



the Stethoscope

A Monthly Newsletter of the FMH Auxiliary and Volunteer Program
400 West 7th Street Frederick, MD 21701

Volunteer Office: 240-566-3567 - Website: www.fmh.org

Stethoscope Website: <http://www.fmh.org/About/Volunteering/Newsletter.aspx>

16 New Members

Elmer Jones
Audrienne Eddy
Nariaki Nakamura
Frederick Goodson-Gregg
Melissa Plemons
Mary Holloman
Belete Belay
Sidney Thompson
John Dixson
Gail Sexton
Manoj Jacob
Victoria Kopel
Jessica Lipman
Bethany Stringfield
Nancy Davis
Kim Murray

Newsletter Committee 2019 Issue 1

Editor and Co-Chairs:

Jacob Moseley
Jan McLoon

Circulation Committee:

Beth Callahan, Karen
Dotterer, Dorothy
Kovatch, Margaret
Moseley, Brenda Myers,
and Elsie Warnock

President's Message

Pat Ray

Happy New Year! I hope each of you had a joyous and restful holiday season. A special *thank you* to those volunteers who worked over the break, especially those who came in on Christmas Day and New Year's Day. The hospital never closes, and the FMH Auxiliary never stops either! As the cold weather and flu season has hit us again, I see over and over how much you help our patients, their families, and our community.

One of the very best parts of being President of the Auxiliary is the traditional presentation of a gift—from the Auxiliary—to the first baby born in the hospital. It was my pleasure to present to the Thomas family of Frederick a frame engraved: *Delivered with Love—First Baby of 2019 – Frederick Memorial Hospital Auxiliary* and a beautiful vase of flowers. Baby Shoshanna Thomas was adorable with a full head of hair and two precocious older brothers waiting for her at home. The Thomas family appreciated the gift from the Auxiliary

Upcoming fundraising events that we hope you will enjoy include some old favorites—\$6 Sale, Collective Goods (Books are Fun) and Fudgie Wudgie (now called Chocolate Road Show) and of course our Uniform Sales. Lancaster Linens makes their debut at FMH this year. Other hospitals in Maryland have been very happy with their products and have made good profits for their Auxiliaries. Having purchased a set of these sheets, I personally recommend them.

We have arranged a discount for members of FMH Select. FMH Select is part of the wellness initiative at FMH and offers activities and benefits to help people of all ages take an active role in their health and well-being. FMH Select members are eligible to take a 10% discount at both the Gift Shop and the Thrift Shop (some exclusions apply). If you are both a volunteer and an FMH Select member, you can only use one discount or the other, not both.

Valentine's Day is coming up, and both the Gift Shop and the Thrift Shop have gifts and décor to spice up your day!

I enjoy meeting and visiting with all of you. You are truly a critical piece of the fabric and life of the hospital and the community. Thanks for all that you do.

Dear Friends,

Happy New Year! I hope your holidays were enjoyable and relaxing.

If you are looking for help with meeting your new year's resolutions, LiveWell Frederick is a valuable resource. You are invited to visit <http://www.livewellfrederick.com/> and check out the helpful tips, community events, and free resources to help you and your family meet your 5-2-1-0 goals (the numbers represent your daily goal of 5 servings of fruits and vegetables, 2 hours or less of recreational 'screen' time, 1 hour of physical activity and 0 sugary drinks). We're ramping up our advertising and public relations efforts to raise awareness of this growing community partnership and our 5-2-1-0 campaign. If you are on social media, follow LiveWell Frederick.

One of our resolutions at the hospital was to improve the flooring in our main entrance and the main hallway so it would be more durable and easy to clean. If you haven't already seen it, stop by the lobby the next time you're in the hospital. Our thanks to the volunteers who work in the main lobby for your assistance and patience during this construction project.

Renovation of our inpatient Behavioral Health Unit began in January. This project will be completed in July and it will allow us to provide safe, quality healthcare in a modern and efficiently designed environment. The renovation includes the creation of private patient rooms, improved common spaces for social and quiet time, dedicated consultation space, specialty medical-psychiatric rooms and larger team stations, medication rooms and other safety improvements.

We recently learned that we have once again been recognized as a Great Place to Work. This is the third year in a row we have received this designation and we are honored by it. This recognition is a result of the high level of camaraderie amongst colleagues, pride for the patient care that we provide and the two-way trust amongst leaders and employees that each will make the right decision when it comes to living out our mission. While this award has an employee focus, I believe our volunteers play a significant role in our success. We are all working together to achieve the same goal and the senior team and I appreciate your efforts.

We continue to look for ways we can improve our patient experience. You have an impact every time you volunteer. Your kindness, your friendly greetings, and your helpful service make an impression on our patients and visitors. We thank you for your commitment to the health and well-being of the community.

