

VOLUNTEER CONNECTION

MARCH 2023 | SPRING EDITION

Do What
Makes Your
Heart Shine

THANK YOU!



Please Join Us

Spring Volunteer Party

Thursday, April 20, 2023

4:00-5:30PM

North Dining Room

This casual and relaxed time will include appetizers, an ice-cream sundae bar, music, awards, and time with friends.

PLEASE RSVP TO SUZ by April 14

Follow up phone calls happen the week of the party.

You are welcome to bring a guest.



*Please welcome these volunteers
since January 2023!*

Marian Stubbs, Phyllis Schneider, Ted Balzer, Joshua Kennell, Joy Gehrer, Charlene Berg, Gloria Neal, Willis Heck, Patricia Salsbery, Kathy Murphy

WELCOME

2023

Volunteer Services was pleased to help with and/or participate in these events Jan-Feb-March:

Chaplain luncheon, PFAC steering committee, Harvey County volunteer managers group, Trinity Heights "Piecemakers" group, Grace Community Church lunch meeting, Emma Creek Quilt Group meeting, United Way Annual Meeting, Newton Rotary Club

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!



**Suggestions
and Ideas -
Bring them on!**

**THANK YOU
FOR VOLUNTEERING**

"THE SMALLEST ACT OF KINDNESS
IS WORTH MORE THAN THE
GRANDEST INTENTION."
- OSCAR WILDE



HOT JOBS



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.



“ VOLUNTEER CHATS ”



"When a person retires, they need a reason to get up in the morning. One way to help is volunteering. Find your passion and you will find the perfect volunteer position. I found mine at NMC Health. I know you will also."

Robert Carlton, "Comfort Care Companion" Planning Group and Marketing Volunteer

"I have been a patient in most NMC Health departments - and I am very loyal to and thankful for NMC Health. I want to do my part to keep the quality and provide patients with a good experience. I want to keep it going. That's why I volunteer."

Chris Simmonds, Patient and Family Advisory Council and Sunshine Cart Volunteer



SIGN UP. SHOW UP. GET INVOLVED.



NMC *health*

UPDATE

- Wall and Flooring Project is coming to an end ... completion is around the corner! Thank you for your patience as we assure NMC Health has a clean, infection-free environment.
- It's budget time at NMC Health. Know that we are great stewards of our dollars - and our volunteers help in that effort with every hour that they give! From May 2022 to February 2023, our volunteer "in-kind" donation to NMC Health was \$96,119.66.
- Whether you are volunteering or encouraging your friends to volunteer, remember that NMC Health is your home for healthcare in Kansas. We are guided by our mission: "to excel in providing healthcare by understanding and responding to the individual needs of those we serve".
- WE ARE EXCELLENCE IN HEALTHCARE, with a small-town feel. Choose NMC Health if/when you or your friends need health care. To learn more about our services from A-Z, check out our website. We are here – for you. Call us today.



YAY!

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! We will work with Information Technology to secure the best possible technology solution for this department. More to come!

SAVE THE DATE: APRIL 7

NMC Health
Blood Drive
Friday, April 7
Call Volunteer
Services for
More
Information
316.804.6057



National Volunteer Week
April 17-21, 2023

Be watching for all kinds of good stuff!





This **volunteer companion program** provides caring presence to patients at the end-of-life, empathetic assistance to families, and support to staff. A small task group is creating the guidelines and duties for this program, with the goal of implementation late Spring/early Summer. Are you interested in being a supportive presence to those we serve? Join us at our informational meeting - details below!

Informational Meeting - Monday, April 25

Adrian Room

(North end of hospital near Sunflower Cafe)

11:30-1:00PM

or

4:30-6:00PM

RSVP to suz.mciver@mynmchealth or 316.804.6057

Food and Beverage Provided

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.

Thank you to volunteer Chris Simmonds and St. Matthew's Episcopal Parish for providing "palm crosses" to the hospital chapel and units on Saturday, April 1.

