



November 2019



# the *Stethoscope*

A monthly newsletter of the Frederick Health Auxiliary and Volunteer Program  
400 West 7th Street Frederick, MD 21701  
Volunteer office: 240-566-3567 - Website: [www.fmh.org](http://www.fmh.org)  
Stethoscope website: <http://www.fmh.org/About/Volunteering/Newsletter.aspx>

## President's Message

Pat Ray

Happy November! Now that fall is truly upon us it is time to start thinking about colder weather, bonfires, football, and Thanksgiving.

As we have been adjusting to the hospital's new name, we have had to change our bylaws to reflect our new name—*Frederick Health Auxiliary*. By now, you should have received a copy of the bylaws with the changes reflected. I want to explain the changes reflected in the document. We of course changed our name, and you will notice that the word *hospital* is not in our official title. There are two reasons for this—it follows the naming scheme that the health system is now using (Frederick Health Hospital, Frederick Health Hospice, Frederick Health Primary Care, Frederick Health Auxiliary) and it also takes into consideration that we serve in many different locations. Auxiliary members are in our Select Seconds Thrift Shop in downtown Frederick, at the James M. Stockman Cancer Center represented at Rose Hill and Urbana and our many off campus locations. This Auxiliary serves the hospital, our patients, and our community wherever we are needed.

Another change that is reflected is changing the name of the position of Financial Secretary. This position actually is responsible for the information and dues of our members and changing the name to Membership Secretary is a much better fit. This will alleviate the confusion between this position and our Treasurer, who is responsible for the Auxiliary finances.

The other big change is to more clearly define the differences between levels of members of the Auxiliary. Active members are those members who can volunteer time to the Auxiliary, while Supporting members are those who may not be able to provide service time to us but continue to support the Auxiliary and our mission. The main difference is attendance at General Membership meetings and the ability to vote for officers of the Auxiliary and other matters that come up, such as adoption of these bylaws.

There was the clarification on who can authorize payment of Auxiliary funds as well as a few other changes which were minor and involved making the document more cohesive.

**There will be a General Membership Meeting held at 10:00 am on Tuesday, December 10 in the Auxiliary Conference Room at the hospital. The only item on the agenda will be discussion and a vote on the bylaws as they were sent to you. All active members are invited to come.**

Happy Thanksgiving to each of you. On behalf of the Board, we appreciate every one of you and the gift of yourself that you give to our patients, our community and each other.

## Welcome to Seven New Volunteers

Catherine Makeu  
Jennifer Hoffmann  
Kathryn Synder  
Catherine Lawhon

Sonie Schelin  
Anthony Infantolino  
Dexter Tompkins

President's Letter

Thomas A Kleinhanzl

Dear Friends,

Hello and Happy Thanksgiving! I know I'm a little early, but the holiday season will be here soon. I hope you are able to enjoy delicious food and relaxing time with your family and friends.

I am thankful to the Frederick Health Auxiliary for your recent pledge to raise \$1 million to support the ReEnvisioning Critical Care Campaign to significantly upgrade our critical care and cardiac care services. This Critical Care Project will also finish the renovations in our Emergency Department and have a positive impact for Adult and Pediatric ED patients. Thank you for being our Lead Donor in this important work.

I'm hoping that you have heard about our plans for Frederick Health Village. At the end of October we purchased the former State Farm property. This location has substantial square footage with mixed usage for offices, meetings, and education, along with walking trails and land.

This is not an ordinary ambulatory site purchase. It is part of our long range vision that will include private and public partnerships for community and wellness-based programs. Frederick Health Village will support our population health strategy to provide wellness services and outpatient medical care, enabling us to meet our mission "to positively impact the well-being of every individual in our community."

This purchase also provides an opportunity to decompress our landlocked 7th Street campus to allow for future service growth and expansion of acute care services at the hospital. In addition, this will free up parking at the hospital and make it easier to access services.

We will relocate Frederick Health Home Care and Frederick Health Hospice to Frederick Health Village in the spring to allow for future expansion of both programs. We also plan for a new consolidated Call Center and components of Information Technology services to be relocated to the new campus. Future opportunities for this space may include Patient Education, Community Event Services, and Employee Education and Training.

