January 2017

HAPPY NEW YEAR. Volunteer Services is excited about 2017 and the opportunity to start a new year with our amazing volunteers. We want to thank all of you for your dedication, care and interest in Stormont Vail Health. We cannot wait to make 2017 a very memorable year for you and the patient lives you impact.

Warm Fuzzies for Kids Bring Comfort to Pediatric Patients

Helping Stormont Vail’s youngest patients feel comfortable and secure is the intent of a new volunteer initiative sponsored by Volunteer Services and the Stormont Vail Foundation.

Warm Fuzzies for Kids will provide pediatric patients with a volunteer made, “no sew” fleece blanket to use during their hospital stay and bring home after discharge. Blankets are frequently requested for patients to provide comfort and cheer but the supply can be depleted in the colder months. We hope this project will ensure that we have an adequate supply when they are needed.

The Warm Fuzzies for Kids event to make fleece blankets, is scheduled Feb. 18 offers two 3-hour shifts, 9 a.m. to Noon or 1 to 4 p.m., and can accommodate a maximum of 80 volunteers. Project supplies and light refreshments will be furnished, however if you have a favorite pair of scissors you would like to use please bring them with you. The event will be held in the Centennial Rooms, first floor, Pozez Education Center. Anyone interested in helping may sign up for a three-hour shift. Volunteers 13 years old or younger must be accompanied by an adult.

For more information or to register as a volunteer, contact Stormont Vail Health Volunteer Services, (785) 354-6095 or email volunteerdept@stormontvail.org. If you register by email, please be sure to include your name, address, age, phone number and the shift you are interested in attending.

We hope this is one of many new opportunities for connecting our community with Stormont Vail Health.
Message from the Auxiliary President

Here we are at the beginning of a new year and in the midst of winter. In my president’s notebook, I have turned the divider to winter, the second quarter of my term. Before looking forward, a look back at fall activities. In early November, Martha Granger and her team kicked off the Angel Tree Project, a gift shop open house was held to showcase Christmas items, three student scholarships were awarded and continuing education grants were given to selected staff. The October book sale netted nearly $3,000. Past-president Barbara Bammell oversaw the Christmas decorating, which along with the three angel trees in the north tower lobby, gave the public spaces a warm, welcoming feel. Past-president Jane Metzger initiated planning for the Hospital Auxiliaries of Kansas District I meeting that we will host April 4. The executive committee decided to award student scholarships only once per year for the fall semester, agreed that name tiles from the old plaque be given to the past presidents and that the listing become part of the computerized file in the new Heritage Room. In December, the executive committee heard a presentation by Tina Long and Olga Smith, honorary co-chair for the Big Hearts for little hearts Golf Tournament and approved $7,500 to continue our support for the purchase of polo shirts.

Looking forward, our first lunch and learn for the new year will be on Jan. 19 at 11 a.m. in ACC 8. Our speaker will be Sue Iverson, director of Education & Organizational Development. Sue will give us an overview of how simulation is being used for staff training to enhance patient care. Just talking briefly with Sue, I was thrilled to hear how the use of simulation has expanded since the program started. In February, the executive committee will continue discussion of fundraising activities and the next book sale will be Feb. 28 and 29. Many thanks to all auxilians, volunteers, Gift Shop and Food Connection managers, and Bev Rice and her staff for making our projects a success and our support for the patients and staff of Stormont Vail Health so outstanding. Best wishes to all for a happy, healthy and productive 2017.

Reminder - Use of Cologne in Hospital Environment

Whether you volunteer in a patient care or non-patient care area, a friendly reminder to use cologne or perfume very sparingly, if at all. Smells can be very offensive to patients – young and old – when they are not feeling 100 percent, and we want to be considerate of their needs.

New Volunteers

Please welcome the following individuals to the volunteer team. Their names and assignments are below:

- Victoria Soto – Physical, Occupational & Speech Therapy
- Mona Sabbarini – Perioperative Services
- Mary Sinner – Physical, Occupational & Speech Therapy
- Yuji Kwon – Senior Behavioral Health
- Lindsay Low – Pediatrics
- Ally Heiland – Emergency Department
- Bre Kelly – Auxiliary Gift Shop
- Judy Miller – Customer Resource Center
- Megan Krahl – Infusion and Emergency Department
- Randi Billings – Emergency Department and Senior Behavioral Health
- Kiara Kaiser – Surgery Waiting Room
- Tandem Harrison – Breastfeeding Clinic
- Betty Ramsey – Cancer Center Piano Player
- Michaela Schiffelbein – Physical, Occupational & Speech Therapy
- Burghandie Dain – Auxiliary Food Connection

“Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you.”

