



Streamlines

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Emory Johns Creek Hospital Auxiliary

Fall 2022

Editor: **Barb Kuester**

PRESIDENT'S REPORT



It gives me great pleasure to report that the Emory Johns Creek Hospital Auxiliary had another very successful year. I want to personally thank all officers, committees, and auxiliary members for lending support to make so many extraordinary things happen.

Membership

As of the annual meeting, we have approximately 60 active volunteers. Of course, it will take a while to reach our pre-pandemic number (150), but we're hopeful to make that number grow next year. We're proud to say that, even though our number is relatively small, our auxiliary donated approximately 13,000 volunteer hours. We are also proud that we had our first group of 25 college volunteers over the summer. Their time with us was very successful in providing experience in the hospital environment as they pursue their chosen healthcare careers.

Finances

The Auxiliary awarded 6 scholarships totaling \$13,100. Monies are annually allocated from profits made through Gift Shop sales to fund Advanced Skills and Auxiliary Scholarships for EJCH employees and their immediate families and volunteers and their immediate families. Monies raised through Fundraisers (Silver, Masquerade, and Scrub Sales) are used to fund special projects for the hospital. This year the Auxiliary purchased approximately \$24,000 of much needed hospital items to better serve our patients. The Auxiliary has also committed to contribute \$15,000 per year for 3 years toward the Gift Shop expansion project.

Communications

There are 4 forms of electronic communication for volunteers – the Auxiliary website ejcha.org, VicNet, the EJCHA Facebook page, and our quarterly Newsletter.

New Officers

New officers were installed at the annual meeting: Richard Loehn, President-Elect; Rich Diggelmann, Secretary; Eileen Parsons, VP Membership; Peggy Gudger, Member-at-Large; and Margery Jones, Member-at-Large. The following officers will continue the second year of their term: Cheryl Pressly, President; Ed Holt, Past President; Ted Lynam, Treasurer; and Gregg Zandy, VP Fundraising.

We as a volunteer family are committed to providing exemplary service to EJCH, its patients, their relatives and guests, and the community of which EJCH is a part.

Cheryl Pressly

EJCH Auxiliary President

Emory Johns Creek Hospital Auxiliary

Annual Membership Meeting

September 22, 2022

Attendance: Approximately 45 Volunteers

President Cheryl Pressly called the meeting to order at 4:10 p.m. She and Kathryn Albright were presiding.

Hospital Update:

Marilyn Margolis, CEO presented her report. Eighteen months of Covid provided a “cause” which bonded staff and leadership. The prolonged pandemic eventually caused staff to wear out and begin re-evaluating their lives. As a result, the hospital lost folks to retirement, traveling nurse opportunities, etc. This led to hiring contract staff and traveling nurses which cost dearly and created a loss of feeling of teamwork as the new hires were not part of the Emory “family.”

The good news is we still have a capital budget for 2023. This allows for a new IR suite (\$3 million) and retained money for our Gift Shop renovation in mid-2023. There will be no Starbucks for 2023! Changes will include an outpatient imaging suite in 110. This will be a full-service imaging facility. Phase I will include finishing the 4th and ½ of the 5th floor. Emory Spine and Ortho and Heart and Vascular will move onto the 4th floor. Emory Urology from 6300 and Emory Women’s Center on Findley Road will move back into the MOB.

A 20-year plan was created which includes lab, pharmacy expansion, admin suite and parking deck. A wellness center, in partnership with the City of Johns Creek is planned to include cardiac and pulmonary rehab which could be located in the Findley Road facility. EJCH will not offer transplant or open-heart surgery, but will add heart failure service, electro-physiology and more general cardiology and psych services aimed at suicidal intentions, sex trafficking and, with the partnership of the City, other community services.

Other issues: Installation of Epic (Electronic Records) will go live on October 1. Training of staff has gone well; Hospital 2nd Floor will be Women's Services (Mother-Baby) only. Surface parking continues to be a problem, more handicap spaces are needed.

Special Projects and Admissions:

Kathryn Albright noted that the Auxiliary provided almost \$24K in project money for 5 EJCH departments and \$10.6K for Scholarships for Advanced Education.

Admissions set several new records over 8 hospital services from 2018 till the present.

Recruiting and Orientation:

During 2023 we had a College Volunteer Program with 25 students over 6 weeks. They logged 1113 hours of service and yielded 2 new hires. Shooting for 40 next year.

Zoom VolunTeen program fielded 200 students over 30 sessions at 751 hours. The students had to attend a minimum of 8 sessions and many did the full 30.

Important Dates: October is Breast Cancer Awareness Month; Flu Vaccine deadline is December 2, proof of vaccine due in HR office (Suite 202); Lunch and Learn, Oct 19 at 11:30 a.m.; EJCH golf tournament 10/31; Staff Holiday Meal in December; EJCH Scrub Run 5/13/2023.

President Report:

Cheryl Pressly presented the President's report. She recognized individual standing committee chairs to give their reports as part of her presentation. We recognized her excellent leadership during a trying term and thanked her for her contributions. Her complete report will be filed in the Auxiliary archive.

Treasurer Report:

Ted Lynam reports 2022 6 Scholarship awards \$13,100; Project funding 2022 Gift Shop Expansion \$15,000 and Current Balance Sheet as of August 31, 2022 Auxiliary Checking Account: \$31,808.29; Gift Shop Account: \$28,486.01; Savings Account: \$25,004.15 for a total of \$85,298.45.

Membership and Volunteer Hours:

Kathy Hoenig reports that the 8 new volunteers have been placed in service and the next orientation will be held the first week of October with five candidates to date.