As we focus on improving the well-being of our community, I remain aware that we could not achieve these goals without your support. The senior team and I thank you for your gifts of time, talent and treasure.

Best regards,

*Thomas A. Kleinhanzl*

Tom Kleinhanzl  
President & CEO  
Frederick Health

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 Health. The September 2019 recipients are:

Aliza Aslam	75.75 hours	Cedar Shapiro	85.75 hours
Johann Lockney	78.00 hours	Rachel Washart	76.75 hours
Jaimee Reed	79.75 hours	Brooke Wunderier	87.25 hours



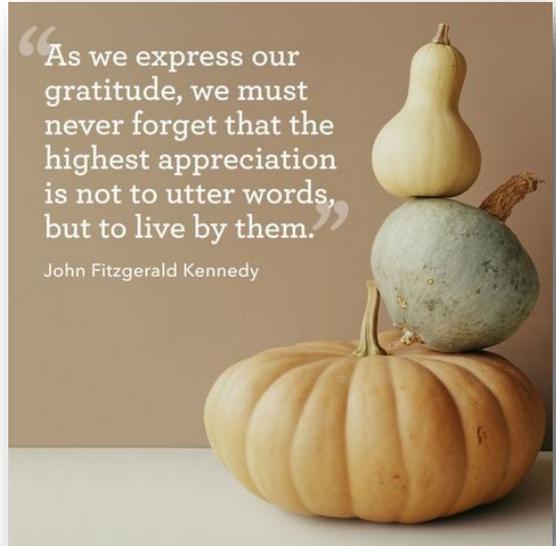
Director's Letter

Sharon Hannaby

Thanksgiving and the start of the holiday season is a very appropriate time to stop and give thanks for all that we have. So let me say "Thank You" to all of you. Frederick Health is fortunate to have such a tremendous group of dedicated volunteers. You are not only the eyes and ears but, most importantly, you are the heart of our hospital.

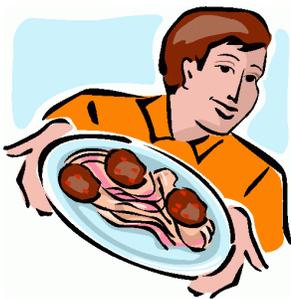
I wish all of you a wonderful, safe, and happy holiday season. Please know you truly are appreciated.

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



Annual Hospital Party—Help Needed

Sue Basford



The Annual Hospital Party for staff and volunteers will be held on Wednesday, December 11, 2019 in the hospital cafeteria lower level. The Auxiliary has been asked to help with the food service again this year.

The serving times are from 10:30 am to 3:00 pm and from 5:00 pm until 8:00 pm. The times for the lunch shift are from 10:30am-1:00 pm or 12:45 pm-3:00 pm . The dinner shift is from 5:00 pm-7:30 pm.

Please contact Sue Basford either by email at [jakebasford@ yahoo.com](mailto:jakebasford@yahoo.com) or by phone at 301-663-5356 if you would like to help with this fun project. We have had a great time in past years and you are most welcome to come and enjoy the festivities.

Wings

Harriet Brown and Kathy Soria



For the month of September, Wings service, at entrance 3, completed 835 discharges from patient rooms, Family Center and PACU. We also completed 552 errands for hospital staff and escorts of patients and visitors.



## A THANKSGIVING TO REMEMBER!

Bonnie Walters

Thirty years ago, I had the opportunity to attend a convention in the Soviet Union prior to the fall of the “Iron Curtain”. Excited, nervous, and a little apprehensive about traveling to a communist country, I embarked upon a journey that would last long after I returned home to the United States.

I arrived in Moscow late Thanksgiving night. After dinner, a group of us took the metro to the infamous Red Square. I remember standing in the middle of the square in total disbelief that I, Bonnie Walters, was actually in Moscow. At one end of Red Square stood the majestic St. Basil’s Cathedral. As the snowflakes fell upon the cathedral, the lights began to twinkle. The still of the night, with its blanket of snow, left me feeling so warm and peaceful. It was like a dream in which I had traveled to a distant fairyland. I remember thinking how could this be the USSR, the communist country we Americans so feared? How could this tranquil square be the place where thousands of people had been slain during and after the Russian Revolution?

