

Spring Reflections

Now that we are emerging from the deepest, darkest days of winter, it's nearly impossible not to feel the possibilities inherent in the turning of the season. Nothing matches the rising energy of spring, both in nature and within each of us.

For those who have difficulty surviving the deep winter (and indeed, this was a long one), this is a time of renewal, rejoicing, and celebration.

May our lives begin to feel less off-kilter, more aligned with what we wish and hope they will be. May our perspective change as it needs to change. And may each of us make the most of each day --- whether it's time to plant a garden, start a new hobby or volunteer gig, clean our closets, or make other changes; let's do those things with all the vigor we can muster.

Don't waste even one day of the light and beauty.



Welcome these new volunteers since October 2023!

Sharon Reimer, Kelee Crager,
Evelyn McIver, Anthony
Nutter, Deb Hurd, Nalea
Payton, Raelene Kite, Kerrie
Kiser, Avery Saenger,
Ibrahim Bah

**Volunteer Services was
pleased to help with and/or
participate in these events
since October:**

Blood Drive, Chaplain Lunch,
PFAC Meetings, Pop-Up Gift
Shop, Christmas Party,
Volunteer United, Holiday
Wrap-Up, World's Finest
Chocolate Sale, Youth
Volunteer Meetings, Library
Volunteer Conversation.

PUSHING TOWARD 75 ACTIVE VOLUNTEERS!

How Can YOU Help?

- Ask a friend to volunteer with you.
- Talk with your family about the importance of community service.
- Participate in NMC events and fundraisers.
- Like, comment, and share social media posts.
- Be an NMC Health ambassador - share your story!

FACEBOOK

facebook.com/myNMCHHealth

INSTAGRAM

instagram.com/mynmchealth

TWITTER

twitter.com/myNMCHHealth

WEBSITE

mynmchealth.org



Like, Share, and Comment

FOOD AND NUTRICION SERVICES SUPPORT - Lots to do in this busy department - stock supplies, check outdates, clean tables, serve food, work in the kitchen! Training provided and you get to wear a cool shirt!

SUNSHINE CART - Spread some sunshine as you take the cart on an excursion around the hospital. Customer service skills required.

PATIENT ACCESS SUPPORT - Check out this great new request! Work directly with patients and families in a clerical way! We need volunteers to work daytimes (you name the time), helping out at the front desk - checking in patients. Training provided - this opportunity includes use of a laptop.

COMFORT CARE COMPANIONS - Special training and orientation is provided for these volunteers who assist patients, families and staff when life draws to a close. Compassion and empathy are a must.

CHAPLAIN VOLUNTEERS - We continue to need persons to assist with a variety of needs, including religious support for individuals who are fearful, depressed, or worried. This is your opportunity to help persons find a sense of hope, meaning, and purpose. Non-judgmental listening is mandatory.

SIGN UP. SHOW UP. GET INVOLVED.

What's new?

IN VOLUNTEER AND SPIRITUAL CARE SERVICES?



Spiritual Care Services just rolled out a new Hospital Chaplaincy handbook, created by Erin Johnson, staff chaplain - and Suz. This will be a great tool to facilitate excellence by our volunteer chaplains.

Check out our chapel! On February 14, it was changed out for Lent. The theme is "Take Up Your Cross - and Follow Me."



Volunteer Management Software was configured this fall - and rolled out to volunteers January 2024. Since that time, many of you are logging your hours on your cell phone (cool) and asking questions about the functions of the software. Curious to learn more?

Contact Volunteer Services to set up a time to chat.

Our Comfort Companion program provides caring presence to patients at the end-of-life, empathetic assistance to families, and support to staff. We are meeting with nursing management and sharing this program with leadership, front line staff, and physicians.

