



# November 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](http://www.fmh.org)

Stethoscope Website: <http://www.fmh.org/About/Volunteering/Newsletter.aspx>



### 16 New Members

- Stacey Krepel
- Matthew Griffin
- Stefano Ginocchio
- Alberta Fiske
- Peter Regan
- Marsha Ridenour
- Donna Sagona
- Linda Allen
- Lesley Wood
- James Risser
- Lilly Cochran
- Mary Lynch
- Laura Pincock
- Phyllis Martin
- Andie Conching
- Deborah Taylor

### President's Message

Pat Ray

Greetings!

I hope each of you had a wonderfully spooky Halloween. Before we know it the holiday season will be upon us! Please remember our gift shop, thrift shop and fund-raisers all have many items that make wonderful gifts.

President-Elect Harriet Brown and I had the honor to represent you at the Maryland Association of Hospital Auxiliaries (MAHA) meeting in Ocean City. We met with representatives from 28 different hospital auxiliaries who are members of MAHA. Of course, it was our (un)biased opinion that we had the best organized and most dedicated group of volunteers in the entire state. Many hospitals only perform fund-raising activities, and only a few have direct patient contact. The FMHA alone has dedicated volunteers who do both—and do it extraordinarily well. You give your time, talent and treasure to support the FMH Auxiliary, the hospital, our patients and families, and the community. We were proud to represent your exceptional talents and achievements to the rest of the state.

We had an excellent guest speaker, Jeanne Sexson, from Georgia. She presented 2 programs—but asked some critical questions that I would like you to consider: Why do you volunteer? What is your reward? What value are you bringing to yourself and others? I know many of us don't take the time to think about these things—but each of you are invaluable, not only to our patients and community—but to each other. I have had the pleasure to meet and spend time with many of you. You have challenged me, educated me, made me laugh, made me think—and have enriched me just by spending time with me. Don't underestimate how valuable you are to your fellow volunteers. Take time to think of your strengths and what you do to make others (and yourself) feel valued and important. I can assure you that the hospital leadership, our patients and visitors, vendors and the community hold you in high esteem—and you deserve it.

As Thanksgiving approaches, the volunteers of the Frederick Memorial Hospital Auxiliary are high on my list of things to be thankful for. Have a wonderful Turkey Day and remember the FMH Holiday Party is December 12. Please attend and consider volunteering to help.

#### Newsletter Committee 2018 Issue 09

##### 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 always look forward to this issue of your newsletter because November is a time of Thanksgiving and it is a perfect reminder for me to give thanks to you for the work you do throughout the year. I hope you enjoy your Thanksgiving meal and have the opportunity to share it with your family and friends.

We are working on a new initiative to ask our patients “What matters to you?” instead of just asking “What is the matter?” By making this question more personal, we hope to learn more about the ways we can not only treat our patients for their health concerns, but also address other worries that might make their course of treatment easier and less stressful.

Many of you volunteer at the BirthPlace lobby and have the opportunity to see our patients and their family members on a daily basis. I wanted to make sure you all know about the latest achievement by our BirthPlace team. A patient safety collaborative was created in 2016 to make an impact on substance use disorder in pregnancy and Neonatal Abstinence Syndrome (NAS) across the state of Maryland. The collaborative identified 10 outcome measures to be completed by each hospital and recently our FMH team was recognized as being the first hospital in Maryland to reach this milestone.

FMH is known throughout the state as a leader in the care of women with substance use disorder and the care of infants with NAS. In addition to completing 10 outcome measures, the BirthPlace staff (Family Center, NICU, and Labor and Delivery) also completed over 2,700 learning modules. They received an award naming FMH a Center of Excellence for the care of infants with Neonatal Abstinence Syndrome.

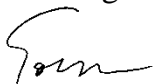
Our Vascular Laboratory was also recognized recently. We have been granted accreditation by the Intersocietal Accreditation Commission (IAC) in Vascular Testing. IAC accreditation is considered a seal of approval that patients can rely on as an indicator of consistent quality care and a dedication to continuous improvement.