Crosses are available for patients, families, and staff as we acknowledge the final week of Jesus.

*Have you ever made a cross out of a palm branch?
Have you ever touched or waved a palm leaf?*



For those of us who profess Christian faith, a Palm Sunday meditation:

Despair and hope. They travel the road to Jerusalem together, as together they travel every road we take - despair at what in our madness we are bringing down on our own heads and hope in him who travels the road with us and for us and who is the only one of us all who is not mad.

Hope in the King who approaches every human heart like a city.

And it is a very great hope as hopes go and well worth all our singing and dancing and sad little palms because not even death can prevail against this King and not even the end of the world, when end it does, will be the end of him and of the mystery and majesty of his love.

Blessed be he.

Frederick Buechner

Smile VOLUNTEER PROJECTS

Knitting/Crocheting
Blankets, Prayer Shawls,
Baby Hats

Sewing

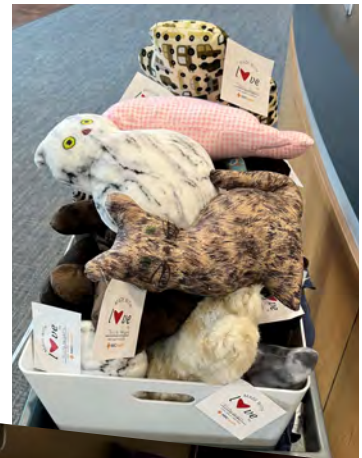
Port Pillows, Stuffed
Animals, "Pat's" Pillows,
Tote Bags, Maternal Child
Items, Rice Bags

Paper Art

Greeting Cards, Signage,
Patient Gifts

Do you have a project
idea? Share it!

Spread
Some
Sunshine!



DELICIOUS

BBQ Pork Loaded Baked Potatoes

8 medium sized potatoes | 2 T. olive oil | 1 large onion
1 large red bell pepper | 1/4 t. salt | 1/4 t. pepper
8 oz. Monterey Jack cheese, shredded
1 1/2 pounds pulled smoked pork, warmed
2 c. corn chips, coarsely, crushed
2 small ripe avocados, diced
1 1/2 c. BBQ sauce | 1/4 c. chopped fresh cilantro
1 (14 oz) package coleslaw mix
3/4 c. white BBQ sauce



Preheat oven to 400°F. Place potatoes on an aluminum foil-lined large baking sheet. Bake in preheated oven until very tender, about 45 minutes.

Meanwhile, heat oil in a large skillet over medium. Add onion slices, and cook, stirring often, until tender and lightly browned, 5 to 7 minutes. Add bell pepper, and cook, stirring often, 5 minutes. Remove from heat, and sprinkle with salt and black pepper.

Cut a lengthwise slit down center of each potato (do not cut all the way through); squeeze sides to open. Slightly mash cooked potato pulp, and push toward opening. Top with cheese, pork, onion mixture, corn chips, and avocado; drizzle with barbecue sauce, and sprinkle with cilantro.

Toss together coleslaw mix and white barbecue sauce; serve with pork-stuffed potatoes. Enjoy!

Add a Pairing: Pasta Salad, Applesauce, Green Beans, Cornbread, Grilled Veggies, Fruit Kabobs, Grilled Pineapple, Mac & Cheese, Garlic Toast, Baked Beans



POP UP GIFT SHOPS 2023



WE ARE EXCITED TO ANNOUNCE OUR SCHEDULE FOR
POP-UP GIFT SHOPS IN THE HOSPITAL FOR 2023!

MAY 11-12 - COLLECTIVE GOODS

JUNE 15 - SCRUB HUB

SEPTEMBER 18-19 - MASQUERADE JEWELRY

NOVEMBER 9-10 - COLLECTIVE GOODS

WATCH FOR SPECIAL EXTRAS!