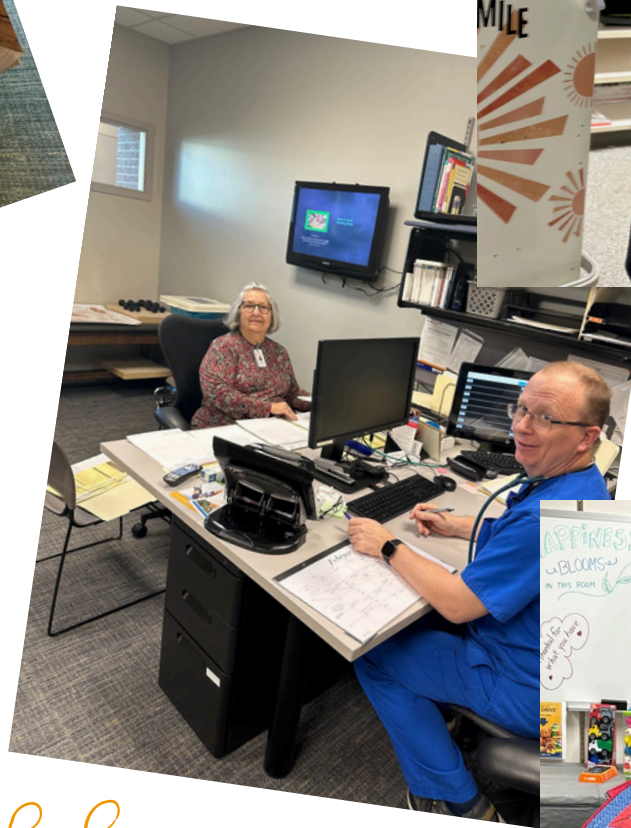


VOLUNTEERS TAKE THE LEAD

Raised \$375!



Clockwise: Kelee takes out the sunshine cart, Kevin helps Jonny in Cardiac Rehab, Barb donates Veteran quilts, Avery (and Mabel) learn about hospital volunteering, Willis and Sharelle sell candy bars!



SUNSHINE CART NEEDS

Playing Cards

Individual Snacks in Bags (granola bars, chips, cookies, crackers)

Large Print "Find a Word" Puzzle Books

Current Magazines in Good Condition

Paperbacks in Good Conditions

Hershey Kisses and Small Chocolate Bars



EASY PEANUT BUTTER BANANA TOAST

Ingredients

- 1 slice whole-wheat bread, toasted
- 1 tablespoon peanut butter
- 1 small banana, sliced
- Cinnamon, to taste

Directions

Spread toast with peanut butter and top with banana slices. Sprinkle with cinnamon to taste.



SMASHED PARMESAN POTATOES

- 2 lbs | 1kg potatoes Yukon Gold or Carisma
- A light spray of olive oil
- 3 tablespoons melted butter
- 4 cloves garlic, crushed
- 1 tablespoon fresh chopped parsley
- Kosher Salt and Black Pepper to taste
- 2 tablespoons Parmesan Cheese



INSTRUCTIONS

Pre-heat your oven to broil (or grill) settings to medium-high heat (about 200°C | 400°F). Place potatoes in a large pot of salted water. Bring to the boil; cook, covered for 30-35 minutes or until just fork-tender. Drain well.

Lightly grease a large baking sheet or tray with cooking oil spray. Arrange potatoes onto the sheet and use a potato masher to LIGHTLY flatten the potatoes in one piece (not too hard or they will end up mashed). Mix together the butter, garlic and parsley. Pour the mixture over each potato. Sprinkle with salt and pepper and lightly spray with olive oil spray.

Broil (or grill) until they are golden and crispy (about 10-15 minutes). Remove from oven, sprinkle over the parmesan cheese and return to the oven until the cheese is melted. To serve, season with a little extra salt and parsley, and serve immediately.



NMC Volunteers (March Report)

- Total Active Volunteers - 71
- Total Volunteer Hours - 534.70
- Total In-Kind Contribution - \$15,238.95



CONSIDER WHAT HAPPENS WHEN YOU TALK ABOUT BEING A VOLUNTEER OR SHARE THIS NEWSLETTER:

- You spread the word about NMC Health and Volunteering!
 - You build relationships and show others that something special is happening - and they might like to join!
 - You remind the community about our great healthcare services!
- Thanks for circulating our good news!

LET'S broaden our audience!



HOW TO CONNECT TO VOLUNTEER SERVICES

1. Reach out by phone or email - or check out the link on NMC website, volunteer page: "Apply to Volunteer."
2. Complete application, interview, paperwork and lab.
3. What do you want to do? Get started!



Teamwork

CALL US TODAY!

