

VOLUNTEER CONNECTION

OCTOBER 2023 | FALL EDITION

LET'S
TALK
ABOUT IT

Many Hands I Light Work

And then there were three or five or eight! What do you get with lots of NMC Health volunteers in the same room? (It seems like there's a joke in there!) You get many completed tasks, smiles, and fun!

The idiom "Many Hands Make Light Work" emphasizes that tasks happen easier and quicker when shared among many individuals. It underscores the value of teamwork, collaboration, and shared effort in achieving common objectives. When numerous persons contribute their time and energy, the less demanding the task becomes for each individual. "Make Light Work" suggests that their combined effort makes the task seem less burdensome. This idiom is often used in a variety of contexts to emphasize the importance of collaboration and shared responsibilities. Variations and related expressions, such as "Teamwork makes the dream work" and "United we stand, divided we fall," convey similar meanings.

- The idiom signifies the strength and efficiency of teamwork.
- It suggests that complex tasks can be more manageable when divided among several people.

The origin of the saying can be traced back to one of John Heywood's proverbs, dating back to the 16th century "A burden that is shared becomes lighter." It continued to be embraced in various nations' literature and wise sayings. For instance, the Dutch proverb "Vele handen maken licht werk" translates to "Many hands make light work" in English. The lasting relevance and cultural resonance of the idiom "Many Hands Make Light Work" continues to endure, demonstrating the timelessness of the core concept of teamwork and collaboration.

Thank you to all of you - individually and together - who touch lives and make things easier for our employees and those we serve! Check out Nehemiah 3 in the Hebrew Scriptures for a great teamwork story!

Suz





FEATURED “FALL” VOLUNTEER OPPORTUNITIES

SURGERY WAITING VOLUNTEERS welcome patients and families, updating them as the patient goes through the surgical process. (early morning-early afternoon shifts)

SURGERY/STERILE PROCESSING VOLUNTEERS put together sterile trays and manage instruments. Have you always desired to don a set up scrubs? Well, here’s your opportunity! (weekly)

COMPUTER SCANNER VOLUNTEERS assist with needs in our specialty clinics located in the 800 building, near the hospital. (weekly)

FIRST IMPRESSION VOLUNTEERS welcome and check in guests at our front desk area. (weekly)

SORTING VOLUNTEERS isolate out-of-date items, help with inventory and stocking in surgery and food services. (weekly)

ACTIVITY VOLUNTEERS meet patients where they are in the Generations Behavioral Health Unit, playing games, enjoying puzzles, providing companionship and other activities. (weekly)

STEAMY VOLUNTEERS to “steam” tablecloths for our marketing department - how COOL is that? This is an “on-call” job as needed and happens on the 2nd floor of the surgery center.

LAUNDRY VOLUNTEERS to help with clean laundry - sorting, folding, etc. This task happens in the laundry area, near the northeast side of the hospital and is weekly.

**Maybe one of these first-rate jobs sounds interesting - or maybe you know of another job you can do at NMC Health - or maybe you know some awesome person who would be a great volunteer!
Don't wait - call 316.804.6057 right away!**



NEWS AND EVENTS

Volunteer Services was pleased to participate and/or host these events last quarter:

- Pop Up Gift Shop meetings
- Blood Drive
- Patient and Family Advisory Council meetings
- Comfort Companion meetings, training and roll-out
- Monthly Volunteer Chaplain luncheons
- Community Clergy luncheons
- Bethel College Service Day
- Bethel College Opportunity Fair
- Newton High School Health Sciences Classes



We are installing and configuring our new “Better Impact” software this fall - and will roll it out to volunteers in January 2024. Watch for email invites to ZOOM and in-person meetings to learn how to use this great tool from your phone or PC. More to come!

THE "DROP IN"

Volunteer Services is here for you! It's best to make an appointment, but if you are in the vicinity, drop in! It's always wonderful to say "hi!" And - if you have ideas or suggestions, please share!



