

THESE TWO  
HELP ME CHILL



DOODLE



JESSIE



## A Priority for Summer: Learn to Relax

As some of you know, I moved to Hutchinson in June. Growing up in Buhler, it's great to be "home" after being away for so many years. The day after I moved, I was diagnosed with shingles. So, that's been a thing. Summer presents a perfect opportunity to take some time and try to relax. Shingles slowed me down considerably and gave me no choice but to rest. I still have boxes to unpack and so many things are undone.

My goal during this time is to get plenty of sleep and calm, continue bringing my lunch to work and eating healthily, boost my immune system with supplements, enjoy music and family and kitties, and respond rather than react. Building these basic practices back into my life (I was sidetracked for awhile) has been great for me and I'm feeling better. \*\*

Bottom line: get your shingles shot and practice taking care of yourself daily.



\*\* Wear Sunscreen when out and about!

# *Please welcome these volunteers since April 2023!*

Valerie Newby, Karen Scholtz,  
Judy Troyer, Cindy Reimer, Brian  
Newman, Max Reese, Abi  
Huntley, Ginger King, Patrick  
Johnson



Volunteer Services was pleased to help  
with and/or participate in these events.

April-May-June:

Blood Drive, Chaplain Lunch, PFAC  
Meetings, Pop-Up Gift Shop, Spring Party,  
Harvey County Volunteer Manager's  
Group, United Way Annual Meeting,  
Community Forum, Bethel  
College Student Volunteer  
Meeting

## **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!





**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.

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

**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.

**POP-UP GIFT SHOP VOLUNTEERS** - These volunteers help with planning the extras and marketing our four Pop-Ups this year! Customer service skills required.

## Rise Up. Show Up. Touch a Life



**SIGN UP. SHOW UP. GET INVOLVED.**

## What's new?

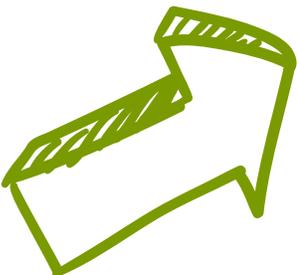
### (AT OUR HOSPITAL AND CLINICS)

- Recently, we replaced fire alarm panels in the hospital, repaired sidewalks and driveways around our campus, stained outside benches by our front entrance, and replaced a steam boiler.
- Do you know about Project Search? Newton School System proudly supports a Project Search program in Harvey County. This program prepares young people with significant disabilities for success in competitive integrated employment environments. Volunteer Services is pleased to welcome Project Search students and Director, Larry, into our midst. A cubicle office and lockers are being staged outside our office - and when school starts, this area will become a bit busier. We look forward to our new neighbors!
- Our fiscal year budget 2023-2024 is set - and being great stewards of our dollars, NMC Health continues to rely upon volunteer to help throughout our hospitals and clinics. Every hour that you give makes a difference. Thank you for touching lives, taking on extra work, being present when needed, answering last minute calls, being flexible, and wearing your badge and a smile.
- Don't forget that NMC Health is your home for healthcare in Kansas. We are here for you as we excel in providing healthcare by understanding and responding to the individual needs of those we serve. Our commitment is to care for you and those you hold dear. WE ARE EXCELLENCE IN HEALTHCARE, with a small-town feel.

We are pleased to announce good news! Volunteer Services has been awarded \$2000 in a grant from Kansas Volunteer Commission, to purchase Volunteer Management software for our office!

**YAY!**

**UPDATE: Our technology oversight committee is reviewing Better Impact software to assure it meets all the requirements to be added to NMC Health. Things are looking favorable! More to come!**



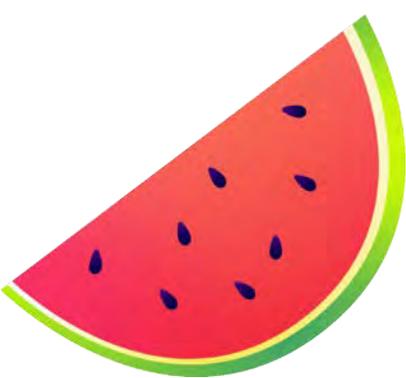


**Our Comfort Companion Program offers peace of mind for families and staff - and provides a calming presence to the patient at the end-of-life. As a trained professional volunteer, you offer patients the most valuable of human gifts: a dignified death with a caring presence at bedside.**



*Comfort Care Companion*

- This **volunteer 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.
- **August - September - VOLUNTEER TRAINING**
- **October - ROLL OUT**
- **Ongoing - Assess and review outcomes**



