



Summer 2024



the Stethoscope

A newsletter of the Frederick Health Auxiliary and Volunteer Program
400 West 7th Street Frederick, MD 21701

Volunteer office: 240-566-3567 - Website: www.frederickhealth.org

Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

Auxiliary President's Letter

John Tisdale

I am honored to start a term as president of Frederick Health Auxiliary. Frederick Health is a vital institution in Frederick County, and the Auxiliary is a key component of Frederick Health. Over 200 volunteers give thousands of hours of work that would otherwise be done by paid employees, saving hundreds of thousands of dollars every year. Many volunteers working in the Gift Shop and Select Seconds generate funds for Frederick Health. In the fiscal year just ended the Auxiliary gave \$245,000.

Each volunteer job is important, whether one deals with patients or visitors. I want to acknowledge especially those who, in addition to working in a service, contribute further by serving on a committee, as chairs of the many services, or as officers of the Auxiliary. They devote time and effort beyond their normal service hours at Select Seconds, the front desk or wherever they serve on a regular basis.

We are fortunate to have Fredrick Health in our community, and we are fortunate to be able to support our local hospital. I look forward to my four hours at Wings every Friday. I hope each of you feels the same way wherever you contribute your time.

There are still seats available for the excursion to see a matinee of Jersey Boys and to enjoy a buffet lunch on 28 August. It promises to be a lot of fun and a good way to get to know other volunteers.

Years ago, I heard a quote: "if you see someone without a smile give them one of yours." Volunteering at Fredrick Health makes me smile.



President's Letter

Thomas A Kleinhanzl

Summer is upon us, and so is the heat. As we draw to the midway point of another year, I'd like to share some recent updates from the past year and the year to come.

I am so pleased to announce that Peggy McNeill, Director of Nursing Quality, has been honored with the National Legacy for Life Award, presented by the American Society of PeriAnesthesia Nurses (ASPAN). A passionate and enthusiastic teacher, ASPAN recognized Peggy's efforts and commitment to the highest education standards and her work leading and inspiring the current and future generations of Registered Nurses. We are fortunate to have Peggy on this team, so if you see her, say congratulations.

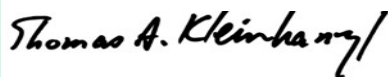
Acknowledging the efforts of our fantastic team is essential. That's why we celebrate our Nurses of the Year and Employees of the Year ceremonies. Every year, two are selected from each group. The 2024 Nurses of the Year were Ellen Nicodemus, a Registered Nurse in Pediatrics, and Jeb Gibson, a Clinical Nurse Specialist in the Emergency Department. Both nurses display teamwork, creativity, and a drive to improve the lives of their patients. The 2024 Employees of the Year were Brenda Zell, Accounting Manager, and Clayton Holdcroft, Learning Technology Specialist with Human Resources. While their responsibilities differ, Brenda and Clayton bring a sense of accountability and personal touch to their work.

We were proud to host nearly 300 Frederick County Public Schools high school student-athletes for free sports physicals in late May. Team members from the Frederick Health Medical Group's practices of Orthopedics & Sports Medicine, Primary Care, Urgent Care, Comprehensive Care Center, and the Marketing & Communications Department volunteered their time for the event, which is held annually each spring. This free event has been offered to student-athletes for nearly 15 years, providing thousands of sports physicals.

As part of that commitment to our community, we've continued to expand our operations. Under a new strategic partnership with Frederick Primary Care Associates (FPCA), Frederick Health and FPCA teamed up to open a new healthcare facility in New Market. This location, which will start seeing patients in August, houses an FPCA Primary Care office and a Frederick Health laboratory and is the new home of our Endocrine & Thyroid specialty. We're excited to have partnered with FPCA as we continue to improve access to quality care and expert services.

In conclusion, your dedication to Frederick Health makes us a successful organization that helps this community thrive. On behalf of the entire Senior Leadership team, thank you.

Best regards,



Tom Kleinhanzl
President & CEO



Director of Volunteer Services Message

Erin Betz

I hope you all are enjoying your Summer so far. This season is a time of growth, not just in nature, but in the hearts and efforts of our wonderful volunteer community as well.

July 2nd was the first of a series of educational workshops held exclusively for Auxiliary Volunteers. Patrick Vaughn with ProMotion Fitness shared the benefits of strength training and how it improves everyday life including balance and fall prevention. Our Fall workshop will be with Dr. David Maish, a hip and knee replacement specialist who will help us understand how to avoid surgery, when surgery can help, and how to deal with the complications that occur with surgery. Stay tuned for more information on date and time.

