



December 2019



the Stethoscope

A monthly newsletter of the Frederick Health 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

Happy December! It seems like just yesterday the days were warm and the night came later, and now it is dark at 5 and cold! I hope each of you had a wonderful Thanksgiving. I know many of you gave your time to help our patients and visitors at the hospital. I am truly thankful to represent a group of people who are always so dedicated to helping our patients and our community.

There have been a couple of big developments since our last newsletter. The Board of Directors voted to pledge \$1,000,000 (see photo, page 9) to kick off the upcoming 'Re-envisioning Critical Care' campaign. This large project will add an additional Cath lab, will move the Pediatric ED downstairs, and will move the ICU to a permanent location with much improved space and functionality. These changes are critical if we are to continue to serve Frederick with the best medical care. I will do my best to keep you updated on the project, and I hope there is minimal disruption to our day-to-day activities as a result of the construction. But if there is a resilient group of people around, it is YOU! The Auxiliary was the first donor to pledge monies to the campaign, and our contribution (and the Auxiliary) was highlighted at the Good Samaritan Fall Education Seminar held in November.

I also had the pleasure of touring the newly acquired Frederick Health Village, (see photos, page 9) located on Monocacy Blvd. in the old State Farm property. This building is 400,000 square feet and sits on over 90 acres of beautiful park-like land. There is a pond, many walking trails and lots of green space surrounding this massive building.

The building itself is in great shape, and I look forward to the next steps. Exciting ideas are being discussed with a bright future for both Frederick Health and the Auxiliary. The first services will be moving into the Village as early as spring 2020.

I want to remind you that the General Membership meeting will be held on December 10 at 10 AM in the Auxiliary Conference Room. We will be discussing and voting on the bylaw changes that were sent to you at home. I hope you have had time to review these changes and that you will join us at the membership meeting to vote on these bylaw changes.

Our annual Tree of Lights Campaign is coming up, and we will kick off the holiday season with the lighting of the Trees at entrance 3 on Tuesday, December 3 at 5. We will gather in the Auxiliary Conference Room and will proceed outside after a few remarks. The Tree of Lights now exclusively sponsors Auxiliary scholarships to those students who wish to go into a health care related field and are volunteering at a health facility. These are great gifts for Secret Santa, or for your grandchildren or anyone on your list. A fact sheet on the Tree of Lights is included in this newsletter. We will accept donations through January 11.

Please be sure to join us at the Frederick Health Hospital Holiday party on December 11 in the cafeteria.

With the holidays approaching, I wish each of you a joyous season, and I want to thank every one of you for the dedication and hard work you do for the Auxiliary. Each of you make a difference to each other, our patients, our visitors and our community. Best wishes to each of you, and Happy New Year!

President's Letter

Thomas A Kleinhanzl

Dear Friends,

Happy Holidays! The Frederick Health Auxiliary always ushers in the holiday season and that tradition continues this year with the Book Sale, Fudge and Cookie events, and the Tree of Lights ceremony. For 29 years, our community has enjoyed the beautifully lit evergreen trees on 7th Street, honoring our loved ones during the holidays. These holiday traditions are so special.

The approaching New Year offers a chance for reflection. This year was eventful for the health system and the Auxiliary. From our new Frederick Health name, to our updated mission and vision statement, to the beginning phases of Frederick Health Village, we continue to transform healthcare in Frederick County and beyond.

The Auxiliary plays a vital role in this transformation. You are always ready to act when a need is identified. Your support can be seen throughout the health system when welcoming visitors, transporting patients, supporting staff, or working at the Gift Shop or Select Seconds. It can also be seen in our newly renovated Behavioral Health Unit. These gifts of time, talent, and treasure continue to make a positive impact for our staff, patients, and visitors.

I look forward to celebrating with you during the annual holiday party on December 11th from 11 a.m. to 3 p.m. or in the evening from 5:30 to 7:30 p.m. Thank you to those that are helping to make this event a success.

If you are not already volunteering at the holiday party, please join the festivities and enjoy the great food and friendship. For those at the hospital early in the morning on the 11th, we will be serving coffee and donuts in the cafeteria hallway from 6 to 10 a.m. Please stop by for a holiday break.