**UPCOMING ITEMS OF INTEREST**

- July 26 - Volunteer Chaplain Lunch
- August 2 - Pop-Up Gift Shop Meeting
- August 8 - Comfort Care Companion Meeting
- August 23 - Volunteer Chaplain Lunch
- Sept 21 & 22 - Pop-Up Jewelry Sale
- September 27 - Volunteer Chaplain Lunch

## STORY

"As a retired person and being of an older age, I have discovered that there is plenty to do around our house - typical things like yard work, laundry, cleaning, cooking. All that fun stuff. I have also always enjoyed people. While watching the firemen one day, I got to thinking about the work they do and in some places they have volunteer fire departments. Then I began thinking I'd like to do a volunteer job. Yes, that would be fun, and I could meet a lot of people and make a difference in someone's life. I knew that our local hospital had volunteers, so after discussing the possibilities of becoming a volunteer at the hospital, I took the first step and talked with the program director.

Now I was excited. Many opportunities were presented and I could do things to help people and provide a service to our community. Some time has passed, and I've had time to reflect on what it means to be a volunteer. I realize that volunteers play a large role in society - many things would remain undone if it weren't for volunteers. It is a kind and fun thing to do. You learn a lot about working with others that share your ambition. I look forward to every day that I'm giving back to a society that needs people to do various volunteer jobs. So, if helping out feels good to you, consider becoming a volunteer somewhere in your community. You will be helping someone and you will feel good about it. "

Patrick Johnson

**SURROUND YOURSELF WITH PEOPLE  
WHO ARE ONLY GOING TO LIFT YOU HIGHER.**



Patrick helping with instruments from Sterile Processing

# VOLUNTEERS TAKE THE LEAD

*Spread  
some  
Sunshine!*



Chris on her way to tour around the hospital with the cart



Karen stocked the cart so it is ready for next time



## 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

*"When I take out the Sunshine Cart, people are happy - even if they don't want anything. People who receive items are grateful, especially when they learn they don't have to pay for them. The items that are used most often are puzzle books, playing cards, and magazines."  
Karen, volunteer*

Need more info? Call Suz - 316.804.6057

yummy!

## BAKED OATMEAL

This baked oatmeal recipe hails from Pennsylvania Amish country. It is my go-to and perfect as we look to Fall and Winter. I hope you enjoy! (Suz)



### Ingredients

- 3 cups rolled oats (I used old-fashioned)
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- ½ cup melted butter
- 2 teaspoons vanilla extract
- Dried cranberries, fruit, nuts, milk (optional)

### Nutrition Facts (per serving).

393 Calories  
 15g Fat  
 59g Carbs  
 7g Protein

Directions: Preheat the oven to 350 degrees F (175 degrees C). Mix together oats, brown sugar, cinnamon, baking powder, and salt in a large bowl. Beat in eggs, milk, melted butter, and vanilla extract. Spread into a 9x13-inch baking dish. Bake in the preheated oven until top is golden, about 40 minutes. Top with your favorite goodies.

Which state boasts the highest rate of volunteer participation?

Utah, Vermont, Tennessee, California

What percent of college students find time to volunteer? 10%, 15%, 25%, 35%

U.S. Volunteers provided \$184 billion dollars of service value to their communities in 2022. True or False?

(answers on back page)



**SAVE THE DATE: OCTOBER 6**  
**THANK A VETERAN BLOOD DRIVE**  
 Hospital Prairie Room

POP UP  
GIFT SHOPS



WE ARE EXCITED TO ANNOUNCE THE NEXT  
POP-UP GIFT SHOPS IN THE HOSPITAL!  
NORTH ENTRANCE - JOIN US!  
SEPTEMBER 21-22 - MASQUERADE JEWELRY  
NOVEMBER 9-10 - COLLECTIVE GOODS

In addition to great gift options ... CATO Fashion Show with our own volunteers, Chai Tea for tips (proceeds to Caring Closet), Handling the Holidays, Art Party ... more to come!

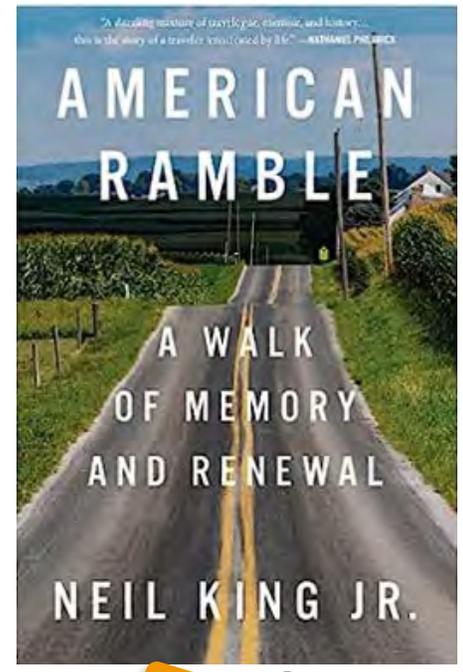
Join us for jewelry, purses, scarves, electronics, key chains, health and beauty items, essential oils, books, gifts, toys, home decor, sheets, pillows, seasonal items.

