

Fall 2026



A newsletter of the Frederick Health Auxiliary and Volunteer Program
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<https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

Auxiliary President's Message _____ Catherine Deadrick

Happy Fall Y'all from Auxiliary President Cathie Deadrick! Who doesn't love fall best with the pumpkins and the colorful foliage? Me, that's who :) I prefer summer with no coats, no shoes, and the beach. Independence Day, my birthday and anniversary are all in July. Let's face it, I'm a summer gal. But, no worries, as I embrace the fine elements of every season. This fall brings us the sold out Auxiliary Fashion Show featuring hospital administrators as models. Hats off to Fashion Show Committee Chairperson Marylee Newman and returning MC extraordinaire, Susan Chapman. Our committee is called the Fashionistas; please consider joining us next year. I'd like to welcome new Recruitment and Appreciation Committee Chairperson Julie Appleton to the Board. Julie and her husband live in Brunswick, MD. They have two children, two grandchildren and a 13-year-old poodle. She recently retired from over 40 years of Clinical Laboratory experience in private and public laboratories. I'd also like to welcome Barbara Millunzi who will be representing the Sewing Committee at board meetings. Our next Lunch Bunch is November 10 at 12 noon at Firebird's Restaurant at 5201 Buckeystown Pike. Be there or be square! Thanks for all you do, this board president sure loves you!

Dear Frederick Health Auxiliary Family,

As we enter the fall season, I'm reminded of how much there is to be grateful for. For decades, our Auxiliary has contributed thousands of volunteer hours, helping create the compassionate experience that defines our organization. Thank you for all you have done.

Fall has also brought a change in leadership. Please join me in thanking The Honorable John "Hamp" Tisdale for his outstanding service and leadership. Hamp has become a familiar and beloved face throughout Frederick Health through his tireless volunteerism and hands-on leadership. Whether championing the Auxiliary at community events or stepping onto the runway for the Volunteer Fashion Show to support the Select Seconds Thrift Shop, Hamp led by example with enthusiasm, humility and dedication. Thank you, Hamp, for your years of service and the lasting impact you have had on Frederick Health and our community.

I am also pleased to welcome Cathie Deadrick as our new Auxiliary President. With more than 20 years of nonprofit leadership at the Mental Health Association of Frederick County, and over 25 years of involvement with Frederick Health Hospital, she brings a deep commitment to community service and volunteer engagement. I look forward to working with Cathie as she builds on the Auxiliary's remarkable legacy and continues to expand its impact.

These past few months, we have been busy advocating for the future of healthcare in our community. In August, state and federal legislators joined us for a focused discussion about Frederick Health's priorities, challenges, and opportunities. These conversations strengthen our collective voice as an organization and help ensure the needs of our patients and community are represented as healthcare policy continues to evolve.

Looking ahead, I'm excited to join you at the Auxiliary Fashion Show on Wednesday, October 28, at Dutch's Daughter. I also hope you'll join your fellow Frederick Health family at the Trick or Trot event on October 31st, Halloween! Whether you're walking the path or running the 5k, Frederick Health team members and their families are welcome to come in or out of costume to the Frederick Health Village at 9 a.m.

As we move into the holiday season, be on the lookout for upcoming events, including our Veteran's Day Appreciation event in November and Wreaths Across America event in December. These gatherings are meaningful opportunities to come together, honor those who have served and sacrificed, and share the spirit of gratitude and service.

As always, thank you for the countless ways you give your time, talents, and hearts to Frederick Health. Your dedication strengthens our organization and, most importantly, makes a difference in the lives of the people we serve. I am deeply grateful for all that you do and proud to have you as part of the Frederick Health family.

Have a wonderful fall season,

Dr. Cheryl Cioffi
President & Chief Executive Officer

Cathie Deadrick (l) and Cheryl Cioffi(r) ➡



Building A Stronger Volunteer Program For The Future

A successful volunteer program is about more than filling assignments. It takes thoughtful recruitment, ongoing communication, and a commitment to making sure volunteers have the support they need to succeed. As we look back at Fiscal Year 2026, I am proud of the progress we've made in strengthening the foundation of our program while continuing to explore new ways volunteers can contribute to Frederick Health.

One of our priorities was to better understand and support the volunteer experience. We launched a volunteer engagement survey which gave us valuable insight into what's working well and where we can continue to improve. Listening to our volunteers helps us identify opportunities to strengthen engagement, address challenges, and create an environment where people feel valued and connected to their work.

