



October 2018



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

Welcome fall! The cooler weather is finally upon us and the leaves are turning their beautiful colors. The beauty of fall is on full display at both the Auxiliary Gift Shop and Thrift Shop! The Gift Shop is full of beautiful fall and Halloween décor, not to mention pumpkin spice candles and soaps as well as yummy McCutcheon products. Select Seconds has everything from fall decorations to Halloween costumes.

Mark your calendars! On Saturday, November 3, we will be celebrating a milestone in our Auxiliary history—the 30th anniversary of the Select Seconds Thrift Shop at our present East Patrick Street location. President and CEO Tom Kleinhanzl and other hospital leaders will be joining us in celebrating this major achievement. If you have ever volunteered at, donated to, or shopped with us at Select Seconds, you are a part of this history and we encourage you to come and celebrate with us. More information will be posted as the date approaches.

I had the pleasure to spend some time with the dedicated volunteers who oversee recording all volunteer hours. The scope of their job is incredible. I am impressed at how diligent they are. They strive to ensure that you get credit for all the time that you give. But I am guilty—as many of you—of not printing my name legibly or entering the incorrect ID number. So please take an extra few seconds to PRINT your name and use the ID number that is on your FMH badge, not the last digits of your SSN. This will ensure proper recording of time for the over 700 volunteers in the Auxiliary.

The holiday season will be upon us before we know it. In addition to shopping opportunities at the Gift Shop and Select Seconds Thrift Shop, we still have several fundraisers lined up through the end of the year. These include Pretty Pickins, the Uniform Sale, \$6 Sale, Mindy's Jewelry Sale, Fudgie Wudgie and Collective Goods. Each of these sales offer great gifts as you support the Auxiliary.

I recently had the opportunity to spend the day with all the Maryland Hospital Auxiliary Presidents, and I enjoyed the opportunity to brag on the wonderful volunteers who make up (in my opinion) the best hospital Auxiliary in the state. We have the greatest number of volunteers and the most hours served and each of you make important contributions to the hospital, our patients, and the community. You truly are the very best part of the Auxiliary.



12 New Members

- Richard Lindsay
- Maryann Delauter
- Scott Grier
- Cristoforo Padula
- Sandra Chapman
- Alexis Hall
- Erika Slebodnik
- Katerina Hadid
- Svetlana Kiriukova
- Theresa Butler
- Linda Bennett
- Nikkita Khattar

Newsletter Committee 2018 Issue 08

Editor and Co-Chairs:

- Jacob Moseley
- Jan McLoon

Circulation Committee:

- Beth Callahan, Karen Dotterer, Dorothy Kovatch, Margaret Moseley, Brenda Myers, and Elsie Warnock

Dear Friends,

I hope you are ready for fall festivities. We are fortunate to live in such a beautiful area. I always enjoy seeing the leaves change color across the mountains. Maybe the rain will stay away for a while, so we can enjoy this time of year.

Another sure sign of fall is our annual Flu Shot program. We are up and running. Please stop by Employee Health and get your shot soon. Your health and safety are of utmost importance to all of us.

In our recent physician and employee communications we have been listing the services and providers that are now located at FMH Tollhouse (501 West 7th Street). I thought it would be a good idea to make sure you are in the loop also. The MHP CARE Clinic, MHP Immediate Care, Dr. Saied (MHP Primary Care), Lab Services and Hood College Health and Counseling Services are all open at this location.

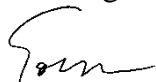
We are making changes in our cafeteria selections, vending machines and catering services to provide healthy options for following the food and drink portion of the 5210 program (5 fruits or vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity and 0 sugary drinks per day). We will be putting up additional collateral materials and providing more education for staff, volunteers, patients and their visitors in the coming months.

On Saturday, November 3, we will celebrate Select Seconds thirty-year anniversary at its current location. We are inviting local politicians and business leaders to join in recognizing how much the FMH Auxiliary has given back to the community and the hospital by way of Select Seconds. I hope you can stop by at some point that day and enjoy the festivities and discounts. You should all be very proud of the contributions provided through Select Seconds.

We recently launched a "Go Team" to respond to medical emergencies that occur outside of our main hospital building—in the parking garage, parking lots or near the entrances. The Go Team was created to address the need for a coordinated response process with clearly defined roles and responsibilities during these emergencies. To activate a Go Team response, simply call x3344 from any hospital phone and give the hospital operator the location of the medical emergency.

Thank you for all that you do to provide care and comfort to the community we serve. The senior team and I appreciate the talent you bring and the time you contribute.

Best regards,



Tom Kleinhanzl
President and CEO
Frederick Regional Health System

Don't let the flu goblins get you this winter. Dates and times the flu vaccine will be available will be posted in the volunteer office and at Select Seconds. If you work at an offsite facility, please check with the staff there for dates/times the vaccine will be offered at that location. If you had your vaccine at your pharmacy or doctor's office, etc. please bring us proof. **Please note this is for ACTIVELY working volunteers and does not apply to Auxiliary members who are not currently volunteering with us.**



Need something new to do? Would you like to know other volunteer opportunities with the FMH Auxiliary? Please give me a call (240-566-3567) or email me (shannaby@fmh.org) to discuss other volunteer placements.



Want to be part of a unique shop in downtown Frederick? Select Seconds, the Frederick Memorial Hospital Auxiliary's thrift shop is looking to expand their hours. Volunteer cashiers are needed for Fridays from 4–8pm, Saturdays from 2–5pm and 5–8pm, and some weekday shifts (10am–1pm or 1–4pm). Come be a part of this beautifully renovated shop in the heart of downtown Frederick while helping to raise funds for our hospital. Interested? Please let the volunteer office staff know (240-566-3567 or vol@fmh.org). Volunteers must be at least 18 years of age or be a current Junior Volunteer.