About the Author

Courtney Turcotte Bond proudly grew up in both Lawrence, Kansas and Dayton, Ohio. She holds a bachelor's degree in Integrated Language Arts Education, a master's degree in Education, and has been a high school English teacher since 2004. She's also a small business owner, freelance writer, poet, blogger, and public speaker. When Courtney is not working, you can find her singing along to every lyric at a live concert or traveling the country. She resides in northeast Kansas with her husband and two kids.



Breathtaking

A Novel



COURTNEY TURCOTTE BOND

To the outside world, Cara's life seems perfect. The only one who knows the dark secrets inside her home is her best friend and next-door neighbor, Adam. Cara's only escape is by writing and sharing her stories with him through their facing bedroom windows late at night. Just when everything seems to get better, Cara's world shatters, causing her to spiral into a deep depression and writer's block. Even though Adam promises her "everything will be okay," she knows things will never be the same. As she clutches to the fractured wounds of the past, how will Cara ever be able to love or write again? **BREATH TAKING** is a heart-wrenching coming-of-age story that fans of John Green and Nicholas Sparks will love.



*Thank you Volunteers. for sharing
yourselves in such an important way!*
(Since May 2022)

Total Active Volunteers - 64
Total Volunteer Hours - 3,577
Total In-Kind Contribution - \$96,119.66

Project Numbers:

Burp Rags - 24 | Baby Hats - 113
Rice Bags - 248 | Christmas Cards - 35
Birthday Cards - 67
Pat's Pillows - 60 | Stuffed Animals - 47
Port Pillows - 34 | Mini Prayer Quilts - 60



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!

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!



GET SOCIAL

Like, Share & Comment

The gift of
service leads to
a life of love.



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

We celebrate these April - May - June Birthdays!

Gloria Neal
Barb Weibe
Ken Franz
Janet Balzer
Janelle Courtright
Cheri Markley
Jen Hamm
John Lambert
Jim Erb
Jenny Mize
Karen Farrell
Laurie Kimerer



CHECK OUT THESE PODCASTS:

Tracks to Relax
(Guided Sleep Meditations)

The Engaged Volunteer Podcast

The Way I Heard It
(Mike Rowe)

Time and Talent Podcast

Now and Then
(Henri Nouwen)

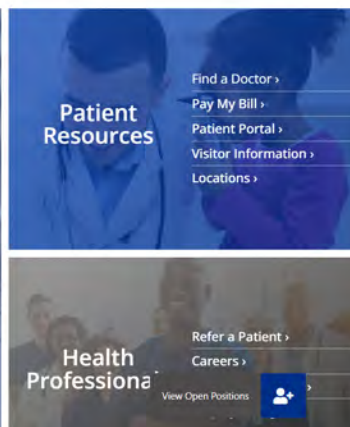
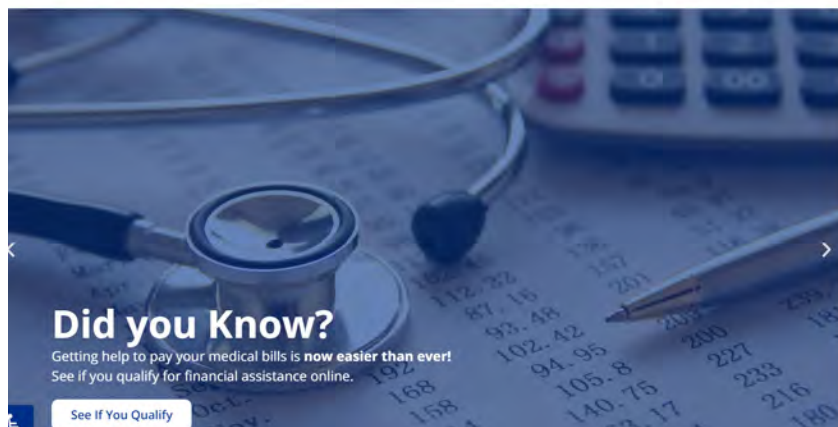


FIND IT ON OUR WEBSITE

<https://www.mynmchealth.org>



[Home](#) [Patients & Visitors](#) [Services](#) [Locations](#) [About](#) [Health Professionals](#)



Did you know
that our
website can
help you?

