



Summer 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

Harriet Brown

I hope you all are enjoying a hot but relaxing and somewhat normal summer. You deserve it! First of all, I am so proud and honored to serve as your President of the Auxiliary. As Jose Diaz-Balart says at the end of every news broadcast "thank you for the privilege of your time"; and truly I say that to all our volunteers. You put in countless hours without hesitation and always with smiles and boundless energy! As a result, the auxiliary was able to honor our commitment to donate \$182,000 to Frederick Health at the end of June. Of this donation, \$127,000 goes to complete our pledge to the BHU renovations and \$55,000 towards our \$1 million pledge to ReEnvisioning Critical Care. Special thanks goes to Pam Schaffert, Linda Allen, Sharll Hane, Joe Collins, Pat Ray, and ALL the volunteers who made this possible.

Many of you completed the volunteer survey and 85% thought the auxiliary was doing a great job. We do have three areas for improvement:

Recruitment -- The Recruitment and Appreciation committee (R&A) has plans for all of us to reach out to friends and the community to bring in new volunteers. If you have ideas or want to be on the committee, please contact Ellen Noland, chair of R&A.

Substitution -- You are the most dedicated and resourceful volunteers, but sometimes illnesses or family emergencies arise. If that happens please:

- Attempt to find a sub from your service area roster.
- Notify your chairs.
- Let the office know so they can contact volunteers you have not been able to reach.

Communication – This Newsletter includes a list of auxiliary board members and chairs so you may contact your chair or any board member with questions, concerns or input. Periodic communications may be found in your service area's memo book and your chairs will email you if the need arises.

The auxiliary newsletter is a wealth of information and is sent to all active, supportive and life members. Due to the postage rate increase (\$.60), beginning with the Fall newsletter, active members will only receive the newsletter in email form. If you do not have an email on file with us, please send your email address to dzigler@frederick.health. If you are an active volunteer and do not have email, printed newsletters will be available for pick-up in the volunteer office or at Select Seconds.

I hope you will all come to celebrate 70 years of dedication to Frederick Health on September 12th at Morningside Inn at 11:00. The sign up and information is attached. Please R.S.V.P./pay by August 25th.

Hope you have a wonderful summer!

Hospital President's Message

Tom Kleinhanzl



Dear Friends,

I hope that this letter finds you well and that you're making time during these warmer months to enjoy whatever it is that brings you joy and happiness. As we reach the midpoint of 2022, there are several exciting updates, awards, and milestones that I would like to share with you.

In May, Frederick Health celebrated our 120th Anniversary. Our founder, Emma Smith, could have never envisioned the growth of our organization - from a single hospital with a dozen beds to a network of 22 facilities and 4,500 team members. I am grateful that for nearly 70 years of our history, the Auxiliary has been an integral part of our shared story.

In the same month, our organization was named one of the 100 Best Hospitals in the Nation and #1 in Maryland for Stroke Care by Healthgrades America, a premier healthcare ratings agency. This prestigious award is a testament to the hard work, talent, dedication, and commitment to excellence that is so common throughout Frederick Health. We have also won numerous other specialty awards from Healthgrades that can be viewed at www.frederickhealth.org/healthgrades.

We are also expanding our presence in the community in some exciting ways. The new state-of-the-art \$46.7 million-dollar Critical Care Expansion at the hospital, which includes a new Adult Emergency Department, Pediatric Emergency Department and inpatient unit, Intensive Care Unit, and Cardiac-Cath Laboratory is slated to open in September of this year. I am so very proud to say that our team members have donated over \$535,000 towards this new expansion. In addition, the Auxiliary have graciously pledged \$1 million dollars towards this project. Thank you so very much for your ongoing commitment to this community.

In addition to the expansion at the hospital, our new Frederick Health Emmitsburg location is scheduled to open in August of this year. This facility will offer Primary Care, Urgent Care, Laboratory, and Physical Therapy & Sports Rehab services. The driving force behind these great expansions is our commitment to the community we serve. As Frederick County continues to grow, we will continue to increase and enhance our services.

Finally, with your help, our organization continues to play an active role in combating the COVID-19 pandemic. We are still providing vaccination and booster clinics throughout the community, and I encourage you to get your boosters if you have not done so already. While we may have grown accustomed to living with COVID-19 in our daily lives, the virus is very much still present and impacting all of us. As summer ends and we move into the colder months, we stand ready to respond to whatever comes next and I take great comfort in knowing that the Frederick Health Auxiliary stands ready as well.

