



Spring 2026



# *the Stethoscope*

A 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](http://www.frederickhealth.org)  
Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

## Auxiliary President's Letter

John Tisdale

As we used to say when I was in the navy, I have become a "short-timer." Although I still have plenty to do between now and 30 June, the end of my term draws near.

I have greatly enjoyed my time as president; it has been a privilege to get to know many of the 400 members of the Auxiliary and become more involved in the system known as Frederick Health. I especially enjoyed working with the leaders of the Auxiliary, the service chairs and the officers. Beyond their regular volunteer duties, they have devoted time to ensure that services are adequately staffed and trained to fulfill their tasks. They have kept me apprised of Frederick Health policies and made decisions to ensure that the Auxiliary will continue to be an effective department of Frederick Health.

One of those leaders is Cathie Deadrick, our president-elect who will take office on 1 July. She has also chaired the Recruitment and Appreciation committee. Under her leadership the Committee has reestablished the Lunch Bunch which convenes once a quarter to enjoy a casual lunch with other members of the Auxiliary. The committee has scheduled the annual picnic to be held on 7 May (I'll see you there). She will keep the Auxiliary moving forward for the next two years.

Leadership is important to the vitality of any organization. I am particularly mindful of this upon learning of the passing of James Kluttz on 4 March. He became president of Frederick Memorial Hospital, the predecessor of Frederick Health, in 1980 at a time when Frederick Memorial Hospital was at a low ebb in its history. Over the next 25 years, he helmed the return of the hospital to good health. His successor, Tom Kleinhanzl, who recently retired after 20 years as president, brought his vision to make Frederick Health the hub of community health, in terms of hospital care with a broad focus on all the health needs of Frederick County. We are fortunate that Cheryl Cioffi, DNP, has assumed the office of president and CEO and continues the foundational work of her predecessors with her 28 years of service at Frederick Memorial Hospital and Frederick Health. She is a true supporter of the Auxiliary.

All three of these individuals have emphasized the importance of the volunteers of the Auxiliary in maintaining Frederick Health as an independent community health care provider led and managed here in Frederick County and not in some corporate offices a few states away. We as volunteers are truly an effective asset, in large part because of the willingness of some of our members to step up as leaders. I am proud of being a member of the Auxiliary and of our contributions to the local health care system over the years.

President's Letter

Cheryl Cioffi

Dear Frederick Health Auxiliary Members,

Happy Spring! As we move into this season of renewal and growth, I want to thank each of you for the time, dedication, and support you've given to our community. Through the peak of cold and flu season, I'm sure your smiles have warmed our patients and their families!

Our year got off to a great start with the opening of the Frederick Health Blood Donor Center at Frederick Health Village. Did you know that Frederick Health infuses up to 400 units of blood every month between the hospital and our cancer center? With each person donating one unit, we need a lot of helping hands (or arms!) to serve our community.

Thanks to the generosity of donors and the dedication of our teams, I'm proud to share that the blood collected at the center is now being used directly in clinical care for our patients!

Another great win we had in February was the expansion of advancements for cardiac and cancer care. From implementing the world's smallest heart pump to being first healthcare system in the nation to provide Tumor-Treating Fields technology, February brought complex medical advancements to our community that will serve our friends, families, and neighbors. I encourage you to keep up with these exciting updates by following the Frederick Health Facebook page, @FrederickHealth.

Many of you know that caring for our community goes beyond our hospital walls. Recently, I discussed the needs of our county with elected officials at the Partners for Accessible Care and Treatment (PACT) taskforce meeting, including Senator Chris Van Hollen, Frederick County Executive Jessica Fitzwater, and Frederick City Mayor Michael O'Connor. Conversations like these allow us to maintain strong healthcare access for Frederick County residents, particularly in a complex and evolving regulatory environment.

In the months ahead, please be on the lookout for activities recognizing Healthcare Week in mid-May. We look forward to celebrating the incredible people who make Frederick Health such a special place to care for our community.

