



The GrapeVINE

Volunteer Information Network

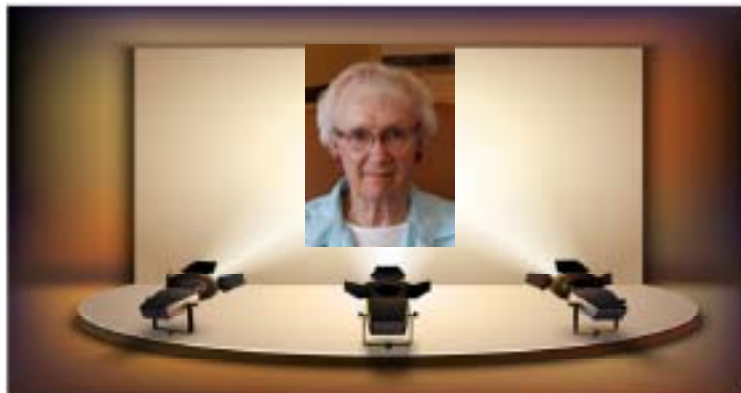
JULY 2019

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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 JOAN MARSHALL

Joan Marshall was born in the same house where many others in her family had been born. It was located in a suburb of Philadelphia, PA. She also went to elementary and high school in this suburb. She went to nursing school, earned her degree, and worked as an RN while her husband, Bill, was finishing his education in the seminary.

Joan is the youngest of five children, and she is now the only one still living. She married Bill Marshall in 1963 in a ceremony that took place in the church near where she was born. Bill had lived in a town adjacent to her hometown, and they went to school together. Their arrangements for the wedding were made over the phone, because Bill was in California in the seminary. After being married for two months, they moved into seminary housing.

After they were married, Bill received his MS in Theology at Palmer Seminary, while Joan worked as a nurse at Lankenau Hospital. Bill's first assignment was at a Baptist church in Gettysburg, PA. While at Gettysburg, they had their two children, Debbie and Bob. Joan stayed home with them.

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Dates to Remember July 2019

July 1st - 12th - MHS Shirt Sale

Place orders online, samples in
DVS Office

July 11th - Card Committee -

Conklin Conf. Center from 9a-3p

July 11th - Executive Board Mtg

Conf. Room A, 9:30a

July 25th - Craft Committee -

Conklin Conf. Center from 9a-3p

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Their daughter, Debbie, is an RN in Wamego. Debbie's son, Sean, is working on his Doctorate of Medicine at KU Medical School. He is in his second year of residency, and after his residency he will work as a physician somewhere in Kansas for four years. Debbie's second child is Matthew, and he is a chemical engineer and is working in Missouri. Joan's son, Bob, is an electrical engineer working in Kansas City. Bob's family consists of two children, both born in Guatemala and adopted by Bob and his wife.

Bill accepted an assignment in Salina, and when they visited, the children loved it. They moved to Salina and really enjoyed their time there. They also lived in Herington. After the family moved to Kansas, they made some trips back east and really enjoyed visiting Atlantic City, NJ. The Rocky Mountains is also a favorite place to visit.

Joan's dad played semi-pro baseball, so that probably explains her love for watching baseball. She plays piano and organ, reads, cooks, and goes to concerts and lectures at the Eisenhower Center.

In addition to volunteering at Memorial Health System, Joan has volunteered at the Chamber of Commerce and First Southern Baptist Church here in Abilene. At the hospital, she is the craft committee chairperson. The craft committee meets on the fourth Thursday each month to make crafts and items requested by different departments in the health system. Joan and Bill also help by taking care of the Meditation Area at the hospital, trimming and pulling weeds. At Village Manor, they also do trimming and pulling weeds. Joan plays the piano for an hour each week also at Village Manor. Joan and Bill do a lot of volunteering at Memorial Hospital and Village Manor, basically doing about anything that might be needed.

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

MHS Logo Shirt Sale July 8th - 12th, 2019

Sponsored by MHS Volunteer Corps



Orders will be taken online at:
<https://www.companycasuals.com/MHS-Abilene/start.jsp>

Samples will be available at the DVS Office
July 8th - 12th (8a.m.-4p.m.)
(DVS Office is located next to the
Caring Hearts Gift Shop)

Payment options:
If paying by Debit/Credit Card - pay online

If paying cash, or check - See Michelle
(DVS Office or 263-6692)

Payments made by cash or check must be
paid before July 12th or your order
will not be placed.

