



Contact:
Celine Petrossian
818.952.2213

VHH Nurse Creates a 'Green' Legacy

(GLENDALE, CA – February 1, 2008) – “I think the environment should be protected as much as possible,” says Hawaiian-born Cathy Werner, RN, BSN, who will be retiring from Verdugo Hills Hospital (VHH) this month after 23 years of service to the Maternity Department. “When you live on an island, you have to think about where your resources are coming from and where they are going to.”

Indeed, Cathy has spread her ‘green’ attitude throughout VHH’s Maternity Department over the years. Having always been a recycler, Cathy has helped recycle more than 2600 pounds of aluminum, plastics and glass material for the Maternity Department during the past 14 years, which is when she began to maintain a recycling record.

As a result of her recycling efforts, the Department has raised \$1,691, which averages to \$121 per year. Cathy has used the money to purchase various items for the Department, including two toaster ovens, two microwave ovens, two coffee makers and two VCR/DVD players for the patients’ rooms, as well as a camera for photographing newborns. However, achieving this success took some hard work on Cathy’s part. “It is all about getting people into the habit of recycling, but it took me a couple of years of nagging,” laughs Cathy.

Cathy says she has truly enjoyed working at VHH. “We have a great set of doctors and nurses who have been great to work with and, of course, we have our wonderful volunteers,” she says.

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“Cathy has single-handedly ‘greened’ the Maternity Department one staff member, patient, and visitor at a time,” says Sara Harkness, RN, MSN, FNP, Clinical Director of Perinatal Services. “She is a great example of how one person's dedication and generosity of spirit can make a difference. We have only to look upon all the various pieces of equipment her recycling funds have purchased for the department throughout the years to be reminded of the legacy she leaves. She will be missed.”

Upon her retirement, Cathy plans to return to her native Oahu. “I plan to do volunteer work in Hawaii and catch up on all of the projects that I have not been able to do all these years,” she says.

About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothill’s Best Hospital” for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit www.vhhospital.org.

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