I am so very appreciative of your ongoing commitment to Frederick Health and each other as we continue to grow and change. On behalf of the entire Senior Leadership team, thank you for all that you do.

Kind regards,

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

Tom Kleinhanzl
President & CEO
Frederick Health

Director’s Letter

Sharon Hannaby

I hope this newsletter finds you enjoying summer, maybe a much-needed vacation or spending some extra time with friends and family. We are so lucky to live in a region that offers a variety of outdoor activities and history. Just yesterday, we went to Gettysburg for the afternoon. If you have not been to the Visitor’s Center and Book Store, you really should make plans to go. Some other favorites of mine that are close by are Antietam National Battlefield (especially the illumination held in December) and Fort Frederick State Park. Great places to take visitors to this area, too.

On Thursday, June 23, we were able to get a “sneak preview” of some of the new construction areas. The new Pediatric ED (emergency department)/In-Patient area and new ED in-take/triage area are very bright and colorful. These new areas are scheduled to open on August 8th with the new ICU to open on August 22 and the new Cardiac Cath Lab to open sometime the first week of September. These openings don’t mean the end to the construction. Once these new areas open, there are renovations to be made to the existing ED Blue and Green zones and the current Cath Lab space. The construction fencing, etc. will shift to the east, making the parking on the east side of the hospital (near the park) all parking for the ED patients and visitors. The entire construction project is scheduled to be completed in December of 2023 so we have a long way to go yet.

Thank you for your continued support of the hospital and the auxiliary. Your patience and flexibility during COVID and construction have been wonderful and greatly valued. Your time and efforts are noticed and appreciated by everyone – patients, visitors, staff, and physicians.

We are still very much in need of volunteers. The number one reason given for why people began volunteering is simple – *someone asked them to help*. Please help recruit by asking your friends, family members, and neighbors if they have a few hours per week to spare.

Always!!



Come and Celebrate the Auxiliary’s 70th Anniversary with us.

Cost is \$15 which includes a build your own salad including fresh greens, seasonal vegetables, crumbled bacon, grated cheese, tomatoes, onions, cucumbers, homemade croutons, dressings, tuna and chicken salads, fruit salad, pasta salad, rolls, drinks, and assorted mini pastries.

This event is limited to Auxiliary Members Only.

To R.S.V.P., Please return this slip, along with a check or cash (\$15) to the Volunteer Office, 400 West 7th Street, Frederick, MD 21701. Please respond by August 27, 2022.

Name: _____

Phone: _____ Email: _____

Select Seconds

Pam Schaffert, Co-Manager

In these days of rising inflation in every sector of our economy, rest assured that Select Seconds continues to provide great quality merchandise at affordable prices. Our merchandise is donated by our generous public, so we are not affected by supply chain issues. We have plenty of summer clothing and accessories available as well as other items for your home. All FH Auxiliary volunteers and FH Rewards members are eligible for an additional 10 percent off their purchases—just show your volunteer ID or FH Rewards card at checkout!



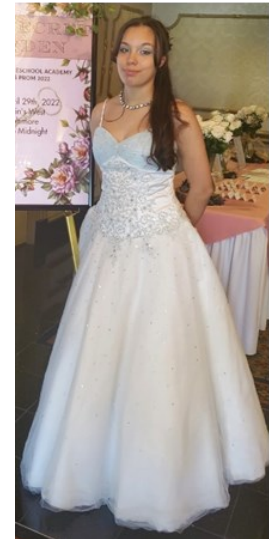
Mark your calendar for our upcoming **Bag Sale on Saturday, August 27th from 10:00 am - 5:00 pm**. This is a twice-a-year event that we do prior to changing out clothing for the next season. We supply the bags; you fill them with as much merchandise as you can and pay only \$5.00 per bag.

We are in urgent need of 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.

Stories from Select Seconds

Bella's Story — This is a story about a mother and her daughter, Bella, who came to Select Seconds to find dresses for an upcoming prom and father/daughter gala. Bella was named “Best Dressed” by her fellow classmates at the prom (in the white dress *pictured right*). It just goes to show that you do not have to spend a lot of money to get something really great!