Touring Moscow the next two days broke the magical spell cast upon me that first night in Red Square. I witnessed the effects of communism, the oppression of the people, the threat of the KGB, and the shortage of food and clothing. I saw the long lines in which many people stood waiting to purchase soap or bread, not knowing if there would be any left to buy when they finally reached the front of the line. I saw the cold and solemn Russian people, dressed in their tattered clothing, many of whom were afraid to speak openly and honestly about their country for fear of being arrested. St Basil’s Cathedral, in all its glory, was full of tourists instead of parishioners because it was against the law to practice religion in any form. A fairyland? No, it was not. The newly fallen snow could not cover the blood that had been shed in Red Square over the previous 75 years, and the magic of the twinkling lights could not return the civil rights the people had so long been denied.



As excited and anxious as I was to go to the Soviet Union that Thanksgiving, I was even more excited and anxious to leave. I found myself consciously thinking about our Bill of Rights. I realized how important it is to have freedom of speech, freedom of religion, and freedom of the press, just to name a few. I found myself appreciating the food I ate, the clothes I wore, and the home in which I lived. While the USSR was dissolved shortly after my visit to Moscow, I can’t help wonder just how much better is life today in those former Soviet Republics?

Many people spend Thanksgiving being grateful for their family and friends, their health, and their prosperity. I was given the opportunity to truly appreciate the many freedoms we Americans often take for granted. I will never forget that Thanksgiving I traveled to Moscow. Since then, every Thanksgiving I take time to reflect upon that journey, a journey that has remained with me even today.

**This Thanksgiving, take some time to think about the things for which you can be thankful. It is sometimes difficult to have a positive attitude when life becomes challenging. Realizing the positive things in your life can improve your relationships with your family and friends, motivate you to be more productive, and improve your performance at work or school. So pause for a moment and reflect. Make a list of the things you are thankful for. I promise you won’t regret it! I wish you a safe and heartwarming holiday! Happy Thanksgiving!**

## Sewing Committee

Barbara Millunzi

Being a part of the sewing group is a wonderful experience. We enjoy catching up with each other when we meet the first Tuesday of each month and we contribute to patient outreach. One benefit you might not think of is working with a wide variety of fabric prints and patterns.

The fabric we use has been donated. Often times I wonder why the fabric was first purchased. Was someone intending to make a receiving blanket from that flannel piece with the cheerful smiling frogs? Maybe the autumn leaves were supposed to be a table runner. Could those donors ever imagine their fabric would become a pillow or walker bag for a patient at Frederick Health Hospital?

Through a sorting process, volunteers select fabrics that are appropriate for pillows, aprons or walker bags, fold each piece, and stack them in the supply cabinets. Fabrics are also grouped by holiday or season. All summer we have been sewing with cottons in pastels with stripes, dinosaurs, beach scenes, lots of garden flowers, and American flags. In the last couple months volunteers have begun to pull the soft, warm flannel fabrics and cottons with designs in rich earth tones, fall leaves, football and baseball, pumpkins and Halloween patterns, and even some snowmen and Christmas prints which are appropriate for this time of year.

Last month a total of 300 items were delivered to various hospital floors. There were 160 neck and 184 surgical pillows completed during our committee's monthly gathering. Items made at home included 224 neck and 20 surgical pillowcases and 40 walker bags.

Are you or someone you know looking for a rewarding opportunity to brighten the day of a hospital patient? Consider joining the Sewing Committee. For more information, contact Chairman Elsie Warnock at 301-371-9468.



## Select Seconds

Pam Shaffert

The volunteers at Select Seconds are busy putting out their Christmas and holiday items and plan to have them on display for the upcoming season.



We are still in need of sales clerks for our shop. We have several shifts with only one volunteer and are currently supplementing with our substitutes. We must have at least two people on a shift to keep the store open. If you or someone you know is interested in clerking at Select Seconds, please contact the volunteer office at 240-566-3567 or Select Seconds at 301-662-8280 and they will get the ball rolling. We have a great team at Select Seconds performing an invaluable service to Frederick Health and the community at large. Come join us!!

