



December 2018



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>



5 New Members

Gaye Lynn Wilson
Claudia Nealley
Martha Overs
Catherine Cunningham
Meghan Brady

Newsletter Committee 2018 Issue 10

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

I hope everyone had a wonderful Thanksgiving and are looking forward to an exciting holiday season.

December is a busy time at FMH as well as at all of our off-campus locations. The Annual Tree of Lights Campaign will kick off the holiday season with the Tree Lighting ceremony scheduled for the evening of Tuesday, December 4 in the Auxiliary Conference Room. The Tree of Lights proceeds this year will be used to replenish our Scholarship fund. As most of you are aware, the Auxiliary grants scholarships to deserving Frederick County high school students who have volunteered at least 75 hours at a health care facility and are interested in pursuing an education in the health field. Please join us for this beautiful event as we light the four evergreen trees that stand at the Blue entrance to the hospital. Please consider purchasing a light on these beautiful trees as a tribute to your loved ones. Lights can be purchased through January 11, 2019.

The annual FMH Holiday Party will be held on Wednesday, December 12. The Auxiliary is proud to once again be helping staff the party. All active volunteers who wish to join us for the food and festivities must have an admission ticket, which will be available in the Volunteer Office on the day of the party. If you wish to help us serve (I will be serving at the first shift), please contact Sue Basford at jakebasford@yahoo.com.

To assist you with holiday shopping, the Auxiliary has two fundraising events coming up: Fudgie Wudgie on December 13–14 in the cafeteria and Collective Goods on December 17–19 in the cafeteria. The Gift Shop and Select Seconds Thrift Shop always have wonderful and unusual items to help with your holiday shopping needs.

As the holiday season approaches, please remember the tremendous difference you make in the lives of our patients and their families, visitors, FMH staff as well as each other. For many people, the holidays aren't a time of joy, but you have proven time and time again how precious a smile, a hello or a helping hand can be to someone who may be spending their holiday at the hospital.

However you celebrate, from my family to each of you and yours, please have a wonderful, joyous, warm and safe holiday season.

Dear Friends,

Another holiday season is already upon us. We have so much to look forward to as we plan special time with family and friends. Once again the lit trees on Seventh Street provide a holiday atmosphere on our campus and the Tree of Lights campaign provides an opportunity for all of us to remember and honor our loved ones during the holidays.

As always, I want to thank you for your ongoing fundraising efforts during the holiday season. Our hospital team members all enjoyed the recent jewelry sale and look forward to the Collective Goods sale. You make it so convenient for us to finish up our holiday shopping.

I enjoyed seeing many of you at the Select Seconds anniversary celebration in early November. Your store has not only raised money for the hospital, you've also provided a valuable service to the community through your retail sales and the clothing you donate to hospital patients in need. The support from the community was strong at the celebration. I was thankful to see so many local politicians and business leaders attend and provide proclamations attesting to your service.

At our recent Leadership Roundtable meeting it was reported that in the last year we've had a total of 716 actively working volunteers who donated 82,484 hours of their time to help our patients, visitors and staff. We also heard that you are all working in 58 different service areas. We all notice that you are here and working every day, but statistics like this really showcase the value you provide. Our leaders and staff members at all levels are grateful.

In fulfilling our mission to provide for the health and well-being of our community, sometimes we need to recruit specialist physicians to fill a void. Recently we have focused on recruiting Otolaryngology (Ear/Nose/Throat) physicians. We are proud to have Dr. Jared Tompkins and Dr. James Oberman providing ENT services at FMH Crestwood. By adding these qualified physicians to our Monocacy Health Partners team, we are providing much needed specialty care for the community.

You may have noticed some construction activity in the Main Lobby and Wound Center recently. We are replacing some parts of the floor in those areas. This is part of our ongoing effort to provide a welcoming and clean environment for all of our patients and visitors.

Best wishes to you and yours for a very happy holiday season. Thank you for all that you do to help us care for our community.

Best regards,



Tom Kleinhanzl
President and CEO
Frederick Regional Health System

Happy Holidays to all of you!

As we come to the end of another year, let me take a moment to say “Thank You” to all of you who share your time with FMH. As many of you know, I can’t pass up an opportunity to share a quote from Mr. Rogers so here goes...

