



September 2019



# 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>

## President's Message

Pat Ray

Happy September! I hope everyone had a great summer. It's hard to believe that fall is right around the corner, summer zoomed by so quickly. A big thank you to our junior and college volunteers who joined us this summer and filled some critical spots—especially serving in the Family Center in the evenings and on weekends. It's great to see volunteer faces there for extended periods in the day. I know how helpful you are to those new parents whose lives have changed forever! I also must thank Bonnie Walters in the Volunteer Office for her work in keeping all our juniors and college volunteers on track and coaching them to do this important job.

The cooler weather and the shorter days bring us to Back to School and pumpkin spice everything! Please keep our two wonderful retail shops—the Gift Shop located on the first floor at FMH and Select Seconds Thrift Shop in downtown Frederick—in mind for your fall decorating. The volunteers at both shops work very hard to keep merchandise current and fresh, whether it is décor, clothing, electronics or a new pair of shoes. Halloween is also right around the corner, and I'm sure they will have “spooky” goods for you.

Our fundraising group is busy as always! The upcoming Everything \$6 Sale, the Uniform sale in October, and Mindy's Jewelry in November are great ways to get a jump start on holiday shopping. If you can work a shift or two at these sales that would be a great help. Very often we are scurrying for help at the last minute, so please check your calendars and see if you can help us for a few hours.

I have been asked to serve on the MAHA (Maryland Association of Hospital Auxiliaries) Nominating Committee representing our region. There are several positions open—President-Elect, Vice President, Recording Secretary, Corresponding Secretary, and Treasurer—so if you have an interest in serving our statewide organization please contact me at [pray@fmh.org](mailto:pray@fmh.org). It is important that we continue to work with other Auxiliaries in the state to collaborate on new ideas and bring a fresh perspective to our great group.

We are always looking for ways to make this newsletter a great vehicle for communication and news around the Auxiliary. This is your newsletter, so if you have an idea of what you would like to see, please let me know.

As we start this new fiscal year, I want to once again thank you for all that you do. Each one of you makes a difference in the lives of our patients, their families, visitors and our community.

### Welcome!

#### Five New Members Join the FMH Auxiliary.

Amber Gochoel

Samuel Asante

Patricia Althardt

Rosemary Proefrock

Dawn Darling

**President's Letter****Thomas A Kleinhanzl**

Dear Friends,

It is hard to believe that another summer is ending. The school buses are a sure sign that the season will be changing again soon. I hope it was a wonderful summer for you and your family.

Fall is a busy season at Frederick Regional Health System, with upcoming events for our Pink Ribbon fundraisers and several educational seminars. Next month we will once again be sponsoring the Frederick Community Health Fair with the Asian American Center of Frederick.

The Health Fair will be held on Saturday, October 26th at the Frederick Fairgrounds and will offer flu shots and many healthcare screenings. We always look forward to this important outreach event to help us keep our community healthy.

We have a new Intranet platform launching later this month. This internal communications tool will include a contemporary design, major content updates and easier access to information including an employee directory, forms and documents.

You may have been following our Magnet journey over the past year. Our nursing leadership team has worked with countless individuals across our health system to gather evidence and write narratives to demonstrate the ways in which we are a Magnet<sup>®</sup> organization. Our submission includes 94 individual stories from the past four years that describe how our nurses engage in continuous improvement, advance professionally, contribute to a healthy work environment, and implement best clinical practices that produce positive patient outcomes.

We hope to be approved for a site visit by ANCC (American Nurses Credentialing Center) later this fall or early in 2020. After a site visit, ANCC makes the final determination regarding whether the organization has earned the Magnet<sup>®</sup> credential. Stay tuned for more updates.

Thank you for your recent book sale and all of your fundraising efforts. The senior leadership team and I appreciate how busy you stay throughout the year. Your gifts of time and talent are always noticed. Best regards,



Thomas A. Kleinhanzl  
President and CEO  
Frederick Regional Health System

**Volunteer Membership Dues****Sharen Neale**

A big *thank you* to all members who have paid their dues on time.

