



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>

President's Message

Pat Ray

Spring is finally here—at least that's what the calendar says! It is a time of renewal, warmer weather, more daylight and greater chances for indoor and outdoor activities! With the longer days come more opportunities to get out and about and shake those winter blues. We have many such opportunities coming up for you. *The Fashion Show* is on April 10 at Country Meadows and it will be a show stopper—you don't want to miss it! Both the Thrift Shop and the Gift Shop will be showing off their wares for you to purchase. The *Everything \$6 Sale* is always a big hit. And lastly—do I need to say more—*Chocolate!* The always popular *Chocolate Road Show* (formerly Fudgie Wudgie) will be here in time to get your Easter goodies to fill those baskets.

The Gift Shop is decked out in its spring attire with so many wonderful items to choose from. Spring is really on display! The drink program (buy 10 and get 1 free) is a big hit so come to the Gift Shop and fill out a card and start working toward your free drink.

The Select Seconds Thrift Shop is also all decked out for spring! The bag sale is over, so the winter clothing is gone, and spring clothes are just waiting for you. They also have a big selection of wedding, mother of the bride and/or groom and attendant gowns, so come in and save some money. There is formal wear, jewelry, accessories, housewares and collectibles—something for everyone. If you haven't stopped by lately, come in and see what is new.

On a more serious note, the Auxiliary Board met on March 20 and voted to pledge \$500,000 over four years to the renovations that are currently underway in the Behavioral Health Unit (BHU). This unit was in dire need of renovation, not only for aesthetics but also for the safety and comfort of our patients and staff. This unit serves people who have mental health issues such as dementia, anxiety, depression, and substance abuse, just to name a few. It is a critical and highly utilized resource to this community and we are excited to be able to assist with this much needed project. I thank each one of you for your important contribution not only to this project, but to the hospital, our patients and the Frederick community. Volunteers are certainly a huge part of the heart of this hospital and the wonderful place we call home.

Eight New Members



Leonard Hendricks
Sara Stears
Jill Erb

Sue Carmack
Maryrose Hanks
Lesley Hildebrand

David Guiney
Morgan Johnson

President's Letter

Thomas A. Kleinhanzl

Dear Friends,

Hello and happy spring! The March winds were blustery. Hopefully we can enjoy warmer days, April showers, and spring flowers now.

April is a special month because we get to celebrate you during National Volunteer Week. This year the theme is "Points of Light." We are grateful to all of you—our 730 Points of Light. Your welcoming presence and the care you provide is a point of light for every patient, visitor and employee that you encounter.

We know you can choose to volunteer anywhere and we are thankful that you made the decision to spend your time here. I look forward to celebrating with you during the week of April 7th and I hope you receive many thanks throughout the month from all of our team members.

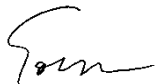
April is also Donate Life month. On April 2nd we will once again have a flag raising ceremony to honor those who have provided the lifesaving gift of organ donation. This is always a very moving ceremony with the family members of our donors.

Another event this month is National Healthcare Decisions Day (NHDD). You'll be hearing more about recognition and activities to support NHDD. This date exists to inspire, educate and empower the public and our own providers about the importance of advance care planning.

Recently the FMH Auxiliary Board pledged to raise \$500,000 over the next four years toward the cost of the renovations underway in our Behavioral Health Unit. We are so grateful for your support of these much-needed renovations. Thank you for supporting our patients and our staff members in such a meaningful way.

Speaking for the leadership team and our staff, I thank you for your efforts to help us deliver the best possible care and customer service to our community. Your time and your talent make the difference!

Best regards,



Tom Kleinhanzl
President and CEO
Frederick Regional Health System

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 Memorial Hospital.

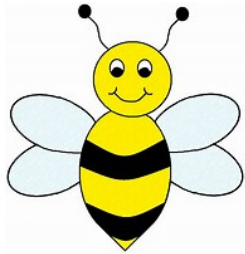
The March, 2019 recipients are:

Chloe DeMoine 80.25 hours
Charles Giglio 75.00



Payton Lowery 137.50
Aizah Usmani 76.50

Happy Volunteer Week!!! We will celebrate the week of April 7-13. This year, we are using the theme "Thank You for Beeing a Volunteer". I think this bee theme is fitting as both volunteers and bees are much needed in this world.



Just as bees pollinate our crops and flowers, our volunteers spread warm smiles, caring hearts, and compassion. Our office is a hive of activity with volunteers coming in to work each day; the Wings volunteers are buzzing all over the building; Pat Ray, presides over the Auxiliary Board as the always busy, always thinking and planning Queen Bee.

While the "beeing" may seem a bit silly or hokey the "thank you" is most certainly sincere.

Always!!

Annual Election

We will be electing officers for three positions at our Annual Meeting in June: First Vice President, Financial Officer and Recording Secretary. Joseph Collins is filling the remaining term of Harriet Brown and he has agreed to run for the First Vice President position. Sharen Neale would like to continue as Financial Officer. Peggy Rosenbluth has agreed to be the Recording Secretary.

Nominations may also be made from the floor at our meeting, but the nominees must have given consent in writing.