316.804.6057



Check her out!
Stitches,
Hallelujah Anyway,
Operating
Instructions,
Almost Everything
Bird by Bird,
Traveling Mercies,
Plan B,
Grace Eventually,
Help Thanks Wow,
Hard Laughter,
Dusk Night Dawn,
Crooked Little Heart,
Small Victories,
Blue Shoe
Rosie,
Imperfect Birds,
Some Assembly
Required,
All New People
Joe Jones, and,
Somehow: Thoughts
on Love.



Anne Lamott writes and speaks about subjects that begin with capital letters: Alcoholism, Motherhood, Jesus. But armed with self-effacing humor – she is laugh-out-loud funny – and ruthless honesty, Lamott converts her subjects into enchantment. Actually, she writes about what most of us don't like to think about.

She wrote her first novel for her father, the writer Kenneth Lamott, when he was diagnosed with brain cancer. She has said that the book was “a present to someone I loved who was going to die.” In all her novels, she writes about loss – loss of loved ones and loss of personal control. She doesn't try to sugar-coat the sadness, frustration and disappointment, but tells her stories with honesty, compassion and a pureness of voice.

As she says, “I have a lot of hope and a lot of faith and I struggle to communicate that.” Anne Lamott does communicate her faith; in her books and in person, she lifts, comforts, and inspires, all the while keeping us laughing.

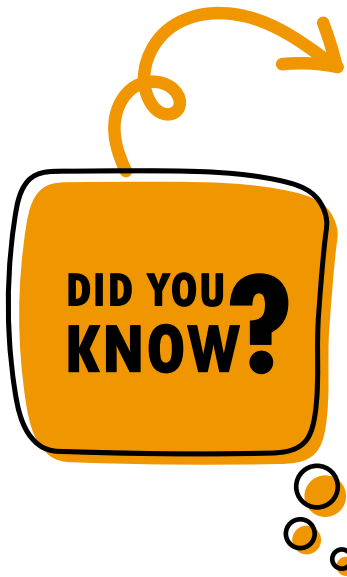


HAPPY BIRTHDAY

January - Patrick Johnson, Ashton Myers, Marian Stubbs, Sharelle Venso

February - Natalie Church, Janice Heck, Brocia Mueller

March - Debra Doerksen, Kit Goering, Patti Regier, Judy Troyer



Axtell Hospital and Bethel Deaconess Hospital were merged to become Newton Medical Center, formally opening its doors on January 1, 1988. NMC Health is committed to fostering a safe, diverse, and inclusive environment for all. We thank you for choosing NMC Health to be your home for healthcare. Whether you're part of our family medicine clinics, specialty clinics, have visited us at our immediate care clinics or have been in the NMC Health Medical Center for testing or procedures, you're family.

PODCAST

If you have ever wanted to know random stuff about El Nino, true crime, Rosa Parks, the Stonewall Uprising, chaos theory and more ... look no further. **Josh and Chuck** have you covered.

- Genre: Society and Culture
- Length - 20-60 minutes
- Number of Episodes - 1650 +
- Original Release Date - April 17, 2008
- Rating: 4.45



The State of Corporate Volunteering

Benevity, February 6, 2024

KEY INSIGHTS

- Employee volunteering has soared in the past three years. The influx of new volunteers represents a significant opportunity to drive lasting impact.
- Corporate volunteering has a renewed purpose in a hybrid work environment as a way to deepen employee connection, strengthen company culture and create a sense of community.
- Companies who invest in actively promoting volunteering see the most benefits.

In the last three years, there has been a massive surge in corporate volunteering. Never before have so many companies invested this much into corporate volunteering programs — and gained so much in return. From park clean-ups to paid volunteer days, volunteering is playing a vital role in addressing some of the big issues companies are facing.

This volunteer initiative is deepening employee connection, strengthening company culture, and creating a sense of community in a hybrid work environment. The enthusiasm for volunteering is consistent with the growing desire among today's employees for connection, learning, growth and meaning through work.

According to 2022 research from McKinsey, 70% of employees said their personal sense of purpose is defined by their work. One Monster survey about Gen Z found that 74% rank purpose ahead of a paycheck, higher than any other generation. Against this backdrop, we set out to better understand the growth in volunteering and evaluate how to sustain this momentum.

Our analysis found that it's not enough to simply provide opportunities for employees to volunteer on their own — they need a company's support to get involved.