**Did you know that ...**

- by walking at a fast pace for three hours or more at least one time a week, you can reduce your risk of heart disease by up to 65%?
- brushing teeth too soon after eating or drinking can soften the tooth enamel, especially if you've just been eating or drinking acidic foods?
- eating an apple a day can reduce levels of your bad cholesterol?
- people who read nutrition labels take in 164 fewer calories a day? Their diets are also higher in fiber and lower in sugar, saturated fat, and sodium.

Do you need a side dish to take to Thanksgiving dinner? Why not try this festive and healthy recipe – your heart will be thankful!

**Roasted Brussel Sprouts with Pomegranate**Ingredients

1 lb. Brussels Sprouts  
 olive oil  
 salt and freshly ground black pepper  
 pomegranate molasses  
 1 fresh pomegranate (you need about 1/2 cup arils)

Instructions

Set the oven to 375°F.

Wash and trim the stem ends off the sprouts. Remove any browned outer leaves. Cut the sprouts in half if they are large, and leave any tiny ones whole.

Toss the sprouts with about a tablespoon and a half of olive oil; use your hands to make sure they are completely covered. Sprinkle with salt and black pepper.

Spread the sprouts out on a baking sheet and bake for about 20-30 minutes, tossing occasionally, until they begin to brown and caramelize.

Serve hot, drizzled with the pomegranate molasses and pomegranate seeds.



*Recipe courtesy of theviewfromgreatisland.com*



## R &amp; A Committee Report

Jan Lounsbury

Our October Volunteer of the Month is Waynet Jones. She has been a volunteer since June 2011. You can find Waynet every Wednesday afternoon working at the library cart. She has accumulated 366 hours since her start at Frederick Health Hospital. She received a gift certificate to Select Seconds courtesy of the Auxiliary. Congratulations Waynet on becoming the October Volunteer of the Month!

Our second annual lunch bunch gathering was held on Monday, October 7 at Oscar's Alehouse. Besides having a great lunch, all those who attended received a special favor thanks to Adelaide McCallum.

In honor of Veteran's Day on Monday, November 11 the Recruitment and Appreciation Committee will provide pins for those volunteers who are military veterans. We are very proud of our volunteers who served in the military and are now serving our community. Thank you for your service to our country and our community. The following volunteers have served our country as well as currently serving our community: Herb Carrier, Howard Strine, Susan Carmack, Luke Krizenesky, Terri Cameron, John Aulls, Bill Woodcock, Sherry Mockabee, Merhle Moser, Wendy Brundage, Ray Blowitski, Al Bariatti, Carlos Mercado, Frank Damanti, Bob Hoffmeister, Bob Galey, Dick Basford, John (Hamp) Tisdale, and Joe Collins. If we have missed any volunteers who have served in the military, please be sure to contact Sharon Hannaby at [shannaby@fmh.org](mailto:shannaby@fmh.org). The pins will be available in a basket in the volunteer sign-in room. Please be sure to take one for your vest/jacket.

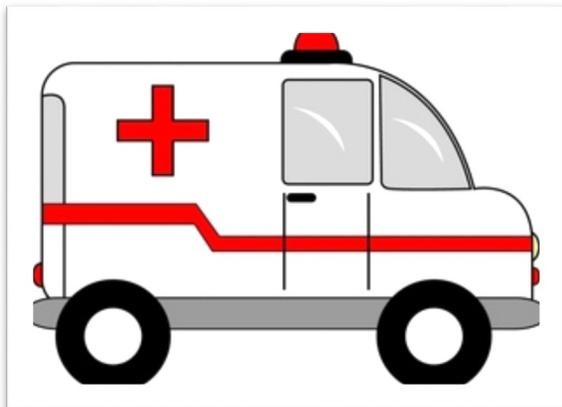


**SAVE THE DATE:** The R&A Committee will be holding a cookie exchange on Thursday, December 19 at 12:30 in the Volunteer Conference Room. All you need to bring are three dozen of your favorite cookies and the recipe. You will go home with a variety of cookies from those who participate. Coffee and Tea will be served so we can enjoy some of the delicious cookies.

Our next scheduled meeting for the R&A Committee will be held on Thursday, November 21 at 1 P.M. in the Volunteer Conference Room. Contact Jan Lounsbury ([50gayle@verizon.net](mailto:50gayle@verizon.net)) if you are interested in joining this committee. We would love to see some new faces!

