



May 2019



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>

President's Message

Pat Ray

Spring is finally sprung! Now that the warm weather is finally here, we can get out and about without all that heavy winter gear and enjoy the wonderful flowers (and pollen) that this marvelous season brings.

It has been a busy month for the Auxiliary. The offices were painted and refreshed, and the Auxiliary Garden is starting to bloom. Volunteers were celebrated by the hospital during Volunteer Appreciation Week and the jar of honey was a delicious touch. Be sure to redeem your coupon for your free meal at the cafeteria at FMH by the end of June.

The Fashion Show was held at Country Meadows on April 10 and it was a huge success! We had a sell-out crowd, a 50/50 raffle, a great meal and wonderful shopping opportunities brought to us by the Gift Shop and Select Seconds. Susan Chapman chaired the event and the rest of the R&A (Recruitment and Appreciation) committee were tremendous help in making this event a success. The R&A Committee are busy planning the Auxiliary Annual Picnic—see page 5! If you wish to be part of this dynamic committee, please contact Jan Lounsbury [via email at 50gayle@verizon.net](mailto:50gayle@verizon.net).

Our Scholarship committee is hard at work reviewing applications for our annual awards. We give deserving Frederick County students who are planning on going into health-related fields assistance for their college education. We also have three named scholarships (Alma Whitehouse, Kay Hartmann and Richard Kreh) to commemorate volunteers who have left a lasting mark on this great organization. The scholarships will be awarded on Tuesday, May 21 at 9:30 a.m. in the conference room at Crestwood. This is an important event for the students and their families. We welcome you to come to congratulate these young people as they embark on their journey into health education.

We have some upcoming fundraisers as well—the Books are Fun sale is always popular and will be held on May 8-9-10. The Uniform Sale will be on June 12-13. Please come shop and support your Auxiliary.

Our annual meeting and luncheon will be held on Tuesday, June 25 at Ceresville Mansion. I invite you to join us for a celebration of the collective gifts of time and treasure that you have given to the Auxiliary and to FMH and the installation of officers. Also a gift presentation to Mr. Tom Kleinhanzl, CEO and President of FMH. The hospital administration is once again covering the cost of the luncheon, and because of the limited space it is open only to paid, active volunteers and will be on a first-come, first-served basis. Please return the form (page 11) to the Volunteer Office as soon as possible. Every one of you makes a huge contribution to the Auxiliary and the hospital, and without the warm compassion and generosity that each of you give to each other, the staff, patients and their families as well as the community, we could not do what we do. My thanks to each of you for your dedication and giving spirits. I hope to see you there!

President's Letter

Thomas A. Kleinhanzl

Dear Friends,

I hope you are enjoying our long, sunny days and May flowers. This is a beautiful time of year in Frederick County.

Last month we were able to celebrate you and your contributions to the health system during Volunteer Week. We'll have more celebrating to do this month during Healthcare Week. We have a wide range of events on the FMH campus and at our offsite locations from May 6 through May 12. You are an important part of our healthcare team, so make sure you participate.

We'll have all of the old favorites, like the Kona Ice Truck, Wags for Hope therapy dogs and wellness activities. The calendar of events will be posted online and throughout our sites, so stay tuned for more information.

You may have heard about our new Virtual Visit through MHP Immediate Care. All MHP patients can now go online to receive diagnosis and treatment for minor issues like pink eye, cold and flu symptoms, rashes and more. If you want to know more, visit the website at <http://www.monocacyhealthpartners.org/virtual-visit>.

We'll be celebrating National Women's Health Week from May 13 through May 17. FMH Women's Services has partnered with several other FMH Departments to bring women together for education and active participation in healthy behaviors. Flyers will be posted and the events will be included on the FMH Intranet. These events are offered at no cost and you can bring a friend or family member.

Thank you for choosing to spend your time and talents with us. The leadership team and I are grateful for your contributions and the role you play in providing a superb patient experience for our community.

Best regards,



Thomas A. Kleinhanzl, MHA FACHE
President and CEO
Frederick Regional Health System

Ten New Members



Dylan Contento
Jeryl Seward
Joanna Mullinix

Geraldine Buckley
Sara Oxendine
Elsa Armbruster
Ruth Jameson

Pamela Italia
Marcia Smith
Pamela Blejwas

I hope that each of you were able to stop by during National Volunteer Week to receive a gift from us. Please know that these gifts are just a token “thank you” to let you know that we truly do appreciate everything that you do for FMH and our patients, visitors, and staff. We are blessed to have such a large, diverse group of volunteers all here to serve one purpose—making FMH the caring place that our patients have come to expect. *(If you did not yet receive your gift, there’s still time to stop by to get one.)*

I would like to take this opportunity to say goodbye and thank you to Rachel Carballo. Rachel has been a volunteer coordinator here since July 2018, job-sharing with Bonnie Walters. It has been a delight to have Rachel here with her fresh outlook and ideas. Rachel and her husband are expecting their second child in July. She will be leaving us mid-May. Please join me in wishing Rachel and her growing family the very best.

