



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

Joseph Collins

Fall has finally made its grand entrance with chilly frosty mornings, sunny cool afternoons, hillsides filed with a rainbow of beautiful colors and weekends of exciting football. We all need to take a moment and marvel at nature's splendor before "old man winter" descends upon our community with his blustering cold winds and blankets of snow.

A full slate of activities is on tap for the fall season. The 28th Annual Tree of Lights Campaign promises to be another highly successful endeavor with funds from this year's campaign being used to purchase a LUCAS CPR device for the hospital Emergency Department. The LUCAS CPR is a true lifesaver as it provides consistent quality chest compressions to cardiac arrest patients. Lighting of the three evergreen trees, located at the front of the main campus, will take place the evening of December 5, 2017. Everyone is invited to this kickoff ceremony that honors and memorializes our loved ones.

We are closing out the calendar year with a number of exciting fund raising events including the \$6 Everything Sale, the Auxiliary/Staff Craft Sale, Fudgie Wudgie Sale, Silver Jewelry Sale, Phillips Jewelry Origami Owl Sale and the Books Are Fun Sale. This is a great time to mingle with staff and volunteers while completing your holiday shopping. Also don't forget to visit the Gift Shop and Select Seconds for last minute holiday gifts at bargain prices.

The popular hospital holiday party will be held on December 13th in the cafeteria area. Remember you will need a ticket to attend this wonderful holiday event.

A reminder that we all need to pause and prepare for the excitement of family gatherings and hectic activities of the holiday season remembering at the same time we still must perform our respective duties as volunteers at FMH always with a smile and a helping hand. As volunteers we play an important part in helping FMH deliver the highest quality health care possible to the members of the Frederick community.

I want to wish everybody the most joyous holiday season and extend my sincerest thanks for the wonderful job that each of you do as volunteers. This Auxiliary is truly and outstanding group that continues to provide superb customer service while meeting daily challenges with a smile. All I can say is thank you for a job well done.



13 New Members

Kathleen Soria

Judith Greaver

Mary Clark

Brenda Baugher

Beth Jones

Rev. Francis Gnanasegaram

Holly Larson

Lisa Pinckney-Dumm

Hannah Carter

Yolanda Freeman

Mary McMaster

Kathy Clevenger

Linda Goode

Newsletter Committee

Editor & Co-Chairs: Jan McLoon/Jacob Moseley

Circulation Committee: Jacob Moseley, Beth Callahan, Karen Dotterer, Dorothy Kovatch, Brenda Myers, Hazel Settle; RIP- Jean P. Kessinger

2017 Issue 09

President's Letter

Thomas A. Kleinhanzl

Dear Friends,

The days are shorter and they go by quickly as we all plan for Thanksgiving and time with our family and friends. This is my favorite time of the year to tell you how thankful the leadership team and I are for your contributions to the Frederick Regional Health System. We couldn't do this without you!

I can also tell it is the holiday season by the increasing number of fundraisers you are providing. We are all enjoying our opportunities to pick up a few presents and help you in your efforts to support the health system. I appreciate all of the work and planning that goes into each one of these events.

As you know, I like to keep you apprised of any new initiatives we launch. After all, you are our best ambassadors to the community. We have partnered with a few local health systems to be part of the Johns Hopkins Advantage MD Medicare plan. Medicare plans are currently in their open enrollment season, so you, your family members, or friends may receive direct mail advertising about Advantage MD. I thought you would be interested in knowing that our physicians are included in the plan.

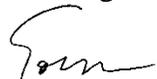
There is an advertising campaign in the Frederick News-Post and on local radio stations and informational sessions will be held at our locations at the hospital, FMH Crestwood, and the Mt. Airy Health and Wellness Pavilion. If you or someone you know is interested in learning more, visit the website at HopkinsMedicare.com.

Some of you were here last month when we held our Code Silver/Active Shooter drill along with our community partners. Thank you for the role you played in letting our patients and visitors know that they had no need for concern. While we hope to never need to use any of these skills, it is very important that we practice for all types of events to help us keep everyone safe.

We'll have another drill later this month to help us prepare for any patient who might have an infectious disease. More information will come out closer to that date. Speaking of infectious diseases, thank you for getting your seasonal flu shot! That is one of the most important steps we all take to keep ourselves and each other healthy.

I want to wish you and yours a very Happy Thanksgiving. We are ever thankful for you.

Best regards,



Tom Kleinhanzl
President & CEO
Frederick Regional Health System

Director's Letter

Sharon Hannaby

Can you believe it is November? The start of the holiday season is just a few weeks away and before you know it, we will be ushering in 2018. As time seems to fly by, we need to cherish our time and spend it wisely. My thanks to all of you who spend some of your time by serving others through the FMH Auxiliary.

Have you ever had to use a fire extinguisher? The first time can be a bit frightening – especially if you are using one and you obviously have a fire some place you were not expecting to experience. We want to help by offering you the opportunity to practice using an extinguisher in a non-threatening situation. Over the next few weeks, we will be utilizing FMH's Fire Extinguisher training equipment to allow you to experience the look/feel of putting out a fire right in the volunteer sign-in room. More details to come. This is an important lesson for all of us to learn.

Back to the holidays approaching – I wish all of you a wonderful, safe, and happy holiday season. Please know you truly are appreciated.

Thanks for all you do - Always!!