The Auxiliary operations also had a strong year. Select Seconds continued its positive momentum, increasing revenue by almost 16%! The Gift Shop finished the fiscal year with a net income of \$71,086, up from \$67,987 the previous year. These results reflect the importance of strong day-to-day operations, thoughtful decision making, and the continued support of our customers and community.

As we enter FY27, one of our key priorities is continuing to elevate the service experience across all our volunteer areas. Volunteers are often among the first people a patient or visitor encounters – and sometimes the last person they see as they leave. That puts us in a unique position to influence how people feel about their experience at Frederick Health. A warm greeting, willingness to help, clear directions, or simply taking an extra moment to make sure someone feels comfortable can make a meaningful difference. We must never underestimate the impact of these everyday interactions!

I am excited about what we can accomplish together. Growth doesn't always mean making sweeping changes. Sometimes it means improving an existing process, listening more closely, or recognizing an opportunity to make someone's day a little easier. Thank you to every volunteer who gave their time, shared their talents, supported a department, recruited a friend or simply showed up ready to help! Here's to another year of making a difference together!

Welcome Our Newest Volunteers:

Sharon Moore	PACU	Ruth Valley	Comfort Cart
Paul Djiki	Food Share	Carol Rettig	Cath Lab
Cindy Mann	PACU	Mary Redington	Gift Shop
Judy Williams	Interpreting	Hrita Saha	ED
Linda Fisher	Info Desk	Sheila Brown	Cath Lab
David Lillibridge	ED	Rebekah Benson	Sewing, FH Village

All About Fundraising _____ Joseph Collins, Fundraising Chair

Fall is here and with it, chilly mornings, hills and valleys filled with brilliant colors and stadiums filled with fans cheering their favorite football teams. It's a wonderful time of the year as we begin the annual journey towards the holidays. To help with that journey we look forward to providing a variety of quality merchandise for your pleasure supplied by our special vendors.

While the summer season is a quieter time for fundraising, we still had three (3) successful sales. Uniform Village visited the hospital for a two (2) day sale in July providing the hospital staff with the opportunity to refresh their uniform/scrubs wardrobe, while Aura Book & Gift Pop-Up had a three (3) day special Clearance sale in mid-August. We concluded the summer with a special one (1) day sale in the Village Atrium by the Uniform Village providing staff there with the opportunity to purchase needed uniforms. These three (3) sales generated funds to the Auxiliary of \$1,400.

The fall season kicked off Wednesday, September 30th with the popular \$7 Everything Sale presented by K&J Marketing of Ellicott City with a one (1) day sale in the beautiful Village Atrium. They offer a wide variety of boutique fashion accessories, jewelry, clothing, handbags and much, much more. The very popular D&D Designs jewelry returned for a two (2) day sale on Wednesday October 14th in the Atrium at the Village location and on Thursday October 15th in the hospital cafeteria. D&D Designs offers a wide range of quality jewelry, watches, fragrances and designer bags to enhance your wardrobe. Both vendor sales offer payroll deduction to the hospital staff.

As the holidays approach we have Twentey Treasures from Western Maryland and their array of unique hand crafted, one of a kind, "natural gem beaded jewelry" for a two (2) day sale on November 4th (Wednesday) in the Village Atrium and November 5th (Thursday) in the hospital cafeteria. We close out another busy year in December with the very popular Aura Book & Gift Pop-Up (formerly MMG Gifts) and their "Igniting Joy, One Curated Find at a Time", featuring their endless variety of quality gifts for all occasions. It will be a four (4) day sale with December 15th & 16th (Tuesday & Wednesday) in the Village Atrium and December 17th & 18th (Thursday & Friday) in the hospital cafeteria. Both sales offer payroll deduction to the staff.

Vendor sales are popular with the hospital staff and provide an opportunity for them to purchase a wide variety of quality, unique and reasonably priced merchandise without leaving the workplace. The sales also provide a source of funds for the Auxiliary and an opportunity for volunteers to interact with the hospital staff. Vendor sales offer payroll deduction to registered staff members, which requires a volunteer to operate the Quick Charge System for those sales utilizing payroll deduction. Volunteer shifts average three hours, so if you have a few hours to spare, we would love to welcome you as a new team member to our fundraising team. It also provides you with an opportunity to interact with members of the Frederick Health Hospital staff and gives you first crack at purchasing some of the unique and quality merchandise offered for sale by our terrific vendors. THANK YOU to our existing team members.

