



June 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

Happy June! I think we can safely say now that spring weather is here to stay. I hope everyone is enjoying the lovely warmth of the sun—that is when the rain stops long enough for it to come out.

One of the best rites of spring is graduation. I have had a wonderful time celebrating the younger volunteers who make up an important part of the Auxiliary. It was my pleasure to welcome and congratulate the Class of 2019 at their awards ceremony on May 22. These junior volunteers are graduating from high school and will be embarking on their journeys into adulthood. One of the speakers at the event, John Cooper Fisher, quoted the Hippocratic Oath *'I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug.'* What a wonderful thought for all of us to remember. We appreciate their service to the Auxiliary and hope that the tradition and joy of serving their community through volunteering will continue throughout their lives.

I also want to congratulate the FMH scholarship recipients. These five students (see page 5), whose academic excellence, volunteer service, and interest in health-care related fields qualified them for these scholarships will receive \$2000 toward their tuition at their chosen school.

Another rite of spring is the annual testing that we are all required to complete. A change this year is that they must be completed online. This saves many, many reams of paper as well as hundreds of hours to manually check each answer. I know this may be a challenge to many of us, and I strongly suggest that you take advantage of the classes and assistance offered by the Volunteer Office.

Our biggest event of the year, the annual membership meeting and luncheon at Ceresville Mansion, will take place on June 25. The hospital is once again covering the cost of this wonderful event, but seating is limited, and we are about 75% full as of this writing. We will be presenting the first gift toward our \$500,000 pledge for the Behavioral Health Unit, which was desperately in need of renovation and serves a large portion of our community. This gift will take the Auxiliary over the **Ten Million Dollar** milestone of gifts to FMH since the beginning of the Auxiliary in 1952. The long tradition of excellence that this Auxiliary has always exhibited is still going strong today. Your ability to adapt to changing needs is evident every day, and you are an integral part of the FMH family. On behalf of the Board of Directors, I thank you for the continuing gifts of your time and treasure, which is exceeded only by your compassion and care for our community.

Dear Friends,

Summer is just around the corner and the weather is finally catching up. I think we are all ready for long and sunny days. I hope you are well and that you are able to enjoy some vacation time with your friends and family members.

Congratulations to our Class of 2019 scholarship winners. There were five scholarships awarded in the amount of \$2,000 each. Since 1959 the FMH Auxiliary has given over \$160,000 in scholarships. That makes a real difference in our community.

We have been busy with renovations at FMH Tollhouse (in the former cancer center building) to bring additional physician practices to the hospital campus. Renovations will be complete at the end of June and our Monocacy Health Partners Orthopedics and Surgical Specialists groups will be moving in. The Surgical Specialists includes Ear, Nose and Throat specialists.

All of these providers will begin seeing patients at FMH Tollhouse on July 1st and their former locations at FMH Crestwood and on Thomas Johnson Drive will close. We believe this new location will be more convenient for both our patients and our physicians.

We will have security patrols within the parking garage and the parking lots beginning on June 1st. The security team will make sure parking rules and policies are followed to ensure everyone's safety.

As always, you have been busy with your fundraising activities. I have heard many positive comments from the Book Sale last month. It takes a great deal of work to plan these events and find volunteers to staff them. Thank you for your commitment to making these annual events happen. Our staff members really look forward to them.

I hope you were able to enjoy the activities during Healthcare Week in May. When we talk about "People Who Make Us Shine" we are surely including our dedicated volunteers in that conversation. Thank you for all that you do.

I look forward to the FMH Annual Membership luncheon coming up in June (see page 11). We have so much to celebrate this year as the FMH Auxiliary has reached the \$10 million mark in fundraising. This is an amazing accomplishment.

I hope you enjoy a happy and healthy summer. Please know that your work is valued and appreciated by myself and our leadership team.

Best regards,



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

By now, hopefully many of you have completed this year's annual mandatory tests. You should have found that the new online format was much easier to read than the many pages that we have had in the past. Live classes are still being offered if you prefer to let us help you getting logged into the system and through the tests (call the office to sign up; details were in the letter that was sent to your home).

I have been asked why we made the switch to the online format and the answer is multifold. The interactive format of the computer versions (once you get past having to do these online) are much more educational and easier to read. With between 700 and 800 active volunteers per year each with up to 5 quizzes make for a total of close to 4000 tests that had to be graded by hand. The new version lets you know immediately if you scored less than an 80% and had to retake the test. In the past, we had to track down anyone who did not pass and have them redo the test (not a simple task by any stretch).