The holiday season is a busy time of year. I'm so thankful that you continue to take time out of your day to help our patients, visitors, and staff. From myself, and the senior leadership team, I wish you and your loved ones a relaxing, happy holiday and a healthy new year.

Best regards,

Thomas A. Kleinhanzl

Tom Kleinhanzl
 President & CEO
 Frederick Health

Welcome!

Three new members join the FH Auxiliary.

Lisa Lundquist, Norma Davis, and Samuel Christopher

Junior Volunteer Service Pin

Bonnie Walters

We want to congratulate and thank the latest recipients of the Junior Volunteer Service Pin for completing their required 75 hours of service at Frederick Health. The November, 2019 recipients are:



| | | | |
|---------------|-------------|--------------|-------------|
| Kateryn Ayala | 76.00 hours | Yash Phogat | 81.25 hours |
| Sonia Bhatia | 78.25 hours | Shaheer Syed | 79.00 hours |
| Jessica Pham | 80.25 hours | Rimsha Zaman | 81.75 hours |

Director's Letter

Sharon Hannaby

My best wishes to each and every one of you for a very happy, healthy holiday season. This season is so full of activities where we have a chance to visit with friends or family members that we don't see as often as we would like. Please take the time to give yourself a chance to just stop and enjoy the moment, enjoy the company, enjoy the event, and enjoy the season.



As we enter the New Year, we can look forward to helping our health system to excel. We strive to consistently give superb service to our patients and visitors and we cannot do that without all of you.

As always, I will leave you with a quote from Mr. Rogers:

All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver.

Thanks for all you do - **Always!!**

Volunteer Award Hours

Joann Ramsburg

Ten volunteers have reached significant milestones this month. They are:

500 hours

Barbara Farrah
Krista Hall
Steven Taylor

2,000 hours

Richard Basford
Pamela Schaffert
Patrick Eckenrode

6,000 hours

Jean Ehlman

11,000 hours

Marilyn Moser

1,000 Hours

Candace Flowers

3,000 hours

Elsie Warnock



Annual Hospital Party—Help Needed

Sue Basford



The Annual Hospital Party for staff and volunteers will be held on Wednesday, December 11, 2019 in the hospital cafeteria lower level. The Auxiliary has been asked to help with the food service again this year.

The serving times are from 10:30 am to 3:00 pm and from 5:00 pm until 7:30 pm. The times for the lunch shift are from 10:30am-1:00 pm or 12:45 pm-3:00 pm . The dinner shift is from 5:00 pm-7:30 pm.

Please contact Sue Basford either by email at jakebasford@yahoo.com or by phone at 301-663-5356 if you would like to help with this fun project. We have had a great time in past years and you are most welcome to come and enjoy the festivities.

Wings

Harriet Brown and Kathy Soria

For the month of October, Wings volunteers completed 571 discharges and 735 errands and escorts. We have 2 openings in need of Wings volunteers, Friday 9-1 and Friday 1-5. If you are interested, please let Sharon or Bonnie know.

Healthy and Happy Living Tips

Bonnie Walters

Christmas cookies can really put on unwanted pounds in December! The trick is to find a delicious cookie with fewer calories. Could this be the one?

Pistachio-White Chocolate (No Butter!) Butter Cookies

Prep Time: 25 minutes

Cook Time: 6-7 min. (plus cooling)

Total Time: 25 minutes

Yields about 3 dozen

Ingredients

2/3 cup roasted, shelled and salted pistachios (You can also use unsalted pistachios if that's what you have on hand. If so, then increase the salt in the recipe from 1/8 teaspoon to 1/4 teaspoon.)

1 tablespoon water

1 cup packed brown sugar

1 large egg

1 teaspoon vanilla

1 1/4 cups unbleached, all-purpose flour

1/2 teaspoon baking soda

1/8 teaspoon sea salt

1/3 cup white chocolate chips

1/4 cup dried cranberries (optional)

1 - 1 1/2 tablespoons granulated white sugar (or colored sugar, if desired)



Directions

Preheat oven to 350°. Prepare baking sheets by covering each with parchment paper.