Fall is in the air—and fabulous fashion is everywhere at Select Seconds!

Cooler weather means it is time to layer up with cozy sweaters, cute jackets, jeans, boots, scarves, and more! Have fun mixing colors, trying new styles, and creating a look that is all your own. And the best part? You never know what treasure you will discover when you shop thrift!

Check out our displays, have some fun, and see what fabulous finds are calling your name!

And don't forget your home! There is still time to pick up some beautiful fall and Thanksgiving décor. Our Christmas and holiday items will be available soon, so it is never too early to start looking for those special gifts.

We are excited to announce some much-needed improvements at the shop!

Our volunteer employee parking lot has been freshly restriped, and our back porch has been beautifully repainted!

These improvements make such a difference, and we are so grateful. A big THANK YOU to the auxiliary and the hospital for investing in our shop and helping make Select Seconds an even better place for our volunteers, customers, and community!

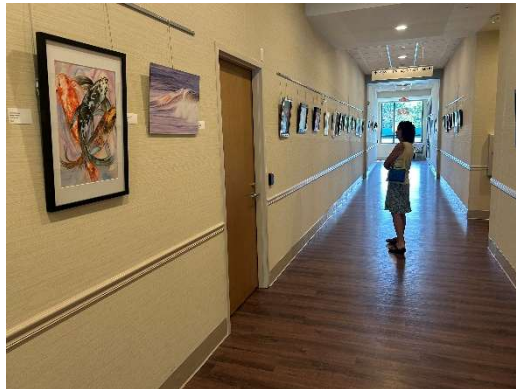
All FH Auxiliary volunteers are eligible for an additional 10 percent off their purchases—just show your volunteer ID at checkout!

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

Be sure to follow us on Facebook @Select Seconds and share our posts with your friends and family! Help us spread the word about all the great finds waiting for you at Select Seconds.



The FH Auxiliary assumed responsibility for the Crestwood Art Gallery (formally known as The Women's Center Art Gallery) in June of this year. The gallery features rotating exhibits of original paintings, photography, and mixed media works by local artists and has been in existence for more than eight years. A portion of the sales goes to the Auxiliary healthcare scholarship fund. The gallery resides in the perimeter hallways of the Frederick Health Crestwood facility at 7211 Bank Court. Three Auxiliary volunteers have become the art curators: Marylee Newman (lead), Bridgette Han, and Gaye Lynn Wilson. We should all try to visit the gallery, especially if you are at the site for medical care. Thanks go out to our volunteers who support this worthwhile to support local artists and creating a pleasant environment in what might otherwise be generic office spaces.



Sharll Hane, who has transformed the Frederick Health Hospital gift shop into a must-see destination will be departing her role. But don't despair as Sharll is staying within the Auxiliary and will be transitioning to a greeter role in the Lab section at Rosehill.

Sharll began volunteering at the gift shop in the summer of 2014 and took over management of it in 2017. According to Sharll's records, from January 2019 to the present, which only represents a subset of the time Sharll has managed the gift shop, the gift shop has contributed \$1,799, 312.24 to the auxiliary.

The Auxiliary is fortunate that Judy Barnes has agreed to take over the management of the gift shop. Judy brings with her valuable experience in supply chain, procurement, and logistics as the result of roles with the Air Force. Judy plans to leverage the support of existing gift shop volunteers while continuing some of the programs Sharll put in place and perhaps introducing other new strategies.

We all owe Sharll a debt of gratitude, are happy she will still be part of our team and look forward to seeing what Judy Barnes has in mind for the gift shop.



Sharll Hane (left) turning over the Gift Shop keys to Judy Barnes

The Cart That Carries More Than Supplies

On the 2nd, 3rd, and 4th floors of Frederick Health Hospital, a small cart has become a welcome sight for patients. Three days a week—Mondays, Wednesdays, and Fridays—volunteers guide the Comfort Cart from room to room, offering small items to help patients feel more at ease during their stay.

The cart is stocked like a traveling vending machine of every-day comforts: reading glasses, earplugs for listening to music or blocking out noise, crossword puzzles, combs, crayons and coloring books, and soft tissues. All items are free.

The Comfort Cart began in January 2025, founded by Dr. Daniela Mihova, who contributed \$2,000 of her own money to get it started. Her vision was simple: bring comfort to patients during a stressful time. Since then, others have donated money and items to keep the cart well-stocked.