The conditions are right for corporate volunteering to flourish. We're seeing a workforce that's seeking purpose,



companies that are navigating new ways to build connectedness and a wider range of available virtual and in-person volunteer opportunities. It's an exciting moment for companies to drive impact — and to deepen it.

Our analysis revealed that the top performing companies engage employees in four key ways:

- Create company-supported volunteer opportunities,
- Champion team volunteering,
- Encourage employee-led volunteering, and,
- Promote company-wide volunteering events.

Clearly companies' investments in promoting events and opportunities are successfully attracting new volunteers at a notable rate. However, retaining them remains a challenge.

Creating a culture of sustained volunteering means:

- Engaging people with events and small actions they can take.
- Nurturing interest in giving back through team-based and ongoing opportunities.
- Deepening impact through skills-based or longer-term volunteer projects.
- Encouraging volunteers to share their stories to inspire others to get involved.

Now is the perfect time for companies to reflect on how they can support nonprofits who are struggling to attract and retain talent in this volatile economy. If there's one thing companies can give to them, it's access to skilled talent who are looking to make a positive impact at work and in their lives.



Did you know?

Employees who participate in corporate purpose programs through volunteering, giving or taking positive actions are 52% less likely to leave their company.

PACO Jewelry and Gifts - April 9 & 10

Collective Goods - May 15 & 16

Break the Heat Bake Sale & Catalog Sales - July 18

Collective Goods - October 30-31

Holiday Wrap-Up - December 11 & 19

**POP UP
GIFT SHOPS**

ABOUT OUR 2024 EVENTS

PACO Designs from Lenexa is a family-owned business bringing us jewelry, clothing and gifts and is held in the North Dining Room.

Collective Goods from Gardner is scheduled twice this year bringing books, gifts, housewares, kids toys and electronics and is held in the North Dining Room.

“Break the Heat” offers homemade and baked good items made by volunteers and catalog sign-ups from the Midwest including Little ‘Ol Cookie House, Mountain Man Nuts, and Rada Cutlery. This event is held in the Prairie Room.

Volunteers will once again wrap your Christmas gifts for a donation at the “Holiday Wrap Up” held in and near the volunteer services office.

Proceeds benefit patient care needs at NMC Health.



FIND IT ON OUR WEBSITE

www.mynmchealth.org



Did you know that our website can help you?

- Find a Doctor
- Pay My Bill
- Patient Portal
- Visitor Information
- Locations

NMC Health Breaks Ground for Emergency Department Expansion

Legislators, community leaders, and contributors, joined with NMC Health on Thursday, February 15, to celebrate the groundbreaking of NMC Health's expanded Emergency Department.

Designed to provide the right care in the right place, the expansion includes:

- Three new state-of-the-art psychiatric care emergency rooms outfitted specifically for the care of persons experiencing behavioral health crises.
- Increased emergency care capacity and capability to better manage patient surges.
- Secure, dedicated, nurse stations adjacent to the new rooms.
- Enhanced building security features in the emergency department.
- A remodeled and re-configured emergency department registration area.
- A fresh new look for persons entering the hospital through the emergency entrance.
- A new, modernized and enclosed ambulance garage immediately east of its current location.
- Updated emergency chemical decontamination capabilities ideal for a community with high train and truck traffic.

"Helping patients to calm down and de-escalate when they are in crisis is aided greatly by an environment designed specifically to meet their needs," noted NMC Health President and CEO Val Gleason. "Not only will this expansion assist the patients, but also their families, our staff, law enforcement and others. It's truly about providing the right care in the right place." A short ceremony and press conference took place starting at 2:00 p.m. Brief comments were provided by NMC Health Board Chair Chris Conrade, U.S. Senator Jerry Moran, and officials from State, County and City leadership.

This poem celebrates the connection between humans and nature. It encourages us to walk with awareness and soft steps through the world, being easy on the world and others as we hope they will be with us. It encourages us to be filled with light and to shine, allowing the grace, warmth, and connection that is available around, to touch us, flow through us, and shine out to the next.

WHEN I AM AMONG THE TREES
by Mary Oliver

*When I am among the trees,
especially the willows and the honey locust
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.
And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."*

Utah, 25%, True