



**March Birthdays**

- 4 Elaine Sears
- 8 Joan Boyd
- 30 Shirl Carrier
- 31 Noama Foltz

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

**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
- McKenzie’s E-mail.....mfunston@mhsks.org
- MHS Website.....www.caringforyou.org

**MHSVC Executive Board Meeting  
Highlights - February 2022**

- Meeting called to order.
- Minutes approved from December. Motion to approve was made by Barbara Cole. Elaine Mills made the second.
- Communications: A thank you card was received from FANS for their gifting item.
- Treasurer report: MHSVC bank balance for January 2022: \$64,702.66. January expenses: \$ 7,402.72 January income: \$ 4,640.48
- Corresponding Secretary’s Report – Committee chair: Elaine Mills
- Elaine is getting cards out to those being recognized.
- Craft Committee – Committee chair: Elaine Mills, The committee is working from home and making many items for babies. These items will be used in the baby baskets and as items for sale in the gift shop. Some items being made for use by Hospice.
- Card Committee – Committee chair: Sharon Cramer
- Sharon reported they did not have a meeting in January, however committee members are working from home. Sharon prepared many cards so the ladies could work on them at home
- DVS Report: Volunteer hours for January overall were 385.50. This was an increase from the 278 hours in October
- New officers: The Executive Board voted to approve Sharon Cramer to fulfill the term of office as Vice-president. The Executive Board voted to approve Mary Leach to fulfill the term of office as Member-At-Large.
- Discuss future plans – POS – McKenzie has included the amount for purchasing a new system in her budget.
- McKenzie and Barb have looked at possibilities for a new machine, similar to an iPad.
- 10-year anniversary celebration – May 2023 will be the tenth anniversary for the new hospital and the gift shop. The board discussed a possible celebration.
- Meeting adjourned.



**The GrapeVINE**  
Volunteer Information Network  
**March 2022**



**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.



**WALK - IN CLINIC**  
**7:00 - 11:00 A.M. & 1:00 - 6:00 P.M.**  
**Monday - Friday**  
*\*Pending Provider Availability*

- 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.*
- New patients may utilize the Walk-In Clinic. We hope new patients will decide to make Heartland Health Care Clinic their health care home.
- www.CaringForYou.org**  
511 NE 10th Street, Abilene, KS (785) 263-4131

**DATES TO REMEMBER**  
**MARCH 2022**

**March 2nd- Ash Wednesday**

**March 8th -20% off Linen Sale in gift shop**

**March 10th- MHSVC Executive BOD meeting**  
**9:30am Conf Room C**

**March 13th- Daylight Savings Time**

**March 16th- St. Patricks Day**

**March 17th- Card Committee -**  
**9a-3p, Nichols Education Center**

**March 24th -Craft Committee -**  
**-9a-3p, Nichols Education Center**





Masks and screenings are required even if you have been vaccinated. Health care facilities are not allowed to stop the mask mandate at this time. Thank you!

### VISITATION

Effective February 21, 2022

Visiting hours are from 7:00 a.m. to 7:00 p.m. daily

#### Hospital INPATIENTS:

- All ADULT patients are allowed 2 visitors per day, and they may be present at the same time.
- PEDIATRIC and OB patients are allowed 2 visitors per day.
- Visitors will be permitted to come and go each day between visiting hours during the patient's stay.

#### Hospital OUTPATIENTS:

- All hospital outpatients include: Clinics, ED, Surgery, Lab, Radiology, Physical Therapy, Respiratory Therapy, and all other outpatient services.
- ADULT patients are allowed 1 visitor to accompany them to their appointment.
- PEDIATRIC patients are allowed 2 visitors to accompany them to their appointment.

Visitors will need to wear a mask, be screened at the front entrance, and be encouraged to stay in the patient's room. With the exception of OB, visitors must be 18 or older. No visitors are permitted for patients with suspected or confirmed COVID-19. End-of-life and comfort care visitation will be decided on a case by case basis.

## MHS Employee Appreciation Lunch

The pandemic has been stressful for our health care workers. So, the Memorial Health System Volunteer Corps wanted to show how much we appreciate and admire their dedication to our community. On Wednesday, February 16th the MHS Volunteer Corps provided an appreciation lunch for all MHS employees working that day. The lunch was catered in by Lucinda Kohman with Lucinda's Katering. The lunch included: Chicken Salad Croissant, Chips, Fruit and Cookies. We delivered around 280 white boxed lunches to staff, both day and night shift. As shown above, the white boxed meal was tied with a bow and a sticker that read: "For all that you do, For all that you are, THANK YOU."

## WAYS TO MAINTAIN A HEALTHY OUTLOOK!

You may feel pulled in different directions and experience stress from dealing with work, family and other matters, leaving little time for yourself. Learning to balance your life with some time for yourself will pay off with big benefits — a healthy outlook and better health.

### Steps you can take:

- Stay in touch with family and friends.
- Be involved in your community.
- Maintain a positive attitude and do things that make you happy.
- Keep your curiosity alive. Lifelong learning is beneficial to your health.
- Learn to recognize and manage stress in your life. Signs of stress include trouble sleeping, frequent headaches and stomach problems and being angry a lot
- Good ways to deal with stress include regular exercise, healthy eating habits and relaxation exercises, such as deep breathing or meditation. Talking to trusted family members and friends can help a lot. Some find that interacting with their faith community is helpful in times of stress.
- Get enough sleep and rest. Adults need around eight hours of sleep a night.



(UCSF Health.org)