



The Courier

Anna Best, Editor

Quarterly Newsletter Council on Volunteer Services
Georgia Health Care, Inc.

August 1, 2022

Page 1, Message from Cathy Hefner, President

Page 2, Message from Linda Holloway, President-Elect

- Wellstar Cobb Hospital, Austell

Page 3, Our Volunteers Around Georgia

- Northside Hospital/Forsyth, Cumming

Page 4, Our Volunteers Around Georgia

- Northside Hospital, Atlanta

- Network of Hope

Page 5, Our Volunteers Around Georgia

- Wellstar Cobb Hospital, Austell

Page 6, Our Volunteers Around Georgia

- Meadows Hospital, Vidalia

Page 7

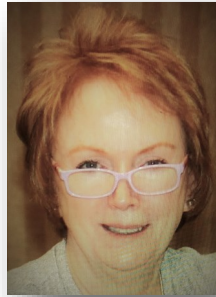
- Northside Hospital, Atlanta

- Spring Luncheon Pictures

Pages 8

- Wellstar Kennestone Hospital, Marietta

- Meadows Hospital, Vidalia



Message from President Cathy Hefner

Hi everyone!

Wow! What a hot and damp summer for most of us. I don't ever remember as many thunder-

storms in the summer as we have had this year. They are never ending.

I have been overwhelmed by continuing to read in COVS member's newsletters the continuing efforts of the auxiliaries in their unwavering force to the road of recovery from the pandemic. New members, fundraising events, installations of new boards, and hospitals opening their doors for volunteers to return. It is all so exciting! There are still obstacles to overcome, but I have confidence a full recovery will be achieved, and all auxiliaries will be stronger than ever in the future.

I was sad to cancel our first Board of Management in-person meeting that was to be held in Macon last week. It was the first time we were to meet in person since July 2021. We were all looking forward to seeing each other and getting some work done, but since COVID is spiking again and the gas prices are out of control, ZOOM started looking better and better. We had a very productive ZOOM meeting, and it was good seeing everyone. The COVS Georgia Health Care is still a very healthy organization, I am happy to report and ready to continue the road to recovery.

I would like to request, from all of you, any suggestions or thoughts concerning COVS Georgia Health Care. This organization is here for you. It is our goal to offer our members benefits received from membership that will enhance their auxiliary. It would be wonderful if you could email me your suggestions or thoughts on what the COVS could offer that would enrich your auxiliary. Since the pandemic auxiliaries have changed. Auxiliary needs are different now. Please just take a few moments and let me hear from you. **"To say nothing is saying something."**

I hope you all are having a fun summer. We have a new puppy, Poppy, in the house, and two new fish tanks. That is enough to keep me busy for sure. Vacation. What is that?

Take care everyone. I appreciate all of you and the dedication you have shown as hospital volunteers and by remaining loyal members of COVS Georgia Health Care.

Cathy Hefner, President



Message from President-Elect Linda Holloway

It's a Hot Time in Georgia!



Whew! I don't know about your area, but it has been a long, hot summer here in southwest Georgia. If I decide to work outside, I am soon (as my granddaughter recently said) "sweatin' like a hog." With that in mind, I'd like to share some information on heat strokes and heat exhaustion. Both conditions should be taken very seriously.

According to CDC, symptoms of heat exhaustion include headache; dizziness; heavy sweating with a pale, clammy skin; nausea or vomiting; a fast but weak pulse; weakness or leg cramps; and excessive thirst. To treat heat exhaustion: hydrate with water or sports drinks (no alcohol); move to a cooler place, preferably with air conditioning; lie down; take a cool shower; remove tight clothing or extra layers; and above all, ACT QUICKLY. Failure to do so can lead to a heat stroke.

A heat stroke is a serious medical emergency. Symptoms may include: headache; confusion; loss of consciousness; no sweating/dry skin; hot, red skin; nausea or vomiting; rapid, strong heartbeat; and a body temperature of 103 degrees or more. First reaction should be to call 911. Move the person, who may be so confused they deny feeling ill, to a cooler place. Use cold compresses to cool temperature. Do NOT give them fluids.