Does your service area need some additional volunteers? Want to help with this? You are the best recruiters we have. The #1 reason people give for becoming a volunteer is very simple—someone asked them to help. This works best if it is one-on-one recruitment instead of posting/making an announcement to a group. Keep this in mind as you go through your daily life, talk about your volunteer work, and invite others to “Join Us”.

Thanks for all you do

Always!!

Gift Shop

Sharll Hane

Gift Shop profits for the month of August was \$20,505.76.



Profits from Sales

Mary Lou Minnick

Profit for the “Collective Goods” sale was \$1526.20.



Hour-by-Hour

Hours Committee

Total hours in August 2018: 7955.50 by 481 volunteers—

College: 853.25 hours by 54 volunteers
Junior: 999.25 hours by 88 volunteers
Senior: 6103.00 hours by 339 volunteers

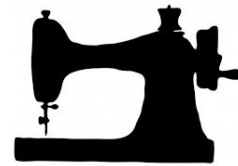
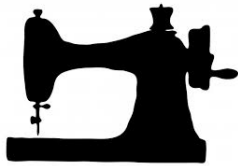


Sewing Committee

Elsie Warnock

The Sewing Committee met on Sept 3rd with ten volunteers in attendance. The group stuffed and sewed 122 surgical pillows, 194 neck pillows, and 19 walker bags. They delivered 108 surgical pillows, 94 neck pillows and 50 walker bags to the 2nd/3rd/4th floors, the ED, and the Family Center.

There remains a need for cotton material and for heavy-weight material for walker bags.



Gift Shop

Sharll Hane

Fall will soon be here, and it will be time for football and Halloween. We have coffee mugs with team logos for coloring. There are witchy cats, mice ghouls, and pumpkin spice Twinkies.

Remember we are now opening at 7:00 am on the last Tuesday of each month for the employees who work late nights.

We are currently looking for volunteers to work the 1st, 3rd and 5th Fridays from 12:00 to 4:00 pm. Please contact Sharon Hannaby (240-566-3567) or email (shannaby@fmh.org) in the volunteer office if you are interested.

Gift Shop profits for the month of August were \$20,505.76 and \$35,567.42 for the year.



Volunteer Award Hours

Joann Ramsburg

<p><u>100 hours</u> Jane Burton Soraya Namazi</p>		<p><u>1,000 hours</u> Margaret Shattuck</p>
<p><u>500 hours</u> Mary Daniels</p>		<p><u>4,000 hours</u> Mary Lou Minnick</p>

R&A Committee Report

Jan Lounsbury

Jane Phillippe is the September Volunteer of the Month. She has been a volunteer at FMH since 2005. Jane has volunteered in many different capacities throughout the years including the following: Wings, Holiday Bazaar, Information Desk, Fundraising, Cookie Sale, Newsletter, Thrift Shop, 1st Grade Tours, and 2nd Vice President of the Auxiliary. Jane has a total of 3,340 hours! Congratulations and thank you for your service to FMH!



Don't forget that all active volunteers will receive a 10% discount at Select Seconds and the Gift Shop if you show your badge when checking out. This discount does not apply to candy, soda, medicine, chips, magazines, flowers and stamps at the Gift Shop.

All volunteers are invited to a Lunch Bunch at Oscar's Alehouse on Wednesday, November 14 at 11:30 am. Oscar's is located at 906 N. East Street in Frederick. You can find out more about them at their website online. A sign-up sheet will be in the sign-up room in the near future. Hope to see you there!

Select Seconds is celebrating its 30th year of serving our hospital and our community. We will be having a special event to commemorate this achievement on November 3rd (First Saturday). Check out our Facebook page for more information in the coming weeks.

You have probably heard the saying “together we can move mountains”. Well, that is exactly what we have done! A big thank you to those volunteers who helped in the back room sorting and pricing the large volume of donations received since the reopening. We also want to thank our community for supporting us by bringing in their donations and shopping at our store.

Lastly, it’s hard to believe that fall is finally here! If you’re looking for that special costume for this year’s big Halloween party, we have quite a few to offer, or get creative by putting together your own unique costume from our large selection of clothing and accessories. A reminder to our volunteers--get a 10 percent discount on your purchases by showing your badge at checkout.



Sales for August were \$13,859.76.

IN MEMORIAM

Mary Cornish, one of our past volunteers, has passed away. Mary was a volunteer here from November 1964 until August of 2011 (47 years of dedication to the Auxiliary and FMH). She had a total of 10,834.25 hours and worked in many service areas. She was most well-known for serving as the chairman of the Flowers and Mail Service for many, many years. Her obituary is posted at: <https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=mary-cornish-gregg&pid=190281288>

Mary will be missed at FMH.

Dolly Maier, a faithful Select Second’s volunteer, has passed away. Dolly began volunteering at Select Seconds in September of 1991 and continued until August of this year. She gave 5605.75 hours to our thrift shop. Her husband Ralph had also been a volunteer with FMH years ago. Dolly’s obituary can be seen at: <https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=dolores-maier-dolly&pid=190320736>

Please keep Dolly’s family and her volunteer ‘family’ in your thoughts.



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

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Permit No. 6

CURRENT RESIDENT OR:



October 17-18: Uniform Sale—Auxiliary Conference Room

October 24, 25, and 26: \$6.00 Sale—Cafeteria

November 3: Select Seconds 30th Anniversary Celebration—8 E Patrick St, Frederick

November 14, 11:30 am: Lunch Bunch—Oscar's Alehouse, 906 N. East Street,

November 27: Mindy's Jewelry Sale—Cafeteria

December 13-14: Fudgie Wudgie Sale—Cafeteria

December 17, 18, and 19: Collective Goods—Cafeteria