Times change and we must change with the times. We certainly don't want to lose anyone over having to complete these mandatory tests. If you have any questions or concerns, please don't hesitate to contact me (shannaby@fmh.org). We want you to succeed!

Thanks for all that you do **Always!**

Five New Members



Travis McKinney
Judith Timko
Adelaide Chang

Wendy Miller
Amy Joseph

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 May, 2019 recipients are:

- | | |
|--------------------|-------------|
| Ana Hernandez Cruz | 84.25 hours |
| Samyak Jain | 76.50 hours |



Congratulations to the Class of 2019 Junior Volunteers.

Bonnie Walters

The Volunteer Services Staff would like to congratulate all of the Class of 2019 Junior Volunteers on their graduation from both high school and the Junior Volunteer Program. We thank each of them for their time, service and commitment to Frederick Memorial Hospital and wish all of them the best of luck in their future endeavors.

Class of 2019 FMH Auxiliary Scholarship Recipients

This year the money raised through the Tree of Lights Campaign was donated to the FMH Auxiliary Scholarship Fund. Five \$2,000 scholarships were awarded this year to the Class of 2019 students planning to pursue a career in healthcare.

The Kay Hartmann Scholarship – Ryan Puthumana

The Alma Whitehouse Scholarship – Elena Aldana

The Richard “Dick” Kreh Award – Leah Young

The FMH Auxiliary Scholarship – Marilyn Fisher

The FMH Auxiliary Scholarship – Caroline Paroby

Class of 2019 President’s Volunteer Service Award (PVSA) Recipients



Back Row (from left to right)

J. Cooper Fisher, Ryan Puthumana,
Parin Kumar

Middle Row (from left to right)

Sheila Setiawan, Tasnia Sadat,
Priyal Ganguly, Marilyn Fisher

Front Row (from left to right)

Caroline Paroby, Sarah Abouassali,
Elena Aldana

Not pictured

Chelsea Donovan, Jadah Watkins

Among the Class of 2019 Junior Volunteers were numerous recipients of the Gold, Silver, and Bronze President’s Volunteer Service Award. Each of these students gave over 100 hours of service to Frederick Memorial Hospital in addition to managing their rigorous academic schedules, extra-curricular activities, part-time jobs, and their responsibilities at home. Service hours were tracked from April 1, 2018 to March 31, 2019.

Gold Award: 250+ Hours

Ryan Puthumana – 256 hours

Silver Award: 175 – 249 Hours

John Cooper Fisher – 177.50 hours

Priyal Ganguly – 178 hours

Parin Kumar – 184 hours

Bronze Award: 100 – 174 Hours

Sarah Abouassali – 106 hours

Elena Aldana – 143.75 hours

Chelsea Donovan – 116.50 hours

Marilyn Fisher – 115.50 hours

Caroline Paroby – 100.25 hours

Tasnia Sadat – 111.25 hours

Sheila Setiawan – 132.50 hours

Jadah Watkins – 109 hours

Class of 2019 Junior Volunteers.

(continued from previous page)

FMH Career Studies Internship Participants

Three of our Class of 2019 Junior Volunteers participated in a one semester student internship at Frederick Memorial Hospital this past year. Having spent half of their school day at FMH, these student interns gained knowledge and hands-on experience in various departments throughout the hospital.

Fall, 2018: Marilyn Fisher and Parin Kumar

Spring, 2019: Rani Jones

Class of 2019 Active Junior Volunteers

Sarah Abouassali

Priyal Ganguly

Payton Lowery

Elena Aldana

Alexandra Hoffman

Caroline Paroby

Juan Castillo

Hadley Humbertson

Ryan Puthumana

Kevin Diaz

Camryn Isemann

Tasnia Sadat

Chelsea Donovan

Victoria Jenkins

Sheila Setiawan

Raiannamei Elad

Rani Jones

Jadah Watkins

John Cooper Fisher

Emily Kenagy

Maggie Zhu

Marilyn Fisher

Parin Kumar

Gift Shop

Sharll Hane

The Gift Shop had a five-day Mother's Day sale—we made \$5,446.53. I want to thank everyone who stopped by. We are now getting ready for summer and we have travel mugs, tee shirts, and a lot of wonderful items. Stop by and check us out.

The Gift Shop has one new volunteer, Marcia Smith and one returning volunteer, Ellen Noland. We currently have three volunteers out for medical reasons who will be off for several months. We wish them a complete recovery.

Update on the Drink Program—as of the middle of May we have given away 1,009 drinks.

Remember, volunteers get 10% off of certain items in the gift shop.



