



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

Auxiliary President's Letter

John Tisdale



Happy New Year. In place of all those New Year's resolutions that we have already disregarded we can resolve to continue to provide the wonderful service to the Frederick Health system that we give every year. We can look forward to some fun events also. The lunch Bunch will gather at the Main Cup on 10 February and Mariachi Restaurant on 14 April. The annual picnic will be at Monocacy Village Park on 7 May. Frederick Health will host us on 25 June for the annual meeting at Ceresville Mansion. Thanks to Cathie Deadrick and the Recruitment and Appreciation Committee for your work. In the category of business as usual, there will be an election of officers; President Elect, Treasurer, and Recording Secretary. The Scholarship Committee, under the leadership of Tess Blumenthal, will award scholarships on behalf of the Auxiliary to high school seniors who will be entering college in the fall intending to enter into a field of health care.

Erin Betz, Director of Volunteer Services, continues to receive up to 10 applications a week. During the past year 84 new members came on board. We now have 412 members, of whom 323 are actively performing service at one or more of the Frederick Health sites. Erin has established new services at the hospital, the Village and the Stockman Center. The comfort cart carries to patients such items as combs, reading glasses, and other small things that make the hospital stay just a little more pleasant but that one might not have on hand. The volunteers who manage the cart report how much pleasure the visit and the little items bring to patients. Another new service is in the Post Anesthesia Care Unit (PACU). We now staff a receptionist position at the Village and have a way finder at the James Stockman Center.

One of the pleasures of serving as President is that I get to hear frequently how much our volunteers are appreciated and valued by the staff of Frederick Health, patients and visitors. One of our life members sent this appreciation for the work of M. B. Clark and Brent Gross who produce the Stethoscope.

"Thank you so much for all the help and thoughtfulness toward others in your paths. I can't express how much I appreciate my mailed Auxiliary newsletter. I know it is a lot of work, but it is so worth it. As a caregiver, my time is not always mine, but I look forward to keeping in touch with my group."

- Georgia Ann Zirkle, Life Member

President's Letter

Cheryl Cioffi



Dear Frederick Health Auxiliary Members,

Happy New Year! As we welcome the start of 2026, I want to thank each of you for the remarkable impact you had throughout the past year. Your dedication continues to shape the experience of every patient, family member, and visitor who comes through our doors.

Just before the close of the year, we opened the expanded Birth Place at Frederick Health Hospital. With Frederick County remaining the fastest-growing county in Maryland and more than 2,400 families choosing to deliver at our hospital annually, this expansion of five new labor and delivery rooms will support thousands of families in 2026 and beyond.

We also ended the year with exciting news from the College of Healthcare Information Management Executives (CHIME). Frederick Health earned the Digital Health Most Wired Award for 2025, a recognition reserved for health systems that successfully leverage technology to improve patient care, enhance safety, and strengthen patient outcomes. We are deeply grateful to our IT and clinical teams for their outstanding collaboration, which was instrumental in achieving this success.

The award celebrates patient safety and reflects the compassion and commitment that define Frederick Health. As volunteers, you also play a crucial role in creating a patient-centered environment that prioritizes safety and compassion. Your generosity of time, energy, and spirit fuels the culture of excellence that makes achievements like this possible. Thank you.

I am also excited to share that the Frederick Health Blood Donor Center at the Frederick Health Village is officially open for donations! This center will directly serve the Frederick community and help ensure a stable, reliable blood supply close to home. As Auxiliary members, your ability to spread awareness and serve as trusted voices in the community will be invaluable as we introduce this lifesaving resource.

As we begin 2026 together, please know how grateful I am for your ongoing dedication and partnership. The thousands of hours you generously donate each year help sustain the heart of our mission. You brighten our hallways, support our clinical teams, and keep kindness and compassion alive at Frederick Health.

Thank you once again for everything you have done and continue to do for our patients and our community. I look forward to all we will accomplish in the coming year!

Warmest New Year wishes,

A handwritten signature in blue ink that reads 'Cheryl'.

