



Summer 2025



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

Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

Auxiliary President's Letter _____ John Tisdale

Happy new year...Happy new Auxiliary year, that is.

The past Auxiliary year (2024-25) has been another one of accomplishments. We have welcomed over 60 new members and added new services: Intensive Care Unit, Comfort Cart, Discharge Lounge, Rose Hill and Operating Room.

Sharri Hane and the volunteers who staff the gift shop endured six weeks of shutdown due to the flood from the burst pipe on the second floor and re-opened even better than before. Pam Schaffert and Linda Allen guided repairs at Select Seconds while the store was closed for four weeks. Both sites nonetheless finished the year near previous years in terms of revenue.

Our success is due to the dedication of each of the volunteers who serve Frederick Health and the leadership of the chairs of each of the services. Thank you. Those service chairs ensure that their respective services are staffed and trained to perform the tasks that are required. They wear a second hat as well. The service chairs are also members of the Board of Directors of the Auxiliary.



The officers and directors of the board are responsible for the operation of the Auxiliary. They appoint committees to support the functions such as the annual picnic, the lunch bunch, granting of scholarships and more. They are accountable to Frederick Health for the accounting of funds from dues, donations to the gift shop and Select Seconds. In other words, they are leaders who oversee the Auxiliary and its functions. Please consider stepping forward and accepting a role as an officer when nominations open in the Fall. For most positions, the time commitment is no more than a few hours a month. (I promise: there is no public speaking involved except for the president.) Serving on the board is important and a great way to get to know fellow members. Please consider taking that next step.

President's Letter

Cheryl Cioffi



Our Mission: To positively impact the well-being of every individual in our community.

Dear Frederick Health Auxiliary Volunteers,

I'm honored to share my first President's Letter with you as I begin my new role as President & CEO of Frederick Health. I look forward to continuing the tradition of sharing organizational updates with you through the Auxiliary's quarterly newsletter and staying connected in meaningful ways.

As I transition into the role of President & CEO, I'm also pleased to announce that Michael McLane has been promoted to Vice President & Chief Operating Officer. Mike has been part of Frederick Health since 2008 and a senior leader since 2017. Under his leadership, we've grown our robotics program to national top percentiles, expanded surgical volumes, strengthened provider engagement, and completed our Critical Care Pavilion on time and on budget. Mike is known for his collaborative spirit, hard work, and commitment to our patients and teams. He now also oversees Hospital Volunteer and Auxiliary Services. Please join me in congratulating Mike on this well-deserved promotion.

In the coming weeks and months, I will be visiting Frederick Health locations throughout the county to share the mantra that is guiding my leadership: Lift Others. My goal is to build strong personal connections with all who help make Frederick Health special, including you. Please join me at these sessions if you are able!

Lifting others embodies our mission—to our patients through compassionate care, to our partners through shared values, to our colleagues through mutual support, and to our broader community through dedicated service. Through your generous gifts of time, talent, compassion, and teamwork, you help us accomplish great things and lift our community every single day.

I am honored and energized by the opportunity to advance our mission to positively impact the well-being of every individual in our community. On behalf of the entire Senior Leadership team, and our Board of Directors, thank you for Lifting Others and helping our community thrive.

Warmly,

A handwritten signature in black ink that reads 'Cheryl Cioffi'.

Dr. Cheryl Cioffi
President & Chief Executive Officer

Director of Volunteer Services Message

Erin Betz

Summer is in full swing and with it comes a season of rejuvenation and celebration! Whether you're heading to the beach, hosting backyard cookouts, enjoying extra time with friends and family, or just soaking up the long days of sunshine, I hope you're finding moments to recharge and enjoy the season.

While summer often invites rest and relaxation, it also continues to be a time of growth and opportunity here at Frederick Health. I'm excited to share that our volunteer services have expanded into two new service areas; The Discharge Lounge and the Frederick Health Village Reception area.

The Discharge Lounge provides a comfortable space for patients who are ready to leave the hospital but may need to wait for a ride, final paperwork, or medications. Volunteers in this role offer a friendly face and helping hand, ensuring a smooth and pleasant transition home for our patients.

At the Frederick Health Village volunteers assist in wayfinding, hospitality, and general support to this growing campus that provides essential outpatient services. Their presence will make a meaningful impact in creating a welcoming environment for our community.

If you are interested in learning more about these or other opportunities to serve, contact the Volunteer Office.

