



# Summer 2023



## 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](http://www.frederickhealth.org)  
Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

### Letter from Auxiliary President Harriet Brown and Volunteer Director Sharon Hannaby

Realizing that we have new volunteers and, some who have been with Frederick Health for years, we wanted to share some background information about the Auxiliary and how you can be more involved.

Although the hospital has always had volunteers, in fact, it was a group of volunteers who started The Frederick City Hospital (1902), it wasn't until 50 years after the hospital opened (1952) that the Auxiliary was formed. The volunteers needed to be an "official entity" in order to raise money for the hospital.

The Auxiliary Board of Directors is made up of 8 officers who form the Executive Committee (president, president-elect, 1st VP, 2nd VP, treasurer, recording secretary, corresponding secretary, membership secretary, and parliamentarian) and the chair(s) of our larger service areas. Most of the officers have a 2-year term with elections annually, replacing half of the officers each year. Below is a brief description of the duties of each officer:

President – oversees all functions of the Auxiliary, sits on the Hospital's Board of Directors, works closely with hospital administration and the volunteer office

President-Elect – is responsible for the Auxiliary service areas, works with the chair(s) of the services, fills in for the president when he/she is absent, automatically becomes the president when his/her term expires

1st Vice President – is responsible for publicity for the Auxiliary and its events

2nd Vice President – is responsible for the Recruitment and Appreciation Committee of the Auxiliary and the activities the committee plans (picnic, volunteer recruitment events, fashion show, etc.)

Recording Secretary – is responsible for taking and distributing minutes of Auxiliary Board meetings and meetings of the Executive Committee

Corresponding Secretary – is responsible for sending cards on behalf of the Auxiliary (thank you notes for donations, get well cards for volunteers, etc.)

Membership Secretary – is responsible for keeping the roster of Auxiliary members and collecting annual dues

Parliamentarian – this position is appointed by the president and is responsible for assuring that decisions and processes are followed according to Roberts Rules of Order

Chairmen from larger services are the contact for volunteers on their service, they help keep procedures up-to-date, and some train new volunteers for their service. They represent their service for the Auxiliary Board.

- Continued next page

## President and Director’s Letter Continued

The full Auxiliary Board meets the 3rd Tuesday morning each month, skipping December and July. The Executive Committee meets as needed outside of the full Board meetings. Any Auxiliary member is welcome to attend the Board meetings.

In addition to the services people see around the hospital, there are also volunteers running Select Seconds Thrift Shop and volunteering at some hospital offsite locations. The Auxiliary raises funds for the hospital and for scholarships to students entering medical fields. Fundraising is done through the Gift Shop, Select Seconds and Auxiliary sponsored vendor sales at the hospital. Separate fundraising efforts support the Auxiliary scholarships.

During COVID and the shutdowns, a number of hospital auxiliaries were disbanded. We want our Auxiliary to remain a strong support for our hospital for many years to come. In order to do this, we need volunteers who can “step up” to take leadership roles. How can you get more involved with the Auxiliary Committees or Board? You can contact any of the current Auxiliary Board members and Chairs listed below:

Executive Board

<b>President</b>	Harriet Brown	301-639-7973	harriet.brown@comcast.net
<b>President elect</b>	Roxanne Ramsburg	240-285-2414	roxanneramsburg@yahoo.com
<b>1<sup>st</sup> VP</b>	Joe Collins	301-514-8933	froggyjoe@aol.com
<b>2<sup>nd</sup> VP</b>	Ellen Noland	301-509-9904	FEN728@comcast.net
<b>Treasurer</b>	Sharen Neale	717-398-8350	sharenbneale@gmail.com
<b>Deputy Treasurer</b>			
<b>Recording Secretary</b>	Peggy Rosenbluth	301-639-9385	plcr001@comcast.net
<b>Corresponding Secretary</b>	Jan McLoon	301-663-3251	jmcloon@msn.com
<b>Membership Secretary</b>	Kathy Soria	301-606-9013	kmdsoria@comcast.net
<b>Parliamentarian</b>	Donna Tisdale	301-620-1226	drtisdale67@gmail.com