Dr. Cheryl Cioffi

President & Chief Executive Officer

Director of Volunteer Services Message

Erin Betz

As we step into a new year I want to begin with gratitude. Each of you chooses, again and again, to give your time, your energy, and your heart in service of others - and that choice matters more than you may ever realize.

As you know, each year I choose a word that serves as something of a compass for me throughout the year. As we begin 2026, I'd like to share that my word of the year is PRESENCE.

In healthcare, PRESENCE is powerful. It's found in the calm reassurance offered in a waiting room, the kindness exchanged in passing, the steady support provided during moments of uncertainty. PRESENCE reminds us that service is not only about what we do, but how we show up - with intention, compassion, and awareness.

This year, I invite you to focus on being fully present at each moment of service. You don't need to rush, fix, or do everything. Sometimes the most meaningful impact comes simply from being there listening, noticing, and offering steadiness when it's needed most.

PRESENCE is how we serve!

Additionally, as Part of our commitment to supporting you and ensuring our volunteer program continues to grow in meaningful ways, we have sent out a volunteer satisfaction survey. Your feedback is incredibly important to us. It helps us better understand what's working well, where we can improve, and how we can better support you in your role. I hope you take a few moments to share your thoughts – your voice truly matters. Thank you again for all you do and for being present! Looking forward to the year ahead...

Welcome New Volunteers

Department	Volunteer
Cath Lab	Linda Canale
Comfort Cart	Cheryl Bales
Emergency Department	Robert Reifsneider
Gift Shop	Laurel Johnson, Helen Zobler
ICU	Marcia Gelman, Nancy Mitchell, Pete Raumann, Ana Williams
Information Desk/Bio Med/ICU	Harshitha Premkumar
PACU	Julain Anteneh, Elaine Scheinblum
Pediatric Emergency Department	Shannon Vetter
Radiology	Joanna Norville
Select Seconds	Sheila Sherrill, Cindy Notobartolo, Sloan Cooper
Sewing	Cindy Behram, Regina Casazza
Stockman Reception	Mike Stockman
Wags for Hope	Sue Ellen Stottlemeyer
Wings	Kara Royer

All About Fundraising _____ Joe Collins, Fundraising Chair



Hard to believe but we are starting another year with all of its opportunities and the adventures that await around every corner. With it comes another year of vendor sales and the variety of merchandise treasures that will be offered for purchase. Please come and join us at the eight (8) vendor sales encompassing a total of twenty (20) days of shopping in 2026.

We concluded the 2025 fundraising season with three (3) great vendor sales. In October the \$7 Everything Sale had a two (2) day event followed in November by Twenty Treasures with a two (2) day sale. We finished the year in December with MMG Gifts holding a four (4) day sale featuring their endless variety of quality gifts for all occasions. The vendor sales were held at both at the hospital and at the Village. The three (3) vendor sales had combined sales exceeding \$13,000 with 31% utilizing payroll deduction, resulting in a rebate to the Auxiliary of \$1,466.

We kicked off 2026 with the Uniform Village traveling from western Maryland to Frederick for a two (2) day sale on January 21st and 22nd in the hospital cafeteria. The sale featured a full line of uniforms and accessories plus a good selection of footwear for both work and causal use.

February welcomes back D&D Designs with their wide variety of quality jewelry, watches, handbags and fragrances. D&D Designs will be in the hospital cafeteria on February 18th and in the Atrium at the Village on February 19th. Both vendor sales will offer payroll deduction.

In April we will welcome back the very popular MMG Gifts and their fully stocked “Fabulous Finds for the Family” merchandise sale. This will be a four (4) day sale. They will be in the Atrium of the Village on April 21st and 22nd and then in the hospital cafeteria on April 23rd and 24th. The sale will also have payroll deduction for the hospital staff.

Vendor sales are popular with the hospital staff and provide the staff the opportunity to purchase a wide variety of quality merchandise without venturing from 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 the Quick Charge System. This Quick Charge requires a Volunteer to operate and process the staff purchases. Volunteer shifts range from 2 ½ to 3 hours each, so if you have a few hours to spare and would like to meet some of the hospital's great staff we invite you to join the fundraising team. As a benefit while working the sales you will have a first crack at 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.

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 they meet and serve.