Lastly, if you're looking for a delicious summer treat or a thoughtful little gift, we still have a limited supply of the McCutcheon's apple butter available for sale in the volunteer office. It's a local favorite and once it's gone, it's gone! So come grab a jar while supplies last, \$4 per jar.

We're incredibly grateful to you who bring your time, talents, and heart to all service areas in every corner of our health system. Your service continues to brighten our hallways and warm the hearts of our patients, staff, and visitors alike. Wishing you all joyful, sunny, and safe season ahead.



Welcome Our New Volunteers

Dan Chwirut, Select Seconds
Pat Denholm, Select Seconds
Bob Fischer, ICU
Paul Fox, Wings
Maribeth Janke, ICU

Kristen McGinnes, Wings
Lee Peters, Wings
Richard Sarraile, Information Desk
Janet Stein, Wings
Liz Wright, ICU



All About Fundraising

Joe Collins, Fundraising Chair



With summer comes the sun, hot days, thunderstorms, air conditioning and vacations. It also provides many shopping opportunities while we await the cool days of fall. For the Auxiliary, it means a busy summer of vendor sales highlighted by the return of several popular vendors.

Kicking off the summer vendor sale season was the two (2) day Uniform Village sale on Thursday and Friday, July 17th and 18th, in the hospital cafeteria. The Uniform Village offers a wide variety of uniforms, footwear and accessories that meet the needs of the hospital staff. The month of August is highlighted by the return of the very popular MMG Gifts sale and its wide variety of reasonably priced merchandise advertised as "Fabulous Finds for the Family". It will be a three (3) day sale with

Wednesday August 20th in the beautiful Atrium at the Village and two (2) days, August 21st and 22nd, Thursday and Friday, in the rear of the hospital cafeteria.

We will finish the summer season with the popular jewelry vendor D&D Designs Jewelry on September 16th and 17th. Tuesday, September 16th will be in the rear of the hospital cafeteria and Wednesday September 17th will be in the beautiful Atrium at the Village. D&D Designs offers a wide variety of jewelry, watches, fragrances and designer bags.

We kickoff the fall season in mid-October with a three (3) day sale by the local \$7 Everything Sale presented by K&J Marketing from Ellicott City. They provide a wide variety of boutique fashion accessories, jewelry, clothing, handbags and much more. On Wednesday October 15th they will be in the beautiful Atrium at the Village and on October 16th and 17th, Thursday and Friday, the sale will be in the rear of the hospital cafeteria. All four (4) sales will offer payroll deduction for the hospital staff.



Vendor sales are very popular with the hospital staff and provide them with the opportunity to purchase a wide variety of quality and reasonable priced merchandise without leaving the workplace. They provide a source of funds for the Auxiliary and a unique opportunity for volunteers to interact with the hospital staff. Vendor sales offer payroll deduction which requires volunteers to operate the Quick Charge System for processing the staff payroll purchases. Volunteer shifts range from 2 to 3 hours each, so if you have a few spare hours and would like to become a member of our dedicated fundraising team, we would like to welcome you aboard. It also provides an opportunity to interact with members of our great hospital staff and gives you a first crack at purchasing some of the quality merchandise offered by our fantastic vendors.

As always, a big THANK YOU to the dedicated members of the fundraising team who help spread the goodwill and energy of the Frederick Health Auxiliary every day.

Scholarship Awards

Jamie Rausch

I am pleased to represent the Frederick Health Auxiliary Scholarship Committee. Our committee this year included Hamp Tisdale, Donna Tisdale, Madonna Vitarello, Patricia Ray, Wendy Mopsik, Harriett Brown, and me. I would also like to thank Bonnie Walters, our Volunteer Coordinator, for all the administrative help she provided.

To qualify for the scholarships, students must be seniors graduating high school in Frederick County, be planning on a career in a health-related field, and must attend college full-time in the Fall. Applicants are assessed based on academic achievement, volunteer service, extracurricular activities, and personal essays. Funds used for these scholarships come from memorial donations, individual donations, paid life memberships, and proceeds from raffles and fashion shows.

Our committee reviewed 11 applications this year, and we were pleased to award four scholarships, each in the amount of \$2500.

Our President's Scholarship winner this year is Arya Paghdal, who is graduating from Oakdale High School. Arya has been a very active volunteer with the New Market District Volunteer Fire Company, Johns Hopkins Suburban Hospital, and the Alzheimer's Association. She is also a program volunteer with ENGIN, where she engages in conversations with Ukrainian students to increase their confidence and fluency in English. Arya says her experiences volunteering with critical patients has solidified her desire to study medicine with the goal of becoming an emergency room physician. She will be attending the University of Texas, Austin.

