

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>



6 New Members

Kristen Everett

Pauline Jacobs

Elvira An

Kanika Sharma

Mayzie Hopkins

Doug Cooke

Newsletter Committee 2018 Issue 04

Editor and Co-Chairs:

Jan McLoon & Jacob
Moseley

Circulation Committee:

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

President's Message

Joseph Collins

I thought Spring started in April however the recent cold, windy and wet weather we have been experiencing would indicate the opposite. Never fear soon the warm and often hot winds of summer will be here and we can bask in its warmth. Until then we will continue our volunteer assignments helping the patients, visitors, staff and others that come through the doors of the hospital.

In May we begin extensive renovations to the Select Seconds Thrift Store that will include new energy efficient lighting, flooring, painting and other interior up grades that will result in a smart new look that we hope will make our store the envy of the downtown Frederick retail business community.

Remember Thursday June 14th is the Annual Auxiliary Membership Luncheon and election of officers. It will again be held at the beautiful Ceresville Mansion. Remember to send in your reservation as the number of attendees is limited and is on a first come basis. Reservation forms are available at the Volunteer office.

Mark your calendars for the June 6th which is the Auxiliary Picnic a great evening of fun, good food and fellowship. We also have two fund raising events in May - the Books Are Fun sale on the 9th, 10th and 11th and Mindy's Jewelry on the 24th. Time to do some early holiday shopping and we can always use help at the sales.

Again I want to thank all volunteers for their continued dedication and service that make the Frederick Memorial Hospital Auxiliary the best Auxiliary anywhere.

Dear Friends,

After a long winter, spring is finally here! I hope you are enjoying these long and sunny days. I always enjoy seeing the beautiful FMH campus come into bloom. All of Frederick County looks picturesque, from the mountains to downtown.

I'm so thankful for all of the contributions the volunteers make to our organization. Recently we have been able to offer expanded Gift Shop hours on the last Tuesday of the month. This is a welcome expansion for our employees who come in very early or work through the night. The flexibility of our early bird volunteers makes a difference.

I hope you enjoyed National Volunteer Week last month. It is so important to take time to recognize the unsung heroes in our workplace. We'll have more celebrating to do this month during Healthcare Week. We have a wide range of events on the FMH campus and at our offsite locations from May 6 through May 12. You are an important part of our healthcare team, so make sure you participate. We'll have our old favorites, like the Kona Ice Truck, along with some new wellness walks and other healthy snacks and activities. The calendar of events will be posted throughout the hospital, on the FMH Intranet, and on the TV screen in the employee bridge.


We have collaborated with several partners in the community (including the YMCA of Frederick, United Way of Frederick and the Frederick County Health Department) to create LiveWell Frederick. You'll be learning more about this community health initiative in the coming months.

During Healthcare Week, you'll receive LiveWell Frederick materials about the 5-2-1-0 program. The numbers in the program's name represent 5 servings of fruits or vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity and 0 sugary drinks, per day. We are committed to improving the health of our community, and that starts right here with our team.

We'll be celebrating National Women's Health Week from May 13 through May 19. FMH Women's Services has partnered with several other FMH Departments to bring women together for education and active participation in healthy behaviors. Events will range from exercise programs to seminars to cooking demonstrations. Flyers will be posted and the events will be included on the FMH Intranet. These events are offered at no cost and you can bring a friend or family member.

As always, thank you for your efforts to support our mission of improving the health and well-being of the community we serve. Your contributions of time, talent and fundraising are greatly appreciated.

Best regards,



Tom Kleinhanzl
President and CEO
Frederick Regional Health System

Director's Letter

Sharon Hannaby

I hope that each of you were able to stop by during National Volunteer Week to receive a gift from us. Please know that these gifts are just a token “thank you” to let you know that we truly do appreciate everything that you do for FMH and our patients, visitors, and staff. We are blessed to have such a large, diverse group of volunteers all here to serve one purpose – making FMH the caring place that our patients have come to expect.

I would like to take this opportunity to say goodbye and thank you to Amy Wheeler. Amy has been a volunteer coordinator here for 7 years, job sharing with Barbara Poffenbarger and then Bonnie Walters. Amy has been a true asset to our department and to FMH. She truly cares about the volunteers and it shows in the work she has done. Please join me in wishing her the very best as she moves on to new adventures.

Always!!

Select Seconds Notes

Pam Schaffert

A big thank you to everyone who donated items in celebration of Earth Day on April 23rd at FMH! We'll be putting these items out for sale at the shop soon.