We will also honor the strength and resilience of patients and families during our annual Cancer Survivors Day celebration on June 7th, which is always one of the most inspiring days of the year. Anyone whose life has been touched by cancer is invited to attend.

None of these events would be possible without the dedication and generosity of our Auxiliary members! Your support strengthens our mission in ways that reach far beyond what can be measured. Thank you for everything you do to help Frederick Health grow, serve, and thrive.

I look forward to celebrating many of these moments with you in the months ahead.

Warm regards,



Frederick Health President and  
CEO Cheryl Cioffi with President of  
the Auxiliary Hon. John "Hamp"

Dr. Cheryl Cioffi  
President & Chief Executive Officer



Director of Volunteer Services Message

Erin Betz

**Volunteers in Action: Welcoming Smiles and Growing Impact- A Note From Erin**

**Presence** is the idea of being fully there for the moment and for the people around us. It’s something our volunteers embody every day at Fredrick Health. Whether offering directions, sharing a smile, or simply being a reassuring face during a stressful time, the presence of our volunteers helps create a welcoming and compassionate environment for patients, visitors, and staff alike.

The volunteer department continues to grow in meaningful ways. One of our newest service areas is the Hospital Lobby and Stockman Greeter roles. These volunteers are often the first smiling face visitors see when they enter the hospital! Their role is simple but incredibly impactful - greeting guests, helping determine where they need to go, and assisting with directions or information. By helping visitors quickly find their destination, these volunteers help reduce confusion and shorten wait times at busy information desks. Most importantly, they set the tone for a positive experience from the moment someone walks through our doors.

We have also been active in the community. In March we had an opportunity to speak at the NARFE (National Active and Retired Federal Employees) monthly meeting as well as participate in the AmeriCorps Seniors Open House. We met many volunteers from across the county and learned more about the various programs that connect individuals with service opportunities. It was a wonderful way to share information about Frederick Health’s volunteer program while also learning from others who are passionate about giving back. In April, we also participated in the Spring Health Fair at the Urbana Woodlands where we were able to highlight the many ways volunteers served throughout the hospital from patient-facing roles to behind-the-scenes support. Each event was a great opportunity to showcase how volunteers make a difference in so many areas of care inside the hospital.

As summer approaches, we look forward to several traditions that celebrate the spirit of service that make our volunteer community so special. The Annual Auxiliary Picnic and the Hospital Employee & Volunteer appreciation day are both wonderful opportunities to recognize the dedication and generosity of those who give their time to support Frederick health - stay tuned for more details on both!

Thank you to all of our volunteers for the compassion, energy, and enthusiasm you bring to your roles each day. Your presence continues to make a difference every day.

*Erin*

Erin Betz  
Director of Volunteer Services

**Welcome New Volunteers**

Beth Sherwin	Wings	Tom Blair	Wings
Bridgette Han	Sewing	Emily Violette	ED
Julia Appleton	PACU	Tony Cogswell	Stockman Greeter
Ginny Crist	Select Seconds	Jeff Cannon	Hospital Lobby Greeter
Theresa Shroff	Information Desk	Susan Eckert	Select Seconds
Marilys Gilbert	PACU	Sheila Pinder - Stockman Radiation Therapy/FoodShare	
Pat Sprankle	ICU/Palliative	Tara Jernejcic	Sewing
Cailyn Lamptey	ED	Mickey Starner	Wings
Donald Chabot	Rose Hill Reception	Marlen Putman	Comfort Cart
Teresa Brown	Gift Shop	Beth Wood	Sewing

**All About Fundraising** \_\_\_\_\_ **Joe Collins, Fundraising Chair**

After a very cold winter we are looking forward with great anticipation to the arrival of Spring with its gentle breezes and beautiful colors. It won't be long before we are enjoying those sunny, warm days of summer. We are also looking forward to the opportunities to purchase unique merchandise from several upcoming vendor sales.

