



Streamlines

Emory Johns Creek Hospital Auxiliary
Editor: Barb Kuester

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National Volunteer Week falls in the third week April of each year and provides an opportunity for organizations to celebrate the impact of their selfless and inspirational volunteers. At Emory Johns Creek Hospital, our volunteers are an integral part of the team that helps support our patients, families, staff, and community. Volunteers truly make a difference to our patients and their care partners when they visit the hospital. Volunteers often do the little extra things that staff don't have time to do – the things that sometimes make the biggest difference in the patient's experience while they're here.

To recognize and applaud the amazing work that our volunteers do, Emory Johns Creek Hospital hosted its 2023 Annual Volunteer Appreciation Luncheon on April 19th at St. Ives Country Club. The Auxiliary was congratulated for achieving some incredible things in the past year: the Gift Shop had its highest sales year ever which provided funds for thousands of dollars in scholarships; we held 6 fundraisers which provided monies for needed equipment to the hospital; we delivered 30 dozen Valentine donuts and 45 baskets of Easter candy as a special thanks to the hospital staff; and, as a team, we volunteered more than 13,000 hours. In addition to the many service pins that were awarded, the President's Gold Service Award for contributing 3,000 hours of service was presented to **Ed Holt**, and President's Lifetime Awards for contributing 4,000 each went to **Don Radman** and **Ted Lynam**. Special recognition of service was given to those volunteers celebrating 10-year anniversaries – **Ed Holt, Alan Shapiro, Mary Ann Stabile, and Bob Sullivan**; and to **Jane Macking** in celebration of her 15 years of service. The highlight of the luncheon was the presentation of the Volunteer of the Year Award. This year's prestigious honor went to **Sarah Gail Hytowitz**. Among her many outstanding contributions, Sarah Gail has volunteered 6,000 hours of service and has chaired the Social Committee for many years.

It is through the thousands of hours of service that all of our volunteers have collectively given of their time that they have made a difference to the patient care experience at Emory Johns Creek Hospital. We thank you all for your ongoing commitment and dedication as volunteers.

Cheryl Pressly, President

Volunteer of the Year 2023



Our Volunteer of the Year for 2023 is a native Georgian and retired from a long, successful career as an educator of young children.

She and her husband just celebrated 50 years of marriage and they raised two sons in a very loving home.

For almost 16 years, this volunteer has served in many capacities. She has never been one to turn down an opportunity to help. In all of her positions, she has always been quick to cheerfully welcome everyone to EJCH, whether at the Concierge Desk, doing Birth Place tours, interviewing prospective volunteers, orienting new volunteers in the Breast Imaging Center, where she is the coordinator, or at our Lunch & Learns which she organizes.

Her energy seems limitless. She is seen at every fundraiser, she is an Ambassador for Happy Tails, she is a blood donor, and very interestingly, she and her husband volunteer for the USO at the airport – on Christmas Day and many other times when needed.

Last, but certainly not least, our Volunteer of the Year, is also a Gold Star Mother. We proudly announce Sarah Gail Hytowitz as our Auxiliary Volunteer of the Year for 2023. Congratulations!



Past Volunteers of the Year 2008 – Present

2008 Fran Wade

2009 Joan Holt

2010 Cindy Darby

2011 Barb Kuester

2012 Walt VanWinkle

2013 Bonnie Pastelyak

2014 Karen Davis

2015 Eileen Kovalchik

2016 Al Fellers

2017 Kathy Hoenig

2018 Jane Macking

2019 Elizabeth Montgomery

2020 Ted Lynam

2021 None (COVID)

2022 Marty Fellers

2023 Sarah Gail Hytowitz

Frist Awards

When Emory Johns Creek Hospital opened in January 2007, HCA Healthcare managed the hospital until Emory took over. On the main floor in the Physicians Plaza, Room 106 was dedicated in memory of **Thomas Frist, M.D.** and used as a conference room and also as the site for annual NICU Reunions. Several volunteers were selected to receive the Frist Humanitarian Award for their efforts in the early operational days. We'd like to recognize these volunteers one more time. **Marty Fellers** (2009) and **Jane Radman** (2010) are both still active in the Auxiliary. Our beloved Volunteer Chaplain **Ray Batson**, who passed in 2016, received the Frist award in 2011.

HCA Healthcare co-founder Dr. Thomas F. Frist, Sr. said, "Be happy in your community. Be active. There is so much good to do in this world and so many different ways to do it."