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

*"American Ramble is a dazzling mixture of travelogue, memoir, and history. At times profound, funny, and heartbreaking, this is the story of a traveler intoxicated by life. I couldn't put it down."*  
— Nathaniel Philbrick

Neil King Jr.'s desire to walk from Washington, D.C., to New York City began as a whim and soon became an obsession. By the spring of 2021, events had intervened that gave his desire greater urgency. His neighborhood still reeled from the January 6th insurrection. Covid lockdowns deepened America's divides. Neil himself bore the imprints of a long battle with cancer.

Determined to rediscover what matters in life and to see our national story with new eyes, Neil turned north with a small satchel on his back and one mission in mind: To pay close attention to the land he crossed and the people he met. What followed is an extraordinary 26-day journey through historic battlefields and cemeteries, over the Mason-Dixon line, past Quaker and Amish farms, along Valley Forge stream beds, atop a New Jersey trash mound, across New York Harbor, and finally, to his ultimate destination: the Ramble, where a tangle of pathways converges in Central Park. The journey travels deep into America's past and present, uncovering forgotten pockets and overlooked people. At a time of mounting disunity, the trip reveals the profound power of our shared ground. By turns amusing, inspiring, and sublime, American Ramble offers an exquisite account of personal and national renewal—an indelible study of our country as we've never seen it before.



Recommended by  
Evelyn McIver

**NMC Volunteers**  
(Since May 2022)

**Total Active Volunteers - 67**  
**Total Volunteer Hours - 5,626**  
**Total In-Kind Contribution - \$153,015**

**Where Our Volunteers Live**

**Newton | Hesston | Durham | Goessel | Wichita**  
**Halstead | Walton | Burns | N. Newton | Kechi**



# GET SOCIAL

Like, Share & Comment

FACEBOOK -

[www.facebook.com/myNMCHHealth](http://www.facebook.com/myNMCHHealth)

INSTAGRAM -

[www.instagram.com/mynmchealth](http://www.instagram.com/mynmchealth)

TWITTER

[www.twitter.com/myNMCHHealth](http://www.twitter.com/myNMCHHealth)

WEBSITE

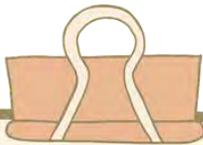
[www.mynmchealth.org](http://www.mynmchealth.org)



## 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 DO I BECOME A VOLUNTEER?

1. Reach out by phone or email.
2. Complete application and interview.
3. Complete paperwork and lab.
4. What do you want to do? Get started!

**CALL US TODAY!**

## CAN YOU HELP?

It's important to have a potential volunteer list - persons we get to know and encourage volunteer involvement. Our list is short. Do you know someone you can talk with about volunteering? (The best marketing for our program is YOU.) Thanks for stepping out and helping out!





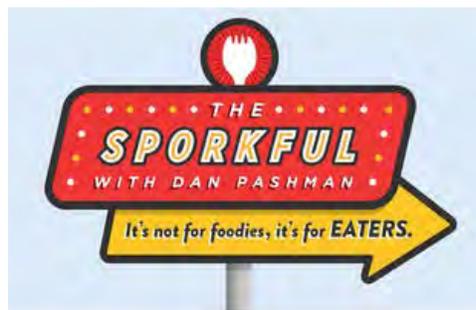
## WE CELEBRATE THESE JULY/AUGUST/SEPTEMBER BIRTHDAYS!

Valerie Newby | Karen Scholtz | Becky Stineman | Jean Farrar  
Lynn McDougal | Alex Nickel | Charlene Berg | Cheryl Williams  
Ginger King | Ted Balzer | Karen Fulk | Beverly Stigge | Weldon Boeckner  
Pat Salsbery | Rosie Jantz | Sue Dunn | Pat Denno | Robert Carlton  
Kevin Kitchen-McKinney | Max Reese | Brocia Mueller | Willis Heck  
Ron Moyo | Abi Huntley | Barbara Commons | Gary Denny



"I didn't listen to podcasts for quite some time. And then I began - and I listen regularly while driving. Whether you are relaxing at home or running errands, podcasts take you on an audio journey through your favorite subjects. They cover all genres, so whether you are seeking a news update or want to bake some fabulous something, there's likely something out there for you. To help you get started, here's some of the best apps you can use to listen to podcasts right now, on a variety of devices: Apple Podcasts, Google Podcasts, Spotify, Audible, Stitcher, TuneIn Radio." (Suz)