We kicked off 2026 with a trio of successful vendor sales. During cold, windy January we had the two (2) day Uniform Village sale that enabled the hospital staff the opportunity to refresh their uniform/scrubs wardrobe. In February we welcomed back the popular D & D Designs Jewelry for a two (2) day sale followed in March by \$7 Everything Sale for a short one (1) day sale at Frederick Health Village. Those three vendor sales had total gross sales of \$12,000 resulting in a rebate to the Auxiliary of \$2,183.

We close the fiscal year out with Twentey Treasures from Western Maryland and their array of hand crafted, one of a kind, "natural gem beaded jewelry" for a two (2) day sale on May 6th and 7th. Both sales will offer payroll deduction for the hospital staff.

Vendor sales are very popular with the hospital staff and provide the staff with the opportunity to purchase a wide variety of quality merchandise from area vendors without leaving the workplace. The sales also provide a source of funds for the Auxiliary to give back to the hospital, while providing a unique way for volunteers to interact with the hospital's wonderful staff. All vendor sales offer payroll deduction to the hospital staff through Quick Charge. Quick Charge requires a volunteer to operate and process staff purchases, with volunteer shifts managing the Quick Charge approximating three (3) hours each. If you have a few spare hours available and would like to meet some of the hospital's great staff we invite you to join the fundraising team. As a benefit from working vendor sales, you will have a first crack at purchasing from the wide variety of unique and quality merchandise offered for sale by the vendors. Vendor sales are held during the weekday morning and afternoon hours at both the hospital (in the cafeteria) and at Frederick Health Village, in the Atrium.

A BIG thanks to the dedicated members of the fundraising team for making the vendor sales a continuing success while spreading the goodwill of volunteering to all those they meet and serve.



**Recruitment and Appreciation Calendar** \_\_ **Cathie Dadrick, President-Elect**



- May 7—Auxiliary picnic at Monocacy Village Park—5:00pm
- June 25-Auxiliary luncheon at Ceresville Mansion—12:00pm
- August 11—Lunch Bunch at Oscar's Alehouse—12:00pm
- October 28— Auxiliary Fashion show & *dinner* at Dutch's Daughter— 5:00pm

Lunch Bunch at Mariachi- April 14, 2026

## Blood Donation Center

Brent Gross

In a February 3, 2026 news release, the American Red Cross declared a severe shortage after the nation's blood supply dropped 35 percent in just one month. Although not directly in response to this specific news release, the recent opening of the Frederick Health Blood Donor Center on December 29, 2025 will help alleviate this shortfall.

As mentioned in a January 29, 2025 Frederick News-Post article, Bruce Williams, director of laboratory services at Frederick Health, said that the Red Cross notified Frederick Health in February 2021 that it could no longer provide its normal blood supply. In the same Frederick News-Post article, Williams noted that the hospital system began discussing how to sustain a viable supply of blood. Williams said they visited other donor centers to see how they operated and it then took about three years to get through the approval and construction phases of the donor center.

The Frederick Health blood donor center is conveniently located at the Frederick Health Village lab. It is straightforward to register to donate, by visiting the blood donor website at <https://www.frederickhealth.org/services/laboratory/blood-donor-center/>. During the on-line registration process, you choose from available times to donate that work best for you. When you arrive to donate, there is a self-serve computer kiosk to notify the staff you have arrived. Blood donor staff will call you shortly to complete a private screening, which includes your vitals being checked, to verify your eligibility to donate that day. If you are approved to donate the entire process takes about 45 minutes and you will be offered snacks and drinks.

Dr. Cheryl Cioffi, Frederick Health's President and CEO was quoted in the News-Post article as saying "We want to provide what we can to be in service of our community and make sure that we are connecting that gift of life to the people who need it most across our community,"

Let's donate if your situation permits or spread the word about this worthwhile operation as it serves to help our community.