NOVEMBER/DECEMBER/JANUARY

Peter Hartman | Warren Wiggers | Nancy Gardner
Nancy Gardner | Inga Vandervoot | Cindy Reimer
Phyllis Schneider | Zakarya Abdi
Abi Huntley | Sharelle Venso | Patrick Johnson



MAKING A DIFFERENCE ONE PERSON AT A TIME

Sharelle Venso worked in surgery waiting before COVID - and came back after! Recently, she spoke at our 7:45AM Leadership meeting, sharing her volunteer story. She stated that she enjoys helping families and being around people - and she will continue volunteering as long as she can. Thank you, Sharelle, for your work and for making an impact with those we serve!

VOLUNTEER CHAT

With Cheri Markley

"My volunteer tasks give me an opportunity to talk with people who need someone to chat with. And, I get to run all around the hospital with the volunteer cart - picking up items like pink packets and vases - and dropping off items in the mail room and other units. Plus, I enjoy a free lunch!"



SIGN UP. SHOW UP. GET INVOLVED.

YOUTH VOLUNTEERS? OF COURSE!

It's fun to explore new Volunteer Services programs. Recently, we've been talking with some community partners about starting a youth volunteer corps at NMC Health. Does this pique your interest? Our goal is to pilot a small group of youth volunteers this summer.

AUTUMN YUMMERS



Ingredients:

- 4 oz cream cheese
- 1/2 c. pumpkin puree
- 1 c. powdered sugar
- 1 tsp. pumpkin pie spice
- 1/2 tsp. vanilla
- 1/2 c. heavy whipping cream

PUMPKIN DIP

Beat all items except heavy cream - until smooth and creamy (2-3 minutes). Gradually pour in heavy cream and increase the speed to medium/high until the mixture is light and fluffy. Serve pumpkin dip with graham crackers, pretzels, or apple slices. Enjoy!



Who remembers
Candy Strippers?

VOLUNTEER IMPACT REFLECTED IN THE NUMBERS

AUGUST

- Eight Comfort Companion volunteers attended training and are now prepared and serving in this role.
- Front desk volunteers gave 60.75 hours of their time.
- Ted delivered 20 handmade stuffed animals for use in ED and our Sunshine Cart.

SEPTEMBER

- One dozen donuts were delivered to the Trinity Heights "Piecemakers" for their good work for NMC Health.
- Eight Bethel College students gave three hours to tasks around the hospital and 4 NMC Health employees attended the Bethel Opportunity Fair!

OCTOBER

- Over 300 towels and rags were folded by volunteers; this is a new task for us!
- 170 envelopes were labeled and stuffed for HR.
- Suz spoke with over 100 Newton High School students (Freshmen/Sophomore) about volunteering.
- Kit and Barbara gave their time to our blood drive and 15 pints were received.
- 23 knitted prayer squares were donated.

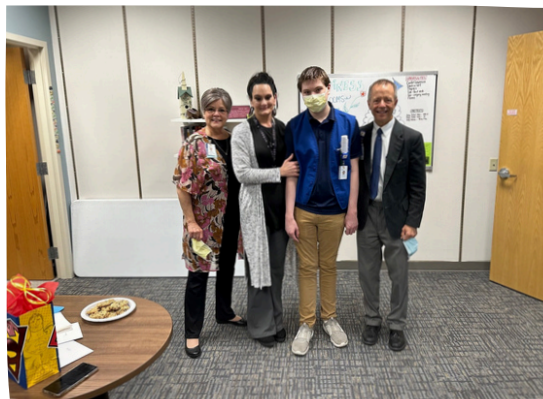
CLERGY LUNCHEONS - October 11 & 18



Thanks FANS & Randy Davis for the delicious meal!

Speakers: Val Gleason, Todd Tangeman, Greg Peterson, Dawn Lee, Erin Johnson

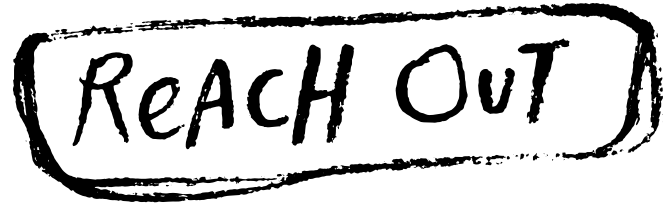
VOLUNTEERS IN ACTION



From upper left to lower left: Georgetta's Candy Striper Uniform, Lavonne's (employee) Prayer Quilts for the Comfort Companion program, Willis and Lynn working on a mailing, Stuffed animals for Emergency Dept. and Sunshine Cart created by Ted Balzer, Ashton and mom with Todd and Val for his "Back To School" party, Sunshine Cart, Bethel Students with Sue Dunn and Patrick Johnson.

