



Winter 2022



the Stethoscope

A newsletter of the Frederick Health Auxiliary and Volunteer Program
400 West 7th Street Frederick, MD 21701

Volunteer office: 240-566-3567 - Website: www.frederickhealth.org
Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

Auxiliary President's Letter

Pat Ray

Happy New Year! By the time you read this, hopefully spring will be right around the corner! I hope each of you has a restful and uneventful winter, and I want to thank you for your willingness to do all that you do for your Auxiliary family, the hospital, and our community. I know that this has been a scary couple of years, and many of us have conditions which warrant extra caution, yet all of you – whether your physical presence was here or not – stayed engaged with Frederick Health. We treasure each of you and agree that all of us must do everything we can to stay safe.

We have had great sales at both of our shops, as well as our fundraising events. Having fundraisers back in the building has been a big boost to sales. We are looking into having 'pop-ups' at our off-campus locations, not only to boost sales but to give folks outside the hospital or Select Seconds the opportunity to enjoy some shopping. Stay tuned!

My hope is that Covid is starting to dwindle down, and that we can soon get back to our 'new normal,' whatever that may look like in the future.

We are always looking for members to take a more active role in the leadership of the Auxiliary, so if this sounds attractive to you, please contact any Board member (your Service Chair is a member of the Board) for more information.

Did you know that the Board is comprised of elected officers (President, President-elect, 1st Vice President, 2nd Vice President, Recording Secretary, Corresponding Secretary, and the Treasurer as well as a Parliamentarian to keep us on the straight and narrow) The President of the Auxiliary also sits on the Hospital Board of Directors as well as the Health System Board of Directors? Additionally, the Chairs of each Service (i.e., Wings, Information Desk, Select Seconds, Infusion Center at Stockman, etc.) also are members of the Auxiliary Board. The Board works closely with the Director and staff of Volunteer Services as well as the hospital leadership to ensure everyone is safe and that we are doing what the hospital and health system need us to do. This has never been so obvious as the zigging and zagging we have done over the last 2 years to accommodate for Covid and do whatever the Auxiliary could to help. We have thrown you all some curve balls and you have always come through. So, thank for your continued wonderful attitudes, your willingness to do whatever was asked of you, and most of all for the wonderful smiles and assistance you give to each other, our patients, visitors, staff, and the community. The hospital is a much gloomier place without all those green vests and smocks!

Hospital President's Message

Tom Kleinhanzl



Dear Friends,

I hope that this message finds you healthy and fulfilled as we enter a new year. With the holiday season now behind us, I typically like to take the earliest days of a new calendar year to reflect upon the last 365 days and all that we've accomplished as a team. While we have certainly faced challenges, we continue to thrive together, and I am optimistic about the direction of Frederick Health in 2022.

While 2021 saw words like Delta and Omicron become part of our everyday conversations, our dedicated team continued to make strides against the COVID-19 pandemic. Working together, as one, is the only way we turn the tide and beat this virus. We are our best when we display our teamwork, ingenuity, and perseverance. If my time with Frederick Health has taught me one thing, it is that our volunteers display all of these characteristics; your ongoing and many efforts in combating this pandemic cannot be understated. Thank you.

The ongoing construction at the hospital, part of our Critical Care project, continues to make significant progress – what had been an active exterior construction project looks like a building now and it's so exciting to see this progress! Brickwork has been going up and the windows have been installed. I am pleased to say that we are still on track to open this facility in 2022 and I look forward to day when we can celebrate this accomplishment together.

I want to take a moment to offer my sincere and heartfelt thanks to Pat Ray and all of the Auxiliary members that worked so hard to make the Tree of Lights Ceremony a success and one for the records! We've been lighting the trees near the hospital for nearly 30 years, and this season we moved the official ceremony to the Frederick Health Village. The ceremony was held on the chilly evening of December 7th and we were treated to carols performed by the Frederick Children's Chorus. I hope you all had an opportunity to watch the event and see the magnificent tree on display. Donations are being accepted through the month of January and all proceeds go to fund the education of the next generation of healthcare workers. Please visit this [link](#) or visit www.frederickhealth.org/treeoflights for more information or to make a donation.