Appreciation Luncheon



**President's Gold
Award Recipient**
Ed Holt



**President's Lifetime
Achievement Award**
Don Radman and Ted Lynam

15 Years of Service
Jane Macking

10 Years of Service
Ed Holt, Alan Shapiro, Mary Ann Stabile, Robert Sullivan



13,000 Hours of Service

Marty Fellers

7,500 Hours of Service

Jane Radman

7,000 Hours of Service

Albert Fellers

Joan Holt

6,000 Hours of Service

Chris Johnson

Sarah Gail Hytowitz

Olivia Montgomery

Walt Van Winkle

4,000 Hours of Service

Ted Lynam**

Don Radman**

3,500 Hours of Service

David Hyman

3,000 Hours of Service

Ed Holt *

1,000 Hours of Service

Karen Patrizzi

Cheryl Pressly

500 Hours of Service

Theresa Holladay

Margery Jones

Derry Patterson

Deborah Quinn

Gregg Zandy

100 Hours of Service

Ferris Abu-Ghosh

Veena Anilkumar

Peggy Gudger

Robyn Kanner

Ada Kou

Judith Lawhon

James Rainsford

Mary Whiteman

**President's Gold Award Recipient*

***President's Lifetime Achievement Award Recipient*



CEO **Marilyn Margolis** once again came up with a novel way to both recognize and entertain the volunteers. This year, using a play on the Beach Boys song “Help Me Rhonda,” Marilyn and her team performed “Help Me Volunteers” wearing those fabulous “**purple**” vests! The video has been posted on our Facebook page. We were thanked for all we do. The various directors sent their sentiments which were incorporated into the lyrics. Some of their comments are below:

“With caring souls and gentle hands you provide love and care to our community and are the heart of our Emory Family. Beautiful things cannot be seen or touched; they are felt with the heart.”

Below are the unique lyrics (with full rights to the Beach Boys Help Me Rhonda):

Thank you volunteers for each and everything that you bring

You’re the light that guides us through and we want to honor you each spring.

Always willing to do each and every task

You socialize, answer calls, and all while wearing masks!

From greeting folks to serving with care

Your time and dedication make a world of difference here.

Help us volunteers, help us with packets

Help us volunteers, help us with the gift shop

Help us volunteers, help us with Concierge

Help us volunteers, help us with patients

Help us volunteers, help us with scrub sales

Help us volunteers, help us with scholarships

Help us volunteers, make everything alright!

From the bottom of our hearts we thank you!

EJCHA Fundraiser Sale Dates

Sterling Silver Sale
June 20 - 21

Scrub Sale
August 23 - 24

Sterling Silver Sale
October 30 - 31

Masquerade \$5 Sale
November 16 - 17

Memory Tree
November 28 -
December 23

Masquerade
JEWELRY & ACCESSORIES

Open to the Public! **\$5** Open to the Public!

FUNDRAISING SALE

Sponsored by Emory Johns Creek Volunteers

Thursday, May 4th 8 am – 7 pm
Friday, May 5th 8 am – 4 pm

Emory Johns Creek Hospital
Corridor between Physician's Plaza & Hospital

Each year, the Auxiliary receives requests from hospital departments for items that are needed. The Auxiliary Board has approved the following hospital initiatives for this year but, since expenditures are over \$1,000, we need you to vote YES or NO before we can fund these initiatives. Please note: the money for these initiatives **is** included in this year's budget. Below is a brief description of the **7** initiatives that we need your vote on.

- 1) **Concierge** - (1) Receptionist in a Box @ \$2,237 = **\$2,237**. For visitors to check-in on their own.
 - 2) **Lab** – (1) Outpatient Check-in Kiosk @ 2,139 = **\$2,139**. For outpatients to check-in on their own.
 - 3) **4th Floor** – (1) Bariatric Scale @ \$2,200 = **\$2,200**. To weigh bariatric patients.
 - 4) **4th Floor** – (1) Doppler Machine @ 1,200 = **\$1,200**. To check pulses after certain procedures or when patients have a weak pulse.
 - 5) **Operations** – (1) Laptop @ \$1,450 = **\$1,450**. To loan out for staff who are doing in-house or community presentations.
 - 6) **Cuddle Cot** – (1) Cooling Bassinet @ \$3,448 = **\$3,448**. A small portable, light-weight unit that enables families experiencing the loss of their baby at any age or gestation to spend more time with them and enables more time to create memories.
 - 7) **Endoscopy** – (1) Computer on Wheels @ \$5,975 = **\$5,975**. Would enable Endo to help check-in patients more quickly.
- Total = \$18,649.**

The Auxiliary was asked to vote by April 21, 2023, for or against these requests and results will be posted when available. In addition to the above, remember that funds we raise also are used for medical scholarships. For example, from 2019 through 2022, we awarded thirty-three scholarships in the amount of \$54,141.

A Message from Gregg Zandy

Hello Volunteers,

Once again you all have come through to make a very successful Scrub Sale. We sold a total of \$17,742.11 of which the Auxiliary will receive \$3,316.26. Compared to years going back to 2014 this is the 4th best we have ever had.

Like the last Scrub Sale, we sold an estimated 150 t-shirts and hoodies with the Emory Johns Creek logo on them. This was a great way to get everyone's attention and boost sales. They added hoodies this time which I think helped.

