



August 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 summer! I hope each of you has had a chance to enjoy a lot of summer activities, and for those of you who take a little break from volunteering over the summer months—we miss you! A big *thanks* to the junior and college volunteers who have stepped in to help this summer. It is nice to see them around during the day as well as in the evening and the weekends.

I hope you enjoyed the special commemorative edition of *The Stethoscope* last month. Surpassing the \$10,000,000 mark was a big milestone for the Auxiliary—the last 67 years have been filled with the gifts of time, talent and treasure—and the volunteers of the FMHA show no signs of slowing down. It is your hard work—your compassion and helpful manner, as well as going above and beyond to support our two retail operations—the FMHA Gift Shop and the Select Seconds Thrift Shop—and all our various fundraisers, that made this milestone possible. These gifts will last well into the future as our patients enjoy the advantage of top-of-the-line care; in this case the critical update to the Behavioral Health Unit that was so desperately needed.

Speaking of the retail shops, both the Gift Shop and Select Seconds are gearing up for the arrival of fall, so please keep them in mind for your back-to-school shopping as well as the change over to fall décor. It will be upon us before we know it.

Each service has been busy compiling their annual reports, and as I review them to compile the final report for the FMH Board of Directors, I continue to be amazed by how much work gets done by each of the service groups. You all are truly a very important cog in the wheel that makes the hospital function day in and day out. Whether you are escorting patients to registration, manning the surgical waiting area, selling retail products, sewing thousands of surgical, heart and neck pillows, or discharging patients, each of you are vital to the efficient operation of the hospital, and a bright cheery face to the staff, patients and their families and our community.

Thank you and enjoy the rest of your summer!

Welcome!

Seven New Members Join the FMH Auxiliary.

Abhinav Shrivastava

Deborah Larkin

Ned Levy

Jeimy Rodriguez

Sylvia Flack

Crystal Hinman

Doris Skarsten

President’s Letter

Thomas A Kleinhanzl

Dear Friends,
I hope you are enjoying your summer and that you have a chance to get away from it all with family and friends. We appreciate the dedication of all of our volunteers and your continued support throughout the year.

We’ve been busy rearranging some medical practices in the past few months. Thank you for helping to direct the public as they have asked about our services available at FMH Tollhouse. We now have the MHP Care Clinic, Hood College Student Health & Counseling Services, Outpatient Lab, Orthopaedic Specialists, Primary Care, Surgical Specialists/ENT and Urgent Care in that location. The former cancer center location has become a hub of community healthcare, right here at the hospital campus.

Speaking of new locations, I want to make sure that you know about the new Service Excellence office space. They have moved from their second floor location near the lobby to the Lower Level across the hall from the IT Help Desk. I know you sometimes need to reach them to help facilitate the needs of our patients and visitors. You can still reach Service Excellence via the same phone number.

The hospital staff members have appreciated your ongoing fundraising efforts throughout the summer with the uniform sale and jewelry sale. You provide much needed services in a convenient and accessible format for our employees while raising funds for the hospital with these efforts.

Our FMH Gift Shop team recently went above and beyond the call of duty to replace a missing stuffed animal for a young boy who was born at FMH. You may have followed the story of the missing monkey on the Frederick Police Department's social media account. (Visit https://www.fredericknewspost.com/news/crime_and_justice/cops_and_crime/frederick-community-rallies-to-get-young-boy-a-new-stuffed/article_86c93783-ced1-5be0-bcee-1237fb0fc914.html). Thanks to our wonderful volunteer team, the boy was given an exact replacement, right here at FMH (see page 7). It is this kind of out-of-the box problem solving that really sets you apart.

We're so grateful to have you as part of our team. Enjoy the rest of your summer and thank you for all that you do!

