



The GrapeVINE

Volunteer Information Network

JANUARY 2019

Volume 22, Number 1

VOLUNTEER SPOTLIGHT



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.



MEET PHYLLIS SHAFT

Phyllis Shaft spent her early years in Scottsville, KS, but moved to Beloit, KS and graduated from Beloit High School in 1951. She spent two years in Fremont, NE attending Midland College where she had a scholarship in music.

In 1953 Phyllis married Jerry Shaft, a minister. They were married 53 years before he passed away in 2007. Phyllis has a son named John who is married and lives in Abilene. John and his wife own and manage Third Street Deli & Market here in Abilene.

Phyllis has had many jobs, most of them volunteer, and most of them because she was the minister's wife. She stayed home when they were in Schuyler, NE, but was involved in many things connected with their church. They moved for one year to New York City, where she worked in an philanthropic office and remembers having the very best year with many good times.

A minister's wife always has plenty to do, so she didn't work for a while when they lived in Kansas City. She was part of many women's groups throughout the church, including as a musician and musical director. She was also part of the Northland Symphony. She worked in a florist shop part-time while in Kansas City. After moving

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Dates to Remember January 2019

January 4th -TAB Cinnamon Roll Sale

Frontier Estates @ 9:00 a.m.

January 10th -Card Committee -

Conklin Conf. Center from 9a-3p

January 10th -Executive Board Mtg

Conf Room C, 9:30a

January 24th -Craft Committee -

Conklin Conf. Center from 9a-3p



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to Lindsborg, KS, where her husband worked at Bethany College, she started her own combination florist shop, gift shop and art gallery. She started the Lindsborg Arts Council and brought the Kansas City Philharmonic to Bethany twice. When asked about bringing them the second time, she said she would as long as they could invite children in every small school around Bethany. It was one of the most rewarding things she has done, and the KC Philharmonic has not been there since.

When they returned to Kansas City for her husband's job, Phyllis was hired to work as a temporary employee at the Westinghouse Credit Corp. She became a manager and worked there for ten years.

She LOVES art and music and has always been singing and playing music in church. She cannot draw, but loves art and has several pieces hanging in her home.

She volunteers at MHS, working at the Information Desk, and also spends time helping at the Eisenhower Foundation.

Everything she has done has always been varied and interesting to her. It was always what she wanted to do.

Colorado is her favorite place to visit. Phyllis and her husband were actually planning to retire there, but that did not work out. She came to Abilene, because her son and daughter-in-law were living here. They did some traveling, but being in the mountains was their favorite.

Two very special memories for Phyllis involved helping others. She was a speaker for over twelve years for the SafeHome, a home for victims of domestic violence, in Overland Park, KS. She would go to different groups and share information about this very special home. She received an award from them for the Most Valuable Volunteer for 2004. It was for outstanding volunteerism as a dependable member and for sharing inspiration to any small group about their message of promoting non-violence. The other memory is from right after her husband died. They sold their church to a Campus Ministry group needing a place to carry out their ministry. Phyllis' church gave them quite a bit of money to help them buy the home they needed. She actually spoke at nine different churches to help raise the money for this project and actually was responsible for almost one-fourth of the money received.

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

MHS VOLUNTEER CORPS DONATES MORE HOLIDAY LIGHTS



The new holiday lights can be seen from Memorial Hospital patient rooms on the east side of the hospital, along Brady Street.

Memorial Health System (MHS) has added to their holiday lights with four deer making the tree scene, at the east side of Memorial Hospital, their new home. Three trees were also added to the scene. The lights were donated by the Memorial Health System Volunteer Corps (MHSVC).

Memorial Health System has lighted holiday scenes on display along Brady Street in Abilene, some of which include motion. There are light scenes located at Home Health and Hospice of Dickinson County, Learn and Grow Depot, Memorial Hospital, and Village Manor. The MHSVC holds several fundraisers throughout the year, and uses the proceeds to support special projects within MHS.