## Hood /Frederick Health Resource Garden Suzanne Jacobson (Guest contributor)

On a small but vibrant corner of Park Avenue and Hood Alley, a powerful story of community wellness, environmental stewardship, and generosity continues to grow. The Hood/Frederick Health Resource Garden is more than a vegetable garden—it is a living example of how collaboration, commitment, and care can improve health outcomes and food access for the Frederick community.

The Hood and Frederick Health collaboration began in 2017 with a shared goal: to support community wellness and environmental health through the creation of a vegetable garden thoughtfully integrated with pollinator habitats. From the beginning, the garden was designed not only to produce fresh, nutritious food, but also to serve as a model for sustainable growing practices, education, and environmental responsibility.

This mission has become increasingly important as food insecurity and dietary challenges continue to affect Frederick County residents. According to the 2025 Community Health Needs Assessment, one in seven residents (14%) are sometimes or often worried that their food will run out before they have the money to buy more. At the same time, nearly four in five consumers (80%) do not eat the recommended daily amount of fruits and vegetables. Cost and time constraints are major barriers, making access to fresh produce a critical community health issue.

The Hood/Frederick Health Resource Garden directly addresses these challenges. During the most recent growing season, the garden achieved its largest harvest ever, producing an impressive 1,783.5 pounds of fresh vegetables and herbs. This bounty included tomatoes, peppers, cucumbers, squash, beans, kale, potatoes, watermelon, basil, and more. Tomatoes alone accounted for more than 1,100 pounds, highlighting the productivity of the space and the care invested by volunteers.

Every pound harvested was donated to the Frederick Rescue Mission, an organization that serves between 175 and 300 meals each day to individuals and families in need. By providing fresh, locally grown produce, the garden helps ensure that meals served are not only filling, but also nutritious—supporting better health outcomes for some of the community's most vulnerable members.

The success of the garden would not be possible without strong institutional support and an extraordinary commitment of time and talent from volunteers. In the 2025 season alone, volunteers contributed 449 hours of labor, planting, maintaining, harvesting, and caring for the garden throughout the growing months. Leadership support from both Hood and Frederick Health has been instrumental, reinforcing the importance of food access and environmental wellness as core community health priorities.

The garden has also benefited from meaningful partnerships. The Frederick Food Security Network has provided most of the seedlings in recent years, helping to reduce costs and ensure strong, healthy plants. In addition, Hood alum Joy Beveridge and her husband Don generously supplied most of the tomato seedlings, contributing directly to one of the garden's most successful crops.

Continued investment has allowed the garden to expand its capacity and resilience. In 2024, matching funds totaling \$20,000 made it possible to install a greenhouse within the garden space. This addition significantly enhances the ability to start plants earlier, extend the growing season, and increase overall yield. Building on this momentum, Frederick Health was awarded a \$3,100 grant in 2025 from the Mary Gregg Cornish Memorial Fund, through the Community Foundation of Frederick. These funds supported the addition of four fruit trees, a water buffalo to improve water accessibility, and soaker hoses to increase irrigation efficiency—improvements that will benefit the garden for years to come.



# Membership News Deidre Lewis-Boswell

Dear Auxiliary Member.

Welcome to a wonderful spring and summer! Thank you for your continued support of the Auxiliary, and for your many hours of volunteer work. Frederick Health relies on us, its Auxiliary members, for the important work we do and support we provide.

It's time for your dues' renewal: your Auxiliary dues of \$10 for the 2026-2027 year are due before July 1, 2026.