In a mini food processor, process pistachios and water until smooth (about 3 minutes), scraping sides of processor occasionally as needed. (The consistency will be similar to very wet sand but will be able to be formed with your scraper or hand into a thick, smooth paste like very, very thick natural peanut butter.)

Transfer pistachio butter to a large mixing bowl and add brown sugar, egg and vanilla and beat on medium speed for about 3 minutes until very well incorporated, scraping bowl once or twice as needed.

In a medium bowl, combine flour, baking soda and salt, stirring with a whisk to thoroughly combine.

Add flour mixture to pistachio mixture and beat on medium-low just until combined, about 1 minute. Do not over-mix. (Dough will form clumps and will not be smooth.)

Stir in white chocolate chips and cranberries (if using).

Shape dough into 36 balls. (About a rounded 1/2 tablespoon of dough will form 1 - 1 1/4 inch balls).

Roll each ball lightly in white (or colored) sugar. (Or, if you're in a hurry, just sprinkle some sugar on top after you've flattened the cookies in the next step.)

Place on prepared baking sheets and flatten to about 1 1/2 - 1 3/4 inches in diameter, using the bottom of a drinking glass. (If you're having trouble with the glass sticking to the cookies, you can place wax paper between the cookies and the glass as you press.)

Bake for about 6-7 minutes, until only slightly golden, and then allow to cool on cookie sheets for 2-3 minutes before transferring to cooling racks to cool completely.

Store in an airtight container.

Recipe from Two Healthy Kitchens

<https://twohealthykitchens.com/pistachio-white-chocolate-no-butter-butter-cookies/>

Healthy and Happy Living Tips (continued from previous page) _____ Bonnie Walters

Did you know that ...

- obesity is one of the most important health problems worldwide, making research on its causes a priority?
- to lose one pound of fat, you need to burn roughly 3,500 calories?
- the extra pounds you put on between Halloween and Christmas can take more than five months to lose?
- on average, a person's weight increases about 1.3 pounds during the Christmas-New Year's season?



Weight gain in the fall and winter is likely a combination of holiday foods and colder temperatures, which can lead to less outdoor activity. Here are some tips to combat unwanted weight gain during and after the holidays:

- Instead of a New Year's resolution to lose weight, have an October resolution not to gain too much weight in the first place.
- Keep your overindulgence in food and treats to the holiday—not to the holiday *season*!
- Stand more than an arm's length away from munchies, like a bowl of nuts or chips, while you chat so you're not tempted to raise your hand to your mouth every few seconds.
- Concentrate on your meal while you're eating it. Focus on chewing your food well and enjoying the smell, taste, and texture of each item. You will be much more conscious of what and how much you are eating.
- Eat the “best-for-you” food offerings first. You'll fill up on good foods leaving less room for less healthy foods.
- Limit the number of high-calorie foods on your plate.
- Pop a sugar-free mint in your mouth when you are finished eating. The feeling of a fresh palate can curb additional noshing.

Healthy & Happy Holiday Living Tips are courtesy of TheGoodBody.com and Realsimple.com



The beautiful grand piano sits idle most of the time in the main lobby. If you are a pianist who would like to play in the lobby, please let the Volunteer Office staff know. The only time it is currently played is on Saturdays when students from the Tacy Foundation come to share their skills. When playing, please just remember to play gently so the staff, visitors, patients, and your fellow volunteers can hear at their work stations.

CALLING ALL BOOK AND MAGAZINE LOVERS!

The Library service at the hospital is in desperate need of a chair. The responsibilities of this chair would be to ensure the proper running of the library, manage the budget (i.e. magazine subscriptions), and to represent the Library on the Auxiliary Board of Directors.

For more information, please contact Sharon Hannaby at 240-566-3567 or shannaby@fmh.org or Pat Ray at pray@fmh.org.

Sewing Committee **Elsie Warnock**



Sewing machines are still moving at full speed. Volunteers are still working at full speed; but laughing and exchanging new adventures such as the best restaurants and where the best bargains may be found while shopping locally.