Find a Doctor
Pay My Bill
Patient Portal
Visitor Information
Locations



WHEN YOU SHARE THIS NEWSLETTER,

you spread the word about NMC Health and our Volunteer Services Department!
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!

WHEN YOU COMMENT, FOLLOW & SHARE OUR LINKEDIN AND FACEBOOK PAGES,
you help to broaden our audience!

What is in your basket?
If your life is your basket, a
storage container for your
visions, to-do's, dreams, and
hopes ... is your basket full
or empty? What can you do
to fill your basket with
things that provide meaning,
fulfillment, and joy?



The Power of Volunteerism in Creating a Better Working World

The pandemic was hard on everyone's mental health, but some would argue that Gen-Z felt it most—from missing out on milestone social moments (e.g., graduation, prom, etc.) to crippling student debt, unaffordable housing and entering the workforce in a work-from-home environment. More so, according to *Harvard Business Review* and U.S. Surgeon General Dr. Vivek Murthy, Gen-Z is experiencing a "youth mental health crisis."

By the end of the decade, Gen-Z will make up a third of the workforce, according to the U.S. Bureau of Labor Statistics. In their personal lives, they crave connection and authenticity. That is no different when they report to work for the day via Slack or when they are on conference calls via Zoom. Because most of Gen-Z entering the workforce over the past couple of years has had a disconnected experience with a lack of in-person options, this generation is also facing a soft-skills gap—especially in communication and networking skills, which is supported by recent studies from Salesforce.

As we become more connected via technology, the rates of loneliness and disconnection are increasing. Many employers aren't providing the physical space or training to support a sense of human connection at work. Now is the time to reconsider how we support our team members outside of their everyday jobs.

Giving back or volunteering is becoming a top retention strategy for corporations. A 2022 study on talent retention found that "companies see a 52% lower turnover among newer employees when they participate in purpose programs."

Certain types of volunteering can teach valuable skills like active listening and strengthening perspectives on diverse viewpoints. Encouraging volunteering that fosters human connection and two-way communication can be a simple step toward supporting employees' mental health and soft skills and elevating feelings of belonging, purpose and value. (Dena Trujillo-Forbes Council Member, February 22, 2023, <https://www.forbes.com>)

What are the take-aways from this article? (1) Focus on opportunities that create a greater sense of belonging, (2) Be encouraging, (3) Help volunteers connect the dots through shared experiences. We can encourage our employees to spend some of their work and personal time refreshing their soft skills, such as active listening and compassion. Encouraging volunteerism in the workplace creates more resilient groups, an innovative workforce, and better employee retention.

RELAXATION DOESN'T HAVE TO TAKE UP LOTS OF YOUR TIME.
SIMPLY STEPPING AWAY FROM SOMETHING STRESSFUL FOR A FEW
MINUTES OR TAKING TIME AWAY FROM YOUR NORMAL ROUTINES AND
THOUGHTS CAN GIVE YOU ENOUGH SPACE
AND DISTANCE TO FEEL CALMER.
READ A BOOK OR A MAGAZINE. ENJOY A WARM BATH. WATCH A FILM.
PLAY WITH YOUR PET OR TRY OUT A NEW RECIPE.
TAKE A WALK. GOING AT YOUR OWN PACE.
LOOK FOR A CLASS YOU'D LIKE TO TRY. SUCH AS YOGA. PILATES OR
GENTLE STRETCHING.
SPEND TIME IN NATURE.
GET CREATIVE - DRAWING. PAINTING. MUSIC. SEWING.
FOCUS ON YOUR BREATHING.

Want to learn more?
Contact
Volunteer Services:
suz.mciver@mynmchealth.org
316.804.6057
mynmchealth.org/volunteer