Our Innovation Team recently launched two new initiatives to improve patient experience and care and hopefully make life a little easier for our staff, too. We have a new digital rounding tool that allows our nurse managers to note any issues that a patient may have and immediately send a request for action to any department in the hospital. We have also launched a prescription reminder texting program that is aimed at lowering prescription abandonment by providing financial cost information, addressing clinical concerns and sending a reminder that a prescription is waiting to be picked up.

We continue to look for ways to combine the personal touch of our dedicated caregivers and volunteers along with the latest technology options for efficient healthcare delivery.

The leadership team joins me in wishing you and yours a very happy Thanksgiving. Thank you for all that you do for us and for the community.

Best regards,



Tom Kleinhanzl

President and CEO

Frederick Regional Health System

One of my college roommates compared the end of the semester approaching to a snowball rolling downhill, getting bigger as it headed towards you. The end of the year with all of the holiday festivities feels that way to me now. What happened to 2018? How can we already be nearing the end of the year?

When overwhelmed (as the holidays sometimes make us feel), it is best to focus on one thing at a time and enjoy what is happening right here and right now. So, my wish for all of you during this busy time of year is that you each take the time to stop and enjoy the present. As the old saying goes, "Yesterday is history, tomorrow is a mystery, and today is a gift—that is why we call it the 'present.'"

In an effort to help you to live life to the fullest, we are starting a new feature in this issue of the Stethoscope. This article will have health and wellness tips, as well as healthy recipes. We hope you enjoy this new feature.

I wish all of you a wonderful, safe, and happy holiday season. Please know you truly are appreciated.

Thanks for all you do.

**Always!!**

**R & A Committee Report**

**Jan Lounsbury**

The Volunteer of the Month for October was Mahendra Jani. He received a \$10 gift certificate to the Gift Shop. Mahendra volunteers in the library working the library cart. He has volunteered since April 2007 and has 1,216.75 hours. His wife Ila also volunteers in the library.

Please don't forget to sign-up for the fall luncheon at Oscar's on Wednesday, November 14 at 11:30. Oscar's is located at 906 East Street and there is easy access to parking. The sign-up sheet is located in the sign-in room where you can also look at the menu.

**Junior Volunteer Service Pin**

**Bonnie Walters**

The entire FMH Volunteer Services Team would like to congratulate the following Junior Volunteers on earning their FMH Junior Volunteer Service Pin. Pins will be awarded each month to the Junior Volunteers who have given 75 hours of service to the hospital.

The October 2018 recipients are:

Sarah Abouassali	139.75 hrs	Parin Kumar	396.75 hrs
Janeel Black	84.75	Iman Mansoor	115.50
Alexia Chavez Brown	81	Caroline Paroby	123.75
Natalia Chavez Brown	77	Milan Patel	209.75
Jacqueline Chung	94.75	Ryan Puthumana	357.75
Aryan Das	89	Nadia Rahman	251
Chelsea Donovan	106.25	Sydney Roberson	75.50
Zeeshan Fiaz	289.50	Tasnia Sadat	258.75
Cooper Fisher	101.25	Aleena Shahab	188
Marilyn Fisher	211.75	Rishita Sharan	76.50
Rani Jones	195	Kingsley Twum-Danso	75.50
Zainab Khan	109.75	Lekhya Vanam	128.75
Anna Kleinhanzl	81.25		



### **Mammograms: When Should You Have Your First and How Often?**

Mammography is a life-saving technology. Since 1990, deaths from breast cancer have been reduced 40%. Mammograms can detect cancer up to two years before a lump can be felt in a traditional breast exam (done by palpating the breast with one's hand), this earlier detection means that the cancer is often caught when it is treatable. Some women postpone their mammograms because they find them uncomfortable, inconvenient, or they simply forget, but for women 50 years or older, missing a mammogram every other year is estimated to result in not catching 30% of cancers.

