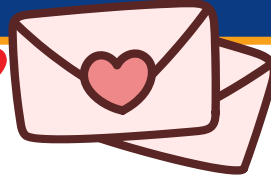


VOLUNTEER CONNECTION

JANUARY 2023 | WINTER EDITION



A Love Letter

Volunteers,
We are nearing February, and as the calendar page flips, memories turn to shoebox Valentine boxes and youthful delight with all manner of construction paper, glue and crayons ... such fun as I attempted to create "the most beautiful box" in class. I recall home-made Valentines fashioned year after year with handmade stamps on each envelope!



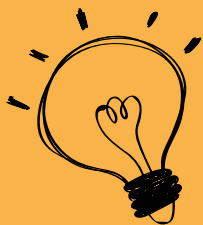
As my childhood reminiscence enters the adult present day, imagine me creating a perfectly designed **Valentine** for you. Your Valentine includes hues of **red** and **pink** and has lovely frilly edges, and messages of love and gratitude. And even though Valentine's Day comes but once a year, your Valentine appears for you daily as an email or a phone call or a text message - a reminder of my deep admiration and appreciation for you and all that you are.

NMC Health is hugged by your faithful volunteer arms. You make NMC Health a better place - and we love you for it. You are the heart of who we are, the spirit of what we do, and the inspiration for our days. For this, and so much more, thank you.



*Volunteer Services needs
your ideas, thoughts,
suggestions and
brainstorms!*

*Together, we are
creating our program!*



Bring it on!

Volunteers are
love in motion.

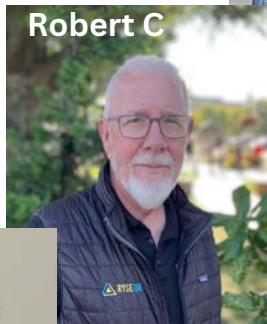


*Please welcome these
volunteers since October
2022!*

Pauline G



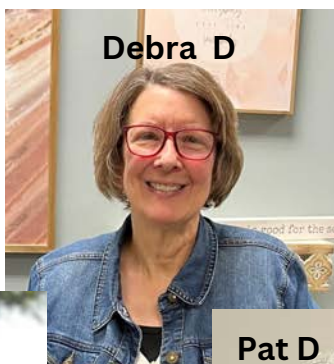
Robert C



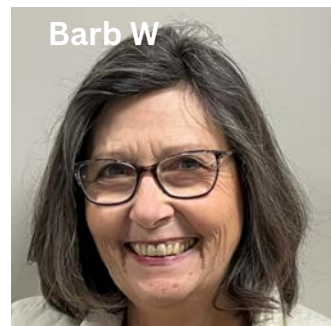
Laurie K



Debra D



Barb W



Pat D



Bev S



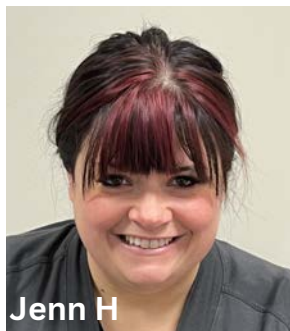
Steve H



Jenny M



Jenn H



John L



Not pictured, but certainly welcomed!

Janice H
Linda L
Marcella G
Paula A
Rhonda T
Shari M

Brocia M
Sue S
Ashton M
Susan K
Kathleen M

**PUSHING TOWARD 75
ACTIVE VOLUNTEERS!**

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 social media posts.
- Be an NMC Health ambassador - share your story!

New! HOT JOBS

WEEKLY AROUND YOUR SCHEDULE (1-2 hours)

Sunshine Cart - We need volunteers to move the cart throughout the hospital throughout the week and into weekends.

IT Helpdesk and Phone Work - Can you communicate on the phone? Are you computer-savvy?

Chaplain - Assist with the emotional and spiritual needs of patients, families and staff throughout the hospital.

Surgery Waiting - Enjoy a short or long shift and take care of families while their loved one is in surgery or having a procedure.

Inventory and Outdates - Count, check, remove outdates in areas throughout the hospital.

No One Dies Alone - Be an end-of-life companion with our patients and families.

ONE-TIME OR QUARTERLY PROJECTS

Hallway Artwork - This beautiful job is for you - help facilities staff position and hang hallway artwork!

English, grammar and you can make a great trio! Help the marketing department update our collateral materials!

Front Desk or Surgery Waiting Substitute - When needed, help out at the front desk or in surgery waiting.

VOLUNTEER CHAT

"Volunteering at NMC Health is both fulfilling and lots of fun!"

From Sue Dunn, Volunteer

Sue came to NMC Health through a Lions Club meeting - and since that time, she has done a "lions share" of work in:

HR, Employee Health, Quality, Volunteer Services, Surgery Waiting, Marketing and she helps with our annual Blood Drive.

Thank you, Sue, for your can-do attitude, smiles and commitment!