Walker bags are being produced at an amazing number. Volunteers are busy stuffing neck and surgical pillows from Christmas material getting ready for the holidays. Sewers sometimes are not able to keep ahead of the stuffers so the extras are taken home to complete.

We now have a new project suggested by one of the girls which she saw at another hospital. We will be making pouches for patients to store glasses, jewelry, etc. to avoid getting lost during their stay. This will be a way to use small pieces of material from cutting the pillows. The sewing committee is always looking for new ideas. Any project we can do to help patients, we will consider doing. Stop by the first Tuesday of the month to observe our work in progress with hands working quickly—accompanied with much laughter and talking. Maybe you will learn of some ventures for yourself.

Hour by Hour **Hours Committee**

| <u>Volunteer Type</u> | <u>Hours</u> | <u>No. of Volunteers</u> |
|-----------------------|--------------|--------------------------|
| College | 135.5 | 11 |
| Junior | 1153.25 | 95 |
| Senior | 6011 | 312 |
| Special Programs | 162 | 11 |
| Total | 7461.75 | 429 |



Select Seconds Notes **Pam Schaffert**

Select Seconds is more than just clothes. We offer housewares, collectables, linens, books, jewelry, and shoes. You can often find “new” merchandise with original price tags, perfect for gift giving. We’ve been saving Christmas and holiday items all year long, so be sure to stop by to see how we can help add some spirit to your season!

Don’t forget, if you park in the Carroll Creek parking garage, you can get your parking stub validated for two free hours at the library next door. Also, all Frederick Health Volunteers and R.S.V.P. members get 10 percent off purchases at the store.

We are looking for volunteers to help with sorting incoming donations. If you are interested, please contact the Volunteer Office at 240-566-3567, or Select Seconds at 301-662-8280.

Our sales for October were \$17,736.79.

Profits from Sales **Julane Anderson**

Mindy’s Jewelry sale on 11/20/19: profit \$299.80

R & A Committee Report _____ **Jan Lounsbury**

Our November Volunteer of the Month is Stacey Krepel. Stacey has been a volunteer since February 2018. She started out volunteering in the Cardiac Cath Lab until March 2019. Currently she volunteers in one of the Nursing Units. Stacey has accumulated 168.75 hours. She received a gift certificate to the Gift Shop courtesy of the Frederick Health Auxiliary.

SAVE THE DATE: The Recruitment & Appreciation Committee will be holding a cookie exchange on Thursday, December 19 at 12:30 in the Volunteer Conference Room. All you need to bring are four dozen of your favorite cookies, the recipe and your own container to store the cookies you will be taking home with you. Those who participate will go home with a variety of cookies. Coffee and hot tea will be served so we can enjoy some of the delicious cookies during our cookie exchange. We will also be giving away three door prizes! A sign-up sheet will be posted in the volunteer sign-in room or you can complete the form and return it to the Volunteer Office by December 13. Be sure to sign-up and share your favorite cookies with your friends!

Our next scheduled meeting for the R&A committee will be held on Thursday, January 16 at 1 P.M. in the Volunteer Conference Room. We will not have a meeting in December due to the Cookie Exchange. Contact Jan Lounsbury (50gayle@verizon.net) if you are interested in joining this committee. We would love to see some new faces!