While many symptoms are similar, notice the differences in skin and pulse, as well as the confusion. A major difference in treatment is administering fluids. Hopefully, none of you will suffer from either of these conditions, but you may help save a life if you know what to do.

Stay cool (I think you are already a cool group of people).

Linda Holloway



Our Volunteers Around Georgia

Wellstar Cobb Hospital Auxiliary (Austell) is starting a volunteer pictorial directory in the hopes of helping volunteers get to know each other better. Volunteers often volunteer at the same time on the same day and know the volunteers that are at the hospital when they are. We pass many others in the hallways with the same uniform on as us but cannot call them by name.

Sure, we all have the same name badge on but who wants to stare at someone's chest attempting to

read their name. We prefer to look into their eyes and call them by name!

The goal is to offer just another tool to help our volunteers create a more intimate community for themselves. We hope this new tool will also be good for our new volunteers when they begin their volunteer experience!



Our Volunteers Around Georgia



**The Northside Hospital/
Forsyth Auxiliary** (Cumming)
would like to share some statistics

about their hospital:

- The 9th and 10th floors have added 43 more beds to support NHF medical, surgical, and women services.
- The hospital now has 363 inpatient beds
- Since Northside purchased the 41-bed Cumming hospital, our hospital and its campus have experienced near-continuous construction
- NHF has opened more outpatient services and physician practices in Cumming, Johns Creek, Dawsonville, Alpharetta and Gainesville
- NHF is the largest private sector employer in Forsyth County
- In 2021, the Centers for Medicare and Medicaid Services recognized NHF with five stars in its annual Hospital Quality Star Ratings
- In 2022, Healthgrades recognized NHF with the Surgical Care Excellence Award and as one of America's 100 Best Hospitals for joint replacement.



NHF Scholarships

Fifteen students who are beginning or advancing their medical careers were honored May 15, 2022 at a Scholarship Awards Reception. The awards totaled \$62,000. Twelve of these students

received a total of \$45,000 from the NHF Auxiliary. The recipients are: Zarah Alavi, Nicol Bates, Graham Bryant, Jennifer Jackson, Sam Lee, Hannah Meenes, Arsha Moorthy, Joshua Parkerson, Odessa Stoelvel, Luz Elena Vega, and Mariana Voronovskaia.

In addition, six scholarships were awarded in memoriam:

- The Daisy Angell Scholarship (funded by Jone Angell Manley in honor of her mother) was awarded to Kelsie Jones.
- Five Jordan Banasiak Scholarships (funded by Greg and Mona Winey in honor of Jordan Banasiak, an NHF PCT who died in a car accident in 2019) were awarded to: Ashley Pertucci, Christian Chinkhan, Joseph Dalton, Kelsie Jones, and Mariana Voronovskaia.
- Luz Elena Vega received the Lynn Jackson Scholarship.

Two NHF employees were awarded Elizabeth Wilmot Bull Scholarships by the Council of Volunteer Services: Zarah Alavi and Jennifer Jackson.

Congratulations to this year's recipients.



Our Volunteers Around Georgia



The **Northside Hospital Auxiliary's** (Atlanta) largest program is its annual ***Wish List*** campaign, and they are happy

to report that \$150,000 in funds were provided to a variety of Northside Atlanta departments to purchase much needed supplies and equipment. The ***Wish List*** program, facilitated by the Auxiliary's Finance Committee, provides the opportunity for departments to request funding for items that are not typically funded through the hospital's capital or operational budgets.

This year, items approved included:

- a Life Fitness gym, incline bench, and exercise bike requested by cardiology
- 1500 baby books for special care nurseries and blankets, totes, and thermometers for the BMT unit
- In the transition of care area, COPD patients were approved to receive ***Harmonica for Health*** booklets, harmonicas, and harmonica

lessons. We also supported our simulation lab with catheterization training kits and a chest tube management simulator

- Other units supported with items included extended recovery, emergency department, the ground floor and 3rd floor PACUs, and interpretation services
- And finally, we annually support patient relations with funds to buy replacement clothing for indigent patients or patients who have to have replacement clothing when they come into the hospital, as well as, our chaplaincy department with funds to support their programs

The Auxiliary is pleased to provide items that make the Northside Hospital experience a positive one and is delighted that it is able to set aside profits to fund such items.