Scholarship Report:

Joan Holt reporting for Eileen Kovalchik: Auxiliary Scholarships went to 4 recipients totaling \$8700; Renewal Scholarships to two recipients totaling \$5,000 and Advanced Skills award to 3 recipients totaling \$3640.

Auxiliary Systems:

Walt Van Winkle reports that there are now three forms of electronic communication for the volunteers. First is the public website, next the gateway to VicNet which is all access for volunteers and finally Facebook and Newsletter administered by Barbara Kuester.

Fund Raising:

Gregg Zandy reports our goal for fund raising in 2022 is \$20,000, so far we have reached \$9,163 with another silver sale, scrub sale and Masquerade to be held this year. He suggested a Bake Sale and perhaps another Christmas Memory Tree for additional revenue.

100-hour Service Pin Recipients:

Veena Anikumar, Peggy Gudger, Judith Lawhon, Mary Whiteman.

Installation of Officers:

The new slate of officers for the 2023 Auxiliary Board were elected and installed. They are:

President-Elect, Richard Loehn	President, Cheryl Pressly
Secretary, Rich Diggelmann	Past President, Ed Holt
VP Membership, Eileen Parsons	Treasurer, Ted Lynam
Member at Large, Peggy Gudger	VP Fund Raising, Gregg Zandy,
Member at Large, Margery Jones	Auxiliary Systems, Walt VanWinkle

Submitted by

Rich Diggelmann, Secretary

9/23/2022



2023 AUXILIARY BOARD

Cheryl Pressly, Ted Lynam, Walt Van Winkle, Ed Holt, Gregg Zandy, Rich Diggelman, Eileen Parsons,
Peggy Gudger, Margery Jones (Absent for picture: Richard Loehn)

NIH-funded study shows sound sleep supports immune function

Adults who cut back on sleep for six weeks had increased markers of inflammation.

Getting a consistent good night's sleep supports normal production and programming of hematopoietic stem cells, a building block of the body's innate immune system, according to a small National Institutes of Health-supported study in humans and mice. Sleep has long been linked to immune function, but researchers discovered that getting enough of it influenced the environment where monocytes - a type of white blood cell - form, develop, and get primed to support immune function. This process, hematopoiesis, occurs in the bone marrow.

“What we are learning is that sleep modulates the production of cells that are the protagonists - the main actors - of inflammation,” said Filip K. Swirski, Ph.D., a senior study author and director of the Cardiovascular Research Institute at Icahn School of Medicine at Mount Sinai, New York City. “Good, quality sleep reduces that inflammatory burden.”

To assess these mechanisms, researchers studied associations between sleep and monocyte production in humans and mice, which expanded on findings from prior mathematical models. They analyzed how sleep disruptions increased circulating levels of these immune cells and changed the environment in the bone marrow.

In a collaborative study led by Marie-Pierre St-Onge, Ph.D., at Columbia University, New York City, 14 adults enrolled in the clinical research trial. They each participated in a six-week study arm that emulated getting enough sleep (about 7.5 hours each night) or that created [sleep deficiency](#). To model sleep restriction, adults reduced their nighttime sleep by 1.5 hours - getting about 6 hours of sleep each night. Sleep conditions were separated by a six-week “washout” period, during which participants returned to their normal sleep patterns.

Morning and afternoon blood samples were collected during the fifth and sixth weeks for each sleep condition. Researchers found that when adults didn’t get enough sleep, they had higher levels of circulating monocytes in the afternoon. They also had higher numbers of immune stem cells in the blood and evidence of immune activation.

“The stem cells have been imprinted, or genetically altered, under the influence of sleep restriction,” Swirski said. “The change isn’t permanent, but they continue to self-replicate at a higher rate for weeks.”

A higher production of immune cells creates a more homogenous immune environment, which can accelerate [clonal hematopoiesis](#), an age-related condition that has been linked to increased risks for cardiovascular disease.

Prior studies have identified genetic mutations that drive the proliferation of hematopoietic stem cells. However, this study found that putting pressure on the hematopoietic system, in this case through sleep restriction, produced similar results without the driver mutations.

“Sleep impacts optimal functioning of nearly every cell and organ in the body,” said [Marishka K. Brown, Ph.D.](#), director of the [National Center on Sleep Disorders Research](#), located within the National Heart, Lung, and Blood Institute (NHLBI). “The mechanistic insight from this study supports findings from larger population studies, which have shown that sleep can have a protective effect against a variety of conditions, including heart disease, cancer, and dementia.”

The study authors said their findings also underscored the importance of establishing sound sleep patterns early in life, which may reduce the severity of other inflammatory conditions such as sepsis. Most adults should get 7-8 hours of [uninterrupted sleep](#) each night. Older adults need about 7-9 hours, while children ages 11-17 need about 8-10 hours.

The study was partially funded by NHLBI and the National Center for Advancing Translational Sciences. (Permission to use granted by NIH/NHLBI)



Reminders

- October is Breast Cancer Awareness Month. Volunteers can wear pink shirts under their vests all month!
- EHC Flu Vaccine Campaign deadline is December 2nd. Most drug stores and pharmacies offer the vaccine. Flu paperwork can be dropped off in the HR office.



Barb Teal, a long-term volunteer, was given a fond farewell recently. Barb relocated with her family to the Athens Georgia area. Barb's famous Brownies were an annual hit at our bake sales. Barb received a Certificate of Appreciation for her service from Kathryn Albright, Director of Community Services & Volunteer Services.





HAPPY FALL Y'ALL!