate to ask your nurse. \*\*If you are a **Diabetic** please let your nurse know what time you have ordered your meals to allow for proper administration of your insulin.

The ordering process is very simple. All you have to do is dial extension **8-FOOD (8-3663)** and one of our qualified representatives will take your order. Your order will then be verified for diet compliance and prepared according to your specifications. **Following preparation, your meal will be delivered to your bedside within 45 minutes**. If you need assistance setting up your bed table or opening any containers, please feel free to request help from the tray passer who delivers the tray.

Your physician may prescribe between meal nourishments. These will be automatically delivered to your room at the specified time.

Some things to remember:

- Please be aware of the following information when you call to order: Your prescribed diet order and the foods you would like to receive
- If you desire, you may order up to 2 meals in advance. To do so, please inform our Call Center Representative when placing your order.
- Due to the size of our trays, we can send only one entrée per meal. If you are still hungry after you finish that meal, you may call for a second tray.

St.Vincent Indianapolis Hospital

# **ROOM SERVICE DINING**

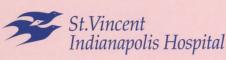
# MENU

To order: From inside St Vincent Dial extension 8-3663

From outside St.Vincent Call (317) 338-3663

Service Hours: Traditional Meal Hours 6:30 am – 6:30 pm

Meal Service for Late Admissions 6:30 pm – 6:30 am





#### You can choose what you want to eat, when you want to eat it.

#### Dear St. Vincent patient,

In our goal to better serve you, we offer you a room service menu program called *At Your Request – Room Service Dining.* 

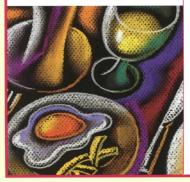
You can order what you want to eat, when you want to eat it, anytime during our service hours of 6:30 am to 6:30 pm. Meals are available from 6:30 pm to 6:30 am if you were admitted after traditional meal hours.

With this program, we hope to meet your nutritional needs and requests, and to do a small part to make your stay more comfortable. Most of the meals on this menu can be made to adapt to special dietary needs. Room Service Operators who take your orders on the telephone and Room Service Assistants on patient floors are able to help with special requests.

#### How To Order

#### To place your order:

- From inside St.Vincent Extension 8-3663 (8-FOOD)
- From outside St.Vincent (317) 338-3663
- Tell your Room Service operator your request
- Your food will be delivered within the hour.



### Things to remember when placing your order:

- Certain tests require that you not eat for a period of time. After returning to your room, place your order and we will be pleased to deliver your meal promptly.
- It is important that you verify any food allergies you have when you are placing your order.
- You may pre-order up to one day in advance.
   Please inform the Room Service Operator that you wish to pre-order a meal.

#### For Diabetic Management:

• Please notify the nursing staff after ordering each meal so we can best help you manage your diabetes.

As you know, timing of blood sugar checks and medication is critical in keeping your blood sugar as normal as possible.

May we suggest the following meal times: Breakfast: 7:00 am - 9:00 am Lunch: 11:00 am - 1:30 pm Dinner: 4:30 pm - 6:00 pm

We appreciate your assistance with your medical treatment.

• Please note (#) = Grams of carbohydrate per serving.

Food and nutrition service at St.Vincent is provided by....





# Breakfast Liquid Diet

Breakfast

# Clear Liquid Diet

#### **BREAKFAST ENTREES**

Scrambled Eggs Scrambled Egg Substitute Cheese Omelet Ham and Cheese Omelet Vegetarian Omelet French Toast (Per Slice) (22) Buttermilk Pancakes (Per Pancake) (19) Breakfast Potatoes (13) Sausage · Bacon · Ham

#### **V**CEREALS

Oatmeal (20) • Cream of Wheat (16)
Special K (15) • Bran Flakes (25)
Cheerios (13) • Cornflakes (18)
Rice Krispies (22) • Frosted Flakes (29)
Froot Loops (24)

#### **YOGURT**

Fruited (28) • Light (11) • Vanilla (32)

#### **FRUIT**

Fresh Apple (21) • Vertice Banana (30)
Fresh Orange (16) • Peach Slices (17)
Applesauce (13) • Pear Slices (14)
Prunes (24) • Fruit Cup (14)