Service Chairs

<b>Emergency Department</b>	Emma Main	240-446-2936	ecmain56@gmail.com
<b>Fundraising/Sales</b>	Joe Collins	301-514-8933	froggyjoe@aol.com
<b>Gift Shop</b>	Sharll Hane	301-663-4275	Sharll55@peoplepc.com
<b>Hours/Awards</b>	Ellen Noland	301-509-9904	FEN728@comcast.net
<b>Information Desk</b>	Ken Michaels	240-409-9636	kvm21747@gmail.com
<b>Newsletter</b>	Mary Beth Clark	301-606-4765	mbclark61@aol.com
<b>Offsite</b>	Vicky Snyder	240-818-8835	vsny906@aol.com
<b>Scholarship</b>	Donna Tisdale	301-620-1226	drtisdale67@gmail.com
<b>Select Seconds</b>	Pam Schaffert	301-293-2381	maydaisy56@gmail.com
	Linda Allen	301-514-7122	allenonthelake@comcast.net
<b>Surgical Information Desk</b>	Roxanne Ramsburg	240-285-2414	roxanneramsburg@yahoo.com
<b>Tree of Lights</b>	Pat Ray	301-606-4954	pat.ray@montgomerycollege.edu
<b>Sewing</b>	Elsie Warnock	301-371-9468	elsiewarnock@gmail.com
	Barbara Shealer	301-698-5028	Barbara.Shealer@comcast.net
<b>Wings</b>	Harriet Brown	301-639-7973	harriet.brown@comcast.net
	Kathy Soria	301-606-9013	kmsoria@comcast.net
<b>Past President</b>	Pat Ray	301-606-4954	pat.ray@montgomerycollege.edu

## Hospital President's Message

Tom Kleinhanzl



Dear Friends,

I hope that this letter finds you enjoying the warmer months. Summer is a time for doing the things that fill you with happiness. With over half of 2023 in the rearview mirror, there are several exciting updates that I would like to share.

We have been working on the \$47 million Critical Care Expansion at the hospital for the last several years. I am pleased to say that we are nearing the end of these construction efforts. Another section of the Emergency Department opened this month, adding ten newly renovated patient treatment bays and the final construction phase will be complete by the end of this year. This progress would not have been possible without your gracious and substantial donations and steadfast efforts.

In addition to this exciting expansion at our hospital, our new Frederick Health Brunswick location is scheduled to open in September of this year. This state-of-the-art facility will offer Primary Care, Urgent Care, Laboratory, Imaging, and Physical Therapy & Sports Rehab services. Brunswick is one of the fastest-growing areas of Frederick County and ensuring that we offer easy access to award-winning care remains our commitment. As Frederick County continues to grow, Frederick Health continues to grow to meet those needs.

Acknowledging the efforts of our fantastic team are essential. That's why we celebrate our Nurses of the Year and Employees of the Year ceremonies. Every year, two are selected from each group. The 2023 Nurses of the Year were Amy Vallance, a Registered Nurse on 3B, and Marianne Hiles, a Clinical Nurse Specialist. Both nurses display teamwork, creativity, and a drive to improve the lives of their patients. The 2023 Employees of the Year were Jeff Weaver, the Supply Chain Manager, and Dr. Kathy Troupe, a provider in our new Comprehensive Care Center. While their responsibilities differ, Jeff and Kathy bring a sense of accountability, reliability, and compassion to their work. If you see any of the winners, please congratulate them!

We also recently recognized the efforts of our Frederick Health Jr. Volunteers. This year, 28 high school students that volunteered at least 100 hours were honored with a pin, a letter signed by the President of the United States, and a certificate. Of this group, one individual received the Gold Award (250+ hours), four received the Silver Award (175-250 hours), and 23 received the Bronze Award (100-175 hours). Supporting the growth of the next generation of healthcare professionals ensures that our community will continue to be healthy, happy, and cared for.

In conclusion, our excellent work and quality services are only possible with your ongoing dedication. You have been a steady, calming, and supportive presence; we are stronger, and our community is better because of your efforts. On behalf of the entire Senior Leadership team, thank you for all you do.

Kind regards,

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

Tom Kleinhanzl  
President & CEO  
Frederick Health

## Sewing Auxiliary Pillow Project

Barbara Shealer

The Sewing Auxiliary sends out a big ‘Thank You’ to the Walkersville “Quazy Quilters.” Annually, the quilting guild members complete a community service project that utilizes their leftover fabric scraps. This year the guild leader reached out to the Frederick Health Sewing Auxiliary for patterns to make comfort neck and surgical pillow forms. In short order, they cut, sewed and donated over 200 pillow cases. They had so much fun doing this hands-on project, they regrouped a couple of weeks later and completed another 200 cases.



Also, a big “Thank You” to Marcia Walker who likewise used her quilting material scraps to make 125 surgical pillow forms.

