

NMC HEALTH VETERAN VOLUNTEERS

The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude.



Linda Leach
Women's Army Corp (WAC)
1968-1972
Pet Therapy Volunteer



Robert Carlton
Navy
1970-1974
Companionship Volunteer

Thank you for your service.

With Respect, Honor and Gratitude

LET'S TALK ABOUT IT

THANK YOU, VETERANS!

World War I (known at the time as "The Great War") officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles, outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities (between the Allied nations and Germany) went into effect on the **eleventh hour of the eleventh day of the eleventh month**. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars." In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day, with the following words: *"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations ..."*

Veterans Day continue to be observed on November 11, regardless of what day of the week on which it falls, preserving the historical significance of the date and helping us focus attention on the important purpose of the day: *a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.*

On Veterans Day at NMC Health, we host a luncheon for our veteran employees and volunteers - and we invite the community to "Thank a Veteran" during our blood quarterly drive.



FEATURED “FALL INTO WINTER” VOLUNTEER JOBS

SURGERY WAITING VOLUNTEERS welcome patients and families, updating them throughout the surgical process. (substitutes and short weekly shifts)

STERILE PROCESSING VOLUNTEERS clean instruments and organize sterile trays. Have you always desired to don a set up scrubs? Well, here's your opportunity! (weekly)

WRITER AND EDITOR VOLUNTEERS assist our marketing department. If grammar is your thing, we need you! (per project)

FRONT DESK VOLUNTEERS connect with guests through the hospital main entrance, make deliveries, greet and help patients from their cars, etc. (weekly)

CHECKLIST VOLUNTEERS assure specific items are in place in departments throughout NMC Health. (weekly)

PICK UP AND DROP OFFS VOLUNTEERS are needed by Volunteer Services. This opportunity includes a cart, specific items, and a map/list of places to drop off and pick up. (weekly)

SORTING VOLUNTEERS isolate out-of-date items and help with inventory and stocking. (weekly)

COMPANION VOLUNTEERS connect with patients and families in a variety of ways. This new opportunity is flexible, and orientation is provided. (weekly)

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

*Do you see something that interests you?
Do you know an 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 recently participate in and/or host these events:

- August 10 - Newton Lions Club Presentation
- August 23 - Trinity Heights "Piecemakers" Group
- August 30 - WSU Involvement Fair
- September 7 - Newton Ministerial Alliance
- September 8 - Bethel College Volunteer Fair
- September 13 & 14 - NHS Health Science Classes
- September 21 - Bethel College Service Day
- October 5 - Newton Ministerial Alliance
- October 6 - Taste of Newton



SEPTEMBER

Ron M, Barbara C, Gary D

OCTOBER

Chris S

NOVEMBER

Linda L, Peter H

DECEMBER

Nancy G

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!

NOT ALL NEWS IS BAD NEWS

Check out this podcast: <https://www.thegoodnewspodcast.fm/>



Do you listen to podcasts? They are a great way to learn new things! Check out these short (3-4) minute inspirational stories, they are thrice weekly reminders that not all news is bad news.

A SPECIAL WISH LIST

We have projects in Volunteer Services - and we can use your help! Do you have any of these items laying around, unused? Send them our direction and we will find a way to use them!

- For sewing projects: bags of rice, fabrics (cottons and flannels), new three-fold diapers, Ziplock bags (sandwich and quart sized).
- For hospitality cart: purse tissues, individually wrapped snacks, gum and candies, devotional books in good condition, new journals, wet ones, magazines, notecards, pens, small stuffed animals (like beanie babies), napkins, small toothbrushes and toothpaste.

VOLUNTEER CHAT

It's great to get to know our volunteers, learn what brought them to NMC Health and what motivates them to stay. Recently, we spoke with Ken Franz, and he shared these thoughts:

"It's great to be back at NMC Health. After two years of volunteering, I was disappointed when the pandemic arrived, and I could no longer help as a volunteer. But we are back again. Changes have been made at NMC Health to better serve the community. Before the pandemic, I enjoyed volunteering at the Surgery Center, surgery unit in the hospital, and working at the front desk. I'm happy to be back at the front desk with friendly and very professional staff."

