



- April Birthdays**
- 2 Myron Lady
 - 3 Sharon Cramer
 - 22 Linda Steele
 - 22 Evelyn Carter
 - 25 Carol Wenger
 - 30 McKenzie Funston

*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 - March 2022

- March meeting was canceled due to winter weather.

Important Dates
April 2022

April 1st- April Fools’ Day

April 12th -20% off Linen Sale in the Caring
Hearts Gift Shop


April 14th- MHSVC Executive BOD meeting
-9:30am Conf Room C

April 15th- Good Friday

April 17th-Easter Sunday

April 21st- Card Committee -
9a-3p, Nichols Education Center


April 28th -Craft Committee -
-9a-3p, Nichols Education Center




The GrapeVINE

April 2022

Volunteer Information Network



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.



NATIONAL VOLUNTEER APPRECIATION WEEK!

Volunteer Bingo is back! We hope you will join us on **Wednesday, April 20th, starting at 1:30 p.m.** at the Nichols Education Center for BINGO! Please park, and enter, on the east side of the Abilene Learning Center II, formerly known as Learn and Grow Depot.

We will celebrate National Volunteer Appreciation Week with a fun get-together, enjoy friends, eat snacks, and play bingo! We cannot wait to celebrate our volunteers, and all you continue to do for Memorial Health System!

We ask that you **RSVP** this year so we know how many to expect. Please call McKenzie at 785-263-6692 or Adrienne at 785-263-6403.

Memorial Health System Walking Trail

In the fall of 2020, Memorial Health Foundation received a Blue Cross and Blue Shield of Kansas, Pathways to a Healthy Kansas Implementation Grant in the amount of \$40,070.15, and a \$5,000 Community Spaces Grant from the Union Pacific Foundation, to help construct a walking path on the south side of the Memorial Hospital campus. Memorial Health System is nestled in a quiet neighborhood on the east side of Abilene. There are many homes in the area, and very few sidewalks. Memorial Health System, through a worksite wellness plan, encourages staff to get up and move during the day. The walking path is open to the public and encourages everyone to use it! Several years ago, Memorial Health System (MHS), Chief Executive Officer, Harold Courtois, signed a pledge to “affirm our commitment to taking on new opportunities that provide greater access to healthy lifestyles for our patients and employees,” he said. “We believe it is our responsibility and our duty as a health care organization to improve the lives of the population we serve, and encourage strong community norms for healthier living. We are willing to learn more about making healthy environment and healthy policy changes to help all employees, patients, and community members live longer and have better quality lives.” “The Quality of Life Coalition (in Abilene) deserves the credit for bringing the Pathways grant to Dickinson County,” said Kim Stivers, previous MHS Director of Community Affairs and the Foundation. “They have been wonderful to work with, and I know there are many businesses and organizations in the community who have and will continue to benefit from their work.” Memorial Health Foundation continues to raise funds through donations, grants, and memorials to fund additional enhancements for the area such as solar lighting, sitting benches, waste containers for trash and pets, trees, and playground equipment. “We would love to see this area become so inviting that people can’t wait to go for a walk around the trail,” said current Community Affairs Director, Haley Jones. “Kim Stivers started a wonderful project and we have a long ways to go before we can call it done!”



Plans for the walking trail include beautiful trees and flowers, more benches to sit on along the way, some playground equipment for children to keep busy while adults can enjoy their walk. You can help build the walking trail by making a donation! If you would like to make a donation to help enhance the walking trail, please contact Haley Jones, Foundation Director, at (785) 263-6686 or email hjones@mhsks.org



3 IMPORTANT BENEFITS OF VOLUNTEERING!

Benefit #1 : Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Benefit #2: Volunteering is good for your mind and body

1. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.
2. Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.
3. Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.
4. Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.
5. Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Benefit #3: Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.