

# Hello, Volunteers and Auxilians!

## February 2023 Newsletter

# # WE TOGETHER

We are living Tenet #5 of our strategic plan:  
“We together honor our heritage,  
embrace diversity, and work every day  
to improve the health of our  
community.”

We are living Tenet #5 when we combined resources with Geary County Community Hospital in Junction City. On January 1, 2023 Stormont Vail Health and Geary County Community Hospital came together to become known as Stormont Vail of the Flint Hills. How is this living tenet #5? By joining resources, Stormont Vail of the Flint Hills becomes stronger with greater access to providers, care and networks for Kansas. It also provides a springboard for future expansion into more rural areas of western Kansas. So, if we look at the entire State of Kansas as our community rather than just our local cities and towns, we now have the ability to blanket all our citizens with quality health care.



January 3, 2023. Dr. Kenagy cuts the ribbon making the transition from Geary County Hospital to Stormont Vail Health Flint Hills official.

## February

### Sharing the love.

We volunteer as a way of giving back; of paying forward; feeling good about ourselves; and, as a way of meaningfully connecting with our brothers and sisters in life.

A member of the SVH upper management team reached out to let you know:

**Please pass on how  
thankful**

**I am for all that our  
volunteers do!**

**Carol Perry, RN  
Senior Vice-President, SVH**

**Thank you, Carol, for your  
kind remark.**

**We love Stormont!**



Geary County Hospital dons the Stormont Vail Health logo loud and proud announcing a new merger.

SVH Flint Hills auxiliarians and volunteers begin their year with new clothes for a new look. Gosh, they even have Candy Cane seeds! Talk about getting ready for the upcoming year!



Flint Hills auxiliarians and volunteers garbed and ready to serve. Look! A little one found a new big sister. And both of them couldn't be happier. We love volunteers that help and carry two smiles!

We are excited and honored to welcome our auxiliary and volunteer colleagues from Geary County into the Stormont family. Together we will continue to make a difference in the lives of others in our Kansas community. Together we can make wonderful things happen and grow our programs thereby fulfilling the service commitment we've made to each other as well as to our Kansas family. We hope you are as excited to work with us as we are with you! Welcome to the family!

**Who said the Popateers don't have a sense of humor?**

**The three Popateers take their task of bringing a smile to every face they see on Popcorn Friday very seriously.**

**To bring a smile to your face today, take a look.**



Let's get Oriented!

## February, 2023 Highlights

**February: Happy Valentine's Day Feb 14.**

**Month Long Awareness: American Health Month**

**Awareness Days/Weeks:**

- 1-7: Patient Recognition Week
- 6-12: Peri Anesthesia Nurse Awareness Week
- 17: National Caregivers Day
- 14-20: Cardiovascular Professionals Week
- 13-17: Phlebotomists Recognition Week

**February Dates to Remember**

February 14: Auxiliary Executive Committee Meeting – 9:30 am ACC-1

February 14: HAPPY VALENTINE'S DAY!



## A Message from Dr. Kenagy

### Making Resolutions in the New Year – for Physical and Mental Well-Being

The New Year is a time to look forward and make plans for the “future you.” While making New Year resolutions can be easy - keeping them can be difficult! Read the latest Stormont Vail Health blog to learn some of the best strategies for sticking to your plan and how the Stormont Vail team can offer you support during the next 12 months (and beyond)!

Here is the blog in its entirety from our mid-January employee newsletter.

# New Year, New Strategy, New You!

January 9, 2023



It's January and we all know what that means – New Year Resolutions!

Whether you are focusing on your physical or mental well-being, Stormont Vail Health is here to help make those resolutions a reality! Here is a list of the top three resolutions being made in 2023, a strategy for sticking to it, and resources to serve as support.

### 1. *Eating Healthy*

Did you make a promise to eat healthier this year? If you did, you're definitely not alone – roughly 50% of individuals who made resolutions wanted to focus on what they're putting into their bodies in 2023 according to [survey conducted by Statista.com](#).

So how can you make sure to remain committed to this goal? Here are the tips we recommend!

### START FRESH:

Clear out all of that processed junk food you have in your pantry and begin new. Having no temptations makes it so much easier to stay on track with clean eating.

### PLAN AHEAD:

Once your cupboards are cleaned out, plan ahead. Try planning all meals for one week at a time and write down the “menu”. Not only does this help when you go grocery shopping (see below), but it will help to keep you from going out to eat because you don’t know what to make!

### SHOPPING:

Once you have your menu created, make sure to write down a shopping list that you will stick to! No browsing around or walking down the cookie aisle at leisure; you are only there for items on your list.

### PREPPING:

Meal prepping as much as possible will also help keep your resolution alive. When you don’t have to worry about making breakfast from scratch in the morning, you’ll be less tempted to grab that 800cal breakfast sandwich in the drive-thru!

Without the right motivation, mindset, and support, eating healthy can be a daunting task. Stormont Vail offers Diet and Nutrition Counseling through our Weight Management care team. Learn more about what the nutrition counseling entails [here!](#)

## 2. *Getting Physical & Exercising*

You may already have a great nutrition plan and meal prep in advance or you may be starting that journey this year, but either way, a popular resolution is to boost your physical activity. This year will be when you remember what you love about getting physical exercise. Not sure where to begin or how to stick with it for longer than a month or two?

### PICK SOMETHING YOU LOVE:

Running is not for everyone and neither is lifting weights! While those two methods of exercise might be the most popular or recommended, it doesn’t have to be what you choose. Find an activity that you \*actually\* enjoy doing whether that is walking, jumping rope, dancing, swimming, or biking. Finding something you’re happy doing will make sticking with this resolution easier than you could imagine!