#### JUICES

♥ Orange (14) • ♥ Apple (14) • ♥ Grape (15)
♥ Cranberry (18) • ♥ Tomato • ♥ Prune (20)

#### Bake Shop

Bagel: ♥ Plain (70) • ♥ Cinnamon Raisin (75) Muffin: ♥ English (25) • ♥ Blueberry (32) ♥ Apple Cinnamon (30) • ♥ Bran (30) Yeast Donut (45) Fresh Baked Cinnamon Roll (36)

**Bread:**  $\checkmark$  Wheat (14)  $\bullet$   $\checkmark$  White (14)  $\bullet$   $\checkmark$  Rye (14)

#### BROTHS

Vegetable • Vegetable • Vegetable

#### BEVERAGES

♥Juices: Apple (14) Cranberry (18) • Grape (15) Lemonade (Regular (25) or Sugar-free)
♥ Soda: Sprite® (19) • Diet Sprite® • Coke® (19) Diet Coke® • Caffeine-free Diet Coke®
Coffee • ♥Decaf Coffee Hot Tea • ♥Decaf Hot Tea Iced Tea • ♥Decaf Iced Tea
♥Fruit Ice (28): Lemon • Cherry

> ♥ Gelatin Jewels (Regular (17) or Sugar-free)

#### Full Liquid Diet

#### **VJUICE**

♥Orange (14) • Tomato • ♥ Prune (20)

#### MILK

✓ Skim (12) • 2% (12) • Whole (12)
 Chocolate (27) • Lactose Free (12)
 Hot Chocolate
 (Regular (17) or Sugar-free (10) )

#### **PUDDING**

Chocolate (29) Sugar-free Chocolate (16) Vanilla (26) Sugar-free Vanilla (16)

♥ These items are available on a Cardiac Diet. <sup>8</sup> These items are not available on a low sodium diet.

## Lunch Dinner



#### From the Grill

**V** Hamburger on Bun (30) **Cheeseburger on Bun (30) Grilled Cheese Sandwich (28)** ♥ Grilled Chicken Sandwich (30) Filet of Fish on Bun (44)

Hot Dog on Bun (26) Berk Tenderloin on Bun (60) Chicken Strips (10 per strip) **Veggie Burger on Bun (42)** B Philly Steak Sandwich (48)

#### Main Course

**V**Roast Pork with Apple Glaze (11) Chicken Pot Pie (25) **V**Healthy Baked Fish **V**Roast Turkey with Gravy Homestyle Meatloaf (8) **v** Pot Roast with Gravy Turkey Manhattan (29)

♥ Five Cheese Lasagna (28) B Fresh Baked Pizza (Cheese, Pepperoni, Vegetarian) (61) Spaghetti with Meatsauce (30)

**V**Stir-Fry (Shrimp, Chicken, Beef or Vegetable) over Rice (40)

#### ♥ Roast Beef Manhattan (29)

#### Signature Entree Salads

♥ Grilled Chicken Caesar Salad (20) • ♥ Chef Salad • ♥ Cottage Cheese with Fresh Fruit (30)

#### **On The Side**

♥ Whipped Potatoes (15) • ♥ Baked Potato (30) ♥ Red Bliss Potatoes (13)

♥ Steamed Rice (20) • French Fries (22)

♥Bread Dressing (17) • <sup>B</sup> Macaroni and Cheese (25)

- ♥ Baby Carrots ♥ Broccoli
- ♥ Green Beans ♥ Peas (15)
- ♥ Sauteed Vegetable Medley ♥ Corn (18)

#### **Bread Basket**

White  $(14) \cdot \text{Wheat} (14) \cdot \text{Rye} (14)$ Roll (17) • Bread Stick (21) Saltine Crackers (12) • Club Crackers (12)

Some items may not be appropriate for all diets

#### Soups

- ♥ Chicken Noodle (12) ♥ Tomato (13)
- ♥ Cream of Potato (20) ♥ Vegetable (8)
- ♥Beef Broth Vegetable Broth ♥Chicken Broth