Best regards,

Thomas A. Kleinhanzl

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

Volunteer Award Hours

Joann Ramsburg

1000 hours

Judy Lowe
Virginia Peters
Edmund Taccino
Raymond Blowitski

3000 hours

Sharll Hane
Harriet Brown

5000 hours

Pat Ray
William Woodcock

500 hours

Doris Tarleton
Holly Heiser
John Whalen
Barbara Nolte
Barbara Linthicum



Director's Letter

Sharon Hannaby

My thanks to the 743 volunteers who gave 86,329 hours during fiscal year 2019. The gift of time is precious and numbers can't show or express all of the good that came from the hours. You spent time listening to a patient's wife while the staff tended to him; you guided a family to visit their loved one in ICU; you escorted a very nervous parent to Pediatrics to get to their child who was injured; you took an expectant mom to Labor & Delivery; you cleaned a stretcher so it was ready for the patient who was just brought into the ED; you chatted with excited new grandparents in the gift shop; this list could go on forever. The point is that we can count hours but we can't really know the extent of your impact (watch the YouTube video— "The Butterfly Effect" <https://www.youtube.com/watch?v=G2xFJUSLEv8>). Please know that the few moments you spend with our patients and visitors mean so much more than you realize.

It is almost fall and the students will be going back to school/college soon. Now is a great time to recruit your friends, family members, neighbors, etc.—especially those who are now "empty nesters" or grandparents whose grandchildren have gone off to school. Please share your experiences as a volunteer and invite others to "Join Us".

Thanks for all that you do, **always!!**

Junior Volunteer Program

Bonnie Walters

It wouldn't be summer without the addition of our new Junior Volunteers. This year, we invited 45 high school students to attend our Junior Volunteer Boot Camp for the new high school recruits. With the assistance of our trainers, all of our new volunteers were ready and eager to take their post at the Information/Wings Desks and the Nursing Units on the third floor at the end of June. Many of you have already met and worked with our latest recruits. We thank those of you who have provided additional on-the-job training to these rookie volunteers.

I would also like to extend a special thanks to Wendy Mopsik, Doris Gassaway, Linda Blowitski, Rosemary Dahlke, Harriet Brown, Kathy Soria, and Joan Derr for their assistance in training all of the new Junior Volunteers. Without you, we would not have had such a successful Jr. Volunteer Boot Camp this year!

Fall Volunteer Season Begins: Tuesday, September 3, 2019

The fall volunteer season will begin on Tuesday, September 3, 2019, the day after Labor Day. Bonnie Walters is in the process of creating the master schedule for both the Information and the Wings Desks. Please let her know as soon as possible, bwalters@fmh.org, if you will **not** be returning to the position you had last spring. Bonnie plans to have the schedules completed and ready for distribution by mid-August.

Select Seconds Notes

Pam Schaffert



Stop by the store and check out our inventory of summer fashions, there is still a lot to choose from!

We are doing something a little different this year. Instead of having our August bag sale on two consecutive weekdays, Select Seconds will hold a one-day sale on a Saturday with extended hours. Mark your calendar for our **Semi-Annual Bag Sale, Saturday, August 24th, from 10:00 am - 6:00 pm**. Pack as many items as you can in a bag for only \$5.00 (bags are provided). Our store will be closed to the public on August 27th while we clean and restock with fresh merchandise and fall and winter fashions.

Hour by Hour

Hours Committee

Volunteer Hours —May 2019

Total: 7,316.20 hours by 454 volunteers
272.25 hours by 35 college
896.00 hours by 87 junior
6,147.95 by 332 senior

Volunteer Hours —June 2019

Total: 7,993.50 hours by 496 volunteers
546.50 hours by 39 college
1,736.00 hours by 126 junior
5711.00 by 331 senior

Volunteer Hours —July 1, 2018 to June 30, 2019

Total: 86,329.00 hours by 743 volunteers
5,530.75 hours by 100 college
12,486.25 hours by 171 junior
68,312.00 by 472 senior

R & A Committee Report

Jan Lounsbury

Our June Volunteer of the Month was Krista Hall. Krista volunteered at FMH from June 14, 2006 until April 22, 2008 when her service ended. She returned to volunteer on February 17, 2016 at the James M. Stockman Cancer Center doing Reiki. Krista has 459.25 hours of volunteer service. She received a \$10 gift certificate to Select Seconds courtesy of the FMH Auxiliary. Congratulations Krista for being our June Volunteer of the Month!

Our July Volunteer of the Month was Larry O’Hara. He has been a volunteer since 2013. Larry volunteers at the Patient Registration Department where he greets patients every Tuesday morning. Larry has accumulated 614 hours of service. Larry received a \$10 gift certificate to the Gift Shop courtesy of the FMH Auxiliary. Congratulations Larry and thank you for your service to the hospital!

