



Winter 2023



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

Harriet Brown

Happy Happy New Year!!!! It's hard to believe it is now 2023!!!! As we begin a new year, there is a proven link between gratitude, mindfulness and wellness. What are you grateful for? I am grateful for Frederick Health as it provides outstanding health care to our community and to all our hardworking volunteers who help make this possible. May you find time for gratitude for all those people and experiences in your life.



During 2023, the auxiliary's focus will be on communication and recruitment. I have invited two speakers from Frederick Health to speak on their area of expertise. At the Tuesday, February 21st meeting, James Sherwood, VP of Business Strategies, will be speaking on Frederick Health's involvement with NCI and updates throughout the organization. Then at the April 18th meeting, Cookie Verdi will speak on the Frederick Health Rewards program. I would like to invite and encourage ALL volunteers to attend these opportunities to learn what's happening at Frederick Health. The meetings will begin at 10am and as always, all volunteers are encouraged to attend any board meeting which occur on the third Tuesday of each month at 10 am.

The videography students at Career and Technology Center are currently putting the finishing touches on our auxiliary recruitment video. The R&A committee plan to "take it on the road" to encourage volunteering for Frederick Health. If you are involved in any organization or live in a community that you would like the committee to visit, please let Ellen Noland know by sending her an email

FEN728@comcast.net.

During 2023, many of our active volunteers will receive recognition and pins for their years of service. They are: 25 years of service to Darlene Aulls and Mary Sivinski, 20 years to JoAnn Bradshaw and Adelaide McCallum, 15 years to Francis Norwood, Barbara Shealer, and Mary Lou Minnick, 10 years to Candace Flowers, Laurene Holsinger, Barbara Linthicum, Ken Michaels, Mamie Springer and Pat Ray. Congratulate these very deserving volunteers for the many years they have devoted to Frederick Health Auxiliary!!!!

After three years of not having our annual membership meeting and luncheon, plans are being made for the event to be held on Thursday, June 22, 2023. All active volunteers and past presidents are encouraged to attend. The location and more details will be available when they are finalized!!!

Once again, thank you so much for all your hard work and dedication!!! And a special thanks for all who cover extra shifts and jump in to help during this still crazy time!!! Happy New Year and Stay Healthy!!

Hospital President's Message

Tom Kleinhanzl



Dear Friends,

As we enter yet another year of caring for the community we call home, I hope you took the holiday season to spend time with loved ones and those you hold dear. Before we know it, spring will be upon us. With 2022 in the books, there are some important updates for 2023 that I would like to share.

For some time, we have continued to strategically expand our network, including the 2019 purchase of the old State Farm Building that has since become known as the Frederick Health Village. I am pleased to say that as of December 2022, the Precision Medicine & Genetics (PMG) Program and the Medical Weight Loss Program have started to treat patients at the Village. They share a newly renovated office dedicated to this vital work. Frederick Health's Laboratory Services will also open another location at this site sometime in January, making it the ninth laboratory collection center within the healthcare system. Adding these service lines to the Village marks the first time patients will be seen inside this location.

The Precision Medicine & Genetics Program is a first for our community. This program focuses on developing a care plan based on a patient's unique genetics. This state-of-the-art program was recently named one of the Top 50 innovators in Frederick County. Frederick Health is also the first community healthcare system in the country to fully integrate a patient's unique genetic profile into their Electronic Health Records (EHR). In so many ways, Frederick Health is leading the way.

In addition to the exciting developments at the Village, our Emergency Department renovations are proceeding on schedule. Once complete, these renovations will expand our capacity in one of the most public-facing departments of our organization. Going to the Emergency Department can be overwhelming, but we hope to provide our friends and neighbors with the best care by developing a comprehensive approach to critical care. As you know, we opened most of our \$47 million Critical Care Expansion in August of 2022. Completing the Emergency Department renovations is the last step in the construction process. These efforts would not have been possible without your generous donations.