Gift Shop

Sharll Hane

Valentine's Day is behind us and Easter is just weeks away. We have bunnies, lambs, chicks, Easter trays and candy, just to mention a few. The Gift Shop has brightly colored tee shirts, beautiful jewelry, and many other wonderful selections.

We welcome new volunteer Betty Potts to the Gift Shop family. Betty volunteers Friday afternoons.

Gift Shop profits for February were \$4,326.23 and \$68,798.47 for the year to date.



Congratulations to Barbara Summers who is the March Volunteer of the Month. She has been a volunteer since April 1995 and has a total of 3,624.25 volunteer hours. Barbara has volunteered in the following services: Gift Shop as well as providing training for new Gift Shop volunteers, school tours, Holiday Bazaar, and various fundraisers.

On Thursday, March 14, the R&A Committee held a “Bring a Friend Luncheon.” It was a great success and we hopefully will have four new volunteers. Thank you to Adelaide McCallum for organizing this new way to recruit volunteers!

Reminder: Wednesday, April 10 at 11:30 A.M. The Recruitment and Appreciation Committee is planning a Fashion Show which will be held at Country Meadows, 5955 Quinn Orchard Road, Frederick.

Our next scheduled meeting for the R&A committee will be held on Thursday, April 18 at 1 P.M. in the cafeteria. Contact Jan Lounsbury if you are interested in joining this committee.



Reminder!

FASHION SHOW AT COUNTRY MEADOWS

5955 Quinn Orchard Road, Frederick

Wednesday, April 10, 11:30 a.m.

As of this issue of the *Stethoscope* going to print, the Fashion Show is SOLD OUT. We look forward to seeing you there.

Clothing and Accessories will be provided by Select Seconds and the Gift Shop.

The FMH Auxiliary Sewing Committee is a volunteer outreach program of the hospital. This group of volunteers cuts fabric for neck and surgical pillows; stitches the pillowcases; stuffs the pillows with super-soft fiber fill and sews the opening closed. The pillows are a project for any skill level, they are assembled in a standard size and distributed to the hospital and Cancer Center patients. These are fun, fast and easy to make! Plus, these pillows are such a comfort to those undergoing medical treatments.

Another item the committee provides to FMH patients are walker bags for hands free storage on folding walkers. The fabric pouches fold over the walker crossbar and are usually held in place by Velcro closures.

With large roomy pockets in the front and back, walker users can take their belongings wherever they go. The walker remains in balance and the user can lift or push the walker without the difficulty of hand carrying belongings like glasses, a water bottle, reading material, etc. The walker bags increase the patients' mobility and ease of travel.



Several sewing volunteers also make “Alzheimer Activity Aprons” for FMH patients. These “fidget” aprons are a unique way to provide sensory stimulation for all stages of Alzheimer’s. The aprons are made of different types of fabrics and have objects like ribbons, buttons, beads, zippers, etc. attached to them. The general idea is that a patient can put the apron on and have a variety of activities, trinkets and charms within their reach to engage their minds and fingers. These activities provide sensory stimulation that may encourage memories and responses from patients suffering from Alzheimer’s.

On average, this committee distributes 2,500 patient pillows a year; as well as 475 walker bags and 150 Alzheimer activity aprons. The committee holds a work session on the first Tuesday of each month in the Conference room across from the Auxiliary Director’s office.

If you would like to donate material, activity apron objects or become active with the committee, please contact Chairman Elsie Warnock at 301-371-9468.

The committee was happy to recently welcome the following volunteers: Barbara Millunzi, Audrienne Eddy, Judy Timko and Fran Willis and we are always looking for additional ‘busy hands’ to work on these worthwhile projects.



Total hours in February, 2019:

6083.50 by 443 volunteers:
College: 251.50 hours by 29 volunteers
Junior: 867.00 hours by 92 volunteers
Senior: 4965.00 hours by 322 volunteers

Volunteer Award Hours

Joann Ramsburg

500 hours

Susie Hill
Margaret Moseley
Janie Harris-Crone

1000 hours

Charlotte Macomber



4000 hours

Shirley Horan

8000 hours

Wendy Brundage

Profits from Sales

Mary Lou Minnick

Profit from the Lancaster Linens sale (March 11) was \$657.92.

Last month, we held our semi-annual bag sale and it was a great success. A great big *thank you* to all of our Select Seconds Volunteers who helped clean, reorganize, and restock the store with spring and summer items. Please stop by and see our new merchandise!

Due to the volume of donations we continually receive, we are looking for more volunteers to help with sorting clothing and other items on a regular basis. If you are interested, please contact us at 301-662-8280.

In celebration of Earth Day this year, we will again be offering a donation collection point at FMH. On Monday, April 22nd a truck will be stationed at the Blue Entrance (#3) from 7:00 a.m. to 1:00 p.m. to accept your donations which will go directly to the thrift shop. This may be a convenient option for those who do not get downtown often.

Sales for the month of February at Select Seconds were \$14,202.86.