Gift Shop profits for April were \$10,751.09 and \$87,108.11 for the year-to-date.

Profits from Sales

Julane Anderson

Profit from the Books are Fun sale (May 8-10) was \$1415.38.

What can you do using your own talents and gifts to make someone's day a little better? How about donating either sewing materials or your time (or both) to the "FMH Sewing Committee?"

The Committee knows the goodness of this community first-hand as several individuals have recently donated fabric and supplies that have been put to good use in making walker bags, Alzheimer's activity aprons, and surgical and neck pillows for the comfort of our patients. Please consider donating either purchased or excesses of sewing materials that you may have to this good cause.

Thanks to Elsa Armbruster for recently joining the Committee, we appreciate her help more than words can say and are still looking for additional 'busy hands' to join the Committee.

The group meets on the first Tuesday of each month in the Meeting Room across the hall from the Volunteer Office. Our 'flexible' working hours are from 8:00 to 11:30 am.

If you would like to donate material, activity apron objects (i.e. buttons, zippers, ribbons, key rings, beads, etc.) or become an active member of this committee, please contact Chairman Elsie Warnock at 301-371-9468.

Be one of those special people whose generous donations help this Committee make a difference in the comfort and care of our patients.



R & A Committee Report

Jan Lounsbury

Congratulations to Peggy Gaver who is the May Volunteer of the Month. Peggy has been a volunteer since January 7, 1999. She volunteers in the Emergency Department and Tumor Registry. Over the years Peggy has volunteered 5,374 hours at the hospital. Her service and commitment to the hospital is greatly appreciated!

The annual Auxiliary picnic was held on Wednesday, June 5 at Monocacy Village Park. Many thanks to all those who worked to make this a fun event and also to those who attended. Not only did we have plenty to eat but we had many winners from all the bingo games that were played as well as the 50/50 raffle and door prizes.

Save the date: On Monday, September 16 and Tuesday, September 17 the Recruitment and Appreciation Committee will have a recruitment table at the Frederick Fair. September 16 is Senior Day and September 17 is Community Day at the Frederick Fair. We will be looking for volunteers to man the table for both days in two hour shifts. Please consider joining us in September to recruit more volunteers for our great organization.

Our next scheduled meeting for the R&A committee will be held on Thursday, June 20, at 1 P.M. Contact Jan Lounsbury if you are interested in joining this committee.

Volunteer Award Hours

Joann Ramsburg

500 hours

Carol Noonan
Cathie Deadrick

1000 hours

Betty Kettering
Terrie Hawkins

2000 hours

Elin Forbus
Howard Strine



3000 hours

Herbert Currier
Judy Crum

4000 hours

Mary Adams

5000 hours

Linda Blowitski

18000 hours

Philip Smith

Select Seconds Notes

Pam Schaffert

Our racks are full! Please stop by Select Seconds to see our spring and summer clothing as we are constantly changing out the merchandise. We have a reputation of having the best bargains downtown! And remember, FMH Auxiliary Volunteers and FMH Select Members get 10% off their purchase with a valid ID.

Due to the generosity of our patrons, we found our back room overwhelmed with donations, necessitating a temporary hold on accepting items in order to get the backlog processed. The hard work of our volunteers is paying off and we will have everything in great shape to begin accepting donations again on June 15.

Our sales for the month of April at Select Seconds were \$20,394.67



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.

Total hours in March, 2019:

7269.50 by 461 volunteers
College: 366.00 hours by 29 volunteers
Junior: 871.75 hours by 91 volunteers
Senior: 6031.75 hours by 341 volunteers



Avocado Chicken Salad

From Denise Zigler

- 1 large cooked chicken breast—shredded or chopped
- 2 large avocados
- 1 cup corn from 1 cooked cob
- 6 oz. lean bacon—cooked and crumbled
- ¼ cup chives or green onion—chopped
- 2 Tbsp. chopped fresh dill, or to taste

<p><u>Lemon Dressing</u></p> <p>3 Tbsp. lemon juice—freshly squeezed 3 Tbsp. olive oil 1 tsp sea salt 1/8 tsp black pepper</p>
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Dice or shred chicken breasts and place in large mixing bowl.

Peel and pit 2 large avocados, slice into bite-sized pieces and add to the mixing bowl.

Add 1 cup of cooked corn, toss in ¼ cup chopped chive or green onion, crumbled bacon, and 2 Tbsp fresh dill.

Add dressing ingredients to a small bowl and stir to combine. Drizzle over salad and toss. Serve with slices of hard-boiled egg if desired.