Auxiliary by the Numbers _____ Brent Gross & Erin Betz

Our Frederick Health Hospital Auxiliary has come a long way since it was founded as the Women's Auxiliary on September 11, 1952. Originally founded to "serve on committees, support fund raising activities and promote good will," the Auxiliary's first fundraiser was the Snow Ball, held on December 22, 1952. The event raised \$1,131.50, which was used to air-condition the operating room. By 1955, the Frederick Health Auxiliary was the largest women's organization in Frederick County. When men joined the group in the early 1970s, the name was officially changed to the Frederick Memorial Hospital Auxiliary. It is now known as the Frederick Health Auxiliary.

The Auxiliary currently has 412 volunteers operating in 23 different service areas. 48 volunteers were added in 2024, and 84 volunteers were added in 2025. This significant increase in volunteers is not by accident, but is due to a concerted effort by the Volunteer office. The volunteer office is constantly recruiting, employing social media tools such as Instagram, Facebook, and LinkedIn as well as focused community outreach programs. In 2025, the Volunteer office (with participation by the Auxiliary President) hosted community outreach presentations at Buckingham's Choice, Urbana Woodlands, and Worman's Mill. Erin Betz, Volunteer Services Director, shares that she plans to support a minimum of five outreach programs in 2026.



Our volunteers worked 47,448 hours in FY 25 which equates to \$1,685,827 in savings for the hospital! The Auxiliary has donated over \$410 million since 1952 and are currently more than halfway through the current \$1 million pledge to the Critical Care Campaign. Last year alone we donated \$210,000 back to the hospital.

Let's support Erin's efforts to recruit new volunteers by following up when a visitor we are assisting shares with us that they have been thinking about volunteering or if we have friends we feel would benefit from joining our group.



Awards _____ Ellen Nolan , Chairperson

Congratulations and thank you for giving your time to volunteer!

Hours	Names
500	Catherine Lawhon, Sara Oxendine
1,000	Carol Arnold, Felacita King, Susan Matheson, Susan Smith, Deborah Snopek
2,000	Susan Chapman, Margaret Shattuck
3,000	Carol Powell, Barbara Shealer
5,000	Linda Allen, Anthony Paolini
6,000	Herbert Currier, Jr
7,000	Sharll Hane, Ruby Marie Linthicum



Anthony Paolini receiving his 5,000 hour award

Volunteering in the Emergency Department _____ Emma Main

The purpose of an Emergency Department Volunteer is to assist patients, families and staff. The ED Volunteer carries a FHH phone for easy access to the Charge Nurse, Unit Secretary or nurses for whatever is needed. Duties include, but are not limited to: cleaning patient rooms, stocking patient rooms with linens (blankets, gowns, bed sheets), asking the Charge Nurse what she/he needs help with, walking with patients and visitors, giving them directions, keeping a supply of wheelchairs in the waiting room, gathering discharge notes in each zone and giving them to the Unit Secretary, running whatever errands are needed, refilling hand sanitizers, discharging patients via wheelchair assist, sanitizing and making extra beds stored in hallways, etc. Assist ED Assistant with anything they may need.

We currently have around 12 volunteers. We are always looking for more. There are different shifts available day, evening and weekends. If this seems like something you would be interested in, please reach out to Erin Betz-Director of Volunteers at phone # 240-566-3567 or Emma Main - FHH Volunteer Chair of Emergency Department at phone # 240-446-2936 We would love to talk to you!



Recruitment and Appreciation Calendar _____ Cathie Deadrick, President-Elect

Please mark your calendar for the following exciting events planned for 2026.