As always, the real reason we are doing well is because we have the best volunteers a hospital could possibly ask for. Specific recognition goes out to **Becky Coats, Sandy Le, Judy Lawhon, Eileen Parsons, Cheryl Pressly, Ed Holt, Joan Holt, Ron Stein, Jane Radman, Suzanne Holden,** and last but certainly not least **Barbara Kuester.**

Let me say in closing thank you again to all of you. The money we take in will go to a very good cause within the hospital which ultimately will benefit our community. What a great thing you all are doing.

*The heart of a volunteer is not measured in size
But by the depth of their commitment to make a difference in the lives of others.
Author Unknown*

Outpatient Rehab Honors Joan Holt

OP Rehab had a gathering recently to honor Joan Holt for her many years of service. Joan now volunteers in Women's Services.



Donuts to our Staff on Valentine's Day!



Volunteers prepared Easter goodie baskets for Staff



L to R Back: Judy Lawhon, Janie Macking, Marty & Al Fellers
Front: Joan Holt and Cheryl Pressly

And from Staff: *Thank you on behalf of everyone at EJCH for the delicious treats! We love you all, and deeply appreciate your thoughtfulness and generosity. Here are a few photos of the smiles you brought to people's faces! Thank you for all you do for us!*



Wagging Wednesdays with Happy Tails

Wednesdays at the hospital are tail wagging, smile producing days thanks to the arrival of Happy Tail handlers and their dogs. Happy Tail Pet Therapy has been a 501 (3) (C) charitable organization since the 1990s. Their mission is to bring comfort to those undergoing medical tests, hospitalization, hospice care, assisted living, schools and also to the visitors and staff of every facility they visit. **Charlie, Cara, Bowie, Wyatt, Delaney, Bogey, Finn and Puddy** are some

of the dogs bringing smiles to those they meet on Waggin' Wednesdays at Emory Johns Creek. Volunteer ambassador **Sarah Gail Hytowitz** escorts the dogs and their handlers to the various departments. Be sure to meet the dogs as they tour our campus!

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Why Do We Get Middle-Age Spread?

DNA-PK activity lowers the number of mitochondria, shown here, which turn fat into energy to fuel the body.

wir0man/ iStock/Thinkstock

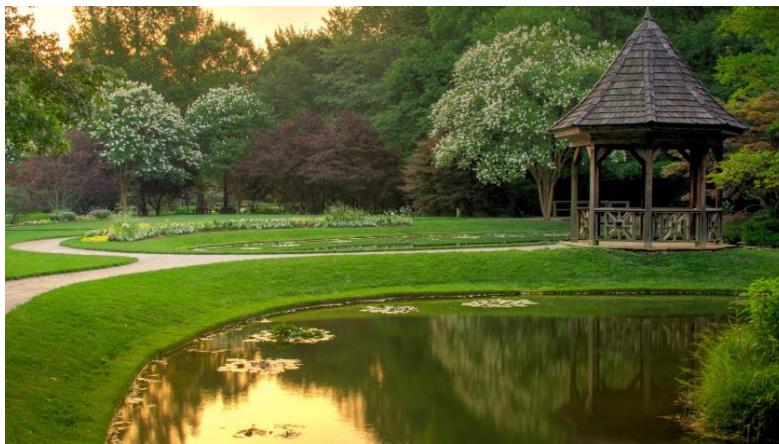
Did you know that the average young U.S. adult gains 30 pounds by the time they reach age 50? This weight gain happens even though most people tend to eat less over this time. Researchers have long known that losing weight and maintaining the ability to exercise tend to get harder beginning between

ages 30 and 40—the start of mid-life. And working out pays off less than it used to. NIH scientist Dr. Jay H. Chung and his colleagues think they've identified the biological changes that can explain this weight gain. In studies with lab animals, they found that an enzyme known as DNA-PK (DNA-dependent protein kinase) slows down your metabolism, making fat harder to burn. The team discovered that the muscles of mice and monkeys don't show much DNA-PK activity until middle age. At middle age, the enzyme's activity spiked.

Could blocking the elevated enzyme promote fat burning? To find out, the researchers used a drug that stops the enzyme from working. When fed a high-fat diet, obese mice receiving the drug didn't gain as much weight as other mice and were protected from type 2 diabetes. The drug also increased the fitness level of obese and middle-age mice.

"Our society attributes the weight gain and lack of exercise at mid-life (approximately 30–60 years) primarily to poor lifestyle choices and lack of will power, **but this study shows that there is a genetic program driven by an overactive enzyme that promotes weight gain and loss of exercise capacity at mid-life,**" Chung says. These findings were only shown in animals. And this type of drug hasn't been tested in people. It might not work for people, or could have serious side effects. Until these questions are answered, there's no magic pill to ward away the spare tire associated with middle age. In the meantime, follow your doctor's suggestions for eating right, being active, and staying fit.

Source: NIH National Heart, Lung and Blood Institute



Gibbs Gardens, Georgia