



May 2020 Special Pandemic Edition



the Stethoscope

A monthly newsletter of the Frederick Health Auxiliary and Volunteer Program
400 West 7th Street Frederick, MD 21701
Volunteer office: 240-566-3567 - Website: www.frederickhealth.org
Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

President's Message

Pat Ray

Greetings to all of you! As we enter our 7th week of quarantine, I hope each of you and your loved ones are healthy and safe. I am sure everyone is a bit tired of being inside and one day this will all be a wonderful – if not strange – memory. For now, the Auxiliary Board wanted to send out a special edition of the Stethoscope to update you on some events and items that have had to be changed or canceled due to our current state of emergency. Among others, this includes the annual Fashion Show, the annual picnic, and the membership meeting.

It seems so strange at the hospital and at the off campus locations without you! It is so different to go into the hospital and not be greeted by the wonderful Auxiliary volunteers. Your absence is very noticeable, and many of the hospital leadership and the medical staff have expressed that you are sorely missed.

The hospital has made several changes to accommodate COVID-19 patients. Many non-medical staff have been moved from the Business Center (used to be the old College View Nursing Center) and moved to our Frederick Health Village location. The number of ICU beds have been tripled and the hospital is well prepared to accommodate anyone who needs care. So far there have been over 52 COVID-19 patients who have recovered sufficiently to have been released from the hospital!

Donations from the community (including many volunteers) have been overwhelming, and the hospital truly appreciates it. The staff are so appreciative of all the food, drinks, PPE, face masks and other items that have been arriving daily.

The Auxiliary has been busy as well. The Sewing Committee, chaired by Elsie Warnock, (see photo on page 4) has been very busy at our Frederick Health Village location making face shields, face masks, and recently cutting fabric pattern pieces for themselves and the community to sew. Gowns and face shields are in short supply and the Auxiliary and the community have made more than 1900 face shields and have cut out hundreds of pattern kits (bags of pieces to sew 5 gowns). The hospital is able to reuse the gowns with proper cleaning and disinfecting. If you are able to sew and are interested in having a kit to take home to sew, please contact the Development Office at donate@fmh.org for more information.

This year the Board has decided that instead of paying money toward pledges made prior to the pandemic, we would give our yearly gift to the Frederick Health COVID-19 Employee Relief Fund and Frederick Health COVID-19 Hospital Support Fund (\$37,500 to each fund). One fund helps the hospital offset the costs of the pandemic and the other fund is to help employees who may need financial assistance at this time.

I hope that soon we will be back together as we embark on our 'new normal'. Please stay safe!

President's Letter

Thomas A Kleinhanzl

Dear Friends,

Spring has officially arrived in Frederick County! As we practice physical distancing and staying safe at home, I hope you are finding ways to enjoy the warmer weather, spring flowers, and time with loved ones.

There has been a lot of activity over the last month or so, and I would like to give you an update on our continued response to COVID-19.

The incident command team continues to meet daily, tracking operations, supplies, staff and patient needs, and addressing broader issues like financial updates and community needs.

Curbside testing continues at our Toll House location, just across the street from the hospital. We have tested over 3,300 individuals since mid-March, with approximately 600 COVID-19 positive test results. Providing this important service to our community has led to increased awareness of positive cases and quick treatment for those in need; helping to slow or prevent the spread of this virus.

Thanks to the hard work of so many, we remain prepared to treat a potential surge of patients. In the community, we are utilizing our Home Care telemonitoring technology to observe many COVID-19 patients as they recover in the comfort and safety of their own home. At the hospital, we have expanded our ICU and Medical/Surgical bed capacity, cross-trained staff, and relocated patient care areas to improve safety and staff workflows.

This level of response to COVID-19 would not be possible without the support of our volunteers. Thanks to your quick action, we continue to have supplies like masks, face shields, and reusable gowns, which are critical to the health and safety of our frontline staff. Your ongoing dedication to our organization, and the community at large, allows us to continue our mission to positively impact the well-being of every individual in our community.

We are all understandably focused on COVID-19, but I urge you to also remain aware of your personal health and well-being. Our hospital and medical group providers are taking all necessary safety precautions to protect patients and staff. I want you to know that it is safe to seek care when you are in need. There is no reason to delay treatment, ignore symptoms, or put off your healthcare concerns for another day.

While we're not yet on the other side of COVID-19, I am confident that by continuing to work together and support one another, we will emerge stronger than ever before. The senior team and I thank you for your commitment to Frederick Health and the community we serve. You make a difference in the lives of so many, and we are grateful to have you as part of our team.