Thank you, Ken, for your commitment and service to NMC Health patients, families and staff!



DID YOU KNOW?

The NMC Health website is a wealth of information! Follow this link to see the latest NMC Health news: <https://www.mynmchealth.org/about-nmc/news/>

SIGN UP. SHOW UP. GET INVOLVED.

PLEASE WELCOME THESE VOLUNTEERS!

Join us in welcoming these returning and new August and September volunteers: Barbara C, Becky S, Cheri M, Jim E, Kevin K-M, Kit G, Louise T, Nancy G, Sue D, Inga V, Janet G, Martha M and Ted B. It's true! There's always a place for you if you wish to give of yourself! Spread the word!

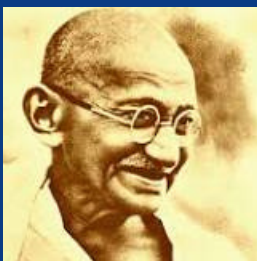
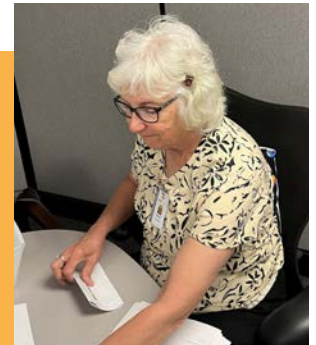
Welcome

Meet **Nancy**, a new volunteer and a great representative of Hapi Pet Therapy. At the end of her workday nearly every week, Nancy makes hospital rounds with her sweet pups **Maggie**, a Border Collie - and **Lucy**, an American Shepherd. Dogs have a way of finding folks who need them and filling an emptiness we don't even know we have. Thank you, Nancy, Maggie and Lucy, for spending time with us - you make a pawssitive impact!



We welcome **Sue** to our great group of volunteers! She is a Californian transplanted to Kansas - and very active in Lions Club and the Newton community. At NMC Health, she keeps very busy, sharing her time and skill in employee health, physical therapy and rehab, surgery waiting, and volunteer services. She also will be working our blood drive and other events. When she started this fall, she hit the ground running! She's also an awesome cookie baker! Thank you, Sue, for all you do!

What a special joy to welcome back **Karen**, a seasoned volunteer who finds time to make a huge impact! In addition to knitting baby caps (nearly 450 since 2003 for our birthing center), Karen helps out in Patient Financial Services, stuffing 800+ letters every week. When COVID hit and all was shut down, our volunteers were unable to help us. We are so grateful that some pre-COVID volunteers continue to be present, making a difference. Thank you, Karen, you're a rockstar!



"The best way to give of yourself is to lose yourself in the service of others."
Mahatma Gandhi

BEYOND OURSELVES

Mahandas Karamchand Gandhi is widely recognized as one of the twentieth century's greatest political and spiritual leaders. Honored in India as the father of the nation, he pioneered and practiced the principles of Satyagraha - resistance to tyranny through mass nonviolent civil disobedience.

APPETIZING AUTUMN

Dump cakes are as easy as they sound. Just mix and dump layers in a pan, hence the name. Dump cakes are similar to cobblers, but a cobbler uses a biscuit or pie crust topping. This particular dump cake screams **"FALL IS HERE, YA' ALL!"** It's simple and delicious! Try it tonight!

Ingredients

- ☐ 15 oz pumpkin puree canned
- ☐ 12 oz evaporated milk
- ☐ 4 teaspoon pumpkin pie spice
- ☐ 1 cup sugar
- ☐ 3 eggs
- ☐ 1 package yellow cake mix
- ☐ 1 cup chopped pecans or walnuts
- ☐ 3/4 cup butter



Instructions

- Preheat oven to 350°F.
- Mix pumpkin, milk, spice, sugar and eggs in a large bowl. Pour into a greased and floured 9×13 pan.
- Sprinkle cake mix and chopped nuts on top.
- Cut butter very thin and cover all over cake mix.
- Bake for 1 hour, serve warm with whipped cream. ENJOY!