Best regards,



Tom Kleinhanzl
President and CEO
Frederick Regional Health System



Happy Valentine’s Day!! My thanks to all of you who have the to share your time and talents with others. Our hospital would not be the place that it is without you here.

I encourage all of you to take the time to take care of yourself just the way you take care of others. Do you have hobbies, projects you are putting off or books you are waiting to read until you “have the time”? Be kind to yourself and give yourself permission to do something just for you!

Speaking of taking care of yourself, please be sure to see the article on Fun Ways to Be Active in Frederick County on page 5. Winter seems to make us want to “hibernate” but getting out and active are important to our physical and mental well-being. Take a walk, go to the adult rec center, go to a yoga class, exercise at home, and, oh, keep on volunteering! These are all great ways to be kind to yourself.

Many of you expressed concern over the past few months because it seemed that volunteer, Phil Smith, was “missing”. Phil wanted to express his deepest thanks to all of you who asked about him and sent “good thoughts and wishes” his way. Your kindness was deeply appreciated. We are happy to report that Phil has returned to his volunteer position with the Preadmission Screening Department!

Finally, one of our volunteers asked me to pass this on—the most important part of your volunteer uniform is your smile! Be sure to wear it all of the time!



Always!!

Junior Volunteer Service Pin

Bonnie Walters

We want to congratulate and thank the latest recipients of the Junior Volunteer Service Pin for completing their required 75 hours of service at Frederick Memorial Hospital.

The December, 2018 and January, 2019 recipients are:

Amisha Amin	80 hours	Pruthav Patel	75.50
Bilal Aslam	84.25	Raj Patel	85.50
Sydney Conn	94.25	Nuhad Samad	78.75
Sydney Hsu	90.25	Sarah Setiawan	82.75
Emily Masson	81.25	Sheila Setiawan	75.75
Diya Patel	79.50	Jadah Watkins	77.75



Congratulations to Dolly Sullivan who was the Volunteer of the Month for December. She and her labradoodle Bentley have been volunteering for Wags for Hope since December 2016. She and Bentley have logged 71 hours of volunteering at FMH. Dolly was a nurse for 28 years and has been at FMH for 8 years. She is currently manager of Nursing Professional Development for the hospital and will become the Director of Service Excellence. We commend Dolly for being a paid staff member for the hospital and also volunteering in her free time.

The Volunteer of the Month for January was Mary Lou Minnick. She began her volunteering career on March 27, 2008. She has accumulated 4,060.25 hours. Over the years Mary Lou has volunteered in the following capacities: Gift Shop, Concierge, Volunteer Office, Information Desk, Wings, Bazaar, Recruitment and Appreciation Committee, and Fundraising. Currently she is the co-chair of Fundraising. Not only does Mary Lou volunteer for the hospital but she also works in the Gift Shop as a paid staff member since August, 2012.

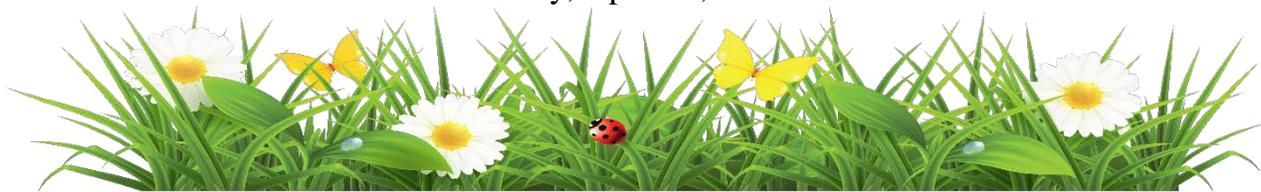
On Thursday, March 14, the R&A Committee has planned a “Bring a Friend Luncheon.” This will be held in the volunteer conference room from noon until 1:00 p.m. Any volunteer is invited to bring a friend who is interested in volunteering. At this time volunteers from different services will share what they do and give potential volunteers an idea of how rewarding it is to be a volunteer. The volunteer and his/her guest will provide their own lunch with dessert and drinks provided. There will be a sign-up sheet in the sign-in room in the near future. Please consider signing up and joining us for a great lunch bunch opportunity.

Save the Date: Wednesday, April 10 at 11:30 a.m. The Recruitment and Appreciation Committee is planning a Fashion Show—see below. Please plan on attending.

Our next scheduled meeting for the R&A committee will be held on Thursday, February 21 at 1 p.m. in the cafeteria. Contact Jan Lounsbury at 50gayle@verizon.net if you are interested in joining this committee.

YOU'RE INVITED!
FASHION SHOW AT COUNTRY MEADOWS

5955 Quinn Orchard Road, Frederick
Wednesday, April 10, 11:30 a.m.



Cost per person is \$15—\$5 will benefit the Auxiliary.