Finally, I wanted to share that we've developed an exciting program to invest in the next generation of healthcare workers. It is no secret that working in healthcare is a calling. To ensure that we acknowledge and support those individuals entering the healthcare field at such a challenging time, our organization has developed a scholarship program to retain the best and brightest. This scholarship program is available to nursing students, provider's assistant students, and medical assistant students enrolled at an accredited healthcare institution in Maryland. It offers up to \$5,000 yearly as a scholarship for learning expenses. Recently, I had the privilege of awarding six bright, eager, and motivated members of the next generation of healthcare workers with this scholarship.

I am very grateful that the Auxiliaries and our team members continue working together. Your presence and commitment to this community of care never cease to amaze me. Let's make 2023 a great year.

Kind regards,

A handwritten signature in black ink that reads 'Thomas A. Kleinhanzl'.

Tom Kleinhanzl
President & CEO
Frederick Health

Director’s Letter

Sharon Hannaby

Happy New Year to all of you! Thank you for beginning another year of service to everyone in Frederick County as you continue to volunteer with Frederick Health. It doesn’t matter what level of patient contact you may have as a volunteer – or even no contact with patients at all – please know that everything you do connects back to helping our patients and their families. All of us have our role to fill in helping Frederick Health achieve its mission:

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

Just curious – What motivated you to become a volunteer? Was it your New Year’s resolution? Did a friend ask you to join? Were you hoping to repay the kindness shown to yourself or a loved one who had been a patient? There is probably a different answer for each of you. Statistically speaking, the number one reason people volunteer is because “someone asked them to help”. Please make one of your New Years’ resolutions this year to ask at least one person to become a volunteer.

As always, thank you for everything that you do to help Frederick Health. May this year finally find an end to the pandemic of 2020.

Stay well, my friends.



The Scholarship Committee & Volunteer Awards



Frederick Health Auxiliary Scholarship Committee sent out the notice of our yearly scholarships on January 17, 2023 to all Frederick County schools. Applicants must be attending college full-time in fall 2023, a 2023 graduate from a Frederick County school, and planning on majoring in a health related field. The deadline for applications is March 17, 2023.

If you know of any high school students who meet these requirements please contact Bonnie Walters at bwalters@frederick.health or call (204) 566-3567.

The following volunteers have earned a bar, for additional hours:

- Linda Gery — 500
- Nancy Fowler — 1,000
- Elizabeth Brady — 3,000
- Merilyn Moser — 14,000
- Coralinn Kuehl — 14,000

Congratulations to all, and thank you for dedicating your time to volunteer at Frederick Health Hospital.

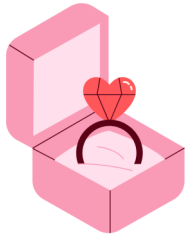


All About Fundraising

Joe Collins

We have a full schedule of vendor sales for the upcoming year.

At this time we have five (5) exceptional vendors committed to twelve (12) sales with ten (10) sales having payroll deductions available for the hospital staff. We are still waiting for our candy vendor to firm up their spring and winter sale dates.



The initial sale will be D&D Jewelry Designs on February 9th and 10th with their wide variety of gold and silver jewelry. The next sale will be Mindy's Jewels on March 3rd with her custom made silver jewelry followed by the linen people Lancaster Linens on March 6th and 7th. April will feature \$7 Everything Sale on April 6th and 7th and conclude with the popular Collective Goods and their large variety of unique items on April 20th and 21st.

Those vendor sales having payroll deduction need volunteers to work the sales and complete those sales that are payroll deduction. Shifts are 2 ½ to 3 hours and provide a great opportunity for volunteers to meet and interact with the hospital's great staff, while helping to raise funds for the Auxiliary. Volunteers also have a first crack at purchasing items offered for sale by the vendors.