#### Salads

♥ Tossed Salad • Cole Slaw (19) Potato Salad (20) • VCottage Cheese

#### DRESSING

French (12) • **V** Fat-free French (12) Italian • **V**Fat-free Italian

- Ranch **V**Fat-free Ranch
- **Caesar** Thousand Island

(#) = Grams of carbobydrate per serving

# Deli Condiments

Deli

Create your own sandwich

Meats: ♥ Roast Turkey • <sup>≜</sup> Ham • Roast Beef

Cheeses: American • Swiss • Cheddar • Provolone

Fillings: 🕈 🌡 Tuna Salad (10) 🔹 🕈 Chicken Salad

Peanut Butter and Jelly (36)

**Bread:** ♥ White (14) • ♥ Wheat (14)

♥ Rye (14) • ♥ Kaiser Roll (45)

Extras: ♥ Lettuce • ♥ Tomato • <sup>≜</sup> Pickle • ♥ Onion

Potato Chips (14) • Baked Potato Chips (26)

Corn Chips (32) • Pretzels (46)



#### Condiments

Salt • Pepper • Herb Blend Margarine • Butter • Pancake Syrup (29) *(Regular or Diet)* Cream Cheese *(Regular or Low-fat)* Honey (11) • Jelly *(Regular* (9) *or Diet)* • Peanut Butter Brown Sugar (27) • Sugar (4) • Sugar Substitute Vinegar • Soy Sauce • Parmesan Cheese Mayonnaise • Ketchup • Mustard Relish • Creamer • Sour Cream Lemon Wedge • Lemon Juice • BBQ Sauce (13) Honey Mustard Sauce (6) • Tartar Sauce

# Beverages Desserts



#### Beverages

Milk: ♥ Skim (12) • 2% (12) • Whole (12) • Chocolate (27) • Lactose Free (12)
Cold Drinks: Iced Tea • ♥ Decaf Iced Tea • Lemonade (*Regular* (25) or Sugar-free)
Soda: Coke<sup>®</sup> (19) • Diet Coke<sup>®</sup> • Caffeine-free Diet Coke<sup>®</sup> • Sprite<sup>®</sup> (19) • Diet Sprite<sup>®</sup>
Hot Tea • ♥ Decaf Hot Tea • ♥ Hot Chocolate (17) • Sugar-free Hot Chocolate (10)

#### **Desserts**

Cakes: ♥Angel Food (30) • ♥Carrot Bundt Cake (50) • ♥Chocolate Bundt Cake (50) • ♥Cheesecake (27)

Cookies: Oatmeal Raisin (20) • Chocolate Chip (20) • Sugar (20) • Peanut Butter (17)

♥Peach Cobbler (40) • ♥Apple Crisp (35) • ♥Vanilla Wafers (17)

♥Cherry Crisp (35) • ♥Sherbet (29) • ♥Gelatin (17) • ♥Sugar-free Gelatin

♥ Pudding: Chocolate (29), Sugar-free Chocolate (16) • Vanilla (26), Sugar-free Vanilla (16)

♥ Yogurt: Vanilla (32) • Light (11) • Fruited (29)

♥ Fruit: Peach Slices (17) • Pear Slices (14) • Fruit Cup (14) • Applesauce (13)

Banana (30) • Fresh Apple (21) • Fresh Orange (16)

Some items may not be appropriate for all diets

(#) = Grams of carbobydrate per serving

The Spirit of Caring is alive at St. Vincent, represented by the three doves of our logo, flying proudly in an integrated formation, depicting the three aspects of holistic healing — body, mind and spirit. We strive to deliver to our patients and families extraordinary patient care every day, with the three doves as our guiding symbol.

*As a member of Ascension Health and St.Vincent Health, we are called to:* 

Service of the Poor Generosity of spirit for persons most in need

**Reverence** Respect and compassion for the dignity and diversity of life

Integrity Inspiring trust through personal leadership

**Wisdom** Integrating excellence and stewardship

> **Creativity** Courageous innovatio

**Dedication** Affirming the hope and joy of our ministry

## Our mission

Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care, which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.