### START SMALL:

No matter the exercise you choose, you don’t have to begin with hour-long work out sessions. Start small and work your way up! Over time, increase in 5, 10, or 15-minute increments and watch how you progress through this year.

### FIND FRIENDS:

There is something about comradery that makes anything and everything better. Find a friend, partner, spouse, family member, or coworker that can share in this interest with you! You’ll have so much fun spending time together that you just might forget you’re reaching health goals along the way.

Maybe you don’t want to start this exercise journey alone or maybe you aren’t physically capable of beginning workouts— let Stormont Vail help you! If you’re looking for that accountability piece, we offer “Walk with a Doc” every third Saturday a month where you can come walk a mile and meet new people that will support you and hold you accountable along the way. If you’re ready to begin, but have a physical set-back, get in touch with our physical therapy or occupation therapy team to learn how we can help get you back up and [moving!](#)



### 3. Working on Mental Health & Happiness

Eating better and getting in daily movement can have drastic positive influence on your mental health and happiness! However, sometimes, you might need more support and that's okay. Here are top recommendations for focusing on your mental health and happiness in 2023.

#### MEDITATION & RELAXATION:

Find some inner Zen. Maybe your meditation and relaxation techniques look like sitting still and quiet for 10 minutes or maybe you like to relax your brain by emptying your thoughts and chanting positive affirmations. No matter what you do, take time to relax, recharge, and reset.

#### COUNSELING:

Having a third party to talk to can really help gain insight and understanding for your behaviors, thoughts, and feelings. Seek out a professional to help you begin healing and releasing trauma!

#### THANKFUL JOURNAL:

Journaling can seem daunting, but this is a different type! Keep a notebook and pen by your bed or even use a notes app on your phone to participate in this daily ritual. Every morning or evening, open to a new page and write down 10 things/people/events/thoughts/etc. that you are thankful for. You may have the first same five listed every day, but you'll be surprised by the things you realize you're thankful for. Gratitude can be an amazing guide on your daily happiness journey.

If you struggle with mental health and want 2023 to be the year you become the best version of yourself – let the Stormont Vail Behavioral Health team be part of your support system. To learn more, go to:

[www.stormontvail.org/primary-care/behavioral-health-care/adult-behavioral-health-programs](http://www.stormontvail.org/primary-care/behavioral-health-care/adult-behavioral-health-programs)

or call: 785-354-6000 and ask to be connected to Behavioral Health. Behavioral Health (known as Stormont Vail West) is located at the intersection of 6<sup>th</sup> Street and Gage Blvd. Ask your primary care provider to guide you to what is right for you and your goals.

HAPPY NEW YEAR to you and yours – we hope that 2023 is the healthiest year of YOU!

There will also be door drawings for a chance to win prizes donated by the I.D.E.A. Committee.

### \*\*\*\* Educational Opportunity \*\*\*\*

#### We Grow in Culture

*"A closed mind stumbles over the blessings of life without recognizing them"* – Napoleon Hill

The Spiritual Care department is excited to offer an event series exploring different religious traditions and culture. The first event in the series is: Exploring Buddhism.

Led by Charles Fantz of Peaceful Heart Sangha, this 1-hour event will include an introduction into posture and meditation along with three different meditation practices (guided, silent, and walking) and a Q&A session at the end!

Exploring Buddhism

Thursday Feb. 16<sup>th</sup>, 4:00 - 5:00pm in Centennial A&D. Open to all interested volunteers.



# Volunteer Department General Housekeeping Reminders

## Individual Volunteer Hours Report for 2022

Volunteers: if you are interested in a report that will tell you the days and number of hours you volunteered in 2022, please let us know. It is an easy report to compile and we are happy to do this for you. Contact Barbara Parks Lundquist at [Barbara.parks@stormontvail.org](mailto:Barbara.parks@stormontvail.org) or by phone at 785-354-6051. Please provide the e-mail address you would like the report sent to, we will get it to you as soon as possible.

## Remember to Clock In and Out

In order to help us in tracking your volunteer hours, it is important that you remember to clock in when you arrive to the hospital or clinic, and that you clock out prior to leaving the hospital or clinic for the day. We do know that there are times the sign in computers are down and not working, so you can use the sign in sheets that are located by each of the computers. For those of you that volunteer in the clinics, please make certain you are remembering to mark your time in and out for your shifts.

## Contact Information

Hey; don't become a stranger! Please stay in touch with us! If you have moved and have a new mailing address, e-mail address, phone number or your emergency contact information has changed, please let us know. You can send an email to [volunteerdept@stormontvail.org](mailto:volunteerdept@stormontvail.org) or call the volunteer department at (785) 354-6095.

## Absences

If you are going to be absent from volunteering, it is best to email our group address at [volunteerdept@stormontvail.org](mailto:volunteerdept@stormontvail.org) or call the Volunteer Services office at (785) 354-6095. If you know your department liaison's email, please also include them when reporting your absence. Sometimes email addresses are very different than your name, so we ask that you include your full name and the department you volunteer at the end of the email.

## Auxiliary/Volunteer Services Staff

Sarah Elsen, Operations Director, Building Blocks  
Director Guest Experience, Volunteer Services & Auxiliary Liaison  
[sarah.elsen@stormontvail.org](mailto:sarah.elsen@stormontvail.org) 785-354-6084

Jeanne Billings, Volunteer Relations Coordinator  
[jebillin@stormontvail.org](mailto:jebillin@stormontvail.org) 785-354-6572

Barbara Parks Lundquist, Volunteer Support Coordinator  
[barbara.parks@stormontvail.org](mailto:barbara.parks@stormontvail.org) 785-354-6051

Volunteer Department Group Contact  
[volunteerdept@stormontvail.org](mailto:volunteerdept@stormontvail.org) 785-354-6095

### More Valentine's Day Pet Therapy Card photos