Our next Scholarship recipient is Mewenn LeGuellec from Urbana High School, who is receiving the Kay Hartmann Scholarship. This scholarship is given each year in memory of Kay Hartmann, the founder of the Junior Volunteer program at Frederick Health. Mewenn is an active Junior Volunteer here at Frederick Health Hospital as well as a Werner H Kirsten intern at the National Cancer Institute. He says his volunteering has helped solidify his desire to use the combination of technical skill and compassionate human connection to pioneer cancer treatments. Mewenn will be attending the University of Pennsylvania in the fall, studying biochemistry on a premedical track.

Aditya Gujalwar, from Walkersville High School is receiving the Richard 'Dick' Kreh Scholarship. Aditya is an intern at the National Cancer Institute and is an active volunteer at Frederick Health Hospital. He is also a member of several honor societies and captain of the varsity tennis team. He says his volunteer experiences have deepened his commitment to becoming a physician and providing care that values every individual. Aditya plans to major in Biochemistry at the University of South Florida and eventually become a cardiothoracic surgeon.

Our final award recipient this year is Taylor Johnson who is graduating from Governor Thomas Johnson High School. Taylor is receiving the Alma Whitehouse Scholarship. This scholarship is given to a student who plans to pursue a career in nursing. It is given in memory of Alma Whitehouse, a longtime volunteer at Select Seconds, whose sister was head of nursing at Frederick Health. Taylor has been an active Nursing Unit Volunteer, including becoming a mentor for the program. She is also an occupational health intern in the Werner H Kirsten program at the National Cancer Institute. Taylor says her time volunteering in the nursing units has revealed her passion for nursing and has shown her that she thrives in leadership positions in a healthcare setting. She is planning to major in nursing at Boston College.

Congratulations to all four of you!

Scholarship Awards

Jamie Rausch



2025 Scholarship Awardees—Left to right: Thomas Kleinhanzl, Aditya Gujalwar, Taylor Johnson, Arya Paghdal, Mewenn LeGuellec, John (Hamp) Tisdale



Group Photo—President's Volunteer Service Awardees

See the article on next page

President's Volunteer Service Award

Bonnie Walters



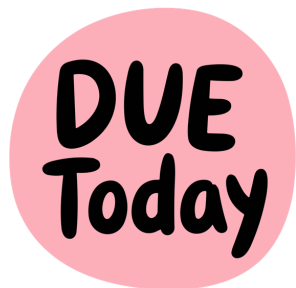
In June, family and friends gathered at Frederick Health to celebrate our outstanding Jr. Volunteers during our annual President's Volunteer Service Award Ceremony. This year, 32 Jr. Volunteers were awarded the President's Volunteer Service Award (PVSA). To qualify for this award, recipients must have: met the required 100 -250+ minimum hours of service between April 1, 2024 - March 31, 2025, consistently provided outstanding service while volunteering, been in good standing, and been at least 16 years old. Jr. Volunteers were awarded one of three PVSA awards: the Bronze, the Silver, or the Gold Award based on the number of hours they served.

"Reflections and Inspirations" was the theme of this year's Jr. Volunteer guest speaker presentations. Two Jr. Volunteers from the Class of 2025, Aurna Mitra and Isaiah Mbamalu, spoke of their journey from novice to veteran Jr. Volunteer. Kimberly Siguenza Ramos, a former Jr. Volunteer and a graduating student of the Shenandoah University Physician Assistant Master's Program, spoke about how her experience as a Jr. Volunteer benefited her in her quest to become a Physician Assistant. All three presentations were well-received, and their sage advice brought a tear or two to some eyes. To quote Aurna Mitra, "Today, I'm no longer the shy volunteer who kept to the corners. I'm someone who can walk up to a patient with confidence, who can work with a team under pressure, and who knows that even the smallest acts of care can leave a lasting impact. Volunteering at Frederick Health Hospital didn't just change the way I see others, it changed the way I see myself. To anyone considering volunteering or wondering if they have what it takes: **you do**. And it might just change your life, too."

