



The GrapeVINE

Volunteer Information Network

JULY 2018

Volume 21, Number 7



Mission Statement: Memorial Health System Volunteer Corps serves as a link between the community and Memorial Health System by providing support through acts of kindness, donations of time, talents, and financial gifts.

VOLUNTEER SPOTLIGHT



MEET RUTH BEETCH

As a volunteer working at the Memorial Hospital Information Desk on Monday mornings, Ruth enjoys greeting people as they visit the hospital or clinic. She has worked as a volunteer at Memorial Health System for two years. She also has volunteered at the Information Desk at the Heritage Center.

Ruth grew up in the country northeast of Detroit, Kansas, and attended school in Chapman.

She lived on a farm near Holland, Kansas while she was married, then moved to Abilene in 1998 after her husband passed away. Ruth has four children. One daughter lives on the home farm and another daughter lives in Nebraska. One of her sons lives in Newton, Kansas, and the other lives here in Abilene. She has ten grandchildren and four great grandchildren. All of the grandchildren and great grandchildren have moved away from Abilene and Dickinson County.

Ruth worked in Salina at an insurance agency for several years, and later she worked at Brown's Home as a receptionist until she retired.

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Dates to Remember July 2018

July 4th- Happy Independence Day!

July 12th- Card Committee-

Conklin Conf. Center from 9a-3p

July 12th- MHSVC Ex. Board Meeting

Conference Room C, 9:30a

July 26th- Craft Committee-

Conklin Conf. Center from 9a-3p



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When asked about her hobbies she did not hesitate to talk about the fact that she loves to quilt. She has made a quilt for each of the grandchildren for their graduation. She also loves to read, volunteer and is still active with the Holland Farm Friends. Ruth lives across the street from the flower garden at Abilene's Eisenhower Park. She enjoys the beauty of all the flowers in the garden and loves to tell people that she has the prettiest garden in town and doesn't have to take care of it.

The volunteer for this spotlight is randomly selected from a list of the month's birthdays.

**MEMORIAL HEALTH SYSTEM
VOLUNTEER CORPS SCHOLARSHIP
AWARDED**



Shown from left: Michelle McClanahan, MHS Director of Volunteer Services; Wendy Klosterman, MHS Volunteer Corps President; Adara James, scholarship recipient; Sue Murry, MHS Volunteer Corps Scholarship Committee member; and Linda Duncan, MHS Volunteer Corps Scholarship Committee member.

The Memorial Health System Volunteer Corps is pleased to announce Adara James has been awarded a \$500 scholarship. The Memorial Health System Volunteer Corps presents a scholarship annually to a local high school senior who has volunteered their time within the community and plans to pursue a career in healthcare. Adara graduated from Abilene High School with the Class of 2018, and will begin college this fall at Washburn University.

**VOLUNTEER CORPS DONATES TO
FOUNDATION FOR GARDEN CARE AT
VILLAGE MANOR**



The Memorial Health System Volunteer Corps (MHSVC) recently donated \$1000 to the Memorial Health Foundation for care, maintenance, and additions to the meditation garden area at Village Manor in Abilene. Activities are held in each of the two areas of the garden and residents also enjoy spending time in the garden.

Shown standing (from left) are Joe Sanfilippo, MHSVC Treasurer; Michelle McClanahan, MHS Director of Volunteer Services; Linda Padgett, MHSVC member; and Debbie Davis, Village Manor Social Worker. Sitting (from left) are Orville Kickhaefer and Lyman Hill, both Village Manor residents.



Beginning May 1, 2018

WALK - IN CLINIC

7:00 - 9:00 A.M.

Monday - Friday

Convenient treatment for:

- Colds & Flu
- Sore Throat
- Ear Infection
- Laceration Repairs
- Muscle Strains & Pain
- Minor Aches & Pains

The Walk-In Clinic is here for those who need immediate care, but do not need to go to the Emergency Department. Appointments are not needed. Patients are seen in the order they arrive.

www.CaringForYou.org

511 NE 10th Street, Abilene, KS (785) 263-4131

MHS WELCOMES JENNIFER FESSENDEN AS A NEW MASSAGE THERAPIST AT COMPREHENSIVE PAIN SOLUTIONS



Memorial Health System is pleased to announce Jennifer Fessenden has recently joined Comprehensive Pain Solutions at Memorial Hospital in Abilene as a massage therapist.

Jennifer and her husband, Cory, recently moved to Abilene from Lawrence, where she has been a massage therapist for the past 10 years. Jennifer did her training at Pinnacle Career Institute, in Lawrence. She enjoys her job and says she likes to help her clients feel better.

Massage therapy is a new service offered at Comprehensive Pain Solutions. "Massage is a compliment to all of the other services and treatments offered, and it gives patients the option to include massage therapy into their treatment plan," Fessenden said. "I am excited to be a part of a team dedicated to helping people feel better."

Jennifer is available on Mondays and Wednesdays from 8 a.m. to 4 p.m. and on Tuesdays and Thursdays by appointment only. She will focus on massage therapy that helps to relieve pain, including relaxation, deep tissue, and trigger point massages. Massage appointments can be as long as 15 or 30 minutes, or an hour-long full-body massage.

Jennifer and her husband have three children, two are in college and the youngest is in 8th grade. MHS welcomes the Fessenden family to the Abilene community!

HEALTHWISE 55

How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

For more information visit:

<https://www.nia.nih.gov/health/hot-weather-safety-older-adults#tips>



Happy Birthdays

July Birthdays

- 2 Doris Chaput
- 5 Joan Marshall
- 20 Jean Rector
- 28 Ruth Beetch
- 30 Sarah Wilson
- 30 Janice Roth

*If your name has been left off, please forgive us and contact Michelle at 263-6692.

Do you know about the Employee Purchasing Program?

Volunteers (who are eligible) may purchase batteries and baby wipes at a reduced cost.

Ask Michelle for details or stop by the Caring Hearts Gift Shop.

Important Numbers:

- Memorial Hospital.....263-2100
- Volunteer Services Office.....263-6692
- Hospital Scheduling.....263-6660
- Heartland Surgery.....263-0505
- Rehab Scheduling.....263-6664
- Memorial Health Foundation.....263-6688
- Marketing and Communications.....263-6686
- Home Health & Hospice.....263-6630
- Impact Sports & Fitness.....263-3888
- Village Manor.....263-1431
- Michelle's E-mail.....mmclanahan@mhsks.org
- MHS Website.....www.caringforyou.org

MHSVC Executive Board Meeting Highlights - June 2018

- Meeting called to order and prayer for Hospital Auxiliaries was read in unison.
- Minutes were approved.
- Communications- none
- Treasurer's Report- \$58,851.41 ending balance.
- Corresponding Secretary- 10 birthday cards were sent in June and 7 recognition cards.
- Card Committee- no update.
- Craft Committee- worked on lap robes for Village Manor.
- DVS Report- 779 hours in May, 90 cards sold, 493 cookies, and 0 meals sold.
- CEO Comments- Mr. Courtois gave an update on the Custom Learning Systems training for employees, physician recruitment update on two family medicine/OB physicians who are interested in interviewing with us, Hillary Wilson Kersten, P.A. has accepted the job offer to work with Dr. Brown and will start in September and Barbara Berry, APRN has been hired to replace Esther Carlson. Also shared update on Frontier Estates' new windows, new lab program, Walk-in Clinic and finances.
- Old Business- update on gifting time.
- New Business- Voted and approved by law changes, Discussed birthday celebration, scrub sale and volunteer handbook.
- Next MHSVC Executive Board meeting will be July 12th at 9:30 a.m. in Conference Room A.