A big “Thank You” to Bonnie Walters who has decided to take on the job of volunteer coordinator full-time. Bonnie joined our department two years ago after retiring from Frederick County Public Schools. I for one, am very grateful for Bonnie’s professionalism and, I am sure, she will continue to do great things to grow our high school and college volunteer programs.



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 April, 2019 recipients are:

Kaleb Assefa	78.25 hours
Christopher Celarie	79
Camryn Isemann	75.5
Averey Johnson	87
Ahmed Khan	80.25
Aahana Kothandaraman	75.5
Hasita Madduri	78
Sri Nalluru	75.75
Divya Swaminathan	79.25
Ronny Ventura Meraz	78.75



WATCH YOUR MAILBOX!

The invoices for the 2019/2020 annual dues will be arriving in your mail very soon. The amount is still \$10 and payment is due by June 30. You may mail (no cash please) or drop off the payment with the invoice form in the volunteer office. Please remember that we do not prorate dues. Anyone who has been active but is taking a leave **MUST still pay dues on time.** actively volunteers but wants to invitations and supports our collected for dues are used to pay for the general fund (including but not limited to uniforms, patches, pins, awards and the annual picnic).

Pay Dues

of absence for medical or other reasons An associate member (one who no longer continue to receive newsletters and event organization) also pays dues. The monies

If you have questions or concerns, please email Sharen Neale at SNeale-FMHA@comcast.net.

We appreciate your continued support. Thanks for everything you do!

The 1902 Club

The FMH Auxiliary has been a part of the FMH Development Council since its inception and the Council is celebrating its 30th anniversary this year. An interesting tidbit of history we've uncovered reveals that 98 Auxiliary members were charter members of the hospital's annual giving club, the 1902 Club. The Auxiliary's long history of supporting the hospital is again confirmed.

If you are a Silver, Gold or Platinum member of the 1902 Club, we hope to see you at one of the 1902 Club donor appreciation events in June. Who doesn't enjoy dinner at Dutch's Daughter or a few hours of fun at Rockwell Brewery? If you aren't yet a member of the 1902 Club or would like to increase your giving to the Silver, Gold or Platinum level, please see any of the Auxiliary Officers, contact Robin Rose in the Development Office at 240.566.3321 or pick up a membership brochure in the Auxiliary Office in the sign-in area.

Gift Shop

Sharll Hane

The Gift Shop hopes everyone had a nice Easter with family and loved ones.

The Gift Shop is always getting in new items, brightly colored tee shirts, beautiful jewelry, and other wonderful things. The Gift Shop had an Easter basket to raffle. The winner is Lorri Johnston, a hospital employee. We thank everyone who purchased a ticket.

The Gift Shop currently has several volunteers out for medical reasons. We are looking for volunteers to help fill the Wednesday mornings and Friday afternoons slots, Please see Sharon Hannaby in the Volunteer Office if you are interested.



Gift Shop profits for April were \$7,558.55 and \$76,357.02 for the year to date.

Congratulations to Darlene Aulls who is the April Volunteer of the Month. Darlene has been volunteering in many different capacities since April 9, 1998. She has accumulated 5,075 hours volunteering. Darlene was President Elect of the Auxiliary and then became President from 2002 through 2004. She has been chairman of the Thrift Shop, Tree of Lights, and Gift Shop. Darlene has also volunteered her time knitting, Fundraising, Recruitment and Appreciation Committee, and Snow Ball. Your time and dedication to the hospital is greatly appreciated by everyone!

The Fashion Show held on April 10 at Country Meadows was a great success and had a sold out crowd. Many thanks to Susan Chapman who organized this wonderful event as well as the following models: Sharon Hannaby, Janie Harris-Crone, Mary Sandretsky, Mary Lou Minnick, Mamie Springer, Barbara Poffenberger, Lois Jarman, Brianne Wachter, and Jan Lounsbury. Thanks also to JoAnn Bradshaw, Adalaide McCullum, and Pat Dickinson who worked behind the scenes.

Save the date: The Annual FMH Picnic is set for Wednesday, June 5, 2019 at Monocacy Village Park Pavilion at 5 P.M. It will be held rain or shine and admission is free for Auxiliary Members. Guests are welcome but will have to pay \$4. The sign-up form is on page 10. As always, there will be Bingo, door prizes and a 50/50 raffle.



Our next scheduled meeting for the R&A committee will be held on Thursday, May 16 at 1 P.M. in the cafeteria. Contact Jan Lounsbury if you are interested in joining this committee.