In Memoriam

Many of you knew Elaine Childs who was a long-time volunteer with FMH. Elaine volunteered from Feb. 21, 1966 until Nov. 16, 2007. She served in the gift shop including time as the chairman, holiday bazaar, Snow Ball, wellness center, and on the Tree of Lights committee. Elaine had 7077 hours of service to FMH.

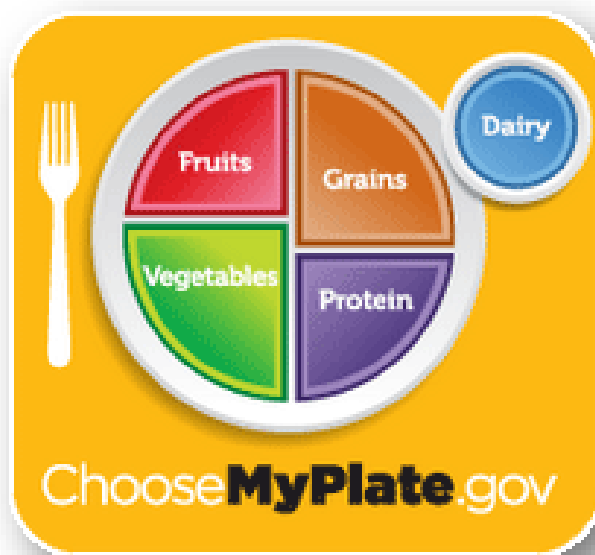
For more information please visit:

<https://www.legacy.com/obituaries/fredericknews/post/obituary.aspx?n=m-elaine-savage-childs&pid=191795453>

Choosemyplate.gov is an excellent resource for those in search of healthy recipes and hoping to learn about the most up-to-date recommendations regarding nutrition. This site has replaced the food pyramid. You can sign up to receive an e-newsletter which will send you healthy eating tips at least once a week. It feels much more manageable to receive information in small doses, rather than trying to absorb a vast quantity of information in a short period of time. Receiving information in tidbits also provides you time to try a suggestion before receiving the next one, allowing you to gradually phase in dietary changes, which is much healthier and more effective than going on a crash diet. The tips are extremely helpful and meet a broad range of needs. Those with diabetes or watching their cholesterol will find nutrition information and recipes tailored to meet their dietary restrictions. Many people find that it is hard to eat healthy on a limited budget and *choosemyplate.gov* makes it easier to attain one's health goals, while minding one's wallet.

One of my favorite tools on the website that is unique, as well as handy, is *MyPlate, MyState*. You start by selecting your state and it links you to a page with a list of locally grown fruits, vegetables, and grains. From that page, users can navigate to a National Farmer's Market Registry, making it a snap to find affordable, locally grown food in the warmer months.

There are scrumptious recipes on the website, but they do not stop there. They provide three weeks' worth of menus, including breakfast, lunch, dinner, and snacks. The menus have recipes built in, and provide 2000 calories per day of balanced nutrition. Following even just one week can help you understand recommended serving sizes, as well as how to incorporate all of the food groups into your daily caloric consumption. Unfortunately, the website does not make the recipes easily accessible. The best way to access the recipes is to sign up for the e-newsletter, which will provide links to healthy recipes, as well as health and wellness tips. To compensate for the lack of access to recipes on the website, a link is provided to <https://whatscooking.fns.usda.gov/>, which has a treasure trove of recipes that you can search by nutrition themes, such as reducing saturated fat and eating more fruits and vegetables. You can also limit your search by course (appetizer, lunch, etc.), food group, cost to make the recipe, cuisine (American, Asian, Latin American, etc.), or by the cooking equipment required.



Sweet Potato and Black Bean ChiliFrom Sharon Hannaby

Serving Size: 5

Prep Time: 10-15 minutes

Nutrient Analysis (portion ½ C):

Calories: 307

Calories from fat: 72

Sugar: 0

Fat: 8

Protein: 12

Cholesterol: 0

Saturated Fat: 1

Ingredients

2 T olive oil

3 C water

1 large sweet potato, peeled, cubed

2 ½ C canned black beans, drained,
rinsed

1 large yellow onion, diced

2 C canned diced tomatoes, no added
salt

4 oz garlic, peeled, minced

2 ½ T chili powder

1 ½ T cumin

1 ½ T lime juice

½ t chipotle chile pepper, ground

1 t cilantro

½ t kosher salt

Directions

1. Heat olive oil in a large pan over medium high heat. Add sweet potato and onion, cook, stirring frequently, until the onion begins to soften. Add garlic, chili powder, cumin, chili pepper, and salt while stirring constantly for 30 seconds. Add 3 C of water and bring to a simmer. Cook until the sweet potatoes are tender.

2. Add black beans, tomatoes, and lime juice. Increase heat to high and return to a simmer, while stirring often. Reduce heat and simmer until slightly reduced.

3. Remove from heat and stir in cilantro. Serve in ½ C portions.





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

Non-Profit Organization
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CURRENT RESIDENT OR:



April 8-9: Everything \$6 Sale—cafeteria

April 10: Fashion Show—for details see page 4

April 18-19: Chocolate Road Show—cafeteria

May 8-10: Books Are Fun—cafeteria

June 12-13: Uniform Sale—Auxiliary Conference Room