If you have average risk for breast cancer, the American College of Obstetricians and Gynecologists recommends that you have a mammogram **no later than age 50**, though you have the option to start at age 40.

What's your risk?

#### High risk:

- ❖ You have had breast cancer before
- ❖ Your parent, sibling, or child had breast cancer
- ❖ Genetic testing revealed that you carry a BRCA1 or BRCA2 genetic mutation
- ❖ You had multiple chest X-rays or radiation treatments to the chest.

If you are high risk, your doctor may decide to have you screened earlier and more frequently than patients with average risk.

#### Other risk factors:

- ❖ You have a history of noncancerous breast conditions, including dense breasts or atypical hyperplasia, which is a precancerous condition that involves the buildup of abnormal cells in the breast
  - ❖ Menstrual periods that started before age 12 or continued after 55, or you did not have a child before age 30
  - ❖ You had hormone replacement therapy
  - ❖ Obesity, smoking, or excessive alcohol consumption
    - SAMHSA defines excessive alcohol consumption as binge drinking on more than 4 days per month. Binge drinking is a woman consuming 4 drinks or a man consuming 5 drinks in roughly a 2 hour timespan).
    - Obesity is a BMI of 30 or greater. You can google "CDC BMI calculator" or follow this link to calculate your BMI:

[https://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

The more risk factors you have, the earlier you may choose to be screened. You may also choose to be screened once a year, rather than every two years.

Sources:

<https://www.mammographysaveslives.org/Facts>

<https://www.consumerreports.org/mammogram/when-to-get-a-mammogram-advice/>

<https://www.mayoclinic.org/diseases-conditions/atypical-hyperplasia/symptoms-causes/syc-20369773>

<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

<https://www.cdc.gov/obesity/adult/defining.html>

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## PENNSYLVANIA DUTCH BAKED OATMEAL

PREP TIME: 15-20 MINS  
COOK TIME: 25-35 MINS  
YIELD: 6 SERVINGS



- 2 cups quick oats
- 1 ½ teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- ¼ cup sugar
- ¼ cup packed brown sugar
- ¾ cup fat free milk
- 1 large egg
- 1/3 cup canola oil
- 1 cup raisins

1. Lightly grease a loaf pan (9x5) with nonstick cooking spray and set aside.
2. Preheat the oven to 350 f.
3. In a large bowl, mix all of the ingredients together.
4. Pour evenly into the greased pan.
5. Bake uncovered for 25-30 minutes until the top is golden and the mixture is set.

This recipe has been passed down in my family through four generations. This is a healthy way to start the morning and the oatmeal will keep you feeling full for several hours. I like to double the recipe and after baking them, I place one in the freezer to consume later, and one in the refrigerator to dine on throughout the week. We use raisins, but you can use apples instead. If you would like a crunchier texture or you are conscious of your heart health and are looking for ways to incorporate more healthy fats into your diet, you can add walnuts or pecans to the recipe. When she has houseguests, my grandma likes to mix it the night before and refrigerate it. When she wakes up in the morning all she has to do is pop it in the oven. It makes the house smell heavenly! In my family, we take a warm serving of the baked oatmeal and pour milk on top before consuming. I hope you enjoy it as much as my family does!

## ***Annual FMH Holiday Party***

The Annual FMH Holiday Party for staff and volunteers will be held on Wednesday, December 12th in the hospital cafeteria lower level. Again this year the Auxiliary has been asked to help with the food service.

The serving times are from 10:30am to 3:00pm and from 5:00pm until 7:30pm. The time of the lunch shift is from 10:30am to 1:00pm or 12:45pm to 3:00pm. If you would like to work the entire lunch period, you may sign up for 10:30am until 3:00pm. The evening shift is from 5:00pm until 7:30pm.

Please call Sue Basford at 301-663-5356 or email [jakebasford@yahoo.com](mailto:jakebasford@yahoo.com) if you would like to help with this fun project. We had a great time last year, you are most welcome come and enjoy the festivities.