Clothing and Accessories will be provided by Select Seconds and the Gift Shop. Reservations for tables are not available and no walk-ins will be allowed. No refunds will be provided. Please fill out the form below and send along with your money if you would like to attend. This can be mailed (Frederick Memorial Hospital Auxiliary, 400 West Seventh Street, Frederick, MD 21701) or dropped off at the Volunteer Office by April 1.

Name: _____ Number Attending: _____

Amount Enclosed: _____

Checks may be made payable to FMHA.

Fun Ways to Be Active in Frederick County

Walk MD! <https://extension.umd.edu/walkmd>

an online program that allows you to log the miles you have walked and take a virtual tour of Maryland as you do so.



Mountain Club of Maryland <https://mcomd.org/>
group leads hikes in and around MD. Guests can join hikes free of charge.

Relay for Life, Girls on the Run, and Out of the Darkness
These three groups organize walks and runs that raise money for their causes.

Trail Dames <http://www.traildames.com/maryland2.htm>

Trail Dames is a hiking group for women of all ages, body types, and fitness levels that request a \$1 donation per hike. They typically have two hikes per month, one on a weekday and one on a Saturday. The majority of their hikes take place less than an hour away from the city of Frederick. The distances of the hikes are as little as 4 miles and as much as 10 miles.

Frederick Pedalers <https://frederickpedalers.org/>

This cycling group offers bike rides throughout the week that range in length and intensity. A one year individual membership costs \$16 and a one-year family membership costs \$21. One of their regular meetups takes place on Sundays. The Sunday group meets at Monocacy Middle School and cycles for 20-25 miles. If you are a beginner, you can take a cycling class with the group before joining their cycling adventures.



Learn to Swim <https://recreater.com/149/Aquatics-Swim-Lessons>

Frederick County Public Schools and Frederick County Parks and Recreation have teamed up to offer swim classes to people of all ages. Classes are held at the Walkersville High School Pool. Call 301-600-2936 to learn more about class offerings and prices.



Water Fitness <https://frederickymca.org/programs/swimming-aquatics/water-fitness/>

The YMCA of Frederick offers more than 15 different water fitness classes, including hydro Pilates, aqua yoga, and aqua salsa.

Yoga <https://recreater.com/638/Active-Adult-Programming>

From the link above, click on Parks and Recreation Programs.

You can participate in 10 yoga classes for \$35 at the Frederick Department of Aging located at 1440 Taney Ave.

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Dance <http://www.ballroomdanceinfrederick.com/class-descriptions>

Ballroom Dance in Frederick offers 4 classes as well as two Saturday evening dances for \$90. Each class is an hour and a half long. In the beginner class, you will be taught fox trot, waltz, and swing.

Are you interested in staying inside your home and working out? Below is a link to videos that can be done with minimal equipment in your home.

https://go4life.nia.nih.gov/workout-videos/?utm_source=NIA+Main&utm_campaign=78f3b63525-20190109_coach&utm_medium=email&utm_term=0_ffe42fdac3-78f3b63525-7401009

Hour-by-Hour

Hours Committee

Total hours in November 2018: 6197.25 by 449 volunteers—

College: 366.50 hours by 35 volunteers

Junior: 935.75 hours by 93 volunteers

Senior: 4895.00 hours by 321 volunteers

Total hours in December 2018: 6780.50 by 462 volunteers—

College: 304.75 hours by 34 volunteers

Junior: 1000.75 hours by 97 volunteers

Senior: 5475.00 hours by 331 volunteers

Total hours for 2018: 84621.75 by 747 volunteers

College: 7195.00 by 101 volunteers

Junior: 10841.50 by 170 volunteers

Senior: 66585.25 by 476 volunteers

Gift Shop

Sharll Hane

It's a new year, and the Gift Shop is getting ready for Valentine's Day. We will be opening up at 6 a.m. Valentine's Day so you can get your valentine gifts for your loved ones. Every week the Gift Shop gets new items, stop by and check us out. We carry sodas, water, candy and snacks for your cravings, along with cards, magazines and flowers. Don't forget we have stamps for your cards and letters. For those of you who have not heard about the Drink Program at the Gift Shop, you purchase 10 drinks (anything in the Coke case) and you get the 11th one free. We have given away 635 free drinks from the start of this program through December. This program is offered to hospital employees and volunteers.

We are currently looking for volunteers to work the first, third and fifth Fridays from 12 p.m. to 4 p.m. See Sharon Hannaby in the volunteer office if you are be interested. I wish to take this time to thank all the volunteers that work the Gift Shop for a job well done. We had a wonderful year.

Gift Shop profits for December were \$16,245.50 and \$58,602.88 for the year.