As we turn the page on 2021 and enter a new year, I am comforted in the knowledge that the "Green Vests" are here to help. We truly are living through unprecedented times and without your ongoing dedication to your friends, neighbors, community, and each other, Frederick Health would be without one of its best.

On behalf of the entire Senior Leadership team, thank you and here's to 2022!

Kind regards,

A handwritten signature in black ink that reads 'Thomas A. Kleinhanzl'.

Tom Kleinhanzl

President & CEO
Frederick Health

Director's Letter

Sharon Hannaby

Throughout this pandemic, one thing has shown through – the kindness, generosity, and loyalty that our volunteers show each and every day. The volunteer tasks may have changed but no matter the need, you have stepped up and pitched in to help. For this, we are truly grateful.

Pre-COVID (I can't wait until we can say "Post" COVID) we rarely had one-time projects that required volunteer assistance, now these types of tasks occur on a regular basis. Assembling PPE packets for visitors, putting together lab test kits, stuffing patient folders, and making snack bags for family center patients are just some of the tasks that volunteers came in to help complete. Though some of these things were COVID or supply chain issue related, others will be ongoing.

Even for those of you who returned to your pre-COVID duties, things had changed – new computer systems, a new cash register, new service location, etc. You have all taken this in stride and did whatever was necessary to adapt to the new way of doing things. Your patience with all of these changes is appreciated more than you will ever know.

My hope is that spring brings us back to more "normal" ways of life. We will never have things as they were before but we can look forward to "better than before." I think we all have a better appreciation for each day and the simple things in life. Stop to see the good in each day.

May 2022 find you healthy and stronger from making it through the past 2 years. We made it!!!

One final thought: **"I hope you're proud of yourself for the times you've said 'yes,' when all it meant was extra work for you and was seemingly helpful only to somebody else."** Fred Rogers

Always!!

The Hours Committee

Roxanne Ramsburg

Welcome back to FHH Auxiliary for 2022! The current Hours Committee consists of Ellen Noland (Hours) and Roxanne Ramsburg (Awards), Co-Chairs and Jan Kennedy.

As a reminder, please remember to follow the guidelines when signing in and out. You will find these at the top of the sign-in sheet.

1. Please PRINT your name legibly. If we can't read your name and your ID number, we may not be able to post your hours.
2. Please refer to your badge for your ID Number. The number is located under your photo. Make sure you write your number neatly. If you have recently gotten a new badge, it will have a new number.
3. Please do not sign in and out at the same time. It is for your safety that we know if you are still in the hospital during your shift. Sign out when your shift is over. If you don't sign out, we can't give you credit for the hours you have worked.
4. If you are the first person of the day to sign in, please leave at least 4 lines between the last person who worked the day before and your name. Add the new date above your name.



Your cooperation is appreciated by the Hours Committee.

All About Fundraising

Joe Collins

We have a full schedule of vendor sales for the upcoming year.

We have five (5) exceptional vendors committed to thirteen (13) sales with all sales having payroll deduction available for the hospital staff. The initial sale will be with a new uniform vendor, Super Shoes of Hagerstown on February 2nd and 3rd. The next sale will be with popular Lancaster Linens on February 21st and 22nd followed by Mindy's Jewels on March 22nd.

As all sales have payroll deduction we need volunteers to work the sales and complete the sales that are payroll deduction. Shifts are 2 1/2 or 3 hours and provide the opportunity for volunteers to meet and interact with the hospital staff while helping raise funds for the Auxiliary. Volunteers also have first crack at the items offered for sale by the vendors.