Date & Time	Location	Event
February 10, 2026, 12:00 Noon	The Main Cup	Lunch Bunch
April 14, 2026, 12:00 Noon	Mariachi Restaurant	Lunch Bunch
May 7, 2026, 5:00 PM	Monocacy Village Park	Auxiliary Picnic
June 25, 2026, 12:00 Noon	Ceresville Mansion	Auxiliary Luncheon
August 11, 2026, 12:00 Noon	Oscar's Alehouse	Lunch Bunch
October (Date & Time TBD)	TBD	Auxiliary Fashion Show & Luncheon
November 10, 2026, 12:00 Noon	Madrones	Lunch Bunch

Nominating Committee _____ Brent Gross



The Frederick Health Auxiliary Nominating Committee is responsible for identifying nominees for upcoming vacant board positions. All Frederick Health auxiliary volunteers can serve in these roles. This notice is to ensure all possible candidates can express their interest. The available positions for the 2026-2027 board period are as follows:

President-Elect

Corresponding Secretary

Treasurer

Job descriptions for the above three roles are available on request. While we are fortunate that some auxiliary members have submitted their names as nominees for these positions, it is important to the nominating committee that we consider the skills and preferences of our entire talented volunteer community when preparing our slate of nominees. Please let us know (at the e-mail address below) if you would like to see a job description or if you would like to submit your name for consideration to **Brent Gross, Nominating Committee at b.eric.gross@gmail.com**. Participation on the board gives you the opportunity to have a direct impact on the auxiliary strategy and objectives.

Sewing Auxiliary _____ Barbara Shealer

Little Helping Hands



While cutting and sewing neck and surgical pillowcases, auxiliary member Barbara Shealer was accompanied by a young guest eager to learn sewing skills and take part in making the pillowcases.

Barbara introduced her to fundamental sewing techniques, including how to thread a sewing machine, wind a bobbin, and sew straight lines. After she became comfortable with these skills, she put together 22 pre-cut surgical pillowcases by folding and sewing the seams, ironing each one to finish the project.

Auxiliary member Trevella Foster is involved with the Calvary United Methodist Children's Mission Possible Program, a service-oriented community initiative designed for children ages 4 to 13 that incorporates faith-based, hands-on activities.



Who's Who

Hongwei Xu



Jan Kennedy started volunteering at the hospital with the "Wings" in August 2014 when she had just retired from teaching and wanted to do something that had a purpose. Her late husband, who had recently passed away, had spent much time at the hospital and Jan was very impressed with the care her husband had received. To Jan, volunteering at the hospital is her way of giving back.

At "Wings", Jan was responsible for taking patients who were discharged to their vehicles and doing various tasks around the hospital. She had to take a hiatus when the

COVID-19 pandemic hit. Throughout the years Jan has worked as the recording secretary for the Auxiliary Board and chairman of the Recruitment and Appreciation Committee. Currently, she is the chair for the Hours Committee and works there every Tuesday morning inputting volunteer hours into the database.

Jan is happy with the difference she has made and enjoyed all the friendships throughout the years at the hospital. "There are so many ways and areas where you can volunteer (at the hospital)," said Jan. As of December 2025, Jan had contributed over 1,700 volunteer hours.

Besides volunteering at the hospital, Jan also helps out at her church, Good Shepherd Lutheran Church. She is a member and current President of Kappa Kappa Iota and a member and current Secretary of Hoe & Hope Garden Club. In her spare time, she enjoys reading, playing pickleball, taking walks, going to the Delaware beaches, and spending time with her grandchildren.

An active community member and devoted mother and grandmother, Jan believes in making the best of each day no matter what comes her way.

Volunteer Snapshot

Hongwei Xu



Photo 1 (Left) - Marian Evans, an Information Desk volunteer, who volunteers twice a week and has been with Frederick Health since 2004. Photo 2 (Right) - Beth Murphy, a Surgical Intake Desk volunteer, who volunteers every other week and has been volunteering with the hospital for over a year.

Select Seconds

Pam Schaffert



New Year, New Finds! We have stocked our racks with the best winter warm-ups. Stop by Select Seconds to see what is new and grab your next favorite find.

Business has been very brisk at Select Second. Our volunteers have been working hard organizing, doing display work, sorting, pricing, and clerking and we appreciate their efforts, they are the reason we succeed!

Mark your calendar, it will be here before you know it! Select Seconds will be having its end of season Bag Sale will on Saturday, March 21st from 10:00 am - 2:00 pm. We do this two times a year 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.

Select Seconds needs all sorts of donations, but especially winter apparel; our inventory is extremely low.