Annual Holiday Party—Thank You

Sue Basford

Just a note to thank the forty-seven volunteers who helped to make the Annual Holiday Party on December 12, 2018, such a wonderful success. The hospital staff was most appreciative for all the work of our dedicated volunteers. Thanks again and Happy New Year to all.

Volunteer Award Hours

Joann Ramsburg

100 hours

Suzanne Banach
Nikkite Khattar
Beverly Donald

500 hours

Lawrence O'Hara
Karen Rudisill
Julia Latta
Meghan Brady
John Darr
Ronald Raineri
Jacob Moseley
Rosemary Samuda



2000 hours

Carol Powell
Patricia Dickinson
Faye Glover

3000 hours

Stanley Goldberg

10000 hours

Marilyn Moser

15000 hours

Betty Kreh

Select Seconds Notes

Pam Schaffert

With winter in full swing, make Select Seconds your destination for warm and fashionable ladies' winter clothing! While at the shop, check out what we have in shoes, boots, accessories, and jewelry to go with your new outfit. Looking to find some new pieces to freshen up your home décor? We also have a great selection of housewares including some nice crystal pieces, glassware, and collectibles. And don't forget—we are open until 9:00 p.m. during Downtown Frederick's First Saturday each month!

FMH Auxiliary volunteers already enjoy 10% off their purchases at Select Seconds. Starting this month, FMH Select members will receive a 10% discount when they show their membership card at checkout. Please help us spread the word about these opportunities to save!

The month of December sales at Select Seconds was \$15,657.84.



Profit from Mindy's Jewelry sale (Nov. 27, 2018) was \$547.80
Profit from the Fudgie Wudgie sale (Dec. 13 & 14, 2018) was \$260.00
Profit from the Books are Fun sale (Dec. 17, 18, & 19, 2018) was \$2213.53

Sewing

Elsie Warnock

Let it snow, let it snow, let it snow...

Snow? No—just Poly-fil used to stuff pillows distributed throughout the hospital. On the first Tuesday of each month you will find six to eight volunteers using this material to stuff these pillows. Come join our group if you sew, cut, or just stuff and help to make a needed and greatly appreciated gift for FMH patients.



In Memorium

Patricia Gabriel, former FMH Family and Auxiliary member, passed away at Kline House on December 29, 2018. She was 80 years of age.

Patricia was a volunteer here from February 1999 until July 2018, when she resigned due to failing health. During her time here, she volunteered 2,197 hours in many different areas: Hospice, Information Desk, Bazaar, Surgical Information, FMH Crestwood, Human Resources, Clerical positions, Pastoral Care, and the Cancer Institute.

Frederick Memorial Hospital Pilots Telehealth Program

The Program gives patients a [computer] tablet to monitor and track chronic illnesses.

By: Jasmine Pelaez

FREDERICK, Md. For William Van Winkle, every morning begins with a routine check of his vitals, but he doesn't have to travel very far to complete it.

“It's like having a nurse in your back pocket,” Van Winkle said.

Van Winkle is one of 148 patients enrolled in the Chronic Care Management Program at Frederick Memorial Hospital that allows for high-risk chronic diseases to be monitored and tracked using a tablet.

“[My doctor is able] to keep a close eye on my weight and my oxygen levels and my blood pressure from afar. It's sort of like having the nurses here, except I do the work,” Van Winkle joked.

Van Winkle was diagnosed with carotid heart disease in 2017 and since then, he's had to keep track of his vitals, which involves using Bluetooth biometrics devices provided by the hospital free of charge.

“Everybody knows if you have to have to go to the doctors, it's always a pain in the butt. It's been helpful to have somebody out there,” Van Winkle said.

Team leader for the program, Lisa Hogan, says the program ensures clinicians keep an eye on patients from the comfort of their homes and helps build independence in patient's ability to manage their conditions.

But weekly check-in calls, Hogan says, helps to build a relationship.

“It's not just about the monitoring, it's the whole package. It's the fact that we know the patients, we engage with the patients, they engage with us,” Hogan explained.

Hogan says a study done by the hospital in July evaluated patients six months before and after enrollment in the program. The study found that participating patient's re-admissions dropped by 89 percent and visits to the emergency department dropped by 49 percent.

Officials say 50 more tablets have been acquired for the program and will allow for patient participation to reach 200.

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Frederick Memorial Hospital Auxiliary
400 West Seventh Street
Frederick, MD 21701

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CURRENT RESIDENT OR:



March 11: Lancaster Linens—cafeteria

March 14: Bring a Friend Luncheon—for details see page 4

March 28: Mindy's Jewelry—cafeteria

April 8-9: Everything \$6 Sale—cafeteria

April 10: Fashion Show—for details see page 4

April 18-19: Chocolate Road Show—cafeteria

May 8-10: Books Are Fun—cafeteria