FREE Logos! Choose our
Memorial Health System Volunteer Corps
logo, the Memorial Health System Caring
For You logo, or one for the department
you volunteer at!

Volunteer Positions Available

Information Desk Volunteer

Volunteers needed Monday - Friday, 8am-4pm.
The information desk volunteer greets patients and
guests upon entering Memorial Hospital, escorts
individuals to various departments.

Village Manor Bingo Helper

Volunteer needed to assist with BINGO,
Mondays at 3:00 p.m.

Call Michelle at 263-6692 if interested.

WAITS JOINS STAFF OF MHS REHABILITATION & SPORTS MEDICINE



Kyle Waits has recently joined the staff, as a physical therapist, of Memorial Health System (MHS) Rehabilitation & Sports Medicine at Memorial Hospital.

Waits is from Wichita and is a 2010 graduate of Wichita South High School. He received an academic scholarship to Cowley County Community College. After graduating from there, he transferred to Wichita State University and received his Bachelor's Degree in Exercise Science in 2015. Waits worked in Wichita as a rehabilitation tech for a year before being accepted into the Doctor of Physical Therapy program at Wichita State University. In May of 2019, he was again a graduate from Wichita State University. As part of obtaining his degree, he completed 38 weeks of clinicals, gaining a wealth of knowledge and experience.

"I am excited to join the team here at Memorial Health System Rehabilitation and Sports Medicine," said Waits. "The staff and administration have been very supportive, and I look forward to contributing to the community and patient care." Kyle currently resides in Junction City. He enjoys watching sports, exercising, and coaching youth sports.

"We are very excited to have Kyle join our team," said Jeff Sanborn, Memorial Health System Rehabilitation and Sports Medicine Director. "He has already brought some new



What is SPF?

All sunscreen products list an SPF rating, but what does it really mean? SPF stands for sun protection factor, which is a measure of how well a sunscreen protects against UV rays. Manufacturers calculate SPF ratings based on how long it takes to sunburn the skin that's been treated with the sunscreen as compared to skin with no sunscreen protection at all.

In general, you should apply one ounce of sunscreen every two hours that you plan to be outdoors. And reapplication may be required if you are swimming or performing any physical activity that causes sweating. When you are not swimming, make sure to wear loose, lightweight long pants or long-sleeved shirts as the most efficient way to protect your skin.

Remember to pay special attention to the hands and feet, as well as any bald spots on an older adult's head when applying sunscreen. Do your research about different brands and find the product that best meets your needs.

Most importantly, wear sunscreen and protect your skin!

Taken from: <https://www.caringvillage.com/2018/05/07/best-sunscreen-brands-for-older-adults/>

ideas for our department, and I feel that he will be a nice addition."

MHS Rehabilitation and Sports Medicine offers physical therapy, occupational therapy, speech therapy, recovery care, ASTYM, sports medicine, and concussion management services. Services are available with or without a physician's referral. More information is available by calling (785) 263-6664 or at mhsk.org/rehab_and_sports_medicine.



Happy Birthdays

July Birthdays

- 2 Doris Johnson
- 5 Joan Marshall
- 7 Ann Brussow
- 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.



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

Summer is Here!

Stop by and check out
our new items!



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 2019

- Meeting called to order and prayer for Hospital Auxiliaries was read in unison.
- Minutes were approved.
- Communications- received a baby basket thank you card.
- Treasurer's Report- \$56,279.73 ending balance.
- Corresponding Secretary- ten birthday cards were sent in June and nine department recognition cards were sent.
- Card Committee- made sympathy and Father's Day cards.
- Craft Committee- crocheted and knitted baby blankets using yarn from Christa Jones' memorial.
- DVS Report- 742.75 hours in June, 81 cards sold, 392 cookies, and gift shop sales of \$5,149.47.
- CEO Comments- Mr. Courtois was absent.
- Old Business- no old business.
- New Business- Reviewed bylaws, no changes recommended at this time.
- Next MHSVC Executive Board meeting will be July 11th at 9:30 a.m. in Conference Room C.