Are you familiar with the SHARE Food Network? In conjunction with Frederick Health, the Catholic Charities of DC have created an opportunity for all community members to enjoy discounted prices on a variety of grocery items such as fresh fruit and vegetables and various proteins. Check it out at www.frederickhealth.org/SHARE for more information or call 240-566-7427. There are also volunteer opportunities helping with order taking and distribution of groceries once a month. Reach out to me if you are interested in helping.

We are happy to announce that the Gift Shop hours have been extended to the weekends.

Hours are: Monday through Friday 9 am – 7:30 pm, Saturday 9 am - 5 pm, Sunday 1 pm – 5 pm. Stop in and see what's new!

In the bustling corridors of our hospital, amid the steady hum of medical equipment and the hurried pace of healthcare professionals, as well as outside the walls of the hospital, there exists a dedicated group of individuals who bring a unique kind of care and compassion to patients, their families, and staff. YOU are the unsung heroes, the members of the Frederick Health Auxiliary, a community of volunteers whose efforts significantly enhance the quality of care and the patient experience. Thank you for your unwavering support and dedication. Together, we are creating a brighter, more connected community.

Please Welcome:

Julie Cratty, Information Desk Volunteer

Kim Dong Min, Emergency Department Volunteer

Diana Cheseldine, Gift Shop Employee



Director of Volunteer Services Message Addendum _____ Erin Betz

In Other News ...

June 2nd was National Cancer Survivors Day. The James M. Stockman Institute held weeklong events featuring speakers, workshops, daily giveaways, and light refreshments. Classes included Look Good Feel Better, Yoga, Tai Chi, Sound Healing, and Acupuncture.

Look Good Feel Better is a program that serves people with cancer to help them manage the appearance-related side effects of cancer treatment. The program includes lessons on skin and nail care, cosmetics, wigs, and turbans, accessories, and styling, helping people with cancer to find some normalcy in a life that is by no means normal.

Many beauty professional volunteers support Look Good Feel Better. They are all trained and certified by the Look Good Feel Better Foundation and the Professional Beauty Association at local, statewide, and national workshops. Other volunteer healthcare professionals and individuals also give their time to the program. Our very own Suzanne Fioravanti who volunteers at the Infusion Center underwent specialized training so that she could participate and support attendees at the July 1st class. Thank you for your time and compassion Suzanne!



All About Fundraising _____ Joe Collins, Fundraising Chair

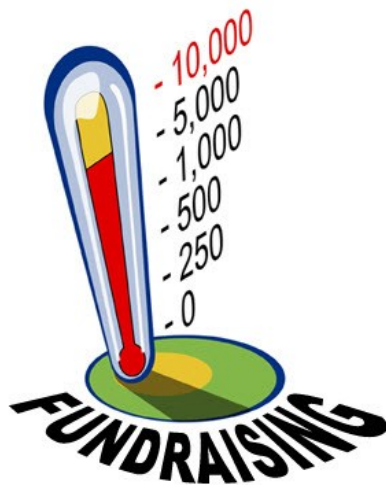
The hot, lazy days of summer are here to stay with temperatures in the 90's magnified by high humidity and frequent heavy rains and thunderstorms. Those gentle spring days of colorful flowers and pleasant Spring rains are gone and those cool, crisp days of fall still a distant future.

We finished the Spring season with successful vendor sales from Lancaster Linens, MMG Gifts and Silver Events. Fundraising doesn't take a summer holiday and we have a great schedule of vendor sales planned for those "dog days" of summer.

In fundraising we kicked off the summer season with a return uniform sale by Uniform Village of Cumberland, Maryland. It was a two (2) day sale, July 16th and 17th (Tuesday and Wednesday) in the hospital cafeteria. They had a full range of uniforms, a wider selection of footwear and many accessories. The popular MMG Gifts returns for a three (3) day sale on August 21st, 22nd and 23rd. The August 21st sale is on Wednesday in the Atrium of Frederick Health Village, while the August 22nd and 23rd (Thursday and Friday) sale days will be in the hospital cafeteria. We will finish the summer season with D&D Designs two (2) day jewelry sale. September 17th (Tuesday) sale will be in the hospital cafeteria and the September 18th (Wednesday) sale will be in the Atrium of Frederick Health Village.

Vendor sales are very popular with the hospital staff and provide an opportunity for them to purchase a wide variety of quality merchandise from established vendors without leaving the workplace. They also provide a source of funds for the Auxiliary to donate back to the hospital and a unique opportunity for volunteers to interact with the hospital staff. Vendor sales have payroll deduction for the staff which requires volunteers be available to work the sales to complete the sales transactions utilizing payroll deduction. The Quick Charge System is used for processing the payroll sales and is very simple to operate. Volunteer work shifts are 3 hours in length, so if you have a few spare hours, would like to help with fundraising, while meeting members of the hospital's terrific and dedicated staff, we invite you to join the fundraising team. At the same time, you will have first crack at the wide variety of unique and reasonably priced merchandise offered for sale by our vendors.