We are very excited about the upcoming improvements to Select Seconds which will include new lighting, new flooring and new interior painting. When finished, our new space we will be the envy of the other downtown retailers. Watch for updates on progress and plans for grand re-opening celebration.

Don't forget that Select Seconds has a nice selection of Prom and evening dresses, and costume jewelry. Before going to your next big event, check out Select Seconds for clothing and accessories!

Gift Shop

Sharll Hane



We have started a Drink Loyalty Program. It is for hospital employees and volunteers. You purchase any 10 drinks out of our Coke case and get the 11th free.

We are gearing up for Mother's Day, come by for your Mother's Day gift. We have “Grow Pizza Kit”; it contains 6 packages of seeds – Sweet Basil, Tomatoes, Green Bell Peppers, Oregano, Parsley, and Scallions for \$9.99. Also a Moulton Garden Bon Bons Kit – Chives, Cilantro, Cumin, Oregano for \$15.99.

Pop Chargers for iPhones and Androids. They are pre-charged and disposable, for up to 5 hours extra life of your cell phone for \$4.99. Some new really cute Ceramic Cat and Dog banks are here. They're around 6 to 8 inches high for \$19.99.

We will be opening at 7:00 am on the last Tuesday of the month for the employees who work late nights.

WATCH YOUR MAILBOX!

Sharen Neale



The invoices for the 2018/19 Annual Dues will be arriving in your mail very soon. The amount is still \$10, and payment is due by June 30th.

You can mail (no cash please) or drop off the payment with the invoice for me in the Volunteer office. The monies we collect for dues are used to pay for things like our patches, pins, awards and the annual picnic. We appreciate your continued support; thanks for everything you do.

Volunteer Award Hours

Joann Ramsburg

<p><u>100 hours</u> Katherine Soria Frances Willis Sherry Mockabee Sharon Shell</p>		<p><u>1,000 hours</u> Sandra Nicholson</p>
<p><u>500 hours</u> Raymond Blowitski Ricardo Samuda</p>		<p><u>2,000 hours</u> Patricia Fritz</p>
		<p><u>9,000 hours</u> Merilyn Moser</p>

Hour-by-Hour

Hours Committee

Please continue to use the number under your picture on your badge when signing in for work.

Total hours given in March 2018: 6,585.50 by 448 volunteers.

Juniors: 626 hours by 77 volunteers

College: 613 hours by 47 volunteers

Seniors: 5,346.50 hours by 448 volunteers

R&A Committee Report

Pat Dickinson

Join us for the annual FMH Auxiliary Appreciation Picnic to be held this year on Wednesday, June 6 at the Monocacy Village Park Pavilion. Starting time is 5:00 p.m. until dark, rain or shine. Admission for Auxiliary members is FREE and guests are only \$4.00. Please bring a covered dish to share. Fried chicken, BBQ, rolls, table service and beverages will be provided. Please use the sign-up form included in this newsletter or sign up in the volunteer office at FMH. Reservations will be accepted until Wednesday, May 30. We hope to see you there.



Calling all Auxiliary Members!
FMH Auxiliary Picnic

Wednesday

June 6, 2018

5 pm 'til dark – rain or shine

Monocacy Village Park Pavilion

Reservations for the picnic must be made by May 30th

There will be Bingo with prizes and a door prize

Admission Free for Auxiliary Members and \$4.00 per guest

Please bring a covered dish to share.

Fried chicken, BBQ, rolls, table service and beverages will be provided.

Please fill out the form below along with payment for guests.

Auxiliary Member Name(s) _____

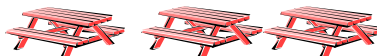
Paying Guest Name(s) _____

Contact Phone: _____ **Total Number of Reservations:** _____

I will bring the following covered dish for sharing:

Salad _____, **Vegetable** _____, **Dessert** _____

You may also obtain a form from the Volunteer Office or download a copy from the Auxiliary website.



Happy Mother's Day



May 13, 2018



Select Seconds

Betty Kreh

Sales for the month of March were \$10,500.57.

Gift Shop

Sharll Hane

Profit for the month of March was \$10,446.63.

Fundraising

Mary Lou Minnick

Profit from the \$6 Sale In April was \$936.44



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

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

CURRENT RESIDENT OR:



May 9-10-11 - Books are Fun/Collective Goods

May 24 - Mindy's Jewelry Sale

June 6 - Annual Picnic

June 14 - Annual Membership Luncheon

June 25-26 - Uniform Sale

August 2 - Pretty Pickens Jewelry