Vendor sales are popular with the hospital staff and provide them with the opportunity to purchase a wide variety of merchandise and gifts without leaving the hospital. So climb aboard the fundraising team, meet new people, intermingle with the staff and earn some additional volunteer service hours.

I want to thank those volunteers that worked all of the sales in 2022 and welcome all of you who will be working the 2023 vendor sales.

Let's make 2023 a great year for fundraising, while raising funds to donate back to the hospital.

THE NOMINATING COMMITTEE

By Joe Collins

The Auxiliary will be electing three (3) new Board Members in 2023. The officers will be sworn in at the Auxiliary Membership Luncheon in June 2023 for two year terms, starting July 1, 2023 and ending June 30, 2025.

Officer positions for election are – First Vice President, Membership Secretary and Recording Secretary. We are looking for active Auxiliary members who are interested in becoming involved in the Frederick Health Auxiliary as an officer and becoming a nominee for one of the open officer positions.

This is a wonderful opportunity to expand your involvement in the Auxiliary and become an integral part in this dynamic organization as it supports the mission of Frederick Health Hospital in providing quality healthcare to the community.

If you have an interest or know of someone who has an interest in becoming an officer and a member of the Auxiliary Board of Directors, please contact one of the members of the Nominating Committee – Joe Collins, Ellen Noland, Peggy Rosenbluth, Barbara Poffenberger or Pat Weimert for more information.

Remember this is your Auxiliary and your participation is needed and appreciated, especially if the Frederick Health Auxiliary is to continue to provide quality services and remain an integral part of the Frederick Health Hospital.

Select Seconds

Pam Schaffert, Co-Manager



Love is in the air, and at Select Seconds, we love our customers! To show how much, we have great prices on all sorts of Valentine items, such as jewelry, clothing, home décor, cards, and gifts. And if you are into exercise, we have great selection of yoga and workout clothing.

\$5 BAG SALE COMING SOON!

Mark your calendar for our upcoming Bag Sale on Saturday, March 18th from 10:00 am - 4:00 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.

Just a reminder, Frederick Health employees can use their hospital ID badge to use Quick Charge to pay for their purchases through payroll deduction. Additionally, Frederick Health volunteers get 10% off with every purchase!

We are always in need of new volunteers to work as regular clerks, substitute clerks, and donation sorters. If interested, please contact our Volunteer Services Office, and let them know you would like to join the Select Seconds team!

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

Select Seconds Hours

Closed Sunday & Monday
Tuesday – Saturday
10:00 a.m. – 4:00 p.m.



Select Seconds Bag Sale

Saturday, March 18, 2023
10 AM – 4 PM
8 E Patrick St., Frederick, MD 21701
301-662-8280



Volunteer Snapshot



Pictured (Upper Left): Christine Pecor and Ruth Ann Wilson working at SIV

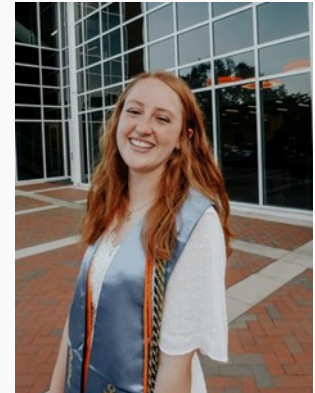
Pictured (Upper Right): Robert Pecor, a new volunteer, working at Information Desk

Pictured (Bottom Right): James “Pete” Brown helping out at Wings



- Photos by Hongwei Xu

Volunteer of the Month _____ Jan Kennedy, Chair of Recruitment and Appreciation



October's Volunteer of the Month was Karrie Spain - Kerry moved to Frederick, after graduating from Mercer University in Georgia, to work at the National Cancer Institute. Karrie started volunteering, in the Emergency Department, in October 2022.

November's Volunteer of the Month was Patrick Eckenrode - Patrick volunteers in the mail room and has been a volunteer since Spring of 2017.