We also need cashiers, especially on Fridays and Saturdays. If interested, please contact our Volunteer Services Office, and let them know you would like to join the Select Seconds team!

Store Hours: Mon-Fri 10am-4pm and Sat 11am-4pm; we also stay open until 8pm on First Saturdays.

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

Wags For Hope Meets Santa

Brent Gross

Some of the Wags For Hope Therapy dogs, who provide so much comfort and joy to our patients, visitors, and volunteers, and the dogs owners, made a special trip to the hospital to see Santa Claus. Quite a few of the dogs were decked out in the holiday best. Based upon the positive reactions we have all seen from their presence, here's hoping Santa did not disappoint our four-legged furry fellow volunteers.



Holiday Party

Brent Gross



The 2025 Frederick Health Holiday party was held on December 10, 2025. Volunteers from the Auxiliary attended and volunteered at the party. It was a great opportunity to interact with other volunteers and staff members while enjoying a nice lunch provided by food services.



Recruitment and Appreciation Lunch Bunch

Brent Gross

The final lunch bunch of 2025 was held November 24, 2025 at Cracker Barrel in Frederick. The event was well attended, and in addition to enjoying a nice lunch, quite a few of those in attendance took advantage of the connected general store to finish up some gift shopping. Thanks to Cathie Deadrick of recruitment and Appreciation for coordinating this event.



Harm Reduction Vending Machine

Brent Gross

(The following information is excerpted from an October 13, 2025 posting on the Frederick Health Hospital web site.)

The Frederick Health and Frederick County Fire & Rescue have partnered to install a 24/7 harm reduction vending machine in Frederick Health's Emergency Department, expanding equitable access to lifesaving and stigma-reducing resources for the community. The vending machine, available to the public at no cost and without the need for a prescription, will dispense a range of harm reduction and personal care items, including: Naloxone (Narcan), **Fentanyl and Xylazine test strips**, **Feminine Hygiene Kits**, **Xylazine Wound Care Kits**, **Drug disposal bags**, **Personal hygiene kits**, and **Safer Sex Kits**.

Located near the Emergency Department entrance, the machine is open to the public throughout all hours of the day, seven days a week. Visitors can obtain items free of charge and without speaking to hospital or security staff for increased anonymity and dignity.



"No prescription, no cost, and no questions asked," Jeb Gibson, Clinical Nurse Specialist at Frederick Health, said. "Emergency Department patients facing substance or financial issues can be hesitant to ask for help. This machine helps us meet people where they are and gives everyone in our community access to life-saving resources without barriers."

The addition of this machine comes as Frederick County continues to combat public health challenges, including opioid overdoses, xylazine-laced substances, and rising rates of sexually transmitted infections. Xylazine, a sedative not reversed by naloxone, continues to appear in the illicit drug supply.

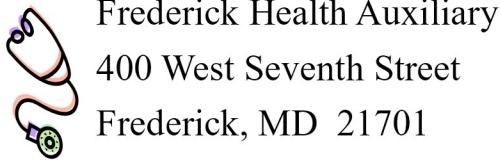
In the past year, Frederick Health's Emergency Department received 77 visits for opioid overdose and administered naloxone to over 5,120 patients. In that same time frame, fentanyl was involved in nearly three-quarters of all overdose deaths across Maryland.

"As a community hospital, we see firsthand how the opioid epidemic and related public health crises affect our patients and families," said Jamie White, Chief Nursing Officer at Frederick Health. "This partnership reinforces our goal to provide accessible, compassionate, and evidence-based care that supports everyone in our community without judgement."

Studies have shown that harm reduction vending machines save lives and strengthen public health outcomes. According to the National Institutes of Health, communities that introduced vending machines distributing naloxone reported immediate reductions in opioid-involved overdose deaths.

"This initiative reflects our shared commitment to saving lives and reducing stigma around addiction," said Michael Cole, EMS Battalion Chief.

The vending machine will be maintained and restocked by the Frederick County Fire & Rescue. Beyond overdose prevention, the machine at Frederick Health also promotes sexual and reproductive health, reduced disease transmission, and signals accessibility for all who seek care.



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We appreciate your feedback, comments, and questions



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



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