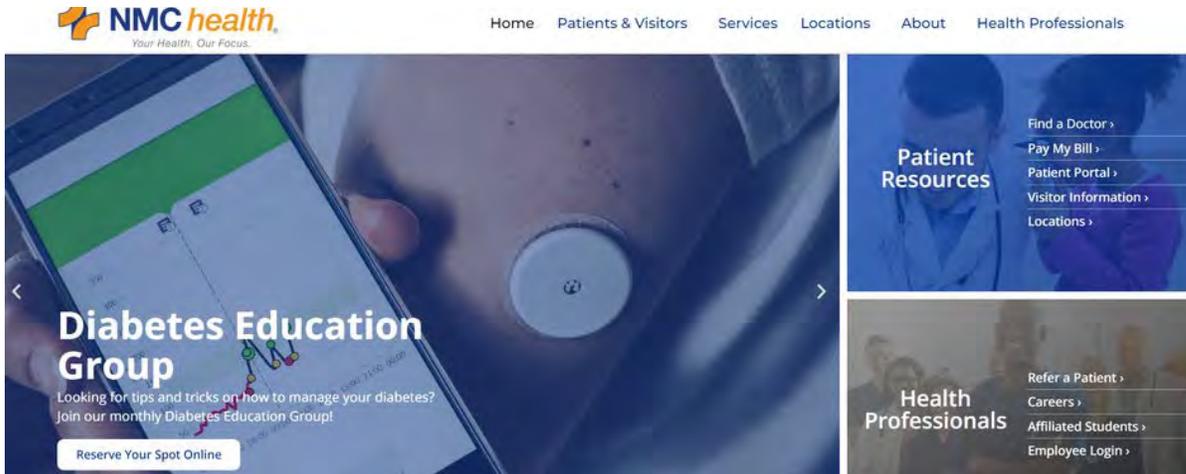
## PODCAST



# 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

## IT'S TRUE!

People will remember how you made them feel. It's true.

When you meet someone, remember that most people will remember how they felt when they met you, not what you said. Do your best to listen and offer kindness and compassion whenever possible.

A clean space eases anxiety. It's true. When you are feeling anxious, a dirty or messy space is not going to help. Try tidying up and organizing the area around you to help your mind focus more on the task at hand.

Wait for a full answer. If you ask someone a question, and they only offer a partial answer, do your best to wait it out. If you stay silent and keep eye contact, they will usually continue to share more information. It's true.



Hello  
SUMMER

For information about this program for persons 55 and above, contact NMC volunteer Pat Denno at 316.284.1902.



# Volunteering and its Surprising Benefits

HelpGuide.org - February 2023

Why volunteer? With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

**Benefit 1: Volunteering connects you to other people.**

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

**Benefit 2: Volunteering is good for your mind and body.**

Volunteering provides many benefits to both mental and physical health:

- Counteracts stress,
- Combats depression,
- Makes you happy,
- Increases self-confidence,
- Provides a sense of purpose,
- Helps you stay healthy,

**Benefit 3: Volunteering can advance your career.**

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

**Benefit 4: Volunteering brings fun and fulfillment to your life.**

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.



We all face stressful situations throughout our lives, ranging from minor annoyances like traffic jams to more serious worries, such as a grave illness. No matter what the cause, stress floods our body with hormones - our heart pounds, our breathing speeds up, and our muscles tense. This so-called "stress response" is a normal reaction to threatening situations. Consider these healthy ways to respond in times of stress.

**Breath Focus** - take long, slow, deep breaths. As you breathe, gently disengage your mind from distracting thoughts and sensations.

**Body Scan** - After a few minutes of deep breathing, focus on one part of your body or muscle group as you mentally release any tension you feel in that area. Do this all over your body.

**Guided Imagery** - Conjure up a soothing scene, place or experience in your mind to help you relax and focus. Consider free apps and online recordings of calming scenes to help the experience.

**Mindfulness Meditation** - Sit comfortably, focus on your breathing, and bring your mind's attention to the present moment without drifting into concerns about past and future.

**Repetitive Prayer** - Sit comfortably and silently repeat a short prayer or phrase from a prayer, while practicing breath focus.



**Want to learn more?**

Contact

Volunteer Services:

[suz.mciver@mynmchealth.org](mailto:suz.mciver@mynmchealth.org)

316.804.6057

[mynmchealth.org/volunteer](http://mynmchealth.org/volunteer)

Utah, 25%, True