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 from 10 A.M. until 6 P.M. September 16 is Senior Day and September 17 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. Contact Jan Lounsbury at 50gayle@verizon.net if you are interested in volunteering on one of these dates.

Our next scheduled meeting for the R&A committee will be held on Thursday, August 15 at 1 P.M. in the Volunteer Conference Room. Contact Jan Lounsbury if you are interested in joining this committee. We would love to see some new faces!



Sewing Committee

Barbara Shealor

The backbone of any successful committee activity is the combination of two points: a mission statement and the commitment of the members on the committee to that mission.

The FMH Sewing Committee’s mission is to provide neck and surgical pillows, walker bags and other specialty items for the care and comfort of the hospital’s patients.

Our volunteers willingly make a dedicated commitment to the Sewing Committee because the work utilizes their sewing talents as it provides a rewarding, fun service opportunity that keeps them active and able to “give back” to the community. There is seldom a month that goes by that the committee doesn’t hear from someone expressing how appreciative and grateful they were to receive a pillow or walker bag.

The committee’s hard work and dedication in the workroom and sometimes at home is evident as shown by the following production from January thru July, 2019: neck pillows—941; surgical pillows—1,180; and walker bags—259. Additionally, we sewed 98 patches on volunteer’s vests and sewed 51 chemo pillows.



The first Tuesday of the month, visitors, volunteers and employees walk by the sewing committee workroom and see what looks to be a “huge cotton cloud” piled high on the work tables. They stop and ask “What are you doing?” We typically say that we are the sewing committee stuffing and sewing neck and surgical pillows. But we are selling ourselves short. What we are really doing is making patients more comfortable by use of our skills—sewing, stuffing, organizing—to create pillows that assist in their recovery and by providing walker bags as a mobility aid for easier traveling and storage availability for

patients using folding walkers.

If you know someone who works from home, is a part-time employee, or is retired and looking for a worthwhile and rewarding cause to become involved with, suggest they consider becoming an active member of the FMH Sewing Committee. Have them contact Chairman Elsie Warnock at 301-371-9468 for additional details.

Junior Volunteer Service Pin

Bonnie Walters

The entire FMH Volunteer Services Team would like to congratulate and thank the following Junior Volunteers on earning their FMH Jr. Volunteer Service Pin. Pins are awarded each month to the Junior Volunteers who have given 75 hours of service to the hospital. The May and June, 2019 recipients are:

Yusra Afzal	82.75 hours	Salman Jamil	79.50 hours
Hafsa Anwar	93.75 hours	Ammenah Noor	79.75 hours
Juan Castillo	83.00 hours	Stephanie Parker	80.00 hours
Lexi Cioffi	8.25 hours	Allison Penate Alayza	93.00 hours
Raiannamei Elad	76.75 hours	Kyla Poole	81.75 hours
Sneh Gandhi	77.00 hours	Avyay Potarlanka	85.50 hours
Ritik Gupta	84.50 hours	Nisha Thope	88.50 hours
Joshua Hendi	97.25 hours	Maggie Zhu	79.50 hours



Food Safety for Picnics

Picnic season is here and nothing ruins a relaxing, *al fresco* meal like food poisoning. We have to put a bit more thought into meal preparation and food safety when we are picnicking, because we do not have refrigerators and ample, clean surfaces outside of our homes. It is important to keep food cold by packing it in a cooler with ice or frozen gel packs. Meat can be packed frozen. You should aim to keep the cooler at or below 40 degrees. To maintain that temperature, pack foods more prone to spoiling, like meats and cold salads, in a separate cooler that can stay closed until you are ready to consume the contents. It is wise to have a designated drink cooler that can, and likely will, be opened and closed frequently, thereby warming the contents more quickly.



Rinse your fruits and vegetables before packing them in your cooler and avoid cross-contamination by thoroughly packaging your meat. You may want to store meat at the bottom of the cooler, so if the liquid from the meat does leak, it is less likely to touch other foods.

Wash your hands before preparing and eating food. Keep your utensils and platters clean by packing them separate from the food. Do not re-use a utensil or platter that touched raw meat. Do not allow your food to sit out for more than two hours. If the outdoor temperature is 90 degrees or higher, your food should not be left out for more than an hour.