There are still a number of actively volunteering members who have not yet paid. If you haven't done so, please get your payment in as it is now **two months overdue**. We know summer can be busy, but we need the dues revenue to pay our bills! Any volunteer who hasn't paid by the end of August will be contacted by their chairperson with a reminder; if not paid by October 1st, no hours will be awarded, and badge access will be deactivated.

Our Auxiliary is highly valued by the hospital, staff, and patients and fortunately consists of very kind, caring people. Thank you for everything you do!

**Director’s Letter**

**Sharon Hannaby**

Fabric Donations Needed



Do you have fabric that you had planned to use but never did just sitting around? The sewing committee has projects that are in need of soft cotton cloth or denim or the like fabric. A project has also come up that could use t-shirt type fabric or flannel.

Sometimes it takes becoming a patient to truly appreciate the kindness and the difference small acts of others have on you. Recently, I had the opportunity to see FMH through my eyes as a patient and, though I don’t like being a patient, it was wonderful to see how very special the volunteers are to those we care for on a daily basis. ***Please do not ever underestimate your impact!*** When you are sick and someone offers you a wheelchair, a cup of ice water, a hand to hold, a warm blanket—it means the world.

Flu vaccines for all actively working volunteers will be coming soon. Please stay tuned for emails, memos, bulletin board postings

with days/times to come in for your vaccine. We want all of you to enjoy a healthy winter!

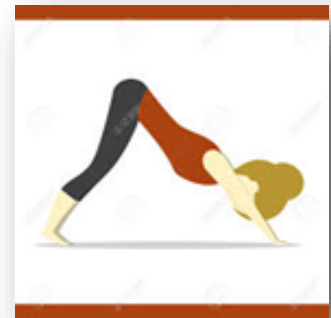
Speaking of winter, do you live close to the hospital or don’t mind driving in bad weather? Would you be willing to come in to help during a snowfall? Please let either your service chair or the volunteer office know if you can help.

Do you receive my emails? If you want to receive updates on what is happening at FMH or interesting articles, please let me know (email me at [shannaby@fmh.org](mailto:shannaby@fmh.org)) so that I can add you to our email group. Don’t miss out!

Thanks for all that you do, always!!

**Yoga On the Creek**

- Dates: 9/5, 9/12, 9/19, 9/20, 9/26, 10/3, 10/18
- Time: 7:00 AM to 8:00 AM
- Place: CARROLL CREEK AMPHITHEATER, Frederick, MD 21701
- Phone: (301) 698-8118
- Cost: Free



**Volunteer Award Hours**

**Joann Ramsburg**

**500 hours**

Vernice Mack

**3000 hours**

Paul Gouker  
Kenneth Michael



**Hour by Hour****Hours Committee****Volunteer Hours —July 2019**

**Total: 7739 hours by 460 volunteers**

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

Our August Volunteer of the Month was Pat Schemm. Pat started volunteering at FMH on February 8, 2008. She volunteers at both Select Seconds and the Gift Shop. She received a \$10 gift certificate to Select Seconds courtesy of the FMH Auxiliary. Congratulations Pat for being our August Volunteer of the Month!

**SAVE THE DATE:** On Monday, September 16 and Tuesday, September 17 the Recruitment and Appreciation Committee will have a recruitment table at the Frederick Fair from 10 A.M. until 6 P.M. September 16 is Senior Day and September 17 is Community Day at the Frederick Fair. We still need volunteers to work at the table for both days in two-hour shifts. Please consider joining us in September to recruit more volunteers for our great organization. Contact Jan Lounsbury at [50gayle@verizon.net](mailto:50gayle@verizon.net) if you are interested in volunteering on one of these dates.



Our second annual lunch bunch gathering will be held on Monday, October 7 at 11:30 A.M. at Oscar's located at 906 N. East Street in Frederick. This is open to all Auxiliary members. There is a poster with a sign-up sheet in the Volunteer sign-in room as well as one at Select Seconds. Please join this fun time meeting other volunteers in a casual setting. It's a great way to meet new friends. We look forward to seeing you there!