The vendor sales are popular with the hospital staff and one of the few opportunities they have to purchase uniforms and shoes for work. So come and be a part of this exciting fundraising service, meet new people and earn some additional service hours.

I want to thank those volunteers who are regulars at these sales and welcome those of you who will be joining us in the future. If you would like to become a member of the fundraising committee, please let me know as we would love your involvement.

Let's make 2022 a great year for fundraising while raising additional funds that we can donate back to our great hospital.

Joseph Collins, Chair



THE HOSPITAL GIFT SHOP

Holidays are over and we are now looking forward to Valentine's Day and Easter. We have stuffed animals, jewelry, balloons and other items for sale. Stop by and see what we have. Remember, volunteers get 10% off gift items. The Gift Shop is currently open seven days a week, but we're not up to full staff or back to our regular schedule hours. If anyone is interested in working at the Gift Shop, contact Sharon Hannaby in the Volunteer Office. Remember, we have limited contact with visitors and patients.

- Submitted by Sharll Hane

Upcoming Event—Mark Your Calendar!

What: Auxiliary Fashion Show

Where: Shroyer's Tavern
Maryland National Golf Club
8836 Hollow Road
Middletown, MD 21769

When: Monday, March 21 at noon

More information to come from
Jan Kennedy

Select Seconds Pam Schaffert, Co-Manager

Do you have cabin fever after spending all this time cooped up at home? Get out if you can and visit Select Seconds for some great bargains! Now that we are back to regular hours, we have even more merchandise to offer thanks to the wonderful donors in our community. We have plenty of winter clothing and accessories still available as well as other items for your home.



Mark your calendar for our upcoming Bag Sale on Saturday, March 19th from 10:00 am - 5:00 pm. This is a twice-a-year event that we do prior to changing out clothing for the next season. We supply the bags; you fill them with as much merchandise as you can and pay only \$5.00 per bag.

Our new Quick Charge POS is now fully operational and is a welcome improvement for the shop. Frederick Health employees can use their hospital ID badge to use Quick Charge to pay for their purchases through payroll deduction. Additionally, Frederick Health volunteers get 10% off with every purchase!

We need new volunteers to work as regular clerks or substitute clerks and also donation sorters. If interested, please contact our Volunteer Services Office, and let them know you would like to join the Select Seconds team!



For the latest on Select Seconds, follow us on our Facebook page @SelectSeconds.

Select Seconds Hours



Open Tuesday – Saturday
10:00 a.m. - 4:00 p.m.

Select Seconds Bag Sale

Saturday, March 19, 2022

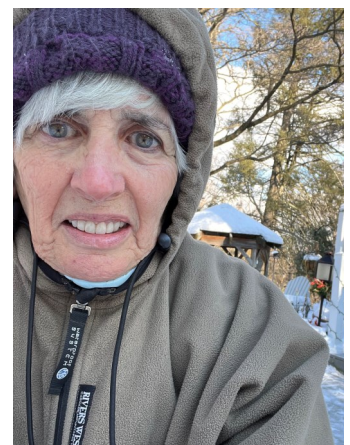
10 AM – 5 PM

8 E Patrick St., Frederick, MD 21701

301-662-8280



Member Snapshot



Pictured (Left): Susan Chapman, Bonnie Walters, Cathie Deadrick, Sharon Hannaby and Liz Brady at a Volunteer Recruitment & Appreciation Luncheon at Oscar's. Pictured (Right): Michele and Dick Krantz enjoyed a snow day. Photos by Jan Kennedy and the Krantz

Volunteer of the Month

November's Volunteer of the Month was Lisa Schaeffert. She is a third generation volunteer at Select Seconds. Pam Schaeffert is her mother and is co-chair of Select Seconds and Lisa's grandmother, Betty Kreh, was the former chair of Select Seconds. Lisa began volunteering on October 2017. She has 641.75 hours of service as of October 2021.