A GOAL WITHOUT A PLAN IS JUST A WISH

We are working toward 75 active volunteers by April 2023. Can you help us reach our goal?

- 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 on social media posts.
- Be an NMC Health ambassador.



VOLUNTEER IMPACT: THE NUMBERS

*We are moving right along, thanks to great NMC Health employees and volunteers!
Check our recent metrics!*

Delivered in August/September for Family Birthing Center:

Rice Bags - 78

Burp Rags - 12

Baby Hats - 41

Total Active Volunteers - 36

Total Volunteer Hours - 675.5 (Aug/Sept)

Year to Date Volunteer Hours - 1,097

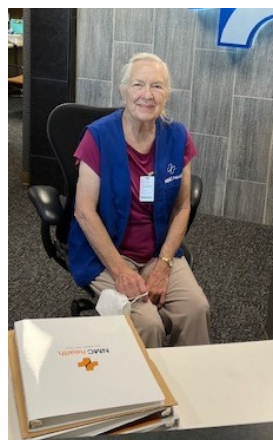
Year to Date In-Kind Contribution - \$29,476.39

RAILER VOLUNTEERS

As volunteer services expands with a variety of volunteers, a special opportunity is presented! Chisolm Middle School is interested in partnering with NMC Health for a "summer service experience" involving their 7th and 8th grade students. Tenets of the program include volunteerism opportunities, leadership learning, skill building and fun! Such a program demands great volunteer leadership - and our terrific volunteers need to be involved. A program such as this builds volunteers for the future! Remember candy strippers???

To learn more , please contact Suz.

VOLUNTEERS IN ACTION



From upper left to lower left: Sue at WSU event, Maggie & Lucy doing their thing, Martha and Sophie ready to visit, Jean at the front desk, Chris and Jordan cleaning home care vehicles.

Thank you for your service!

START

HOW DO I BECOME A VOLUNTEER?

1. Reach out to us with a phone call or email.
2. Complete application and paperwork.
3. Attend interview and orientation.
4. Consider what you want to do and when you wish to do it as you attend your placement time.
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

Cold weather is upon us - bring on the sunshine!! With these self-care tips, the upcoming winter may become your favorite season!

- Go outside - really! Whether you go outside for a full-on cardio session or simply a short walk, sunlight and winter air may be just what the doctor ordered!
- Keep a gratitude journal. Daily, write down those things for which you give thanks; this will improve your mood when those winter blues start to settle in.
- Hydrate! The winter air can act like a moisture vacuum; be sure to use lotion and moisturizer for your skin - and drink plenty of water!
- Take a bubble bath. Add some Epsom salt or bubbles and give your body time to warm up in cozy goodness. Later, you will thank yourself!
- Slow down. Winter can add stress to your day. So, a few times each week, wrap yourself in a blanket - take some time to chill and unwind.
- Surround yourself with living goodness. What does goodness look like for you? Friends? Family? Plants? Your three dogs? Whatever it may be, prioritize quality time with living things that bring you joy.
- Pursue your passion. Whatever interests you, invest your time. Cold weather offers great opportunities to stay inside, pursue new hobbies and discover things that you enjoy.

**SHARE THIS
NEWSLETTER**



SPREAD THE VOLUNTEER VIBE

The biggest joy of “re-igniting” our Volunteer Services program is recognizing that our volunteers help make it happen! Obviously, when you give your time and energy as a volunteer, doing so is the first tier of making our program successful. But there is so much more. ***The next (sizable) tier is to make sure YOUR PEOPLE know that you volunteer and RECOGNIZE that volunteering makes a difference in your life.***