While it is tempting for the Sewing Auxiliary to purchase new fabric for their neck and surgical pillow forms, the quilters’ scrap project was a great way to save money and help build up the auxiliary’s inventory of pillow forms.

Thanks again to the Walkersville “Quazy Quilters” and to Marcia for their outstanding community sewing project.

## Sewing Auxiliary Show & Tell

Barbara Shealer

The Sewing Auxiliary provides an array of therapeutic items to the Frederick Health Hospital. Three members of the group meet each Monday morning at the “Village” location to design, cut, iron and sew colorful, “Busy Aprons” aka “Fidget Aprons.” The ladies are into their 2nd year of producing the aprons and no two aprons are alike! In 2022, the ladies made a total of 125 pieces.



The aprons are used for treating and relieving anxiety in Alzheimer’s and Dementia patients. The pockets, zippers, hooks, loops, snaps, corduroy flaps, etc. on each handmade apron provide sensory stimulation and objects to keep a patient’s hands busy. The aprons improve patient finger dexterity and eye-hand coordination and they help to relieve restlessness and boredom and aid in keeping the patient from wandering off.

When completed, the aprons are delivered to the Frederick Health Nursing office where they are distributed as needed.

The Sewing Auxiliary is making a difference and you can help ...the group is always looking for donations of clean fabric — they request practical, non-frilly cottons, light weight denim or canvas for walker bags and notions of all sorts, especially zippers. Bring your donations to the Volunteer Service office.

**Fundraising Committee \_\_\_\_\_ Joe Collins**

As we deal with the long hazy days of summer and the heat, we can't forget those wonderful cool and colorful days of fall that are just around the corner. We have a full schedule of vendor sales for both the summer and fall months. What will make the upcoming season of vendor sales exciting is that we will be having sales in the beautiful Atrium of Frederick Health Village, as well as at the hospital.



Kicking off the new season of vendor sales were Mindy's Jewels on Wednesday and Thursday, July 12<sup>th</sup> and 13<sup>th</sup>, with the Wednesday July 12<sup>th</sup> sale at The Village in the Atrium.

In August the popular Collective Goods will return for a two-day sale. The Wednesday August 23<sup>rd</sup> sale will be in the Atrium at The Village and the Thursday August 24<sup>th</sup> sale will be held in the hospital cafeteria. The sale will have two payroll deductions. In September the upscale D&D Designs will be back for their jewelry sale. The sale is scheduled for September 21<sup>st</sup> and 22<sup>nd</sup> with two payroll deductions. Keep tuned for updates.

For the last quarter of the year we have sales scheduled with the popular \$7 Everything Sale, Mindy's Jewels, Lancaster Linens and the mid-December Collective Goods sale. We are also hoping to have Fudge Farm back for a candy sale. Most the vendor sales will have payroll deduction available. It's also possible that one or more of the vendors will opt to hold a sale at The Village.

We have some exciting news about the Quick Charge System. The old system finally failed (during the Silver Events Sale) and we temporarily are handling payroll deduction sales via manual entry with the assistance of IT and finance. Now a new system has been ordered and should be much easier to operate (might even be wireless). Hopefully the new system will be available for the August vendor sale.

We still need volunteers for all payroll deduction sales and although volunteering for the vendor sales might not be as glamorous as some of the other volunteer services, it's a great way to participate in a service that raises funds, provides a unique opportunity to interact with hospital staff and earn additional volunteer service hours. You might even find a few minutes to do a little shopping and find a few bargains. Fundraising also provides an opportunity for hospital staff to purchase a wide variety of merchandise without leaving the facilities.



Give us a try as you will find the time enjoyable, meet and talk with a lot of great people and expand your volunteer involvement, while continuing to make the Frederick Health Auxiliary the best volunteer organization in Maryland.

**Frederick Health Auxiliary Membership Dues**

Many thanks to auxiliary members who have paid dues for July 1, 2023/24. For those who haven't paid, membership dues are due by August 1, 2023.

Please either stop by the volunteer office or mail your \$10 to:

Volunteer Office  
(Attn: Kathy Soria)  
Frederick Health Hospital  
400 West 7<sup>th</sup> Street  
Frederick, MD 21702

**Volunteer Awards**

Congratulations to the following volunteers who have received awards for hours worked!