HOW DO I BECOME A VOLUNTEER?

1. Reach out to us with a phone call or email.
2. Complete application.
3. Attend the initial interview.
4. Attend Orientation.
5. Attend the placement interview - what do you want to do and when do you want to do it?
6. Start your volunteer job! Grow in your volunteer job.
7. Attend events and parties and tell the NMC Health story!



TAKING CARE OF YOU

Here are some tips to help you get started with self-care:

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to your friends or family members who can provide emotional support and practical help. (National Institute of Mental Health)

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>



PODCAST RECOMMENDATION: HEART WORK NETWORK

If you listen to podcasts, check out and learn about volunteering in Chicago, IL! Simply type in "Heart Work Network" to download and learn more!

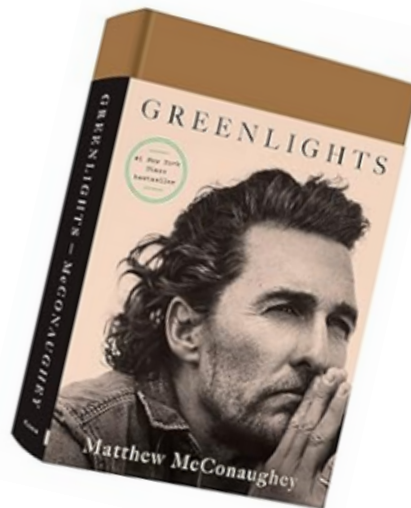


KEEPING IN TOUCH AND SHARING OUR WORK

Just a gentle reminder - our volunteers are THE BEST ambassadors we have for NMC Health and for this volunteer program. Recruitment happens best when it happens “person to person” and face to face. Thanks for sharing all that is happening at NMC Health and being a great advocate our volunteers!

Recruiting volunteers is all about “word of mouth” sharing of information with people you know and love. Think about the circles of your life - is there anyone you might encourage to be an NMC volunteer?

- Church
- Circle iWork
- Kids Activities
- Sporting Events
- Clubs
- School
- Hobbies (bowling, cards, crafts)



FOR READERS ONLY

I just purchased Greenlights by Matthew McConaughey - interesting book made more fascinating by his scribbles and handwritten notes. Great book!

“I’ve been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me.

Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers ... so I took a one-way ticket to the desert and wrote this book ... hopefully, it’s medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot’s license ... it’s a love letter. To Life. It’s also a guide to catching more greenlights - and to realizing the yellows and reds eventually turn green too. Good luck.”

FIND US ON SOCIAL



Social Media relies on its users to LIKE, SHARE, and COMMENT.

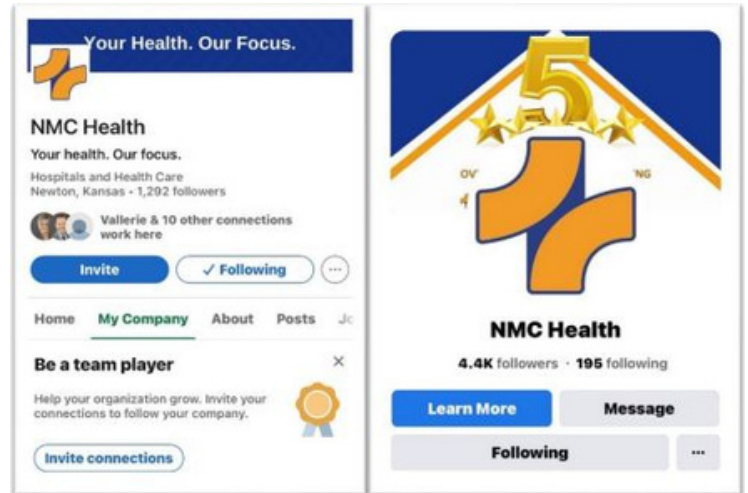
If you enjoy this media, find us on these platforms:

INSTAGRAM - mynmchealth

LINKEDIN - NMC Health

TWITTER (X) - @mynmchealth

FACEBOOK - NMC Health



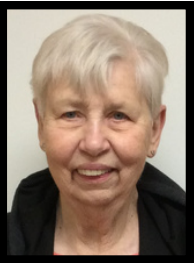
Comfort Companions



Our Comfort Companion Program began in October - and already, our companions have been supporting patients and families at end-of-life. The Comfort Companion program is a vigil at the end of life, providing reassuring presence to dying patients, their families, and those who care for them.

Trained professional volunteers offer patients the most valuable of human gifts: a dignified death with a caring presence at bedside. Volunteers are Charlene Berg, Cindy Reimer, Ginger King, Gloria Neal, Joshua Kennell, Judy Troyer, Peter Hartman and Karen Scholtz.

Special thanks to Debra Doerkson for helping with clerical tasks and creating our vigil bags! Interested in joining this group in this good work? Contact Suz today.



THE (SURPRISING) BENEFITS OF VOLUNTEERISM

How does volunteering help you? Volunteering keeps you in regular contact with others and helps you develop a solid support system, protecting you against stress and depression when you are experiencing challenging times.



November

We need your help with this event - lots of things to do!
Contact Suz.

POP-UP GIFT SHOP
An NMC Health Volunteer Services Initiative

VOLUNTEERS NEEDED

Shop today and make a difference at NMC Health.

COLLECTIVE GOODS BOOK AND GIFT FAIR

With Additional FREE Activities!
Veteran Salute

NMC health.

Thursday, November 9 (10AM-4PM)
Friday, November 10 (7AM-1PM)

November 1 - 30

TOY DRIVE

DROP OFF: Volunteer Services | IRU

Help support our Veterans and the American Legion's annual efforts to collect toys for the Salvation Army.

- NEW toys for kids ages 0-10
- Do not gift wrap
- Drop off weekdays, 8am-5pm

NMC health.

IMPROVE YOUR IMPACT!

Set up a time to meet with Suz.

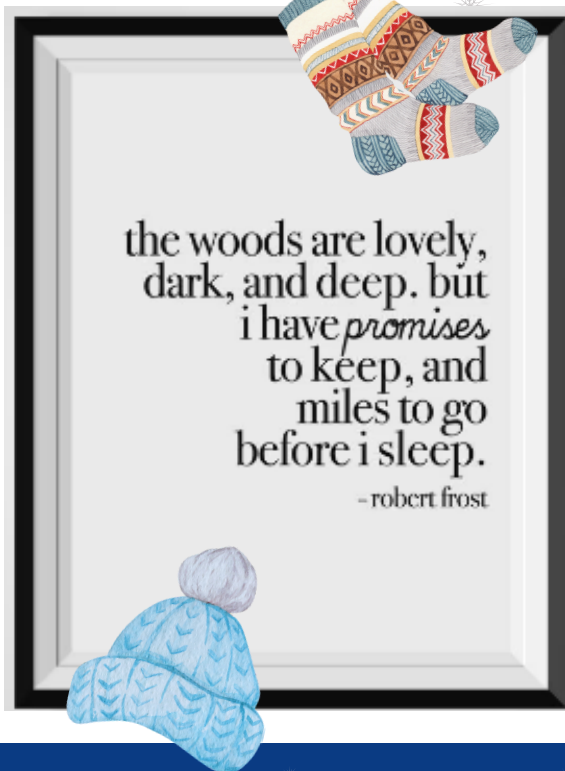
Share the kinds of things you enjoy doing at NMC Health. Think about your schedule and commit to a weekly day and time to volunteer at NMC Health.

**Favorite Things
+
Regular Schedule
=
Maximize Your
Impact**



Start where you are. Use what you have.

Do what you can.



STAYING SAFE

PREPARE YOUR CAR FOR WINTER - battery, fluid, gas tank, wiper blades, etc.