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

Faith Community

Work

Kids Activities

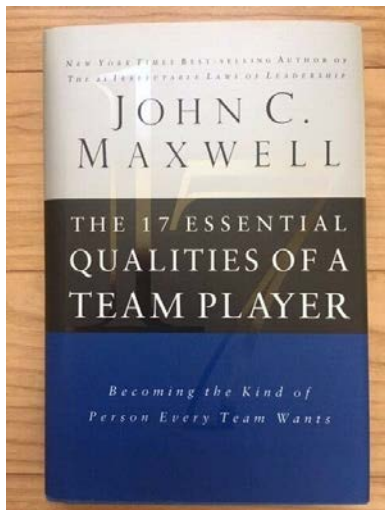
Leisure Time

Clubs

School

Spare Time Fun (bridge, quilt group, sports)

FOR READERS ONLY



“Take yourself out of the picture. Get in the habit of asking what’s best for the team ... ask yourself how the team would do if you were not involved in the solution. If it would do better, then propose ideas that promote and involve people other than yourself.”

John C. Maxwell is famous for writing leadership books, and in The 17 Essential Qualities of a Team Player, he tackles the topic of teamwork. The book identifies characteristics that make employees and volunteers good coworkers and collaborators, such as adaptability, dependability, and tenacity. This is a great book about collaboration!

HARVEY COUNTY RSVP



RSVP creates a meaningful way for volunteers to share their talent through a variety of opportunities (for persons aged 55 and over), helping persons to participate more fully in the life Harvey County communities.

NMC Health is pleased that our brand-new volunteer, Pat, will serve as our liaison to RSVP.

Pat is available for your questions, needs and paperwork. For more information about the benefits of being a part of RSVP (at no charge), feel free to contact Pat at 316.284.1902.

Mary Adams, RSVP Coordinator for Harvey County offices at the courthouse and may be contacted at 316.284.6881.

FIND US ON SOCIAL



Social media are interactive technologies that facilitate the creation and sharing of information, ideas, interests and other forms of expression through virtual communities and networks.

NMC Health is very active on Facebook and LinkedIn, and if you are part of those platforms, we need your help! Please like, comment, share and follow!

We post diverse educational items for healthy living, special events and information about our hospitals and clinics - and events and opportunities in the Newton community and beyond, nearly every day!

WELCOME ERIN, NMC HEALTH STAFF CHAPLAIN!

As we bring back many services post-COVID, we are so pleased to welcome Erin Johnson as our staff chaplain!

Erin joins our care team, offering a high level of expertise in the field of clinical chaplaincy - and a warm and caring way of meeting and being with our patients, families, and employees.

As our chaplain, Erin is trained to identify and attend to the distress that can arise from life's disruptions and crisis'.

Erin is here and honored to be the listening ear that we need.

Call or email Erin to set up a time to talk!

281.714.5532

erin.johnson@mynmchealth.org



WE CONTINUE TO SEEK CHAPLAIN VOLUNTEERS WHO IDENTIFY WITH OTHERS, LISTEN WELL, AND ACT AS GOD'S VESSEL IN A SERVANT SORT OF WAY.

FROM OUR WEBSITE: Preparing for Winter

Double click the picture below to learn how to prepare for winter in Kansas!



Winter Time Preparations For Kansans

Why winter weather can be deadly and safety steps you need to take.

"SAFETY FIRST" IS OUR MANTRA WHEN IT COMES TO WINTER PREPAREDNESS. STARTING THE FIRST WEEK OF NOVEMBER, DROP BY VOLUNTEER SERVICES TO PICK UP YOUR SAND AND SALT "SHAKER" CUP. PLACE THE CUP IN YOUR CAR FOR TIMES WHEN YOU NEED A LITTLE HELP WITH A FROSTY SIDEWALK OR PARKING LOT.

SPECIAL THANKS TO EMPLOYEE HEALTH FOR PROVIDING THESE COOL CUPS TO OUR VOLUNTEERS!





SHARING THIS NEWSLETTER

keeps NMC Health "top of mind" when someone needs extra help, establishes that something special is happening in Volunteer Services, builds relationships beyond yourself, and shows we are doing what we say we will do.

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

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316.804.6057

mynmchealth.org/volunteer