In honor of Veteran's Day on Monday, November 11 the R&A Committee will give out pins for those volunteers who are military veterans. We are very proud of our volunteers who served in the military and now are serving our community. These pins are to be worn on the green vest/jacket. Please e-mail Sharon Hannaby ([shannaby@fmh.org](mailto:shannaby@fmh.org)) to let her know if you are a military veteran.

Our next scheduled meeting for the R&A committee will be held on Thursday, September 19 at 1 P.M. in the Volunteer Conference Room. Contact Jan Lounsbury if you are interested in joining this committee. We would love to see some new faces!

**Fundraiser Profits****Julane Anderson**

Profit for Pretty Pickins (August 1, 2019): **\$415.61**

Profit for Books are Fun (August 21-23, 2019): **\$1106.77**

**Sewing Committee** \_\_\_\_\_ **Elsie Warnock**

What is the old saying about idle hands? This is certainly not true of the Senior Sewing Committee, as there are no idle hands to be found. Should you pass by the Auxiliary Conference Room, you may see on the table what looks to you like mounds of snow; but is actually fiber fill being used by eight volunteers who are stuffing neck and surgical pillows while engaging in some pleasant chatter. In the background you may hear two sewing machines being driven quickly to sew up the seams in the pillows while trying to keep ahead of the girls stuffing. Then another volunteer delivers these pillows to various floors in the hospital.



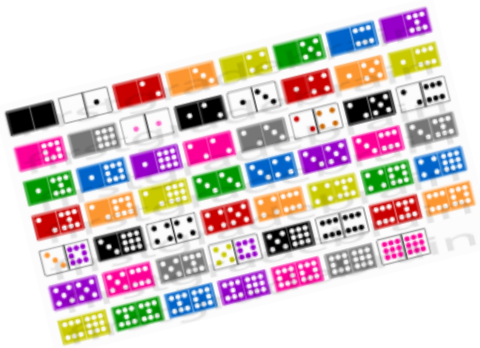
In the month of August, volunteers completed 179 surgical and 152 neck pillows. In addition one volunteer completed 53 walker bags at home.

Come join us the first Tuesday of the month. Job skills are minimal and the pillows and walker bags are greatly appreciated by the patients and their families.

If interested in helping with this most worthwhile task, please contact Elsie Warnock at 301-371-9468 for more information.

**Select Seconds Notes** \_\_\_\_\_ **Pam Schaffert**

We had a very successful Semi-Annual Bag Sale last month. Having a one-day sale on a Saturday seemed to be a big hit with the community. Customers started lining up outside our building an hour before opening. Everyone was smiling and the mood was contagious. We also want to acknowledge those Select Seconds Volunteers that helped prepare for the sale, work the sale, empty the racks after the sale, clean the store, and restock it with fresh fall and winter merchandise. To say it plainly, we couldn't do it without our volunteers!!



Dominoes anyone? We have a great selection of dominoes and all are in their original boxes. Some are wooden, some come from different places. We have sets from Jamaica, Barbados and also Bavaria. We also have a great set of giant 3-D insect dominoes.

We're ready for fall, so please stop by and see our newly stocked items!

**Junior Volunteer Service Pin** \_\_\_\_\_ **Bonnie Walters**

The entire FMH Volunteer Services Team would like to congratulate and thank the following Junior Volunteers on earning their FMH Jr. Volunteer Service Pin. Pins are awarded each month to the Junior Volunteers who have given 75 hours of service to the hospital. The July, 2019 recipients are:

Kate Frushour	76.00 hours	Savannah Poole	75.00 hours
Hadley Humbertson	77.00 hours	Ria Rawool	75.50 hours
Bishoy Ibrahim	87.00 hours	Soujanya Viswanathan	79.50 hours
Tamaya Jordan	84.25 hours	Owen Welty	75.75 hours



## Healthy Tips / Recipes

Bonnie Walters

Did you know that ...

- ◆ laughing is good for the heart and can increase blood flow by 20%?
- ◆ drinking coffee can reduce the risk of depression?
- ◆ smelling rosemary (the herb) can increase alertness and improve memory?
- ◆ antioxidants in chocolate improve blood flow and protect against ultra-violet (UV) damage?
- ◆ exercise will give you more energy when you are tired? Statistics show that a lack of exercise causes as many deaths as smoking!