Sewing Committee

Karen Rudisill

You may have read about the workings of the Sewing Committee in previous issues of the *Stethoscope*. In addition to the cutting, stuffing, and sewing of pillows, cushions, aprons, walker bags and other items, these are regularly distributed throughout various areas of the hospital.

I readily accepted the task of delivery person having been associated with FMH as a RN for over 33 years. Being intimately familiar with the many and various departments and with the hospital layout, made me uniquely qualified to distribute the gifts of the sewing committee. So, while the rest of the group stuffs, stitches, counts, and bags the pillows, I stack a cart with bags of goodies and make my rounds.

Each unit has its own storage system. Pediatrics has an area for blankets, stuffed toys, and coloring pages. I also deliver walker bags to the Joint Works on 3A. Often I make as many as three trips from the volunteer area to the various units. This affords the benefit of getting some exercise by walking plus the pleasure of visiting staff that I worked with through the years.

After completion of deliveries, the freshly made items are counted, bagged, and stored in the volunteer office. Departments may come to the office and sign out bags of pillows on an as-needed basis.

I thoroughly enjoy working with this group of ladies the first Tuesday of the month. Remember we can always use additional help even if you do not have sewing skills. Fabric donations are always appreciated.





Total hours in March, 2019:

7631.00 by 456 volunteers
College: 349.75 hours by 26 volunteers
Junior: 1038.00 hours by 90 volunteers
Senior: 6243.25 hours by 340 volunteers

Volunteer Award Hours

Joann Ramsburg

500 hours

William Allan
Kathleen Soria



1000 hours

Martha Goodenough

Select Seconds Notes

Pam Schaffert

A big thank you to everyone who donated items in celebration of Earth Day on April 22nd at FMH! We will be putting these items out for sale at the shop very soon.



Select Seconds has a nice selection of wedding, prom and party dresses as well as a large variety of jewelry. Please stop by and take a look before your next big event! And don't forget, FMH Auxiliary Volunteers and FMH Select Members get 10 percent off their purchase with valid ID.

Our sales for the month of March at Select Seconds were \$12,495.46.

Easy Mexican Chicken Recipe

From Sharon Hannaby

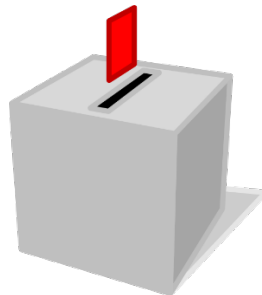
Place one pack of boneless, skinless chicken thighs in a crockpot, add a bag of frozen corn, a can of black beans and top with a jar of salsa. Cook on low for 8 hours. Serve over rice or use in enchiladas or tacos.



Annual Election

We will be electing officers for three positions at our Annual Meeting in June: First Vice President, Financial Officer and Recording Secretary. Joseph Collins is filling the remaining term of Harriet Brown and he has agreed to run for the First Vice President position. Sharen Neale would like to continue as Financial Officer. Peggy Rosenbluth has agreed to be the Recording Secretary.

Nominations may also be made from the floor at our meeting, but the nominees must have given consent in writing.



Profits from Sales

Mary Lou Minnick

Profit from the Lancaster Linens sale (March 11) was \$657.92.

Tired? You Are Not Alone

There are more than 80 sleep disorders, but do you have a sleep disorder, or are you just not giving yourself enough time to sleep each night? Adults need 7 to 9 hours of sleep every night, depending on their age. The National Sleep Foundation divides adults into three categories for recommendations. Young adults (18-25 years) and adults (26-64 years) are advised to sleep 7 to 9 hours and older adults (65+) are advised to sleep 7-8 hours per night.

Perhaps, you fall into the minority of American adults who sleep the recommended amount each night, but you are still feeling tired. There are several possible explanations: the quality of your sleep is affected by a sleep disorder, you have a medical condition, or you are taking a prescription or over-the-counter drug that causes fatigue. It may also be that the combination of drugs you are taking is causing fatigue. If you think you may fall into one of these categories, you should discuss this with your doctor.

So, other than taking a prescription sleep aid like Ambien or Lunesta, what can you do to improve your sleep? There are a handful of research-backed methods to improve the quality of your sleep, but the most effective method, with long-term results, is relaxation.

Progressive relaxation has been shown to help those struggling with insomnia and nighttime anxiety. There are excellent videos on YouTube that guide you through progressive relaxation. My personal favorite YouTube channel for meditation is called Honest Guys. Honest Guys offer a wide variety of meditations. If you are looking for pure nature sounds, progressive relaxation, or a narrative meditation, this is a resource worth trying. There are several free podcasts that provide meditations, such as The Meditation Podcast, Mindfulness of Breath Meditation, and Mindful Meditations. Many local religious and community organizations offer free meditation classes that are open to both members and non-members.