No One Dies Alone

This volunteer companion program provides supportive presence to patients at the end-of-life, and empathetic assistance to families. A small task group is creating the guidelines and duties for this program, with the goal of implementation this Spring. Are you interested in being a supportive presence to those we serve? Reach out to volunteer services!

SIGN UP. SHOW UP. GET INVOLVED.

SUNSHINE CART

NMC Health is committed to serving the patients and families of Harvey County and beyond. As an extension of our care, Spring 2023, we are launching our "caring cart" program that connects NMC Health volunteers with those we serve, bringing added comfort within the hospital setting.

January 2023



Spread
Some
Sunshine!

WISH LIST

Small Water Bottles
Recent Magazines for Men, Women and Children
Pocket Tissues
Hygiene Products (comb, hairbrush)
Packaged Snacks (granola bars, cookies, crackers, chips)
Journals, Devotional Books and Bibles
Gum, Hard Candy, Mints, Chocolate
Fuzzy Socks
Prayer Shawls
Fidget Toys
Wet Wipes (small packages)
Playing Cards
Pens

The Sunshine Cart offers complimentary items and information about NMC Health. Individuals, faith communities, civic groups and businesses can help by making in-kind donations, insuring that hospital visits are a bit easier because of something special received during their stay. Items may be left in Volunteer Services at the hospital - or will be picked up, if necessary. Items are one-time use.

What makes a GREAT VOLUNTEER?

Passion - Reliability - Integrity

Team Player - Energy



NMC *health*

UPDATE

Wall and Flooring Project:

We are making great progress with our wall and floor covering project! When you are on site, most likely you see plastic walls and construction zones throughout the hospital. This project ensures our patients and visitors are protected by making it easier for us to clean and sanitizer our spaces. We anticipate completion Summer 2023.

Outside Sales:

Starting May 2023, our fundraising opportunities are returning! We are pleased to present four opportunities this year, so be sure to invite your friends and family! Masquerade Jewelry offers necklaces, bangles, earrings, purses, scarves, and other fashion items. The Scrub Hub features scrub tops and pants, medical accessories, shoes and much more! Collective Goods supplies us with books, stuffed animals, household items, wearables, gifts!

Mission Driven:

While you are volunteering – or encouraging your friends to volunteer – remember that NMC Health is your home for healthcare in Kansas. In all things, we are guided by our mission: “to excel in providing healthcare by understanding and responding to the individual needs of those we serve”. And our vision “to improve health” is unwavering. We are excellence in healthcare, with a small-town feel. NMC Health is proud to support our community and set a high standard of quality in every service that we provide. We strive to provide every patient and family a rich experience from beginning to end. **Come to NMC Health if/when you or your friends need health care.** To learn more about our services from A-Z, click this link: <https://www.mynmchealth.org/services/> We are here – for you. Call us today.



**Daylight Savings Time
begins Sunday, March 12
and ends Sunday,
November 5.**



National Volunteer Week

April 17-21, 2023

Be watching for all kinds of good stuff!



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

SAVE THE DATE

2023 OUTSIDE SALES

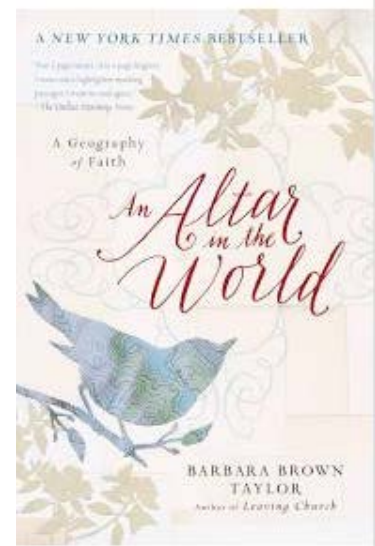
We are excited to announce our schedule
for outside sales in the Hospital for 2023!
More details to come!

May 11-12 - Collective Goods
June 15 - Scrub Hub
September 18-19 - Masquerade Jewelry
November 9-10 - Collective Goods

FOR READERS ONLY

An Altar in the World, by Barbara Brown Taylor

In this highly acclaimed and lyrical modern classic, bestselling author Barbara Brown Taylor reveals the countless ways we can discover divine depths in the small things we do and see every day. While people will often go to extraordinary lengths in search of a 'spiritual experience', she shows that the stuff of our everyday lives is a holy ground where we can encounter God at every turn. (Google Reviews)



BB Taylor has been an Avon lady, a cocktail waitress, a horseback riding instructor, a local pastor, and a hospital chaplain. But her favorite job was teaching World Religions at Piedmont College before putting the chalk down in 2017. She now divides her time between writing, speaking, and caring for the land on which she lives. Barbara and her husband Ed tend a small farm in the foothills of the Appalachians.

The Two Wolves

An old Cherokee chief sat down to teach his grandson about life.

“There’s a fight going on inside me,” he tells the young boy, “a fight between two wolves.”

“One wolf is evil. It’s full of malice, anger, greed, self-pity and false pride. The other is good. It’s full of peace, love, joy, kindness, and humility.”

