



June Birthdays

- 3 Sue Robson
- 13 Evelyn York
- 15 Bill Marshall
- 18 Dale Engle
- 21 Billie Needham
- 24 Nancy Gugler
- 26 Norma Odell

*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

Meeting called to order

The minutes for April were approved.

Comments from Andrea Taylor, COO:

Physician Recruitment continues. There are two doctors who are coming soon to do a site visit. The OB Department is still on diversion. Two OB trained nurses need to be on duty at all times. A committee is working on ideas for the hospital's 100 year birthday celebration. It will be held in Old Abilene Town.

MHSVC bank balance for April 2022: \$62,449.95.

April expenses: \$ 4,887.89.

April income: \$ 3,275.03

Craft Committee – Committee Chair: Elaine Mills...

The committee is working at Nichols. Elaine has also contacted Village Manor for ideas for the residents.

Card Committee – Committee chair: Sharon Cramer...

Sharon reported they did not meet in April. McKenzie will arrange for them to have coffee. They are using Nichols.

DVS Report: Volunteer hours for April were 608.75. This was an increase from the 397.50 hours in March. Gift Shop sales were \$4,226.75, down from \$4452.53 in March. Seven sheet sets were sold in both March and April. A total of 41 cards were sold in April, slightly down from the 43 sold in March. Cookie sales showed a definite decrease from the 410 sold in March to 234 sold in April. Scrub sales will be on May 18 & 19. Gray Ladies may be able to return soon depending on the numbers of Covid-19 cases.

Old: Scholarship – Two \$500 scholarships were award- ed. to Shannon Anderson and Nicole Blocker. Donation to the Walking Trail – A check for \$1000 was written and delivered to the MHS Foundation. Credit Cards – Tori Bowers from Accounting joined us for a discussion about the charges on our credit card statement. We should be charged an \$8.00 monthly fee and .6% of our card sales.

New: Card and Craft Committee discussion – Committee chair's responsibilities were clarified. The chair is the committee leader, getting guidance from DVS & Executive Board, and then working with their commit- tee. McKenzie may meet with committee chairs on a regular basis to facilitate generation of ideas and communication. Discuss the next gifting time – Because MHS is changing its fiscal year and budgeting time, we will move our annual gifting time to possibly October and November.

Meeting adjourned.

Next Meeting: Monday, June 13, 2022, 12:30 PM, Conference Room C



MEMORIAL HEALTH SYSTEM VOLUNTEER CORPS

ABILENE | Salina Regional Health Center

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.

MHS celebrates National Healthcare Week!

(May 8-14th)

The Kansas Hospital Association helped celebrate hospitals, health systems, and the women and men who support the health and well-being of their communities. National Hospital Week provides an opportunity to highlight health care workers and the compassionate and dedicated ways they support the needs of their communities.

- Monday's spirit day attire was "Decade Day" and the treat was popcorn.
- Tuesday's spirit day attire was "Mismatched Day" and the treat was ice cream sandwiches/cups.
- Wednesday's spirit day attire was "Vacationer Day" and the treat was a BBQ lunch.
- Thursday's spirit day attire was "80's Music Day" and the treat was cot- ton candy.
- Friday's spirit day attire was "Sports Day w/ Jeans" and the treat was root beer floats.

There was also a department coloring contest, word games for prizes, and an EOC Fundraiser where Memorial Health System CFO, Elgin Glanzer, was Saran wrapped to the flag pole in front of Memorial Hospital for one hour. The money raised (had to be at least \$500) is for an MHS swim night at the Abilene Public Swimming Pool. We LOVE our team! The week was organized by the Employer of Choice (EOC) committee.

See below and on page 3 for fun pictures of employees throughout hospital week

**Important Dates
June 2022**

June 9th - MHSVC Card Committee
9a-3p Nichols Education Center

June 13th-MHSVC Board Meeting
12:30 Conference room C

June 14th - Flag Day

June 19th - Fathers Day

June 23rd - Craft Committee
9a-3p, Nichols Education Center



MOVEMENT & MENTAL HEALTH

How moving your body can improve your mind

Most people are aware of the benefits exercise can bring to our physical health, but did you know that it can also have a significant positive effect on your mind as well? From reducing risks to improving brain function, below are a few of the many ways moving your body can help improve your mental health.



1. Decreased risk of depression. According to a study done by JAMA Psychiatry, "adding four hours of exercise a week could lower the risk of a new episode of depression by 17%." The study found that not only did high-intensity exercise, such as aerobics, help reduce your risk, but low-intensity exercise, such as yoga and tai chi, helps reduce your risk as well.

2. Improves brain health. Much of the research done in recent years shows that even small amounts of physical activity can help keep your mind sharp and can significantly reduce your risks for dementia. One study by the American Academy of Neurology showed that consistent physical activity has the potential to lower your risk for dementia by 34%.

3. Improves sleep. Another study done by John Hopkins Medicine states that moving your body each day can help prepare your body for a better night's sleep by helping to quiet your mind and stabilizing your mood. It can also increase the amount of deep sleep your body gets, which allows your mind and body the time it needs to recuperate.

4. Reduces anxiety. There are various ways physical activity can help decrease anxious feelings, from providing a distraction from what is making you anxious to helping build up coping skills to combat future anxious feelings. According to Harvard Health, it also increases the production of neurochemicals, such as serotonin, that help regulate anxiety and stabilize your mood.

The beauty of any of the above benefits is that the effects can be immediate. And, they don't require you to commit to hours and hours at the gym each day. Whether it's a brisk walk, aerobics class, or a quick yoga session, find what works for you, and get moving on the path to an improved mind and body today.



WE ARE YOUR HOSPITAL'S PROGRAM

We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

CONTACT US

If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.

MEMORIAL HEALTH SYSTEM VOLUNTEER CORPS SCHOLARSHIPS AWARDED



PICTURED left to right, Barbara Cole, MHSVC Treasurer; scholarship recipients Shannon Anderson and Nicole Blocker; and Mary Leach, MHSVC Member at Large.

The Memorial Health System Volunteer Corps (MHSVC) is pleased to announce Shannon Anderson and Nicole Blocker, both 2022 graduates of Chapman High School, have each been awarded a \$500 scholarship. Shannon will be attending Kansas State University this fall, and plans to major in Physical Therapy. Nicole will attend Emporia State University in the fall, and plans to major in athletic training. The Memorial Health System Volunteer Corps presents two scholarships annually to local high school seniors who have volunteered their time within the community and plan to pursue a career related to health care.

More pictures from National Healthcare Week