Please either drop your dues by the volunteer office or mail them to the following address:

Volunteer Office

Frederick Health Hospital

400 West 7th Street.

Frederick, MD 21701

Attn: Deidre Lewis-Boswell

Please make checks payable to Frederick Health Auxiliary



## IMPORTANT GUIDANCE

When signing in and out at your volunteer site, please use decimals to the closest quarter hour rather than fractions (4.25 hours, not 4 1/4). Thank you



## Awards Ellen Noland

Linda Bennett	1,000 hours
Marcia Hahn	1,000 hours
JoAnn Lindgren	2,000 hours
John Aulls	3,000 hours
Patrick Eckenrode	5,000 hours
Elsie Warnock.	5,000 hours

## Nominating Committee

Brent Gross

The Nominating committee responsible for preparing a slate of candidates for the July 1, 2026 to June 30, 2028 period, composed of the members dictated by the bylaws, has been meeting and has made progress. The three soon to be vacant positions are President-Elect, Corresponding Secretary, and Treasurer. Although candidates for these positions were identified early in the process, in keeping with the tradition of the process and following good business practices to identify the best possible candidates, a broadcast e-mail was sent to all volunteer members on November 3, 2025, seeking additional interested applicants. Only one response was received which included an offer to take the corresponding secretary role if no other applicants were identified. This individual also offered to assume the role of Parliamentarian for the board, and this offer was accepted.

Per the bylaws, the membership shall be notified of the proposed slate of officers thirty (30) days prior to the election. The election occurs at the annual meeting, which will be on June 25, 2026. This means nominating committee must submit their slate of nominees by May 26, 2026. While the bylaws stipulate that Nominations may be made from the floor (of the annual meeting) provided the consent of the nominees have been previously obtained in writing, and this procedure will be followed, in the absence of newly identified candidates, the nominating committee plans to move forward with the following slate of candidates:

President-Elect: Marylee Newman

Corresponding Secretary : Teresa Strasberg

Treasurer: Corey Rabideau

If anyone is interested in submitting a name for the three positions, in addition to the three candidates identified, please do so by contacting Brent Gross, member of the nominating committee at [b.eric.gross@gmail.com](mailto:b.eric.gross@gmail.com) or 216-374-7745.

Brent Gross

Nominating Committee

[b.eric.gross@gmail.com](mailto:b.eric.gross@gmail.com)



## Sew Much Good: Our Sewing Committee at Work

Erin Betz

Behind the scenes at Frederick health a dedicated group of volunteers is stitching together comfort, care, and compassion – one project at the time. The Frederick Health Auxiliary Sewing Committee has been growing, including several new volunteers who have recently joined the sewing committee. The team gathers at their sewing space at the Frederick Health Village on Mondays where they are fortunate to have a well-equipped sewing room complete with sewing machines, irons and ironing boards, and an impressive collection of fabric and supplies from ribbons and buttons to colorful prints and soft materials. The room is filled with everything needed to create thoughtful handmade items for patients throughout the hospital and they certainly put those supplies to good use! The sewing committee produces a wide variety of items including neck and surgical pillows, walker caddies ,baby blankets, fidget blankets, cardiac monitor carriers, baby and adult caps, baby blankets, lap blankets, and more

On the first Tuesday of every month, a group meets in the Volunteer conference room to stuff the pre-made pillows and sew them shut. Each item is crafted with care and attention but more importantly with heart. These handmade creations are deeply cherished by patients because they offer something uniquely special - a sense of warmth and familiarity in a hospital setting that can often feel clinical and unfamiliar. What makes the sewing committees work so meaningful is that every stitch represents kindness and their creations not only meet practical needs but also brings a touch of humanity and compassion to the patient experience.

Frederick health is incredibly grateful for this talented group of volunteers whose time, talent, creativity, and generosity make such a meaningful difference. Thank you to our sewing committee for helping bring comfort and care to so many!



Left to right : Beth Wood\*, Peggy Rosenbluth, Bridgette Han\*, Elsie Warnock, Trevella Foster, Cindy Behram\*, Tara Jernejcic\*

\* = new volunteer



Left to right around table: Pat Harrison, Barb Shealer, Karen Rudisill, Elsa Armbruster, Ruth Howell

## Select Seconds

## Pam Schaffert

Goodbye Winter, Hello Spring!! Select Seconds just wrapped up its fall and winter season with its always popular bag sale, selling 177 bags at \$5 each. Our volunteers have worked hard to add beautiful displays and freshen up the store for spring and summer, and we are now fully stocked with in-season merchandise. If you're out and about downtown spending the day shopping with the girls or just enjoying the nice weather, stop by and see us!