As always a big thank you to the dedicated members of the fundraising team who man the sales table and operate the Quick Charge System.



2024 High School Scholarship Awards

The Frederick Health Auxiliary scholarships were presented by John (Hamp) Tisdale, the incoming Auxiliary President, on Thursday, April 25, 2024. John shared that this was the 64th presentation of the Auxiliary scholarship awards. In those 64 years, the Frederick Health Auxiliary has awarded \$241,500 in scholarships to Frederick County High School students. The funds the Auxiliary uses for scholarships come from memorial donations, life donations, and paid life membership dues.

The Auxiliary received 19 applications this year, from all but one public high school in the county. All private schools were notified of the application process, but no private school student applications were received. The eight-member scholarship committee was not aware of the applicant's names until after the scholarship decisions were made. Ms. Walters, Volunteer Services Coordinator, who received the applications, redacted the names of the students, replacing the names with numbers.

Applicants must be planning a career in a health-related field and are judged on their volunteer service, academic achievement, written essay, and extracurricular activities. Applicants do not have to be Frederick Health junior volunteers.

Four scholarships were awarded this year for a total of \$13,000.

Krishna Patel is our Kay Hartman recipient. Ms. Hartman was the founder of the junior volunteer program at Frederick Health, and each year a scholarship is given in her memory. Krishna, who will receive \$3,000, graduated from Walkersville High School. Krishna plans on studying physiology or cell biology. Krishna participated in a student internship at USAMRID and is a junior volunteer at Frederick Health.

Shannon Clarkson received the Richard "Dick" Kreh award along with a \$3,000 scholarship. Shannon graduated from Walkersville High School and is an EMT student at the Walkersville Volunteer Rescue Squad. Shannon plans to attend East Stroudsburg University to study biology with plans to be a physician's assistant.

Alyssa Augustine received a scholarship for a student pursuing a career in nursing. This scholarship is given in the memory of Alma Whitehouse, whose sister was head of nursing at Frederick Health. Alyssa, who graduated from Middletown High School, received \$3,000. Alyssa had an amazing opportunity at Meritus Health Hospital in Hagerstown. Alyssa worked 4-5 hours per day at Meritus shadowing an RN in a Level III trauma hospital. Alyssa has rotated through labor and delivery, ICU, The ER, and the Cancer Center.

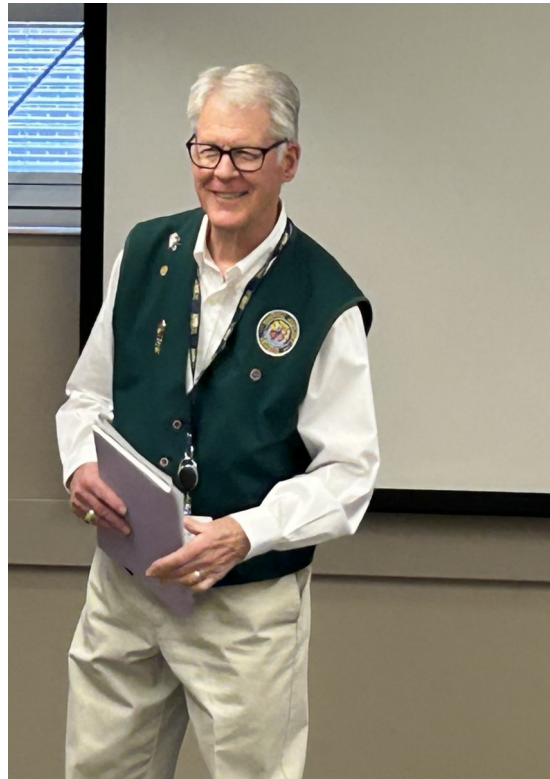
The Presidential Award this year for \$4,000 went to Alyssa Davies, a graduate of Urbana High School. Alyssa will be attending the University of Maryland this Fall, majoring in Hearing and Speech Sciences. Alyssa plans to be a speech-language pathologist. She is fluent in American Sign Language (ASL) and is a junior volunteer at Frederick Health.



Presidential Transition

Upon completion of her two-year term as the Auxiliary President, Harriett Brown has relinquished the Auxiliary presidency to John (“Hamp”) Tisdale. We are grateful for the time and effort Harriet contributed to support the volunteers and function as a liaison with the board. Although Harriet has turned her gavel over to Hamp (literally), we are fortunate that Harriett will continue to grace us with her warmth and sense of humor as a volunteer.