Summer Support

Amy Wheeler



We would like to congratulate some of our high school junior volunteers for receiving their Presidential Service Awards as well as some superlative awards for 2017.

Winners of the bronze 2017 Presidential Service Awards are:

Bailee Brown, Rachael Hughes, Shika Inala, Ainsley Jeter, Ali Khan, Thilinie Kuruppu, Nuwayra Mahreen, Kaumal Nasir, Nathan Pinto, and Manish Singh.

Our Silver winner is Roshni Patel. Roshni and Thilinie were also the winners for the most hours earned total, Roshni at 328 and Thilinie at 323!

Bethany Sechler is being recognized for coming in to sub the most over the summer (12 times!) and Ryan Puthumana earned the most hours serving over the summer at 86.

We will be hosting a celebration in the honor of all our juniors on October 24th. If you see them, tell them what a great job they are doing!

Free FMH Select! Membership Offered to Adult Volunteers

Melissa Lambdin

FMH Select! is a program designed by Frederick Memorial Hospital with those 40+ in mind. As a member, you'll have the opportunity to join other adults in a wide variety of activities, ranging from an ongoing calendar of health and wellness programs to fun social events.

FMH Select! has always been offered at a discount to FMH Volunteers, but will now be **free** for any Volunteers who wish to enroll. Benefits of this program include 20% off Yoga at FMH Crestwood, special "Members Only" pricing at our monthly luncheon, featuring health and wellness programs by local doctors and professionals hosted at area restaurants and a free subscription to the FMH Select! Connection newsletter, filled with helpful health information

If you would like to join, please call 240-379-6031 or email: FMHSelect@fmh.org to request a brochure with an enrollment form.

Select Seconds Notes

Pam Schaffert



This month's front window is themed with holiday sweaters. Items from the window will be available for sale to the public starting November 26. You might just find that perfect sweater for this year's holiday party! Assorted holiday decorations will also be available for purchase throughout the month.

And don't forget we have a nice selection of formal and semi-formal evening wear, shoes, and jewelry. Before going to your next big event, check out Select Seconds for all of your clothing and accessory needs!

Gift Shop

Sharll Hane

Halloween has passed and we are getting ready for the holidays. This season the theme is Woods, stop by and see what we have. We have a new kiosk in the gift shop called InScribe. You can personalize mugs, ink pens, stationery and more items. You can type a message or download pictures from your cell phone, then print it out and attach to the item you purchased.

We are looking for someone to volunteer the first, third and fifth Sundays for three hours, you would be working with another person. See the Volunteer office if you would like to volunteer.

R & A Committee

Pat Dickinson

The R&A committee have planned for a Lunch Bunch gathering at the Main Cup on November 8, at 11:30 a.m. The Main Cup is located in Middletown at 14 West Main Street (Old Hershey's Store). There is street parking or parking in the rear of the building. Ordering will be from the menu.

We recently spoke at the Frederick County Retired School Personnel Association and were warmly received. We are hoping to gain a few volunteers from this activity. We also manned a table at the Older Adult Volunteer Fair held recently at the Taney Senior Center.

Volunteers signed up and travelled to Rocky Gap Lodge and Casino on October 18 and had a great time. All the lights and sounds of the machines rushed us to the games. It was a beautiful sunny fall day spent in Western Maryland.

Final Passing's

Jean P. Kessinger

Hour-by-Hour

Hours Committee

Volunteer hours worked for the month of August 2017 were:

- ❖ 64 Juniors worked 565.00 hours
- ❖ 38 College students worked 366.75 hours
- ❖ 348 Seniors worked 5,258.75 hours



Total hours worked in August were 6,190.50.

Save the Date



The Annual FMH Holiday Party for staff and volunteers will be held on Wednesday, December 13th to be held in the hospital cafeteria lower level. The Auxiliary again this year, has been asked to help with the food service.

The serving times are from 10:30 am to 3 pm and from 5 pm until 8pm. The length of the shifts for the lunch would be from 10:30 am to 1:00 pm; or 12:45 to 3 pm. If you would like to work the entire lunch period, you may sign up from 10:30 until 3 pm. The full evening shift time would be from 5 until 8 pm.

Please call or email Sue Basford at 301-663-5356, or email at jakebasford@yahoo.com if you would like to help with this fun project. We had a great time last year, so come and enjoy the holidays at FMH.



Select Seconds – Betty Kreh

Select Seconds Sales for September was \$16,841.26.

Gift Shop – Sharll Hane

Gift Shop profit for September was \$3,559.89

Fundraising – Mary Lou Minnick

Profit for the October 10-11 Uniform sale was \$1,962.33

Dates to Remember this Month



2 AM November 5th



November 11th



November 23rd

NOTICE

SPECIAL GENERAL MEMBERSHIP MEETING

WHEN – TUESDAY NOVEMBER 21st

TIME – 9:30 am

PLACE – AUXILIARY CONFERENCE ROOM

PURPOSE – Only to

“Approve Changes to Auxiliary By-Laws”

This will be the only item discussed at this special meeting!

A copy of the By-Laws with the proposed changes has been mailed out for your review.



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:



Auxiliary Craft Sale
Silver Jewelry Sale
FMH Holiday Party
Fudgie Wudgie
Books R Fun

November 15
December 5
December 13
December 13 & 14
December 18, 19, & 20