Resources:

<https://nccih.nih.gov/health/sleep/atagance.htm?nav=govd>

<https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-we-really-need>

<https://www.sleepfoundation.org/articles/why-electronics-may-stimulate-you-bed>

Tips for Better Sleep

- Stick to a sleep schedule, 7 days a week
- Create a relaxing bedtime ritual to wind down
- Exercise every day
- Make your bedroom quiet, cool, and dark
- Be sure to use a comfortable mattress and pillows
- Limit alcohol, caffeine, heavy meals, or strenuous exercise close to bedtime
- Turn off electronics 1-2 hours before bed

May is Stroke Awareness Month

The FMH Stroke Program Presents: *A Teachable Moment*, a film screening with giveaways, raffle drawings, Q&A session and information from other FRHS and community partners.

Film synopsis: Driving home from an evening event. Getting out of bed to start the day. Hitting the shift key at work, Hosting family for the holidays. Each year, nearly 800,000 people suffer from a stroke. A Teachable Moment is the story of four strangers who find common ground after one moment changes their lives forever.

For Employees: May 14th, 11:30 am to 2 pm—FMH Classrooms 1 & 2

For the General Public: May 22nd, 5:30 pm to 8 pm—FMH Crestwood Conference Center

Strokes can happen at any age. Reduce your risk.

- Adopt a healthy lifestyle, including proper diet and exercise
- **Lower blood pressure & cholesterol**
- Control other health conditions such as diabetes & atrial fibrillation
- If you smoke, set a plan to quit

Remember BEFAST for Stroke Symptom Recognition



In Memoriam

John Bradicich, a former FMH Auxiliary Volunteer, passed away on March 27, 2019 at the age of 92. John was a volunteer from Dec. 1991 until April 2015 and had a total of 7864.25 hours of service. During his time here, he volunteered in the Gift Shop, Pastoral Care, Holiday Bazaar, Snow Ball, and Fundraising committees. It is for his Friday mornings in the Gift Shop with Lee Jacobs that he will be most remembered.

<https://www.legacy.com/obituaries/fredericknews/post/obituary.aspx?n=john-bradicich&pid=192028494>



Calling all Auxiliary Members!

FMH Auxiliary Picnic

Wednesday

June 5, 2019

5 pm 'til dark—rain or shine

at the

Monocacy Village Park Pavilion

409 Delaware Road, Frederick, MD 21701

Reservations for the picnic must be made by May 24th

There will be Bingo with prizes and a door prize

Admission Free for Auxiliary Members

and \$4.00 per guest

Please bring a covered dish to share.

Fried chicken, BBQ, rolls, table service and beverages will be provided.

Please fill out the form below along with payment for guests
and return it to the Volunteer Office.

Auxiliary member name(s) _____

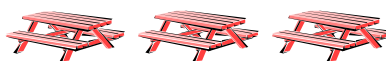
Paying guest name(s) _____

Contact phone: _____ Total number of reservations: _____

I will bring the following covered dish for sharing:

Salad _____, Vegetable _____, Dessert _____

You may also obtain this form from the Volunteer Office.



FMHA Annual Meeting & Luncheon

All dues current, active volunteers are welcome to attend

Tuesday, June 25, 2019 at 11:30 a.m.

**Ceresville Mansion
8529 Liberty Road
Frederick, Maryland 21701**



Menu

**House Garden Salad with Julienne Vegetables and Sliced Roma Tomatoes
Grilled Marinated Breast of Chicken with Blackberry Vinegar Reduction and Fresh Blackberries
Flounder Stuffed with Fresh Spinach and Shitake Mushroom Glaze, Coarse Grated Parmesan
Vegetarian: Ratatouille Ravioli with Basil, Tomato and Porcini Mushroom Concasse
Accompaniments
Sorbet Trio with Fresh Berries and Mint Garnish**

Please Mark Your Luncheon Preference:

_____ **Grilled Marinated Breast of Chicken**
_____ **Stuffed Flounder**
_____ **Ratatouille Ravioli**

Name: _____ **Phone Number:** _____

Please return no later than June 18, 2019 to:

**FMH Volunteer Office
Attn: Denise Zigler
Frederick Memorial Hospital
400 West Seventh Street
Frederick, MD 21701**



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

Non-Profit Organization
U.S. Postage Paid
Frederick, MD. 21701
Permit No. 6

CURRENT RESIDENT OR:



May 8-10: Books Are Fun—Cafeteria

June 5, 5:00pm: Annual FMH Picnic—Monocacy Village Park Pavilion (See page 10)

June 12-13: Uniform Sale—Cafeteria (*change of location*)

June 25, FMHA Annual Meeting & Luncheon—Ceresville Mansion (See page 11)

August 1: Pretty Pickin's—Cafeteria