We live in a world in which we need to share responsibility. It’s easy to say “It’s not my child, not my community, not my world, not my problem.”

Then there are those who see the need and respond. I consider those people my heroes.

I could not have said it any better. You are my heros!

May this holiday season give you time to spend with family and friends. Time to relax, refresh, and reflect on your accomplishments for 2018. Take care of yourselves. You are important to us!

Do you have questions about Advanced Directives and/or Medical Power of Attorney but don’t know who to ask? Our Care Coordination/Case Management Department is here to help.

Having these forms is one of the best things you can do for yourself and your family. Knowing what someone’s wishes are makes it much easier for the family when a crisis occurs.

Please feel free to stop by for one of our “drop in” times to discuss your questions/concerns with our staff. All sessions are going to be held in the Auxiliary Conference Room (across from the Volunteer Office).

If you have not yet completed these forms for yourself or you have loved ones who need forms, these will be available for pick up.

Dates/times are:

Thursday, December 6 from 9:00-10:00am

Tuesday, December 11 from 12:30-1:30pm

Friday, December 14 from 10:00-11:00am

We hope you can stop by and take advantage of the opportunity to get your questions answered and get the appropriate forms needed.

Thanks for all you do.

Always!!

Attention—Please

Pat Ray

To prevent confusion and remain good stewards of the Auxiliary’s funds, no reimbursement requests will be honored without the **prior approval** of the Executive Committee of the Auxiliary or the Auxiliary service chair. Any questions, please feel free to ask the chair of your service or any of the Auxiliary officers.

Charlotte Macomber is the Volunteer of the Month for November. She has been volunteering since 2010 in the Emergency Department. Charlotte has volunteered 967.5 hours—all in the Emergency Department. She received a \$10 gift certificate to Select Seconds. Congratulations Charlotte for your outstanding service to the hospital!

The luncheon at Oscar’s on November 14 was enjoyed by many Auxiliary members. Everyone who attended was given an Oscar’s lunch card which will give them a free lunch after purchasing five lunches.

Our next scheduled meeting for the R&A committee will be held on January 17 at 1 P.M. in the cafeteria. Please consider joining this great group of volunteers. Contact Jan Lounsbury if you are interested at 50gayle@verizon.net.

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 November, 2018 recipients are:

| | | | |
|----------------|----------|-----------------------|-------|
| Elena Aldana | 82 Hours | Anne Lu | 79.50 |
| Priyal Ganguly | 85 | Neha Mahasreshti | 84.25 |
| Shifa Haq | 95.25 | Devarajan Palaniappan | 75.50 |
| Ahmed Khan | 80.75 | Jeshuwin Prabakaran | 79.75 |



Healthy Tips

Rachel Carballo

Palliative Care vs. Hospice Care: What’s the Difference?

Palliative Care is offered to patients with illnesses that are able to be cured, though they are experiencing discomfort(s) that require medical assistance. Patients and their families can gain a better understanding of their treatment options through palliative care. A team is typically assigned to work with the patient, their family, and their doctors in order to address the multifaceted needs of the patient; a patient’s needs are not limited to physical symptoms, but also include social, mental, emotional, spiritual, and practical requirements. Practical assistance refers to daily tasks that a patient may need someone else to help them with, such as cleaning their home, cooking meals, or caring for their pets and/or children. The team typically includes doctors, nurses, social workers, spiritual leaders, and mental health professionals. Palliative care often extends patients’ lives, and results in a happier, less anxious patient who is satisfied with their pain management. Palliative care may be recommended and beneficial at any stage of an illness. It is best for patients to receive this care earlier rather than later, in order to reduce their suffering. This type of care can be offered in various settings, including in the patient’s home, a hospital, a nursing home, or another care facility.

Hospice Care is offered to patients who have an illness that cannot be cured or have elected to stop receiving treatment for an illness that must be treated to keep the patient alive. The patient receives comprehensive comfort care and their family also receives support. This can be confusing because the term comfort care is often used interchangeably with the term palliative care. Typically, what comprehensive care means is that a patient will receive help managing their pain and symptoms, as well as options that allow them to reach the end of their lives in a meaningful way. Hospice care is recommended for patients who have received a diagnosis involving a terminal illness and physicians estimate they have six months or less to live. Like palliative care, hospice care can be received in multiple types of care facilities, as well as the patient's home.