For those looking for prom and party dresses, we have you covered; and our great selection of scarves, evening bags, shoes, and jewelry will complete your look.

**DONATIONS:** We are always in need of all sorts of donations at Select Seconds. When changing over your closet or downsizing, please keep us in mind!

**NEEDS:** Our greatest need is new volunteers to work at the shop. Word of mouth can work wonders—most of our volunteers were recruited that way. Please consider being a part of our team, and also mention volunteering at Select Seconds to your neighbors, friends, and family members.

**STORE HOURS:** Mon-Fri, 10am-4pm and Sat, 11am-4pm; we are also open on First Saturdays until 8pm.

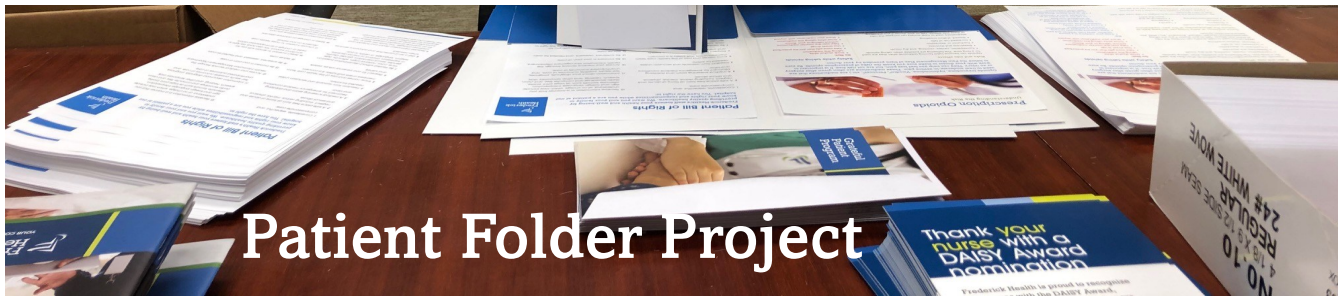
For the latest on Select Seconds, follow us on our Facebook page @SelectSeconds.

Submitted by Pam Schaffert

Co-Manager, Select Seconds



**Bag sale photos**

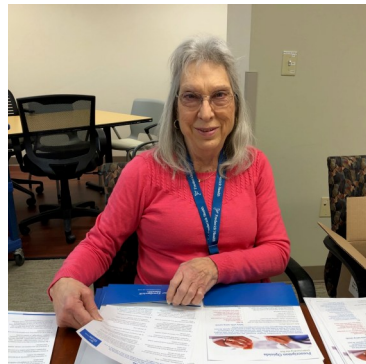


## Patient Folder Project



The Patient Folder Project is a dedicated volunteer initiative that began in 2018. The team currently consists of seven members, several of whom have been contributing for many years:

- Harriet Brown
- Marian Evans
- Linda Gordon (*Individual photo*)
- Sharon Hannaby
- Alyce Luck (*Absent*)
- Sherry Stull
- Denise Zigler



The group meets on the **first Friday of each month**. While the team composition has seen slight changes over the years, their mission has remained steadfast: each month, the group completes **2,000 patient folders**. These folders are distributed to patients and contain important information about the hospital as well as details regarding their stay, helping ensure patients feel informed, prepared, and supported throughout their time at the hospital.



Frederick Health Auxiliary  
400 West Seventh Street  
Frederick, MD 21701

## Newsletter Staff—Spring 2026 Edition

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**Contact Us:** Volunteer Office at 240-566-3567

**Visit Us:** 400 W. 7th Street, Frederick, MD, 21701

We appreciate your feedback, comments, and questions



<https://www.frederickhealth.org/about/volunteering/>



<https://www.facebook.com/FrederickHealthAuxiliary>