**Hour-by-Hour**

**Hours Committee**

Total hours in September 2018: 6367.75 by 460 volunteers—

- College: 382.75 hours by 40 volunteers
- Junior: 934.75 hours by 85 volunteers
- Senior: 5050.25 hours by 335 volunteers

**Sewing Committee**

**Elsie Warnock**

The Volunteer Sewers made an appeal last month for cotton and heavy weight materials. Happily this was answered with a great abundance of donations. We thank everyone for their response and now we have our work “cut out” for us to meet the needs of FMH patients.

Last month we distributed 381 pillows, 36 walkers bags, and 27 activity aprons. Anyone interested in joining our faithful and hardworking volunteers should contact the volunteer office.

**Gift Shop**

**Sharll Hane**

Halloween is over and now we start to think of the holidays. Stop by the gift shop and see what we have for the holidays. The Gift Shop has two new volunteers—Scottie Burdette and Marsha Ridenour. Stop by and say “Hi”.

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

We are currently looking for volunteers to work the 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursdays from 12:00 pm to 4:00 pm. See Sharon Hannaby in the volunteer office if you might be interested.

Gift Shop profits for September were \$6,995.72 and \$26,229.02 for the year. August was reported incorrectly, the correct figures are \$ 8,219.71 and \$19,303.30 for year to date.

**Volunteer Award Hours**

**Joann Ramsburg**

**100 hours**

- Mary Clark
- Heather Wojcik
- Karen Smith
- Erika Slebodnik
- Chantre Sewell

**1000 hours**

- Janice Lounsbury

**3,000 hours**

- Mary Adams
- Dorna Williams



**4,000 hours**

- Ruby Linthicum
- Pat Ray

**5,000 hours**

- Dawne Howard
- Joseph Collins

**11,000 hours**

- Coralinn Kuehl



We've received a number of donations from people downsizing their homes and wardrobes. Our volunteers are working diligently to get everything priced and out for sale. We are specifically in need of volunteers to assist with pricing artwork, fine collectibles, linens, and women's clothing on a regular basis. We are also looking for an additional volunteer to work as cashier for the Wednesday morning shift (10:00AM-1:00PM). For anyone interested in these positions, please contact the FMH Volunteer Office or the Select Seconds manager.

This month we will begin putting out Christmas and other seasonal items, including holiday sweaters, ornaments, and other festive décor. As you plan for the big events of the season, stop in and see our selection of formal and semi-formal evening wear, shoes, and jewelry that will have you looking your best for any party!

Select Seconds sales for September: \$15,305.66

**A reminder to all auxiliary volunteers—get a 10 percent discount on your purchases by showing your badge at checkout!**



## **IN MEMORIAM**

**Gladys Dobson:** Gladys was a volunteer with FMH from April of 1998 until April of 2015. She had 3537 hours of service serving in the ICU, knitting baby hats and sweaters, and working at the holiday bazaar. She will be remembered as the lovely British lady who greeted families and visitors at the ICU desk.

<https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=gladys-edith-dobson&pid=190479998>

**Clyde Roney:** Clyde was a volunteer from May 1993 until July 2004 with 5213.75 hours of service. Clyde volunteered in the gift shop, emergency department, holiday bazaar, thrift shop, and was the volunteer coordinator for the Kiwanis's van transport service for patients from January 2001 until July 2004. This van service predated the current service provided by Butler transport for patients who were discharged but did not have transportation back to home. Clyde's entire family were involved with FMH either as paid staff members or volunteers.

<https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=clyde-m-roney-jr&pid=190489570>



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

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**CURRENT RESIDENT OR:**



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

**November 27: Mindy's Jewelry Sale—Cafeteria**

**December 12: Annual FMH Holiday Party—Cafeteria**

**December 13-14: Fudgie Wudgie Sale—Cafeteria**

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