“This same fight is going on inside you and everyone else on the face of the earth.”

The grandson was quiet, pondering this revelation for a moment before asking, “Grandfather, which wolf will win?”

The old man smiled and replied, “The one you feed.”

Moral of the story:

Good and evil exist within each of us. It’s our responsibility to own that reality and do whatever we can to nurture the good.



Volunteer Services was pleased to recently participate in and/or host these events:

- October 20 - Meeting with Joey Menninga, Principal Chisholm Middle School
- October 25 - Hesston Ministerial Alliance
- October 26 - NMC Health Chaplain Lunch
- November 2 - Newton Ministerial Alliance
- November 4 - Meeting with Micah Hurst, Hesston College
- November 9 - Chisholm Middle School Staff Meeting
- November 11 - NMC Health Blood Drive
- November 11 - PFAC Steering Committee
- November 14 - Wichita Business Journal Event
- November 16 - Newton High School Experiential Day
- November 17 - Presentation/Hesston Chamber of Commerce
- November 29 - Harvey County Volunteer Managers Meeting
- December 8 - Volunteer Christmas Party

2022

WINTER HEALTH CARE TIPS

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health.
- 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 and stick to a schedule.
- Regularly try a relaxing activity. Explore relaxation or wellness programs or apps, that incorporate meditation, muscle relaxation, or breathing exercises.
- 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 as if you are taking on too much.
- Practice gratitude.
- 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.



DELICIOUS

No-Bake Energy Balls

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

INSTRUCTIONS

- 1 **Stir everything together.** Stir all ingredients together in a large mixing bowl until thoroughly combined.
- 2 **Chill.** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
- 3 **Roll into balls.** Roll into mixture into 1-inch balls.
- 4 **Serve.** Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

HOUSEKEEPING

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

Total Active Volunteers - 52
Total Volunteer Hours - 2,566
Total In-Kind Contribution - \$68,955.08

Projects:

Burp Rags - 24 | Baby Hats - 74
Rice Bags - 218 | Christmas Cards - 35
Pat's Pillows - 60 | Stuffed Animals - 31
Port Pillows - 4

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!

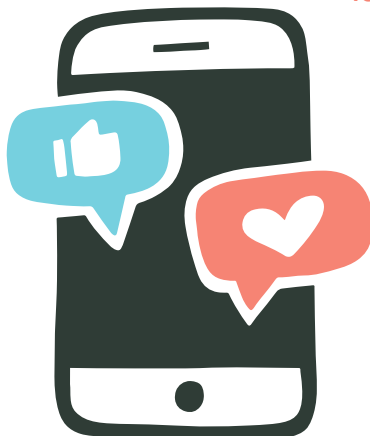
*Let's Grow
Together!*

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/>

GET SOCIAL

Like, Share & Comment

Watch NMC Health's
Facebook and LinkedIn
pages for educational
information, special events,
and opportunities in Harvey
County.



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!

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



FROM OUR WEBSITE: Medical Tips for Winter

<https://www.mynmchealth.org/medical-tips-for-winter/>

In Kansas, we know that winter weather can bring anything from cold, ice, snow, rain, and wind. Any combination of those conditions can lead to power outages, slippery surfaces, and serious injuries from falls. Hurting ourselves in the winter stresses our body, so when "old man winter" strikes, it is important to do what we need to do, to keep your trips to a minimum and stay safe.



The worst-case scenario this winter may be a slip and fall from ice and snow. Such falls can lead to broken bones, frostbite, concussion and more. Immediately call for help - delays in treatment can impact recovery.

We are here for you!

Immediate Care in Newton

316.281.9700

Orthopedics in Newton

316.283.9977

Emergency Department at NMC Health Medical Center

316.804.6054

Family Medicine

Hesston 620.327.2440

North Amidon 316.838.8585

Park City 316.440.4466

Valley Center 316.755.1511



MID-WINTER MEMORIAL

Monday, February 20, 2023

7:30AM, 3:30PM, 7:30PM

*Honoring the
Memories of Those
We Love*

A memorial table will be provided if you wish to display a favorite picture or memento to further honor your beloved.
RSVP to 316.687.2273 or suz.mciver@mynmchealth.org



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!



Need more information?

Suz McIver

suz.mciver@mynmchealth.org

316.804.6057

mynmchealth.org/volunteer

FINDING RESILIENCE AND PURPOSE

"At first, this may be difficult. Learning to assume total responsibility for your life is no small task. Keep reminding yourself that you are it. No one else is responsible for your happiness, fulfillment, satisfaction, competence, health or life situation but you. No matter what life or leadership challenges you face, you are not a victim of your circumstances; you are responsible. As you increasingly assume responsibility for yourself, you are prepared to assume responsibility for leading others. All leaders begin with self-leadership and self-responsibility."

*From the book Leadership from the Inside Out, by Kevin Cashman
and shared at NMC Health Bi-Weekly 0745 Leadership Meeting*