*Thank you
From an OB family*



10 years ago, this little guy was born at 5:00 p.m. up on the second floor. He and I were your only guests for our entire stay, so we got some amazing, personal care. We also received the beautiful stocking and tiny hat. While he no longer fits inside, Charlie still has the stocking hanging on his door every year and the hat is in his memory box.

If the group of ladies still knits hats and stockings for all of the new babies, please give them a big thank you again from us. We love them!!

Thank you for starting Charlie's life off with a smile.
Darcy

**IMPACTS
WEIGHT LOSS
CHALLENGE**

Prizes for the greatest percentage of weight loss: \$500 Grand Prize • \$250 2nd Place
\$100 3rd Place

WHEN: January 14 - February 22
COST: \$60 for 6 weeks
Payment due at registration. No Refunds.
TO SIGN UP: Turn-in Registration Form at Impact Sports & Fitness, 418 N. Broadway
SIGN-UP DEADLINE: January 4

impact
SPORTS AND FITNESS
It's All About You
at Impact Sports & Fitness!
418 N. Broadway • Abilene • 263-3888

HEALTHWISE 55

10 Healthy Habits for 2019

- 1. Eat Healthy** - The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are as important as ever.
- 2. Focus on prevention** - Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Get your flu and pneumonia shots too!
- 3. Information on medication management** - Ask and review your medications with your physician on a regular basis.
- 4. Get some sleep** - Turn the lights down in the evening to spur drowsiness and make sure your room is comfortable, cool, and quiet.
- 5. Remember mental health** - Do crossword puzzles, read and write, and try new hobbies to stimulate your mind and engage with the world around you.
- 6. Screen for vision changes** - If you wear glasses, you should have your prescription checked every year for changes and eye health issues.
- 7. Socialize** - Time spent with family, grandchildren, and volunteering, help you feel connected!
- 8. Stay physically active** - Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls, can keep you healthier longer.
- 9. Take advantage of free physicals** - During the first 12 months on Medicare, you are offered free physicals. After that first year, you receive free annual wellness visits.
- 10. Visit the dentist every six weeks** - The risk of cavities increases with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease, and stroke.

For more information visit <https://www.aplaceformom.com/blog/11-5-14-healthy-habits-for-seniors/>



8 Barb Reitz
 9 Judy Wyckoff
 13 Phyllis Shaft
 20 Beverly Bennett

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



Mon-Fri
8 a.m.-4 p.m.

Warm up with a hot cup
of coffee or
cappuccino in the
**Caring Hearts Gift
Shop. Only \$1!**



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 -December 2018*

- Meeting called to order and prayer for Hospital Auxiliaries was read in unison.
- Minutes were approved.
- Communications- none
- Treasurer's Report- \$ 52,116.49 ending balance.
- Corresponding Secretary- 5 birthday cards were sent in December and no department recognition cards.
- Card Committee- made birthday, sympathy, and get-well cards.
- Craft Committee- worked on lap robes for Village Manor.
- DVS Report- 599.75 hours in November, 37 cards sold, 400 cookies, and gift shop sales of \$4,852.46. We received a check for \$378.40 from our HCI Sale.
- CEO Comments- Mr. Courtois gave an update on physician recruiting, Walk-in Clinic is going well with 146 visits in November, the Lab program will continue to increase, the alliance between Geary Community Hospital and Salina Regional was rejected, Hope Lives donation of \$12,700 was received from Tim & Brenda Holm, Angie Johnson is the new Chief Nursing Officer, and voice recognition in Radiology is up and running.
- Old Business- The improvements in the Meditation Garden were up-dated, Cookie Sale was a success, netting \$889.25 minus a few expenses.
- New Business- Gifting Time requests were presented by Department Managers. A discussion and vote was made on each item presented. The following items were approved, Marketing Department - new camera, EOC - popcorn machine, Respiratory Care - two crash carts, Learn & Grow Depot- door lock down devices, 10 handheld radios, play kitchen set, Impact Sports & Fitness- wt pads, exercise mats, medicine balls, and equalizers.
- Next MHSVC Executive Board meeting will be January 10th at 9:30 a.m. in Conference Room C.