COOKIE EXCHANGE SIGN-UP

Name: _____ Type of Cookie: _____



Gift Shop _____ **Sharll Hane**

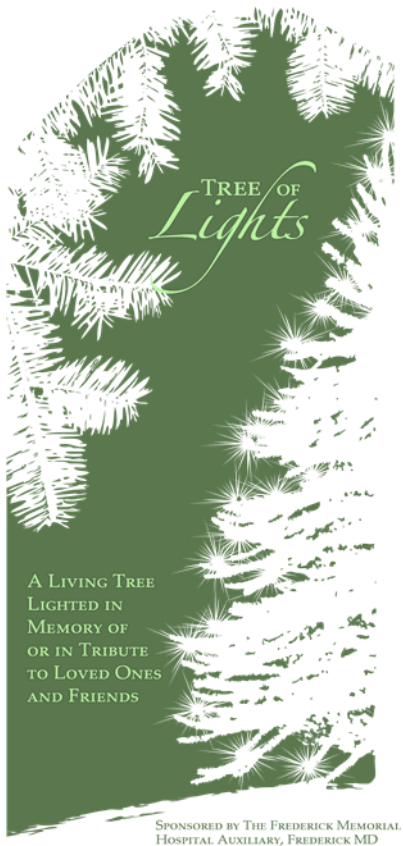
The Gift Shop is getting ready for the Holidays. We have a selection of Simply Southern knitted caps, scarfs, leggings, socks. There are holiday decorations, Christmas ornaments and other items. Remember volunteers get a 10% discount on certain gift items. The Drink Program gave away 81 drinks during October and a total of 1,564 since the start of the program.

Gift Shop profit for the month of October was \$7,949.15 and \$32,640.68 for the year.



Emergency Department _____ **Bob Hoffmeister and Ray Blowitski**

In October 5,631 patients were seen by 22 volunteers for a total of 248 hours.



The Tree of Lights is a project sponsored by the Frederick Health Auxiliary. We invite you to participate by purchasing a light to be placed on the evergreen tree in Hospital Park.

Your contribution of \$5 or more per individual name will provide a White Twinkling Light to honor or memorialize your family and friends.

A donation of \$100 or more per individual name will provide a Gold Life Light to honor or memorialize your friends or family. These will be lighted annually.

A gift of \$500 or more will purchase a red light for the Circle of Lights at the top of the tree, which will also be lighted annually as a way to honor or memorialize family or friends.

Donations are tax deductible, as provided by law, and will be accepted through January 11, 2020.

This year, all contributions will be donated toward the Frederick Health Auxiliary Scholarship Fund, which is granted to high school students who are interested in the health service and are active volunteers in a healthcare organization.

Names of all Honorees will be listed in the main corridor on the hospital's first floor as well as the Volunteer Office. Each person you honor will be informed of your thoughtful tribute.

PERFECT FOR ...

- Birthdays • Anniversaries
- Holidays • Graduation
- Confirmation • Get Well
- Friendship • Weddings
- Bar/Bat Mitzvah Gifts
- Employees • Teachers

For each light you purchase, please fill out the form below and mail it with your check to:

Frederick Health Auxiliary
 Tree of Lights
 400 West 7th Street
 Frederick, Maryland 21701

Should you wish to honor or memorialize additional family members or friends, please submit their information on a separate sheet of paper. For more information, please call the Auxiliary Office at 240-566-3567.

Donor's Name _____
 Address _____

Donor's Phone Number _____
 Total Amount Donated _____

This light is in honor/ memory of:
 Name _____
 Send Card To: _____
 Address _____

This light is in honor/ memory of:
 Name _____
 Send Card To: _____
 Address _____

May we tell this person about the Tree of Lights in future years? Yes No

May we tell this person about the Tree of Lights in future years? Yes No



The presentation of \$1,000,000 to kick off the upcoming ‘Re-envisioning Critical Care’ campaign.

Pictured left to right—Donna Tisdale, Corresponding Secretary; Harriet Brown, President-Elect; Robin Rose, VP and Chief Development Officer-Frederick Health; Pat Ray, President; Tom Kleinhanzl, President and CEO-Frederick Health; Sharen Neale, Membership Secretary; Jan Lounsbury, Second Vice President



Frederick Health Village,
Monocacy Blvd





Frederick Health Auxiliary
400 West Seventh Street
Frederick, MD 21701

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

CURRENT RESIDENT OR:

A decorative border of red poinsettia flowers surrounds the central text area.

Upcoming Events Mark your calendar

December 10, 10:00 am: General Membership Meeting —Auxiliary Conference Room

December 11: Annual Hospital Party—Cafeteria (see page 3)

December 12-13: Fudge Farm—Cafeteria

December 16-18: Collective Goods—Cafeteria

December 19: Cookie Exchange—Volunteer Conference Room (see page 7)