Ensure that your meat is thoroughly cooked by bringing a food thermometer with you. Ground beef should be cooked to 160 F. Ground and whole turkey and chicken should be cooked to 165 F. Fin fish should reach 145 F. Shrimp, lobster, and crab are safe to eat once they are pearly and opaque. Clams, oysters, and mussels are ready to eat once their shells have opened. Scallops should appear white or opaque, and are firm to the touch.

Remember the four Mainstays of Food Safety

- Clean: Wash your hands and surfaces
- Separate: Package raw meats in separate containers from other foods.
- Cook: Grill your meat to the right temperature.
- Chill: Cool foods promptly.

For more information, please visit:

<https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>

Easy Homemade Salsa—Restaurant Style

From Sharon Hannaby

Prep Time: 10 Minutes Yield: 3 cups

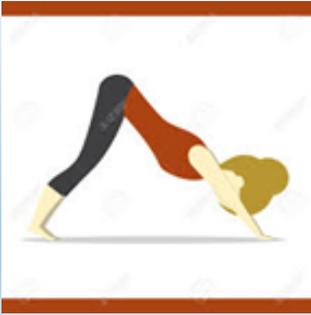
Ingredients:

- 14.5 ounce can diced tomatoes
- 10 ounce can diced tomatoes with green chilies
- 3-5 cloves of garlic depending on preference
- ½ onion
- 1 jalapeno de-seeded
- ½ tablespoon honey
- ½ cup fresh cilantro
- ¼ teaspoon salt

Instructions:

1. Roughly chop the onion, jalapeno, and garlic. Add to a food processor or blender and pulse until finely chopped.
2. Add in both cans of diced tomatoes.
3. Add in honey, salt, cilantro, and lime. Start slow with the lime and add more as you taste. Blend for about 30 seconds or until desired consistency. Season to taste as needed.

Yoga On the Creek



Dates: 8/8, 8/15, 8/16, 8/22, 8/29, 9/5, 9/12, 9/19, 9/20, 9/26, 10/3, 10/18
 Time: 7:00 AM to 8:00 AM
 Place: CARROLL CREEK AMPHITHEATER, Frederick, MD 21701
 Phone: (301) 698-8118
 Cost: Free

Gift Shop

Sharil Hane

Christian and Ceasar Happily Reunited!

Little Christian lost his stuffed monkey Ceasar during the 4th of July activities in Baker Park. The Frederick Police put out an ‘AMA’ (all monkey alert) but Caesar was nowhere to be found. The monkey was a gift purchased at the Gift Shop and the buyer/co-chair of the Gift Shop (and past president) Wendy Brundage went above and beyond to find the manufacturer of Caesar at a buying expo she attended in Atlanta. They were touched by the story and provided a replacement for this little lost monkey.



Many thanks to the senior leadership of the Gift Shop for making this little boy so very happy. This is just one more example of how volunteers truly make a difference in the lives of our patients and the community.

The Gift Shop has items for summer, stop by and check out our tote bags, hats, tee shirts, travel mugs, and etc.

The Gift Shop started a Drink Program over a year ago and we have given away 1,215 free drinks since then.

We had a one day 4th of July sale, our total sales were \$469.00.

We still have three volunteers out for medical reasons. They will be off for several more months, we’re wishing them a speedy recovery. The Gift Shop is in need of a volunteer to work the 1st, 3rd, and 5th Sunday of each month, if interested, please contact Sharon Hannaby in the Volunteer Office. Remember, volunteers get 10% off of certain items in the gift shop.

Gift Shop profits for June were \$9,093.08 and \$106,737.15 for the year to date.

In Memoriam

Maria Gloria Carrico, 90, of Clarksburg, MD and formerly of Forestville, MD passed on Thursday, May 30, 2019. She was a former volunteer at FMH, having served in the Gift Shop between September, 1994 until October, 2009, with some time on the R & A Committee. Maria contributed 2519.75 volunteer hours.



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

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CURRENT RESIDENT OR:

**Upcoming Events
Mark your calendar**

August 21-23: Books are Fun—Cafeteria

August 24: \$5, Semi-Annual Bag Sale, 10:00 am - 6:00 pm—Select Seconds

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

October 16-17: Uniform Sale—Auxiliary Conference Room

November 20: Mindy's Jewelry—Cafeteria