Are you close to someone who is receiving end-of-life/hospice care or a caregiver of someone who is receiving this type of care? You may be wondering how you can help.

Asking "How may I help?" may leave the person feeling overwhelmed with the many things they need assistance with, or they may feel too bashful to ask for something specific.

Instead, make a specific offer:

"May I walk and feed your dog every morning?"

"May I cook meals for you and leave them in your freezer?"

"May I pick up your mail for you?"

"May I sit with your mom in the evenings so you can go home for a while?"

You may want to offer to put together a list with the patient or caregiver of tasks that need to be done and offer to organize other volunteers to help complete the tasks. You may also want to put together a list of people who want to receive updates on the patient and offer to provide those people with updates.

It is important to ask caregivers how they are doing and encourage them to express their feelings to make them feel emotionally supported.

The National Institute on Aging recommends asking doctors the following questions:

"Since there is no cure, what will happen next?"

"Why are you suggesting this test or treatment?"

"Will the treatment bring physical comfort?"

"Will the treatment speed up or slow down the dying process?"

"What can we expect to happen in the coming days or weeks?"

Resources:

<https://www.nia.nih.gov/health/what-are-palliative-care-and-hospice-care>

<https://www.roswellpark.org/cancertalk/201702/supportive-palliative-care-means-quality-life-care-early>

<https://www.worldrtd.net/comfort-palliative-care>

<https://www.nia.nih.gov/health/providing-comfort-end-life#practical>

Total hours in October 2018: 7972.75 by 476 volunteers—

- College: 471.50 hours by 38 volunteers
- Junior: 1117.00 hours by 93 volunteers
- Senior: 6384.25 hours by 345 volunteers

Gift Shop

Sharll Hane

I hope everyone has had their fill of turkey and are ready to think about the holidays. Stop by the Gift Shop and see our windows of gifts. We have ornaments for the tree to shaving balm for the man on your list. There are bath bombs for the ladies and games for the kids. We have gifts for everyone on your list. Don't forget we have stamps for your cards and letters.

We will not be open early the last Tuesday of December so our volunteers can spend time with their families.

We are currently looking for volunteers to work the 1st, 3rd and 5th Thursdays from 12:00 pm to 4:00 pm. See Sharon Hannaby in the volunteer office if you might be interested.

Gift Shop profits for October were \$9,070.54 and \$35,369.56 for the year.

HAPPY HOLIDAYS FROM THE HOSPITAL GIFT SHOP

Volunteer Award Hours

Joann Ramsburg

100 hours

- Ritha Rodriquez
- Elizabeth Cole
- Sarah Bergholtz



5000 hours

Frances Norwood

Presidential Service Awards

Joann Ramsburg

FMH volunteers are awarded the Presidential Service Award after they have served 4,000 hours.

This year we had five volunteers to earn their award. They were Linda Blowitski, Carolyn Fishack, Ruby Marie Linthicum, Mary Lou Minnick, and Patricia Ray.

Congratulations to all for the many hours of service.

A big thanks to those who helped out and supported us at our 30th anniversary held on November 3rd. We were very pleased to have Tom Kleinhanzl, president and CEO of FMH, and other hospital representatives attend the event as well as local elected officials. We made record sales that day!

Another big sales day more recently was Frosty Friday. Cold weather and overcast skies did not deter our customers who came by the store for great bargains. Let's keep the momentum going—please tell your friends, family and neighbors about what a wonderful place Select Seconds is to shop!

Also, we continue to be in need of volunteers to assist with pricing artwork, fine collectibles, linens, and women's clothing on a regular basis.

Our volunteers extend best wishes to all for a very happy holiday season!!

The month of October sales at Select Seconds was \$20,351.50.

A reminder to all auxiliary volunteers—get a 10 percent discount on your purchases by showing your badge at checkout!



Profit from the uniform sales was \$1896.71

Profit from the \$6.00 sale was \$740.73



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:



December 12: Annual FMH Holiday Party—Cafeteria

December 13-14: Fudgie Wudgie Sale—Cafeteria

December 17, 18, and 19: Collective Goods—Cafeteria