For those of you who are unfamiliar with our incoming President, John H. (“Hamp”) Tisdale graduated from the U.S. Naval Academy and served on active duty for four years, ultimately retiring as a commander in the U.S. Naval Reserve. In 1974 he graduated from Washington and Lee University School of Law and came to Frederick County Court to practice law. He was later appointed as judge of the Circuit Court for Frederick County, Maryland, where he served for 17 years. John has volunteered at Frederick Health for 13 years. We are grateful to have someone of John’s caliber representing us. Please welcome and support John as he begins his presidency.



Auxiliary Luncheon

Approximately eighty people attended this year's Auxiliary luncheon at Ceresville Mansion on Thursday, June 27, 2024.

Harriet Brown started the afternoon with a greeting and thanked everyone for their time, talent, and support during her two-year tenure as Auxiliary President. Following lunch, our new Director of Volunteers, Erin Betz, gave a welcome speech, introducing herself to those she had not yet met, and shared a video she will be using for volunteer recruitment.

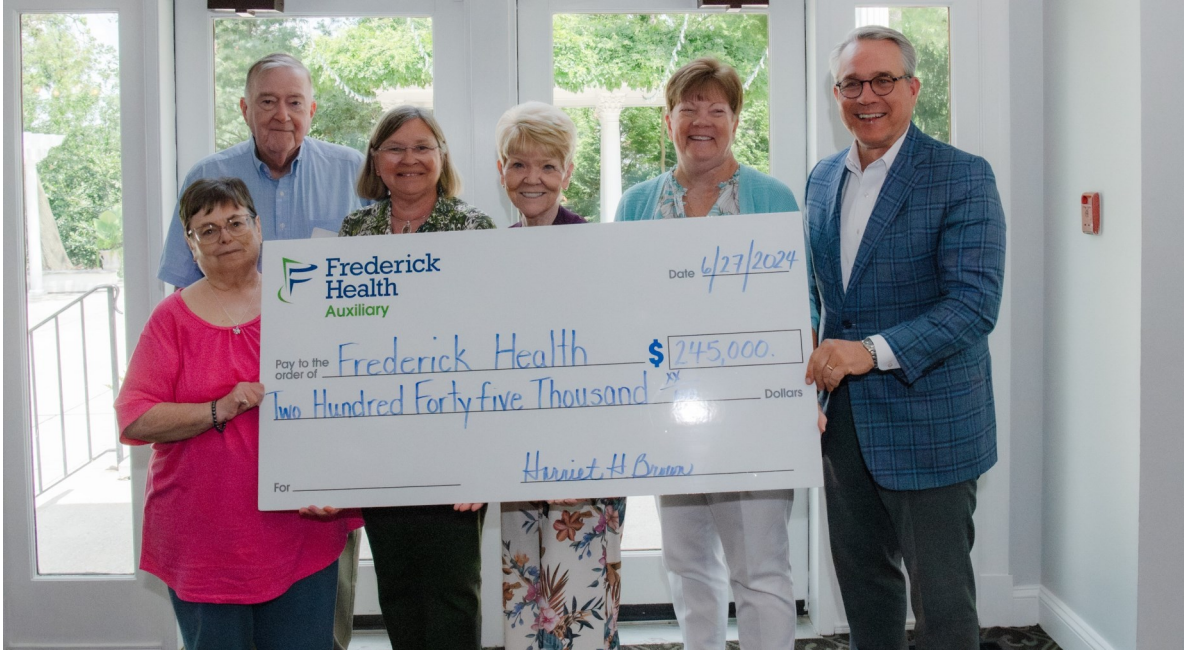
Erin introduced Frederick Health President Tom Kleinhanzl who outlined the state of the current healthcare landscape, presented FH Fiscal Year '25 goals, stressed the importance of growing our team (both staff and volunteer) and expressed appreciation for all the Auxiliary Volunteers do. The Auxiliary presented the hospital with a check for \$245,000.

Ellen Noland swore in the new slate of Auxiliary officers and Harriet Brown passed the president's gavel to John Tisdale. All attendees enjoyed the delicious meal and the opportunity to catch up with volunteers from a variety of different departments.