Heart Attacks

Every year, over one million Americans experience a heart attack and half of them perish. Of those who pass away, half do so within one hour of symptom onset and without getting to a hospital. In fact, many people wait two hours, or more, before they seek medical attention. This can be due to the fact that people have different experiences regarding symptoms and symptom severity. The more symptoms you are experiencing, the more likely it is that you are having a heart attack.

Whereas one person may have minor discomfort in their neck accompanied by nausea, another may have severe chest pain, trouble breathing, and a strong feeling of lightheadedness. It is easy to understand why the first person may not seek medical attention; after all, those two minor symptoms are easy to explain away. The person may think, that their neck was sore from reading too long the night before, or that they must have slept in an odd position. They may also think something they ate simply isn't sitting well with them. The second person, due to the severity of their symptoms, combined with the fact that people associate chest pain with heart attacks, is much more likely to dial 9-1-1.

Perhaps, like the first person described, you are reluctant to seek medical attention, due to your symptoms seeming rather innocuous. If this is the case, you should consider your risk factors.

Signs of a Heart Attack

The signs can include:

- Crushing chest pain or pressure and/or discomfort or pain elsewhere in the upper body, neck, or arms
- Nausea
- A cold sweat
- Fainting or lightheadedness
- Shortness of breath

Risk Factors

- ♡ **Age.** Men older than 44 and women older than 54 are more likely to suffer a heart attack.
- ♡ **Family history of heart attack.** If your siblings, parents, or grandparents have had early heart attacks (by age 55 for male relatives and by age 65 for female relatives), you might be at increased risk.
- ♡ **Lack of physical activity**
- ♡ **Stress**
- ♡ **High blood pressure**
- ♡ **High LDL cholesterol or triglycerides**
- ♡ **Obesity**
- ♡ **Diabetes**
- ♡ **Metabolic syndrome**
- ♡ **Illicit drug use**
- ♡ **Tobacco use and exposure**
- ♡ **History of preeclampsia**
- ♡ **Autoimmune condition**

Resources:

https://www.nia.nih.gov/health/what-heart-attack?utm_source=NIA+Main&utm_campaign=7d9bfcce2c-20190415_heartattack&utm_medium=email&utm_term=0_ffe42fdac3-7d9bfcce2c-7401009
<https://www.mayoclinic.org/diseases-conditions/heart-attack/symptoms-causes/syc-20373106>

In Memoriam

Mrs. Jean D. "Duddy" Gaver, 88, of Frederick, passed away on Sunday, May 19, 2019, at Homewood at Crumland Farms. She was the wife of the late James E. Gaver.

Duddy was a graduate of the class of 1950, School of Nursing at Frederick Memorial Hospital. She had worked for 39 years at FMH in many capacities. She was a member of the FMH Alumni Nurses Association and was a life-long member of the Grace United Church of Christ on East Second Street, Frederick, where she taught Sunday School and sang in the choir. After Jean retired from FMH, she returned as a volunteer from August 1994 until October 2015. She served on the Tree of Lights committee, Holiday Bazaar, and Fundraising. Jean had 81.75 hours of service to the Auxiliary.

For more information click on:

<https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=jean-gaver&pid=192953759>

Attention Volunteers

Development Council—everyone who does work for the Development Office, please use the sign-in code **CDEV**. This allows us to track the time we spend assisting the Development Office. This includes assistance at events such as the Good Samaritan dinners and 1902 Club get-togethers. Thank you.

Volunteer Library—as part of our 20/20 goals to improve patient satisfaction, the volunteer office has created a small library to help our volunteers improve their empathy, understanding, and knowledge. Our library consists of books and articles such as memoirs by doctors, patients, and nurses, as well as literature which highlight how one's culture, race, age, etc., impact experiences with medical care. Our little library is located just inside the entrance to the volunteer sign-in room. If you would like to check out a book or the binder containing the articles, please complete the check-out sheet sitting beside the books. You may keep the materials for up to two weeks. If you would like to donate books or articles to our collection, we would appreciate it.

Dues due by June 30—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 of absence for medical or other reasons **MUST** still pay dues on time. An associate member (one who no longer actively volunteers but wants to continue to receive newsletters and event invitations and supports our organization) must also pay dues. The monies collected for dues are used to pay for the general fund (including but not limited to uniforms, patches, pins, awards and the annual picnic).

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.

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:



June 12-13: Uniform Sale—Cafeteria

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

August 1: Pretty Pickin's—Cafeteria

August 21-23: Books are Fun—Cafeteria

October 1-2: Everything \$6 Sale—Cafeteria

October 16-17: Uniform Sale—Auxiliary Conference Room