Alma Whitehouse — Alma was a longtime volunteer at Select Seconds who passed away in 2014. Seventeen of her family members spent several hours at the shop engaged in day of service in celebration of what would have been Alma's 100th birthday. Some of the things they did for us: cleaned the front windows inside and out; cleaned outside in front and back of the shop to include our parking lot and back porch; washed floors; vacuumed and dusted; took down some summer clothes off the high railings in the receiving room and put up winter clothes in their place; and took several loads of off-season items to our off-site storage room. It was a wonderful tribute to Alma and a demonstration of how she shared her love and work ethic with others. We thank them for all of their efforts! We were able to get a great photo of them before they left.

Treasurer's Letter _____ Sharen Neale

I'd like to take some space here to share information about the Frederick Health Auxiliary's funds—how we raise them and how we spend them, as well as the rules we must follow as set by our bylaws.

The Auxiliary has 3 bank accounts: one is the **General** account which is managed by the Treasurer at the direction of the Board of Directors, one is the hospital **Gift Shop** account which is managed by an appointed Assistant Treasurer and the shop Chairperson. The third account is for the **Select Seconds Thrift Shop**, managed by that shop's Assistant Treasurer and Chairperson. The balance of these accounts is reported to the Board each month. Frederick Health Finance oversees all these accounts for us and makes all payments and transfer of funds for us at our direction.

The General account is divided into three separate sub-accounts: **Operating**, **Fundraising** and **Scholarship**. This issue I am focusing on our **Operating** sub-account. Often, members ask why they are being required to "pay to volunteer", and sometimes asked to pay their way for events they may not have had to in the past. Per our bylaws, dues and any miscellaneous/unrestricted donations are the sole resource for our Operations expenses. NO funds raised by any other manner may be used for operations; they must go to fundraising for Frederick Health or our Scholarship Fund. Operating funds are used for expenses related to the general operational functions of the Auxiliary including uniforms, patches, awards, postage, etc.

Membership has slowly declined over the past several years, and subsequently our Operating income. We keep our budget as lean as possible, and at the same time try not to eliminate any important areas of need. To put this in perspective, our Dues income for the Fiscal Year 2021-22 was \$3,040 (budgeted \$4,000). The prior year, our budget was \$4,300 and we received \$4,097. Prior to that, our dues income was in the upper \$4-5 thousand range, and we had more people joining the Auxiliary. Bottom line: we need more members!

The monthly financial statements, budget and monthly meeting minutes are all available to peruse in the Volunteer Office after the next scheduled Board meeting, August 20th.

If you have questions or concerns about our finances, please contact me by email: sneale@frederick.health, or by leaving me a message at the Volunteer Office. You can reach out to the Executive Committee members with concerns or ideas for cost cutting, membership or fundraising.

Auxiliary Membership Dues

Many thanks to auxiliary members who have paid dues for July 1, 2022/23. For those who haven't paid, membership dues are due by August 1, 2022. Please either stop by the volunteer office or mail your \$10 to:
Volunteer Office (Attn: Kathy Soria)
Frederick Health Hospital
400 West 7th Street
Frederick, MD 21702

Volunteer of the Month



Wendy Mopsik is April's Volunteer of the Month. She began volunteering on January 2018 and served as a concierge in the Service Excellence Dept. On February 2019 she joined the Auxiliary Board as chairman of the training team doing orientations for new volunteers. On January 2020 she became a volunteer at Select Seconds where she continues to volunteer. Wendy also served on the Scholarship Committee and assisted with miscellaneous tasks at the hospital.

Nancy Zeim is the June's Volunteer of the Month. She has volunteered since May 2014. Nancy does clerical work at the hospital and also knits baby hats. She has 1,978.5 hours of volunteer service.



