



Streamlines

Emory Johns Creek Hospital Auxiliary

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Ed Holt

President EJCH Auxiliary

Happy 2020 to all our volunteers. I hope everyone has enjoyed a blessed holiday season and a good start so far to the new decade. I would like to send out a big thank you to all those volunteers who picked up extra hours and covered assignments for those volunteers who were either traveling or spending time with family and friends and away during the holiday season. Your willingness to work those extra hours was a big help in keeping things flowing smoothly in so many departments. We have had a very good 2019 and are looking forward to accomplishing much more in the coming year. Last year, our fundraising was the best we've ever had and the growth in our gift shop has been overwhelming. We look forward to this carrying right through this next year. There are several events being planned for the upcoming year including lunch and learns, the annual appreciation luncheon in April, and several fundraising events.

As you see every day, there are so many changes taking place around the hospital and some of these changes have made our jobs much more challenging. One thing so many have been asking for is a secure place that we can call "ours. We have been told that the lockers previously on the 2nd floor and used by the volunteers in the past are being moved to a secure location where it will be possible for those seeking a place to store maybe a jacket or purse while working their shift. More information on this move and the new location of the lockers for our use will follow-- hopefully in the next couple of weeks.

We maintain a strong Auxiliary because of you and your dedication. May 2020 be a good year for all.

The Annual Toys for Tots Campaign kicked off at Emory Johns Creek Hospital on November 21, 2019 with remarks from our CEO Marilyn Margolis. North Forsyth High School's Junior U. S. Marine Corps ROTC provided a Color Guard and were represented by their Commanding Office, Master Gunnery Sargent Merritt, Cadet Sargent Major Livingstone and Cadet LtCol. Palmer. Active duty personnel present were 1st Sargent Bombard, USMC and Navy Hospital Corpsman Casas, USN along with one of our Waggin' Wednesdays pet therapy dogs, Luke, a Lutheran Church Charities certified K9 Comfort Dog, and his handler Ed Rector. Over the four-week campaign, an estimated almost one thousand toys and gifts were collected. Atlanta remains first in the nation for donations and that was evidenced by the generosity of staff, volunteers and visitors at Emory Johns Creek.



Holiday Doings



Santa & Marilyn Margolis



Sarah Hytowitz & Rudolph



Kathy Hoenig, Rudolph & Frosty



Dear Volunteers,

Here is the update on the Holiday Gift Basket raffle. It was a good fundraiser with a total of \$454.00 raised. The winner, Linda Dowling, is new to the Georgia area. She was very excited when Sue Arenstein called to let her know she had won.

I want to express my thanks and appreciation to those volunteers that helped sell the raffle tickets and went out to get donations from various stores and restaurants. Thank you Thora Mayer, Sarah Gail Hytowitz, Eileen Parsons, Peggy Curvey, Joan Holt, Jo Jo Shorter, Raymond Viernes and Karen Davis.

We will have our next fundraiser January 30-31st with our Peachskin Sheet Sale.

To the new volunteers we need you to come out and help with some of our fundraisers that will be coming up this new year 2020.

I want to wish and hope all the volunteers have and very Merry Christmas and Happy Holidays! Be safe and we will see you in the New Year.

Carol Enzman,
VP Fundraising



Hello volunteers,

We completed our Fall Masquerade Sale on November 22nd and I am so happy to tell you it was the best masquerade sale we have ever had. Our numbers are as follows:

Total sales with tax	\$30,073.00
Net sales	\$27,910.00
Commission to Auxiliary	\$5,582.00

Thanks to the following volunteers who spent time over the two days working hard. It was very busy and everyone did a great job helping our customers.

Theresa Holiday, Eileen Kovalchik, Mary Ann Stabile, Jan Wilfret, Urmila Dosi, Thora Mayer, Diane Perlin, Richard Loehn, Peggy Smith, Ed Holt, Joan Holt, Karen Golub, Lisa Goodman, Debby Jacobson, Sarah Gail Hytowitz, Amanda Libbey, Jane Radman, Bridget Van Zyl, Chris Johnson, Sue Arenstein, Becky Coats, Suzanne Holden, Frances Munoz, Urvi Parikh, and Hema Patel.