Laura L Pincock	500 Hours
Susan H Smith	500 Hours
Mary E Clark	1,000 Hours
Richard W Hofmann	1,000 Hours
Gayle L Wilson	1,000 Hours
Jackie Grimes	2,000 Hours
Jo Ann Bradshaw	3,000 Hours
Alberta R Fiske	3,000 Hours

Select Seconds

Pam Schaffert, Co-Manager

**Secondhand Shopping in the U.S. is Booming!** At Select Seconds, we have definitely noticed an upturn in the number of customers coming into our store. We try to keep our prices reasonable and competitive by researching other local thrift shops to see what they are selling and what they are charging. For the quality and uniqueness of what we have to offer, you will get the best bang for your buck at Select Seconds. Take advantage of the savings that can be made by purchasing items from our store. As a result of our efforts, Select Seconds was able to contribute \$161,000 towards the hospital Auxiliary's annual gift this past June.

Mark your calendar for our upcoming **Bag Sale on Saturday, August 26<sup>th</sup> from 10:00 am - 2:00 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 looking for new volunteers to join us at Select Seconds. Particularly, we need individuals to work the front register. Positions consist of a 3 hour shift, either in the morning or afternoon every week or every other week. No experience is needed, and training will be provided.

Please contact our Volunteer Services Office if you or someone you know is interested. Make sure to mention that you want to join the Select Seconds team!

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!

**STORE HOURS:** Mon-Fri 10am-4pm and Sat 11am-4pm; we are also open on First Saturdays until 8pm.

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

Volunteer Recruitment and Appreciation

Ellen Noland



Volunteer Picnic

The volunteer picnic held in May was successful. There was fried and barbeque chicken. Many volunteers brought in their favorite dishes. All the side dishes, salads and desserts donated were good. During the picnic, we played bingo and had a number of winners! The door prize, a \$25.00 gas card, was won by Alyce Luck.



Volunteer Fashion Show

Save the date - October 23rd, for the Auxiliary Fashion Show. It will be held at the Maryland National Golf Course in Middletown, Maryland. Watch your emails for further information.



If you have a friend, acquaintance or know anyone who is interested in volunteer work, tell them about all the opportunities we have to offer and all the great people they will meet while giving back to their hospital and community. Call the Volunteer Office at 240-566-3567 for more information.

Who Is Who?

Hongwei Xu

Albert Bariatti's purpose for volunteering at the hospital is quite simple - to get out of the house and do something after his retirement. Over the past 13 years, Al has been working 20-30 hours a month at the Surgical Information Desk. He knows the nurses and doctors and enjoys the interactions with patient families. Having accumulated over 4,311 hours, Al has received the Lifetime Achievement Award for contributing more than 4,000 service hours.

"Volunteering at the hospital is always a rewarding experience," Al said with a grin. As one fellow volunteer once said, "If you have been here long enough, you see the world through those doors." Al is proud to be one who has been here long enough and has seen the world. And he loves it!



Sharll Hane is no ordinary Gift Shop volunteer. "Growing up in retail" and having worked in her family grocery store, Sharll knows the ins and outs of managing a store. After working for government for over 33 years, Sharll retired in 2013. She soon got bored and decided to do something. Gift Shop and Select Seconds naturally became her first choices.

Up till the outbreak of the COVID-19 pandemic, Sharll had volunteered at both the Gift Shop and Select Seconds. Now the manager of the Gift Shop, Sharll volunteers an average of 60 hours a month while taking care of her aging father. She loves her job and has accumulated 5,199.5 hours. Sharll is another volunteer honored with the Lifetime Achievement Award.

Newsletter Staff—Summer 2023 Edition

**Chair:** Mary Beth Clark

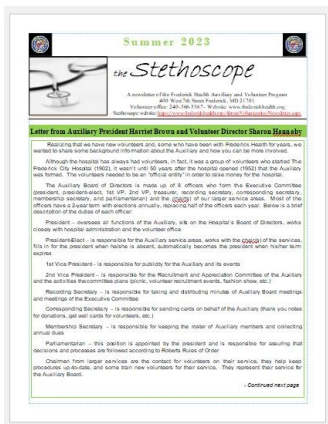
**Editor & Graphics:** Hongwei Xu

**Proofreaders:** Elizabeth Brady, Denise Zigler

**Other Contributors:** Harriet Brown, Sharon Hannaby, Tom Kleinhanzl, Ellen Noland, Peggy Rosenbluth, Pam Schaffert, Barbara Shealer, Kathy Soria

**Contact Us:** Volunteer Office at 240-566-3567

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





Frederick Health Auxiliary  
400 West Seventh Street  
Frederick, MD 21701

## CURRENT RESIDENT OR:



Left: Betty Kreh | Middle: Carol Powell  
Right: Linda Allen



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



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