This year's keynote speaker was Dr. Narayan Kulkarni, DO, UHM, FACCWS. Dr. Kulkarni is the Frederick Health Credentials Chair and the Medical Director for the Center for Wound Healing and Hyperbaric Medicine. Dr. Kulkarni's presentation, "Osteopathic Doctor vs. Medical Doctor, Which Path to Pursue?" Dr. Kulkarni's presentation was informative and insightful and left a lasting impression on the students, their families, and other guests. Two of our guest speakers, Dr. Kulkarni and Kimberly Siguenza Ramos, were chosen to complement the opening of two new medical programs being offered in our area. **Did you know that ...**

- the Meritus School of Osteopathic Medicine is currently enrolling its first class of Doctors of Osteopathic Medicine (DO) for the Fall, 2025 in Hagerstown, Maryland?
- Mount St. Mary's University is enrolling its first class for their brand new Physician Assistant Masters Program in January, 2026?

What exciting news and a wonderful opportunity so close to home for aspiring Physician Assistants and Doctors of Osteopathic Medicine! For more information about the President's Volunteer Service Award, please contact Bonnie Walters, bwalters@frederick.health or 240-566-3567.



2025-2026 Frederick Health Auxiliary annual dues were due on July 1st, 2025! If you have not yet paid, please stop by the Volunteer Office at your earliest convenience with your \$10, cash or check.

If you have any questions, please contact Deidre at dlewisboswell@gmail.com.

Who's Who

Hongwei Xu



Mary Mahoney was an office manager at University of Maryland College Park before she retired over twenty years ago. In 2001, after retiring for a year and getting bored, Mary decided to sign up as a gift shop volunteer at Frederick Health. Back then, the gift shop was located at the entrance of the hospital. Mary chose to volunteer at the gift shop because she enjoys meeting and talking to people who come to the gift shop to purchase items for themselves and for their loved ones. "I am happy working at the gift shop because all the profits go to the hospital to help purchase medical equipment to treat patients," Mary added.

Over the past twenty years, Mary has accumulated more than 7,000 hours and received the President's Lifetime Volunteer Service Award. Year after year and week after week, Mary comes in each Monday except during the COVID when hospital volunteers were sent home for safety reasons; however when the pandemic was over and volunteers were called to resume their previous assignments, Mary is one of those who came back without hesitation. "It is wonderful to work with Mary. She is helpful, kind and dependable," said Herb Currier, a gift shop and Information Desk/Wings volunteer and also a President's Volunteer Service Award recipient.

In addition to volunteering at the hospital gift shop, Mary has also helped the Auxiliary Fundraising Committee to raise money and was an active AmeriCorps RSVP volunteer at the Community Health Fair for several years. Outside the hospital, Mary plays cards at senior centers and enjoys bowling at Duck Pin.

Ken Michaels learned about the Frederick Hospital's volunteer program and its need for volunteers when he was a patient at the hospital. In 2013 Ken retired from his job as a manager of communications at National Cancer of Institute where he worked for about 20 years. Soon after his retirement, Ken made an appointment with the volunteer office and signed up as an Information Desk volunteer, and he quickly became an Information Desk Chair whose responsibility is to train new volunteers and bring them up to speed.

"Frederick Hospital is a diverse place where people come for different reasons. I am here to help people, put them at ease, and make them feel welcome," said Ken. Over the past twelve years, Ken works two days a week and has accumulated over 5,000 hours. In recognition of his sustained commitment and dedication, Ken has been awarded the President's Lifetime Volunteer Service Award.

In addition to volunteering at the hospital, Ken is also a Stephen Ministry Leader at the Brookhill United Methodist Church and an active AmeriCorps RSVP volunteer.

A modest man of few words, Ken doesn't like the spotlight or talk about his accomplishments. When asked about why he volunteers, he simply stated, "Volunteering is one of the most important things a person can do because it is important to help other people."



Auxiliary Luncheon



The Frederick Health Annual Auxiliary luncheon was held at the Ceresville Mansion on June 26, 2025. Thomas Kleinhanzl, who has served as President/CEO of Frederick Health for over 20 years expressed his gratitude to the volunteer community in what represents his final official appearance as CEO at the annual luncheon. Daryl Boffman, member of the Frederick Health Board of Directors, opened with a perfect rendition of “Wind beneath my Wings” before providing his perspective on the valuable role of the auxiliary. Brent Gross, as a member of the Nominating Committee, introduced our three new board nominees, and Harriet Brown swore in the new board members, as follows:

Membership Secretary -Diedre Lewis-Boswell

Recording Secretary - Margie Shattuck

Communications Secretary - Marylee Newman

On behalf of the Auxiliary, John Tisdale and several of the service chairs who were responsible for contributing funds, presented a check to Daryl Boffman for \$210,000. All enjoyed a nice lunch at the beautiful Ceresville Mansion. Special thanks go out to Cathy Deadrick, Erin Betz, Denise Zigler, John (Hamp) Tisdale, and Bonnie Walters for their efforts in putting together this special day.