A very special thanks to Eileen Parsons who stepped up in place of Carol Enzman who was out of town. Eileen worked every hour of the two days we were open and did an outstanding job. Our auxiliary president, Ed Holt, also put in many hours at the sale and we appreciate his time and effort.

I hope everyone enjoyed their Thanksgiving holiday.

With thanks to all,

Jane Macking

Uniform Scrub Sale Results



Dear Volunteers,

We had a very successful Uniform Scrub Sale. We had total sales of just over \$20,000 and our commissions were over \$3,700. I want to shout out a BIG THANK YOU to the following volunteers that help make this fundraiser such a success. Ed Holt, Sarah Hytowitz, Lu Post, Eileen Kovalchik, Chris Johnson, Jan Wilfret, Becky Lingg, Thora Mayer, Urvi Parikh Richard Loehn, Betsy Kinsella, Bonnie Pastelyak, Marty Fellers, Gregg Zandy, Eileen Parsons, Becky Coats, Jane Macking, Carol Walker, Karen Patrizzi, Dr. Afrah Khan and Jane Redman. I hope I did not leave anyone out. Again, I want to thank you...Without your help we couldn't have done it. I appreciate all of you.

Thank you,

Carol Enzman
VP Fundraising

The annual convention of the Council on Volunteers Services of the Georgia Hospital Association was held in October in Augusta GA. Attending were Ed Holt, Kathryn Albright, Ted Lyman, Olivia Montgomery, Carol Enzman, Eileen Parsons and Cheryl Pressly. Below are pictures from the first breakout session which focused on how to hold a successful event. Olivia Montgomery and Carol Enzman were participants in the session that voted on “good idea or bad idea”.



Masks were fun and worn for the Gala Parade and also made beautiful table decorations. Eileen Parsons, a volunteer who helps with our Waggin' Wednesdays pet therapy program found Maisey, also used in pet therapy. Barb Teal prepared and sent the Auxiliary scrap book.



NIH NEWS IN HEALTH:

Building Brain Power

There are many things you can do to protect your brain as you age. “Cognitive activity, physical activity, and social engagement are associated with better cognitive functioning in older adulthood” said Dr. Patricia Boyle, who studies the aging brain at Rush University.

Managing your health conditions is also important. Controlling your blood pressure, for example, reduces the risk of having a small stroke (bleeding from blood vessels in the brain). Small strokes can cause temporary or permanent cognitive problems.

Feeling a sense of purpose in one’s life also seems to help protect older adults from cognitive decline. *A study from Boyle and her colleagues found that people who felt more purpose in life had fewer symptoms from brain changes linked to Alzheimer’s disease.*

“The aging brain can accumulate Alzheimer’s changes, but if you’re stimulating your brain and strengthening it like a muscle, you may be better able to tolerate those changes,” she says.

Getting older can also bring cognitive advantages you might not know about.

“Older adults have greater verbal ability than younger adults. They’re better problem solvers. And accumulated experiences are very helpful,” said Dr. Marie Bernard, an aging expert at NIH.

“Think about the positive things that come with aging,” Bernard says. “It’s a great time to become engaged in meaningful activities, maintain connections to friends and family, develop new connections, and be physically active. And in turn, all of these things can enhance one’s quality of life and one’s aging.” **(Reprinted with permission NIH)**

And now a brain teaser: If you go in through the green glass door, you can bring a ball but not a bat. You can bring a book but not a magazine. You can bring coffee but not a cup. You can bring letters but you can’t bring numbers. Why can you only bring certain items?



~~~~Welcome to our world, little one!~~~~



At Emory Johns Creek Hospital, the first baby of the new year was born at 11:41 a.m. on January 1. The healthy baby boy weighed 6 pounds, 11 ounces.



From Coast to Coast the excitement is “building”!



While in California visiting family during the holidays, Volunteer Barb Kuester got to work on the Sierra Madre Rose Float Association’s float that was being built for the Annual Tournament of Roses Parade held on New Year’s Day. The theme for the 2020 parade was hope. “Ka La Hiki Ola” or “Dawning of a New Day” is Island philosophy encouraging us to greet our days with hope and optimism.

And here at home...



Groundbreaking for Expansion November 7, 2019



Cranes Setting Beams January 10, 2020



Cloudland Canyon State Park
View from the West Rim Trail
Rising Fawn, Georgia