Best regards,



Tom Kleinhanzl
President & CEO
Frederick Health

Director's Letter**Sharon Hannaby**

First, I hope this newsletter finds you and yours healthy and making it through these strange times. Who would have thought staying home would be a way for us to protect ourselves and others. I know that it can be frustrating and that we are all missing our friends and families but if it helps to keep everyone healthy, it is a small sacrifice. Please know that I count you as part of those that I am missing at this time. Hopefully, we can all return to a somewhat or new normal in the not too distant future.

Second, we missed National Volunteer Week. Hard to celebrate when we could not be together. Please know that once we can all return, we will celebrate and have gifts, etc. as we have had in the past. Your dedication to Frederick Health does not go unnoticed—in fact, my guess is that your absence is making even more apparent all that you do.

I had the pleasure to join the group of volunteers at Frederick Health Village recently. Who would ever think they would enjoy ironing but I certainly did as I helped the volunteers who are putting together sewing packets for hospital gowns so that others can take the packets home to sew. It was nice to get to see that some volunteers are still able to earn hours while helping with a much needed service. By the way, if you sew and would like to do so from home, please let us know (see Pat Ray's article on page 1 for more details on how you can help).

Please know that you are missed! I look forward to all of us being back at work, helping our patients, visitors, and staff, staffing the Gift Shop and Select Seconds, and all of the many other things that you do.

Happy belated National Volunteer Week to all of you.

Take care and stay safe.

Thank you,
Sharon

NOTICE

The Volunteer Office is closed until further notice. You may call and leave a message, it will be returned at our earliest convenience.

Election of Board Officers**Sharen Neale**

We now have a slate for election of the officer positions up for 2020/21 fiscal year. All of the people currently holding those positions have indicated they want to continue for another term, and no additional nominations were received.

The slate is as follows:

President: Patricia Ray

President Elect: Harriet Brown

2nd Vice President: Jan Lounsbury

Treasurer: Julane Anderson

Corresponding Secretary: Donna Tisdale

Due to the current COVID-19 pandemic and the constraints we are under orders to follow now and for the short-term future, the Annual Meeting and Luncheon that was scheduled for June has been cancelled. Because we cannot meet at the hospital or in a large group, the Board approved a resolution received from and recommended by the Executive Committee to allow the current officers who are up for election to continue in their positions until such time that we may resume activities and schedule an election. This may seem redundant, but we must hold the election in accordance with the bylaws. Most likely, an election would occur immediately after a regularly scheduled Board meeting, but we cannot make a determination until we know more about what will be allowed by hospital and state regulations. Once a date is determined, the membership will receive 30 days' notice as required by the bylaws.

R & A Committee Report

Jan Lounsbury

Our Volunteer of the Month for March was Judy Lowe. She has been volunteering since July 3, 2014 and has accumulated 1,142 hours. Since Judy began volunteering she has always been with wings. Judy received a gift certificate to the Gift Shop courtesy of the FHH Auxiliary. There was no Volunteer of the Month for April.

The Fashion Show that was to be held this year on Thursday, March 26 at Dutch's Daughter has been postponed. The R&A committee is hoping that it can be rescheduled but at this time we are not sure when that will be due to our circumstances.

Also the annual Auxiliary picnic that was to be held at Monocacy Village Park on Wednesday, June 10 has been cancelled and will not be rescheduled.

Contact Jan Lounsbury at 50gayle@verizon.net if you are interested in joining this committee. We would love to see some new faces once we start meeting again!

You Can Help

We are making gowns for the hospital, and have had a hard time getting cuff elastic material. If you have some that you would like to contribute, please contact Pat Ray at pray@fmh.org.



Some of the sewing group who have been so very busy producing face shields, masks and gowns. A big THANK YOU one and all!

Pictured below from left to right: Bruce Sheppard, Elsie Warnock, Helen Sheppard, Sharen Neale, Barbara Millunzi, Trevella Foster, and Sharon Eanes. Not pictured: Barbara Shealer and Pat Ray.





Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

—Lynn Ungar



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Uniform Sale May 27-28

All the healthcare professionals have to wash their scrubs daily, consequently the scrubs are getting worn out quickly.

To help with this, there will be a Uniform Sale on May 27-28. This will be held in the Frederick Health Business Center, 700 Toll House Avenue, Frederick, in room 157.

This sale is open to all in the county who need to purchase scrubs or shoes, as all of our healthcare professionals – physician offices, dentists, vets – are in the same situation. So if you know anyone who has a need for new scrubs or shoes, please let them know of this sale.

Details will also be posted on the Auxiliary Facebook page.