SAFETY KIT AT HOME - flashlights, batteries, cell phone charger, extra blankets, warm clothing, high energy foods, water

CAR SURVIVAL - snow shovel, first aid kit, ice scraper, blankets, non-perishable food, water, cell phone charger

Check out this link for more ideas:

www.weather.gov/media/arx/winter/WinterPrepare.pdf

HOSPITAL NEWS

Welcome Dr. Faris Azzouni to NMC Health! A skilled urologist and surgeon, Dr. Azzouni will lead the new NMC Health Urology Specialists Clinic that opened September 25, 2023. “We are pleased to have Dr. Azzouni joining us at NMC Health,” said Val Gleason, president and chief executive officer. “There is a growing demand for urologists across the nation, which can result in patients traveling great distances or waiting to receive care. Bringing this needed expertise to our friends and neighbors with a full-time clinic in Newton is truly exciting.”

Dr. Azzouni is accepting new patients and brings with him a wealth of experience in general urology and urologic surgery. “I chose a career in health care to make a difference in people’s lives,” said Dr. Azzouni. “I have been serving patients in Kentucky and Kansas for the past ten years and am thrilled to help launch NMC Health Urology Specialists here in Newton.”

As a new practice serving Newton, Harvey County, and surrounding communities, NMC Health Urology Specialists is already scheduling traditional Medicare and Medicaid patients and will be accepting new patients with other insurers very soon. The clinic location, hours, and contact information are as follows:



What is your favorite thing to do outside the office?
“I enjoy spending time with my family.” (Fun Fact: Dr. Azzouni is married to Dr. Abusamra, our most recent provider to join Neurology Specialists.)

NMC Health | Urology Specialists
800 Medical Center Drive, 2nd Floor
Newton, KS 67114
P: 316.804.6200
Hours M-F 8:00 a.m. - 5:00 p.m.

Visit our website!

mynmchealth.org



THE “Just a Volunteer” SYNDROME

By Susan Ellis, Internationally known expert in Volunteer Management

“It happened again this morning. I was responding to a call-back message and the man who answered the phone said my party was not in. When I asked when my colleague would be available, I was told, “hang on.” I then heard the individual yell across the room to someone else: “Do you know when X will be in?” Finally, I asked to leave a message. At that point, the man said: “Wait a minute. I need to find a pencil. I’m a volunteer, and don’t know all this stuff.”

“I had to restrain myself from jumping through the phone to throttle both the volunteer and the other staff member who obviously was nearby witnessing the transaction! The only bright spot was that I didn’t hear the famous modifier “just”--as in, “I’m just a volunteer.”

“This incident is rooted in the self-fulfilling prophecy of expecting, and therefore tolerating, mediocre performance by volunteers. This is based on the assumption that, by definition, volunteers don’t measure up to paid staff. We are willing to assume skillful performance of paid workers (until proven otherwise), while assuming the opposite of volunteers. It is treated as a delightful bonus if freely-contributed help turns out to be excellent. Ironically, this attitude is shared by too many volunteers themselves. You may not be surprised by the “just a volunteer” mindset - but what may surprise you is that this still bothers me after 25+ years in the field.”

At NMC Health, our volunteers are not “just” volunteers - nor are they simply “free help” in times of need. Our volunteers are part of a team that provides support and excellence to our employees and those we serve. For more information on this important topic, check out these links:

- <https://exclusive.multibriefs.com/content/but-im-just-a-volunteer/association-management>
- <https://www.cantonrep.com/story/opinion/columns/2011/12/20/i-m-just-volunteer/63883863007/>

Thank You for Volunteering!

**For more information or to get connected,
contact by email/phone:**

suz.mciver@mynmchealth.org

316.804.6057

mynmchealth.org/volunteer



2024

Three Steps to Accomplish Your New Year’s Goals

STEP 1 - FIND YOUR MOTIVATION: Write down what motivates you - and place this info somewhere as a reminder for why you are making this change.

STEP 2 - SET GOALS THAT ARE SPECIFIC AND REALISTIC: When your goals are specific and realistic, you are more likely to meet them.

STEP 3 - SET UP A PLAN TO HELP YOU ACHIEVE YOUR GOALS: By creating a plan, you are creating actionable tasks that can help you work toward achieving your goals.