Select Seconds

Pam Schaffert (Co-Manager)



Our volunteers work hard to put out fresh merchandise in the store every week. Our displays encourage customers to imagine how the items would fit into their own homes or personal style. Our clerks are friendly and welcoming. Stop by and see how we compare to other thrift stores in the area. We think you will be pleasantly surprised.

As a result of our efforts during FY 2025, Select Seconds was able to contribute \$128,500 towards the hospital Auxiliary's annual gift last month.

Mark your calendar for our upcoming Bag Sale on Saturday, August 23rd from 10:00 am - 2:00 pm. This is a twice-a-year event that we do prior to changing out clothing for the next season. We supply the bags; you fill them with as much merchandise as you can and pay only \$5.00 per bag.

Reminder: All FH Auxiliary volunteers and FH Rewards members 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.

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



Volunteer Snapshot

By

Hongwei Xu



Photo (Top Left to Right) - Herb Currier who started in 2012 volunteers at the Gift Shop; Marcia Hahn who started in September 2022 volunteers at SIVS.

Photos (Bottom Left to Right) - LeRoy Peters (our newest volunteer) who started in May 2025 volunteers at the Wings; Joyce Weddle who started in 1999 volunteers at the Wings.

Volunteer Awards Ellen Noland (Awards Chairperson)

Congratulations on earning hours pins and badges, to the following volunteers:

Lynn D Reece	500 Hours	Marylee R Newman	500 Hours
Emma Main	1,000 Hours	Janie C Harris-Crone	1,000 Hours
Terri M Hawkins	3,000 Hours	Pamela J Schaffert	6,000 Hours
Joe Collins	8,000 Hours		

Thank you for your dedication to Frederick Health Auxiliary. In the past, the Auxiliary celebrated volunteers earning 4,000 hours with a certificate, signed by the President of the United States and a nice pin to wear. Unfortunately, our vendor has informed the hospital that the certificates and pins are not available at this time, and it is unknown if the program will come back. Should the program be reinstated, we will again reward our 4,000 hours volunteers.



Philip Smith receiving certificate for 23,000 volunteer hours

Sewing Committee Needlework Barbara Shealer

The Frederick Health Auxiliary Sewing Committee is fortunate to have several members proficient in three types of needle craft - sewing, crocheting, and knitting. These creative arts not only serve as a hobby but also as a meaningful way to connect with the community and to provide comfort, especially to the patients of Frederick Health. It is my pleasure to introduce Mrs. Pat Harrison, a member of the Sewing Committee, who recently received her 2,000-service hour award pin from Auxiliary President John Tisdale.

Pat dedicates countless hours creating lap robes that are used by patients at the Cancer Center to keep their lap and the front of their legs warm without needing to use a full-size blanket. These lap robes are a very practical application, especially when they are relegated to a wheelchair. She is also a committed sewing volunteer, consistently attending each committee work session to produce neck and surgical pillows for the hospital's general population. Additionally, she contributes hours from working at home with her knitting tasks and washing, ironing and cutting material used for the pillow forms. Aristotle, the Greek philosopher, stated that the essence of life is "to serve others and do good." Pat exemplifies this principle through dedicated service as an auxiliary volunteer.



Auxiliary Picnic

The Frederick Health Auxiliary picnic was held on May 8, 2025, at Monocacy Village Park. Despite the threat of rain, the weather was nice, and approximately 45 people attended. In addition to food provided by the auxiliary, volunteers brought many extra dishes. Cheryl Cioffi, recently named as President and CEO of Frederick Health Hospital, joined and was kind enough to make some welcoming remarks, staying to socialize as long as her busy schedule allowed. Erin Betz served as the bingo caller. The evening was a welcome opportunity for our volunteer community to relax with others who share their desire to make Frederick Health an inviting community healthcare destination. Special thanks for making this picnic happen are in order for Mamie Springer, John (Hamp) Tisdale, John Aulls, Debbie Hendricks, Jan Kennedy, Erin Betz, Denise Zigler, Cathy Deadrick, and Debbie Hendricks' husband, who made the delicious candied nut treat bags. (Photos below).



Photos (1st Row) Left to Right

1. Dr. Cheryl Cioffi
2. Erin "Bingo" Betz
3. Time to Relax

Photos Bottom (2nd Row) Left to Right

1. Goodie "Appreciation" Bags
2. Bingo Participants



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We appreciate your feedback, comments, and questions



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



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