Auxiliary luncheon Photos



President’s Volunteer Service Award

The junior volunteer President’s Volunteer Service Award (PVSA) ceremony took place on June 5, 2024, at Frederick Health Hospital. This service award recognizes the contributions of our junior volunteers. Bonnie Walters, Volunteer coordinator welcomed the attendees and introduced the guest speakers. The guest speakers included two current junior volunteers, Dinesh Ganesan and Alyssa Davies, both class of 2024 PVSA recipients, Dr. Jamie Oberman, MD, EMBA, FACS who spoke about Service and Medicine, and Selena Srirattanpirom, a 2018 Silver PVSA medal recipient provided Reflections and Inspirations, sharing with the audience her journey from her time as a junior volunteer. The award thresholds are:

- Gold Award: 250+hours of service
- Silver Award: 175-250 hours of service
- Bronze award: 100-174 hours of service



<u>President’s Volunteer Service Awards: 2022, 2023, 2024</u>		
Dinesh Ganesan: Bronze 2022, Bronze,2023, Bronze 2024		
<u>President’s Volunteer Service Awards: 2023,2024</u>		
Sukirtha Babuanand: Bronze 2023, Bronze 2024		
Aditya Gujalwar: Bronze 2023, Bronze 22024		
Mewenn LeGuellec: Bronze 2023, Bronze 2024		
Aurna Mitra: Bronze 2023, Silver 2024		
Kayla Moats: Bronze 2023, Bronze 2024		
Sidharth Parandapalli: Bronze 2023, Bronze 2024		
Krisha Patel: Bronze 2023, Bronze 2024		
Sanjana Ranasinghe: Bronze 2023, Bronze, 2024		
Nina Xie: Silver 2023, Bronze 2024		
<u>President’s Volunteer Service Award Recipients</u>		
<u>2024 Silver Award</u>	<u>2024 Bronze Awards</u>	
Pari Desai Ahona Dey Namitha Gobburu Aniya Irvin	Aditi Bandyopadhyay Liam Berkowitz Emma Bowers Alexa Castillo Nainitha Chalamalasetty Julia Chang Avery Chen Alyssa Davies Andrea Dechosa Harsha Gandluri Aleesha Khawaja	Prisila Lara Lopez Annalynn Myrbeck Sonika Pilli Marwa Qureshi Jovana Ramos Aditi Senthilkumar Pari Sharma Dhruthisree Vangapalli Finn Waltrip Isabella Wang

2024 Auxiliary picnic

The Frederick Health Hospital Auxiliary Volunteer picnic was held on June 4, 2024, at Monocacy Village Park. 42 people attended. The attendees enjoyed tasty food, enjoyable conversation, and games. The door prize was won by Sara Oxendine. Sara volunteers as a sorter at Select Seconds.



Select Seconds Pam Schaffert

SELECT SECONDS NEWS

Shopping at thrift stores is one of the easiest ways to save money. Unlike regular retail stores that sell new merchandise at full price, thrift stores offer used goods at a fraction of the cost. All items at Select Seconds have been generously donated, allowing us to price everything very affordably. For the quality and uniqueness of what we have to offer, you will get the best bang for your buck at Select Seconds. As a result of our efforts, Select Seconds was able to contribute **\$175,000** towards the hospital Auxiliary's annual gift this past June.

Mark your calendar for our upcoming **Bag Sale on Saturday, August 24th from 10:00 am - 2:00 pm**. This is a twice-a-year event that we do prior to changing out clothing for the next season. We supply the bags; you fill them with as much merchandise as you can and pay only \$5.00 per bag.

We are looking for new volunteers to join us at Select Seconds. Particularly, we need individuals to work the front register. Positions consist of a 3 hour shift, either in the morning or afternoon every week or every other week. No experience is needed, and training will be provided. Please contact our Volunteer Services Office, if you or someone you know is interested. Make sure to mention that you want to join the Select Seconds team!

All FH Auxiliary volunteers and FH Rewards members are eligible for an additional 10 percent off their purchases—just show your volunteer ID or FH Rewards card at checkout!

STORE HOURS: Mon-Fri 10am-4pm and Sat 11am-4pm; we are also open on First Saturdays from 11am until 8pm.

For the latest on Select Seconds, **follow us on our Facebook page @SelectSeconds**.



Membership—Kathy Soria

Hopefully folks are having a wonderful summer. Thank you to all who have paid Auxiliary dues. \$10 Auxiliary dues were to be paid by July 1. If you have not paid and you wish to remain a member of the Auxiliary, please either drop your dues by the volunteer office or mail them to the following address:

Attn: Kathy Soria

Volunteer Services

Frederick Health Hospital

400 West 7th Street.

Frederick, MD 21701

Please make checks payable to Frederick Health Auxiliary

Thanks very much. Have a wonderful summer and stay cool!



Thank you for your service and support



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We appreciate your feedback, comments, and questions



<https://www.frederickhealth.org/about/volunteering/>



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