December's Volunteer of the Month was Pat Dickinson. She started volunteering on June 30, 2008 and has 2,595.5 hours of service. Pat volunteers in the Gift Shop and Select Seconds. She has also helped with fundraising, holiday bazaar, nominating committee, Recruitment and Appreciation Committee and was on the Auxiliary Board as Second Vice-President.

- Submitted by Jan Kennedy, Chair of Recruitment and Appreciation Committee

Volunteers In Action



Pictured (Above Left): Irene Shank at the hospital Gift Shop

Pictured (Above Right): Kathy Soria at the information desk

Pictured (Left): Ben Gannon, Herb Currier, Kerry Holsten, and Joe Collins on their morning shift at the information desk

- Photos by Hongwei Xu

Healthy and Happy Living Tips

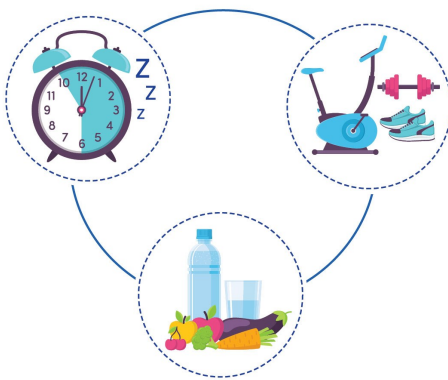
Bonnie Walters

Did you know that ...

we lose a few bones along the way? We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

sleeping naked can help you burn more calories? Research shows when you **shed your bed clothes**, your body stays cool which helps to speed up your metabolism.

creativity doesn't diminish with age? Laura Ingalls Wilder didn't publish Little House in the Big Woods until she was 65 years old. Millard Kaufman, author of Bowl of Cherries and Misadventure, didn't publish his first novel until he was 90 years old.



you have more control over aging than you might think? Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

For more information and healthy and happy living tips, visit <https://www.eatingwell.com>, <https://www.seniorly.com> and www.thegoodbody.com

Frederick Health Auxiliary Executive Board Members

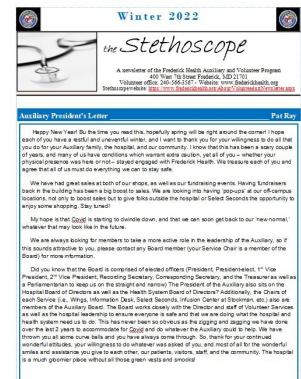
- President:** Pat Ray
- President Elect:** Harriet Brown
- 1st VP:** Joe Collins
- 2nd VP:** Jan Kennedy
- Treasurer:** Sharen Neale
- Corresponding Secretary:** Donna Tisdale
- Recording Secretary:** Peggy Rosenbluth
- Financial Secretary:** Kathy Soria



Newsletter Staff - Winter 2022 Edition

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- Editor & Graphics:** Hongwei Xu
- Proofreader:** Elizabeth Brady
- Other Contributors:** Joe Collins, Sharll Hane, Sharon Hannaby, Jan Kennedy, Tom Kleinhanzl, Roxanne Ramsburg, Pat Ray, Pam Schaffert, Bonnie Walters
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Visit Us: 400 W. 7th Street, Frederick, MD 21701
We appreciate your feedback, comments and questions.





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Frederick, MD 21701

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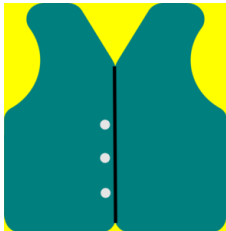
CURRENT RESIDENT OR:

Important Reminders



A reminder that all **uniform policies** are to be adhered to. If in doubt, please contact the Volunteer office for clarification.

Masks must be worn on Frederick Health properties at all times.



Be aware that the long term construction project at the hospital means more limited parking. Please park in the parking deck and use the Staff entrance on Level 3 or the Main Lobby entrance.



<https://www.frederickhealth.org/about/volunteering/>



<https://www.facebook.com/FrederickHealthAuxiliary>