Among the dedicated volunteers is Marlen Putman (shown in the photos), a retired nurse from Frederick who started volunteering in March 2025 and comes every Wednesday. She enjoys meeting and talking with people, engaging in conversation beyond just handing out items. In her spare time, Marlen paints, plants flowers, and works on home projects.

Patients are always excited to see the Comfort Cart arrive and genuinely appreciate the free offerings, often complimenting the hospital care. The volunteer team also includes Ruth Valley and Regina Casazza, who help keep the cart rolling on other days.

The Comfort Cart doesn't treat medical conditions, but it eases loneliness and discomfort—reminding patients, one room at a time, that someone cares.



The hospital Auxiliary board is fortunate to sometimes have guest speakers attend our monthly board meeting. We recently enjoyed visits by several key members of the Frederick Health organization.

Nikki Moberly, the Chair of the Frederick Health Hospital Board of Directors, visited the Auxiliary board meeting on August 18, 2026. Ms. Moberly, who has extensive experience as a senior leader, executive, and trusted advisor to numerous enterprises and entities, most recently in telecommunications, shared her firsthand experiences that led to her interest in supporting our community health care system, including her extensive knowledge in and advocacy of hospice services. Ms. Moberly expressed her appreciation for the contribution of the volunteers and encouraged open and constructive communication.

Wayne Bolden, the Director of Public Safety and Security for Frederick Health spoke to the Auxiliary board at the September 15, 2026 meeting and then made himself available to answer any questions.

We learned that Wayne manages a group of 30 security team members. Wayne helped us understand that one or two security staff members respond to all code greens and staff alerts. Security monitors more than 360 cameras at the main hospital facility as well as cameras at satellite facilities, including Select Seconds.

Whereas the security team ensures we are operating in as safe an environment as possible, we, as volunteers should be supporting the security organization, operating as a second set of eyes and ears. While there is cooperation between security and the auxiliary overall, an exceptionally close working arrangement exist between main entrance security and both the info desk and wings volunteers.

These guest speakers help the volunteer board understand how we fit into the organization and what internal resources are available so we can best serve the needs of patients and visitors to the hospital.



Nikki Moberly visit



Wayne Bolden visit

New Parliamentarian on board _____ Brent Gross

Pat Ray, former Auxiliary President has agreed to assume the important role of Parliamentarian at the request of current Auxiliary President, Cathie Deadrick. Unfortunately, the Auxiliary has been operating without a Parliamentarian recently.

The Parliamentarian plays a crucial role in ensuring that meetings are conducted according to established rules and procedures. Their responsibilities include advising on parliamentary procedure, facilitating meetings, and ensuring compliance with the organization's bylaws.

Although everyone on the board and the Auxiliary strives to serve the best interests of the Auxiliary and the hospital, having someone with Pat's experience and guidance ensures we operate efficiently and properly. Thanks to Pat for stepping up to serve in this key role.



The actual Pat Ray



Man of Multiple Hats _____ Brent Gross



In the multiple hats category, we all owe Joseph Collins a big thank you. In addition to continuing to support Fundraising, Joe has volunteered to take over the communications secretary function that was vacant due to the previous Communications Secretary (Marylee Newmann) assuming the role of President-Elect, and the bylaws prohibition of chairing two board roles concurrently.

Not only has Joe generously pitched in, but he has also already had several items he submitted picked up by the Frederick News Post. *Kudos* to Joe.

The following volunteers have earned their hours awards. A BIG congratulations to Phil Smith for earning his 24,00 hours award! That is truly an accomplishment. Thank you to Phil and all volunteers for your time and service.

500 Hours

Cathy Hunter
Georgia F Riggleman
Suzanne Leggieri

1,000 Hours

Marcia L. Hahn
Linda Bennett
Susan Brooks
Wendy Mopsik
Barbara Collins

2,000 Hours

Patricia Brennan
Gaye Lynn Wilson
JoAnn Lindgren
James Eckhardt
Lewis Ben Gannon
Theresa Strasberg
Linda Gordon

3,000 Hours

Patricia Harrison
John G. Aulls
Brent Gross

4,000 Hours

Alberta R. Fiske
Arnold Satin

5,000 Hours

Elsie Warnock
Patrick Eckenrode

6,000 Hours

Kenneth Michaels
Marian D. Evans

24,000 Hours

Phil Smith



Lunch Bunch at Oscar's Ale house on August 11, 2026



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