Nothing tastes better on a hot summer day than a healthy **Frozen Fruit Smoothie**. Here's a simple and quick smoothie recipe. Enjoy!

### Ingredients

- 1 frozen banana, peeled and sliced
- 2 cups frozen strawberries, raspberries, or cherries
- 1 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup freshly squeezed orange juice
- 2 to 3 tablespoons honey or to taste

Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.

Note: For non-dairy smoothies, substitute 1 cup rice milk for the milk and yogurt. Or, use soy yogurt or milk instead of dairy.

Healthy Living Tips are courtesy of TheGoodBody.com  
The Frozen Fruit Smoothie is courtesy of the Food Network Kitchen

## **White Bean Dip with Herbs**—Servings 8 -10

### Ingredients

- |  |                                       |
|--|---------------------------------------|
| 1/4 cup olive oil + additional for topping | 3 large garlic cloves diced           |
| 1 tbsp. fresh thyme finely chopped         | 1 tbsp. fresh rosemary finely chopped |
| 2 cans cannellini beans drained and rinsed | 2 tbsp. red wine vinegar              |
| salt and pepper to taste                   |                                       |

Optional toppings: pine nuts, fresh thyme, red pepper flakes

### Instructions

Heat olive oil in a pan over medium heat. Add garlic, thyme and rosemary and sauté for 2-3 minutes, or until garlic is fragrant and begins to soften.

Add beans, olive oil and herbs, red wine vinegar and salt & pepper to a food processor. Blend on high until dip is smooth and creamy. Taste to adjust salt and pepper if needed.

IF SERVING WARM: Pour dip into a bowl and top with a drizzle of olive oil and any additional optional toppings. Serve with toasted baguette slices.

IF SERVING COLD: Pour dip into a bowl, cover and place in the fridge for at least an hour. Remove from the fridge when ready to use and top with a drizzle of olive oil and any additional optional toppings. Serve with fresh veggies and pita bread.

Source: <https://www.thissavoryvegan.com/white-bean-dip-with-herbs/>

**Gift Shop****Sharil Hane**

Fall will soon be here, and it will be time for a new season for school. Stop by and check out our collection of pens, scented pencils, pencil cases, and journals. We also have some Ty Beanie backpacks and change purses. Check out our Tee Shirts and jewelry, like our Earth Angel Bracelets w/gift boxes. One new item is Twine CBD oils, it is for aches and joint pains.

The Gift Shop had “Caesar the Missing Monkey” and they went fast after the article appeared in the newspaper. The Drink Program gave away 96 free drinks during the month of July.

Please welcome back from medical leave two volunteers, Pat Nusbaum and Thelma Davenhall. We still have one more that will be out for several more months; we wish her well and a speedy recovery. We are still looking for a volunteer to work the 1st, 3rd, and 5th Sundays from 1:00 pm to 4:00 pm. See Sharon Hannaby in the volunteer office if you might be interested.

Gift Shop profits for the month of July was \$13,267.06.

**An Inspirational Memory and Gift****Bonnie Walters**

Last year, a print was graciously donated to our volunteer office. The print, although slightly damaged when we received it, was a heartwarming reminder of the history of the Junior Volunteer Program. Thanks to the skill and expertise of Jim Kehoe, owner of the Antietam Gallery in Sharpsburg, MD, the print was beautifully restored. Mr. Kehoe also generously donated the labor and materials needed to mount, mat, and frame the print. Although our Junior Volunteers no longer wear the “candy stripe” uniform, the print is an inspiration to all of our youth wishing to pursue a career in healthcare. If you have a chance, please stop by the volunteer office to see the print. It is truly an inspirational memory and gift to the Volunteer Services Department.





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:**

**Upcoming Events  
Mark your calendar**

- September 30 & October 1: Everything \$6 Sale—Cafeteria
- October 16 & 17: Uniform Sale—Auxiliary Conference Room
- November 20: Mindy's Jewelry—Cafeteria