Volunteer Snapshot

Photo 1

Olivia Foy & Alyce Luck at Gift Shop;

Photo 2

Anthony Paolini & Kathy Soria at WINGS

Photo 3

Mary Ann Okan at SUV

Photo 4

Deitra Stevens & Laurene Holsinger at Information Desk

Photos 1-4 by Hongwei Xu



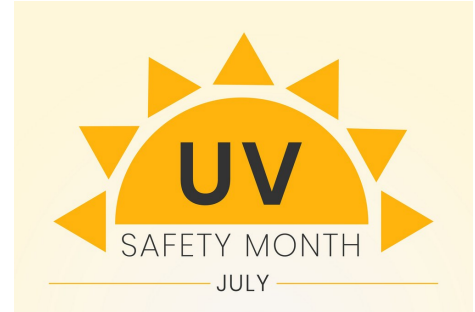
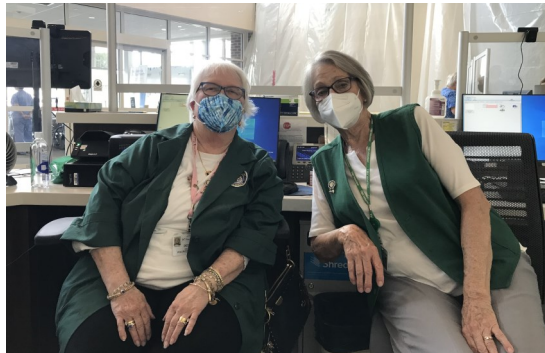
Photo 5 (Bottom)

Volunteers at the Stockman Cancer Center from our May in-service.

Front row: JoAnn Bradshaw, Vicky Snyder, Harriet Brown, Margie Shattuck

Back row: Cindy Fletcher, Fayo Oyolola, Susan Kleinhanzl, Rose Marie Myers

Photo 5 Submitted by Jan Kennedy



July is known as Ultraviolet Safety Month . Most skin cancers are caused by too much exposure to UV rays from the sun .

Although these outcomes sound scary, there are important steps that you can take to protect yourself.

Seek Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

Wear a Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays.

Wear Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Cover with Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection.

Use Sunscreen

Put on broad spectrum sunscreen that has an SPF of 15 or higher before you go outside. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or towelng off.

For more information, go to: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Frederick Health Auxiliary Executive Board Members



President: Harriet Brown

President Elect: Roxanne Ramsburg

1st VP: Joe Collins

2nd VP: Ellen Noland

Treasurer: Sharen Neale

Corresponding Secretary: Jan McLoon

Recording Secretary: Peggy Rosenbluth **Membership Secretary:** Kathy Soria

Service Area Chairs

Emergency Department: Susan Carmack

Fundraising: Joe Collins

Gift Shop: Sharll Hane

Hours/Awards: Ellen Noland and Roxanne Ramsburg

Information Desk: Ken Michaels and Herb Carrier

Newsletter: Mary Beth Clark

Offsite: Vicky Snyder

Scholarship: Donna Tisdale

Select Seconds: Pam Schaffert and Linda Allen

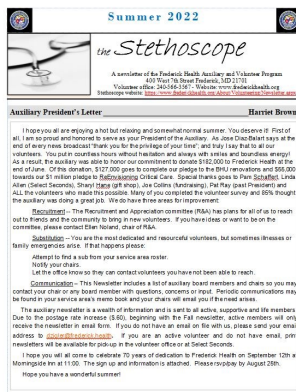
Surgical Information: Roxanne Ramsburg

Tree of Lights: Donna Tisdale and Pat Ray

Sewing: Elsie Warnock and Barbara Shealer

Wings: Kathy Soria and Harriet Brown

Newsletter Staff - Summer 2022 Edition



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Visit Us: 400 W. 7th Street, Frederick, MD 21701

We appreciate your feedback, comments and questions.



Frederick Health Auxiliary
 400 West Seventh Street
 Frederick, MD 21701

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2022 America's 100 Best Hospitals Award™.



Frederick Health is a national leader for patient care and has been named a recipient of the Healthgrades 2022 America's 100 Best Hospitals Award™.

This places Frederick Health among the top two percent (2%) of all hospitals for clinical care and patient outcomes. To read more, visit <https://www.healthgrades.com/hospital-directory/maryland-md/frederick-health-hgst21857767210005>

"Frederick Health is honored to be recognized as one of Healthgrades America's 100 best hospitals in the nation. Being named one of America's 100 best hospitals, especially during the ongoing COVID-19 pandemic, is a true testament to the skill and dedication of our award-winning team. I am very proud of what Frederick Health has been able to accomplish and of the continued care that we bring to our families, friends, neighbors, and community."

- Tom Kleinhanzl, President & CEO, Frederick Health



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



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