- T.A. Barron
Mileage Deduction for Volunteers

Volunteers in the U.S. can receive tax deductions from the Federal government on many costs associated with volunteering, such as mileage and other travel expenses, paper, copying, convention attendance fees, parking, uniforms (if the volunteer purchases his/her own), etc.

These deductions apply only if you are not receiving reimbursement for these expenses by the organization you are serving, and you are itemizing on your tax form. When volunteers drive their own vehicle to carry out a task for the organization including to and from trips to their volunteer service, the IRS permits a deduction of $.14 per mile.

Volunteer Services will be happy to furnish you with the number of hours and/or times you volunteered to assist you in figuring this mileage deduction. It would be helpful to call ahead if you would rather pick up the information than have it mailed or emailed to you.

Thank You for Supporting Auxiliary Angel Tree Project

The Angel Tree Project has touched the lives of hundreds of patients since its beginning twelve years ago. The Stormont Vail Health Auxiliary makes this project possible and is administered through the Stormont Vail Foundation.

Monies raised from this annual project are used to provide assistance to Stormont Vail Cancer Center patients who sometimes need a small financial boost to get through the medical intervention and treatment they are undergoing. Patients are sometimes unable to work during their illness or the added expense is too much for their budget to handle.

Transportation, prescriptions, utilities, rent and other basic needs are the types of requests that are submitted by the Cancer Center social work team for the Auxiliary’s approval.

The 2016 campaign has come to an end and the result is another year of great response from hundreds of Stormont Vail Health employees, volunteers, auxiliary members, and community. Over 1,900 angels were purchased by cash and carry or were purchased in memory or in honor of a special person and are on display in the North Tower main entrance.

After the holidays, angels hung on the trees will be distributed to those who purchased and requested their angels returned.

Martha Granger, project chair, and the many volunteers that assisted in this year’s campaign worked with the commitment of knowing their efforts would keep the Angel Tree Fund viable for another year. Volunteers and auxiliary members who helped with the project are too numerous to mention but know that they made it possible for our patients to receive assistance when it is needed.

The Auxiliary thanks all of the participants that have generously supported the project this year and in past years.

Angel Distribution Dates: Jan. 5,6,9,10, 2017, 9 a.m.-3 p.m., Volunteer Services Conference Room (basement, North Tower). Angels not picked up by Jan. 10 will be donated.
Patient Safety First:
What Stormont Vail Volunteers Can Do to Affect Patient Safety

Caring for patients and families is the cornerstone of what we do at Stormont Vail Health. Patients entrust their health care to our clinicians and staff – and it is our responsibility to provide them with a safe and quality experience.

We continue to focus on a culture and commitment to safe and quality care. Leadership rounds continue to focus on patient safety in our hospital areas as we recognize that staff knows best what changes are needed.

Volunteers can have an impact on the patient safety initiative, as well. The basics that all of us should be practicing:

- Following infection prevention protocols – hand washing is IMPORTANT, and following isolation precautions if your role requires you to enter a patient room.
- Completing orientations and annual refreshers which includes safety education codes, etc.
- Completing required health screenings, including a flu immunization required by the health center.
- Following attendance expectations (stay away when ill!).
- Reporting ways to improve overall safety for patients and others to the supervisor in your area of volunteering.
- Having a visual awareness of safety issues in your environment (water on the floor, cords, equipment in

Veggistrone - A Healthy Recipe for A Cold January

This version of minestrone and vegetable soup is a great way to start eating healthy for the New Year. It is inspired by Weight Watchers. This recipe makes a big pot of soup allowing you to keep some in the refrigerator for up to five days. You could also freeze the rest of the Veggistrone in single-serve portions to conveniently add as a side to other healthy dinner choices you prepare. This recipe could be used as a base for other healthy soup variations. You could add chicken, brown rice, orzo and/or whole-wheat pasta