## Emergency Department

Bob Hoffmeister and Ray Blowitski



The ED continues to be fully operational and the following stats are submitted for the month of September:

Number of patients seen: 5,631  
 Number of volunteer hours: 229  
 Number of volunteers: 20

## Profits from Sales

Julane Anderson

Profit for the uniform sale held on October 16-17 was \$1,502.21.



## Gift Shop

Sharll Hane



Halloween is now over; we can start getting ready for the Holidays. The Gift Shop is getting ready to put out gift ideas for Christmas. Stop by and see what is new. We have everything from jewelry, tee shirts, and toys to winter socks, soap, and thermo mugs. We are looking for any one who would like to volunteer the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sundays. The times are 1pm to 4pm. See Sharon in the volunteer office if you are interested.

Gift Shop profits for the month of September was \$9,214.59 and \$24,691.53 for the year.

## In Memorium

Former FH family and auxiliary member, **Robert “Bob” Brandt** passed away peacefully at his home in Palm Harbor, Florida at the age of 84.

Bob was a volunteer from March 1997 until December 2014, and had 7683.5 hours as a volunteer. In addition to working in Wings, he made beautiful wooden Christmas ornaments that were sold at the Auxiliary’s holiday bazaars.

More information is available at: <https://www.keeneybasford.com/obituary/robert-brandt>

**Helen Michael Plunkard (Hoffman)**, 84 formerly of Mt. Airy, Maryland passed away on October 4, 2019 in Frederick, Maryland.

Helen was a volunteer from October 2001 until July 2013 and had 2397.75 hours as a volunteer. She served at the Patient Reception Desk and then at the Information Desk.

More information is available at: <https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=helen-m-plunkard&pid=194088916>



Frederick Health Auxiliary—Board of Directors

First row – L to R: Mary Lou Minnick, Co-Chair – Fundraising; Ray Blowitski, Co-Chair – ED; Bob Hoffmesiter, Co-Chair, ED; Ginny Peters, Co-Chair, Offsite; Pat Ray, President; Ruth Ann Wilson, Co-Chair – Surgical Information; Jan Lounsbury, 2<sup>nd</sup> Vice President; Anne Truffer, Chair – Scholarships; Betty Kreh, Co-Chair – Select Seconds.  
Second row – Shirley Horan, Chair – ICU; Joan Derr – Co-Chair – Hours; Joe Collins – 1<sup>st</sup> Vice President; Joann Ramsburg, Chair – Service Awards; Linda McManus, Co-Chair – Surgical Information; Linda Blowitski, Co-Chair – Information Desk; Peggy Rosenbluth, Recording Secretary; Jacob Moseley, Chair – Newsletter; Doris Gassaway, Co-chair – Information Desk; Sharll Hane, Co-Chair – Gift Shop; Harriet Brown, President Elect and Co-Chair – Wings; Sharon Hannaby, Director of Volunteer Services; Donna Tisdale, Corresponding Secretary and Parliamentarian; Wendy Mopsik, Chair – Orientation; Pam Schaffert, Co-Chair – Select Seconds; Elsie Warnock, Chair – Sewing



Frederick Health Auxiliary Executive Committee

Jan Lounsbury, 2<sup>nd</sup> Vice President; Donna Tisdale, Corresponding Secretary; Pat Ray, President; Harriet Brown, President-Elect; Peggy Rosenbluth, Recording Secretary, Joe Collins, 1<sup>st</sup> Vice President. Not shown: Julane Anderson, Treasurer and Sharen Neale, Membership Secretary.



Frederick Health Auxiliary  
400 West Seventh Street  
Frederick, MD 21701

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

**CURRENT RESIDENT OR:**

## **Upcoming Events Mark your calendar**

**November 20: Mindy's Jewelry—Cafeteria**

**December 10, 10:00 am: General Membership Meeting —Auxiliary Conference Room**

**December 11: Annual Hospital Party—Cafeteria (see page 3)**

**December 13-14: Fudge Farm—Cafeteria**

**December 17, 18, & 19: Books are Fun—Cafeteria**

**December 19: Cookie Exchange—Volunteer Conference Room (see page 7)**