December's Volunteer of the Month was Sara Oxendine - Sara has volunteered at Select Seconds since 2018, after retiring from a career of teaching.

More Volunteer Snapshot

Photo (Right) - Every Monday at the Village and every first Tuesday of the month at the hospital, several volunteers sew patient pillows, fidget aprons, walker bags, etc. Trevella Foster and Barbara Shealer are working on the current sewing project.

If you wish to help, please call the volunteer office. We need volunteer sewers.



Photo (Left) - On the first Friday morning of the month, these volunteers, Alyce Luck, Clyde Finley, Alberta Fiske and Peggy Rosenbuth, assemble almost 2,000 patient folders.

If you would like to help, please call the volunteer office at 240-566-3567.

- Submitted by Harriet Brown

Simple Tips to Stay Active

January and February are usually the coldest winter months of the year. They can pose a challenging time to stay active. The following are some tips to help maximize your wellness during the winter:

Stay active indoors - During the cold winter months, you may not feel like going out for a walk or hike outside. However, there are many activities that you can do indoors such as chair yoga, stretching, and light weight lifting.



Climb stairs - As we get older, we lose muscle strength and flexibility. Climbing stairs is a weight-bearing exercise; it helps improve muscle strength and bone density and reduce the risk of injury from falls.

Socialize with loved ones - Spending quality time with friends and family is essential to a good quality of life. It makes you happier, and it reduces stress, anxiety and depression.

Recruiting & Appreciation Committee

Ellen Noland

The Lunch Bunch met in November and enjoyed good food and fun times. The luncheon was at Tapia's in Middletown and we had 21 people attend. We had our first drawing, for a free lunch, and the winner was Sara Oxendine. Sara volunteers at Select Seconds. We will keep you informed when the next luncheon will be and hope more will come out and enjoy the company of your fellow volunteers.

We are anxious to see the recruitment video and should have the final edition by the end of January.

Thank you to all the volunteers that agreed to be filmed and included in this project. And a special *Thank You* to Harriett Brown for her efforts to get this video produced.

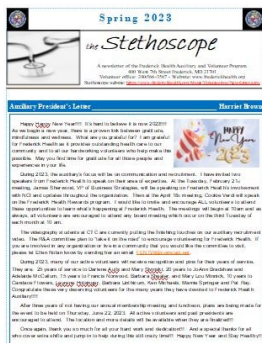


The Jr. volunteers voted Luz Gonzalez the Best Halloween Costume Award for 2022.

Photos (Left to Right) - Luz Gonzalez as Little Red Riding Hood; Aurna Mitra as Angel; Madison Warren as The Eagles Football Player; Marilyn Blay as Professional 60's Singer; Zoe Razunguzwa as The Mad Scientist

Best Halloween Costume Award

- Submitted by Bonnie Walters



Newsletter Staff - Spring 2023 Edition

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Contact Us: Volunteer Office at 240-566-3567



Frederick Health Auxiliary
400 West Seventh Street
Frederick, MD 21701

CURRENT RESIDENT OR:

Team Member Mask Guidelines — Incident Command

In October 2022, Frederick Health adjusted its masking policy for team members. That policy requires all individuals to wear a mask in all patient-facing facilities or when interacting with patients or visitors. This policy remains in effect and is not limited to our hospital location – it includes our numerous ambulatory sites. However, it does not include offices or staff areas where patients are not being seen or treated. If you have questions about this policy, please consult your direct supervisor for clarification.

Please continue to follow the below masking guidelines:

- Masks are required for all staff and volunteers inside a Frederick Health location or worksite when interacting with patients or visitors.
- Staff may remove their masks only in areas where there is no reasonable expectation of contact with visitors or patients.
- Staff in non-clinical locations or offices are not expected to wear masks.

Please refer to the [PPE Guidelines](#) for additional information specific to your role. It is still a requirement to wear full PPE including gowns when caring for COVID-19 patients.



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



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