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions
- 2 cups chopped celery
- 1 cup chopped green bell pepper
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower
- 2 cups chopped carrots
- 2 cups green beans, cut into 1-inch pieces, or frozen, thawed
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 1 15-ounce can tomato sauce
- 1 14-ounce can diced tomatoes
- 1 15-ounce can kidney or pinto beans, rinsed
- 1 bay leaf
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- 1/2 cup thinly sliced fresh basil
- 10 tablespoons freshly grated Parmesan cheese

Directions

1. Heat oil in a large pot. Add onions, celery, bell pepper and garlic; cook approximately 15 minutes. Add cabbage, cauliflower, carrots and green beans. Cook 10 minutes. 2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf. Cover and bring to a boil. Reduce heat and simmer for another 25 minutes. Stir in spinach and simmer for 10 minutes more. 3. Remove bay leaf. Stir in basil. Sprinkle 1 tablespoon cheese on top of each serving.

Nutrition Information

Serving size: 2 cups

- Per serving: 161 calories; 5 g fat (1 g sat); 8 g fiber; 25 g carbohydrates; 7 g protein; 94 mcg folate; 4 mg cholesterol; 9 g sugars; 0 g added sugars; 607 IU vitamin A; 50 mg vitamin C; 157 mg calcium; 2 mg iron; 9 g sodium; 727 mg potassium
- Nutrition Bonus: Vitamin A (121% daily value), Vitamin C (83% dv), Folate (24% dv)
- Carbohydrate Servings: 1½
- Exchanges: ½ starch, 3 vegetable, ½ lean meat, 1 fat

Recipe from eatingwell.com

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Health Center Update

Stroke Center Receives Joint Commission Recertification

The Joint Commission recently granted Stormont Vail Health a Passed Certification for its Advanced Primary Stroke Center with no requirements for improvements and no opportunities for improvements identified. This is a great achievement.

Endoscopy Unit Receives ASGE Recognition for Quality and Safety

The American Society for Gastrointestinal Endoscopy has recognized the Cotton O’Neil Digestive Health Center’s Endoscopy Center as part of its program specifically dedicated to promoting quality in endoscopy in all settings where it is practiced in the United States. The certification came in July, and a celebration for staff was held in December at the Digestive Health Center.

The ASGE Endoscopy Unit Recognition Program honors endoscopy units that have demonstrated a commitment to patient safety and quality in endoscopy as evidenced by meeting the program’s rigorous criteria. To date, more than 500 endoscopy units have been recognized by ASGE, with Topeka as one of the only three in Kansas.

Stormont Vail Auxiliary Offers Scholarships

The Stormont Vail Health Auxiliary Student Volunteer Scholarship program was designed to financially assist students interested in a health related career. Two scholarship programs are available: the Maynard Oliverius Youth Leadership in Healthcare Scholarship and the Student Volunteer scholarships. Students may submit for one or both scholarship programs.

Previous scholarship awardees can reapply for either scholarship. Students who have applied in the past but were not awarded a scholarship are encouraged to reapply. Please note that scholarships will be awarded once a year after the March 1 deadline.

Scholarship program information including eligibility and criteria are available by visiting www.stormontvail.org, click on About, click on Volunteer and Auxiliary, and Scholarship Information.

A total of six scholarships will be awarded for the 2017 fall semester. Applications must be received no later than March 1. For questions, contact Beverly Rice, Director Volunteer Services, brice@stormontvail.org or (785) 354-6084.

Patient Safety First:

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proper condition before use, floor mats that can cause falling, etc.) and reporting to appropriate staff.

• Following correct wheelchair and other transportation procedures.
• Checking two forms of patient ID when transporting.

These are just a few of the ways we can help prevent mishaps and provide a safe environment for all. Thank you for your part in patient safety.

Winterizing Volunteer Service

It is safe to say that winter has descended on us, so it’s a good time to review safety and fall prevention tips.

• Wear winter boots or shoes with non-slip soles when walking from the parking garage to your area of service.
• Walk slower and shorten your stride.
• Stay on the walkways.
• Use handrails when walking up outdoor steps or inclines.
• Minimize distraction and avoid using cellphone while walking.
• Use the car door as a handrail when getting out of the car.

Many volunteer roles are at high traffic front entrances, so you are likely to encounter reports from patients and visitors of dangerous conditions yourself. Be sure to report them. Please be safe!