Network of HOPE

Cancer Support & Mentoring

Network of Hope members reunite for the first time at the new Cancer Support Community (Atlanta) after two years of virtual meetings.

Network of Hope connects cancer patients with trained volunteers who have also faced cancer and embraced life afterward. Volunteer cancer survivors and caregivers are available to mentor cancer patients throughout their treatment. To become a mentor after you complete your treatment, contact us as 404-851-8707 or networkofhope@northside.com.





Wellstar Cobb Hospital Council on Volunteer Services 2022-2023 Scholarship Recipients

Emmanuel Aghughu-South Cobb High/Georgia Southern University

Jasmine Brown-South Cobb High/Georgia Tech

Prajna Dhinakaran-South Cobb High/Georgia Tech

Latifah Islam-Hillgrove High/University of Georgia

Natalie King-Pope High/Mercer University

Nneka Mbeledogu-Kennesaw State University

Onyedikachukwu Obiegbu-South Cobb High/Georgia State University

Karthik Valiveti-Wheeler High/Emory University

On June 8, 2022, the Wellstar Cobb Hospital COVS Scholarship Committee interviewed fifteen exceptionally smart and articulate young people who applied for a scholarship with us. We are allowed to award \$2500 scholarships from six to ten applicants yearly. The committee was impressed with all of the applicants, and it was difficult to choose from these very qualified applicants. The applicants are scored using: scholastic records, quality of responses and overall impression. If the applicant is an employee or volunteer, they are given an extra point in the process. We narrowed it down to eight recipients for the 2022-2023 school year. A huge congratulations to these outstanding students for their hard work and dedication. We wish you all the best in your studies ahead and look forward to watching your progress!



Pictured are scholarship recipients that were able to attend the June Volunteer Luncheon.

Our Volunteers Around Georgia



The **Meadows Hospital Auxiliary** (Vidalia) finished its service year by completing its second round of delivering refreshments to the local Emergency Medical Service agencies. Bananas, apples, oranges, and an assortment of crackers, chips, and muffins were delivered to personnel at the Toombs, Montgomery, Treutlen, and Wheeler County facilities. Approximately 50 technicians were fed.



Auxiliary Beth Lewis with the Toombs County EMS personnel



Auxiliary Beth Lewis with Montgomery County EMS personnel

Presently, the active volunteers at **Meadows** serve the Front Desk, Radiology, Gift Shop, and the Cancer Center.

With the hospital status change from non-profit to for-profit, the mission of the Auxiliary changed. The Auxiliary is no longer able to donate funds to the hospital as before. Today, the Auxiliary uses the funds it raises for projects benefitting hospital employees, and a greater emphasis is placed on providing support to organizations within our community. This past year, the Auxiliary provided several “thank you” gifts to hospital employees for their hard work and dedication. For Nurse’s Week, we gave a 10% discount coupon for use in the Gift Shop. The Auxiliary also provided snacks for all patients receiving treatment at the Cancer Center. We continue to present the mother of each newborn in the Women’s Pavilion a discount card to be used at the Gift Shop. The Gift Shop is the primary source of income for the organization, and through the years other fund raisers have been used, most notable is the annual pecan raffle in November. The Auxiliary thanks the employees and members of the community for their support of our fundraising efforts.

The scholarship program begun in 2021 has grown this year to four \$1000 scholarships. We are proud to announce that one of our own, Brynna Wheeler, received the Elizabeth Wilmot Bull Memorial Scholarship from COVS Georgia Health Care.

Service pins have been given out this year for 8,762 hours worked amounting to a \$63,526 gift of time. Way to go Auxilians!

Our Volunteers Around Georgia



The Northside Hospital Auxiliary

(Atlanta) reports they were finally able to have a spring luncheon after two and a half years.

Recently they set a new record with 90% of their active volunteers logging volunteer time in the hospital. And, they have revived their volunteer program. The last time the program was in session was the summer of 2019. Although, smaller in number and lasting only four weeks, it's a great start! Meeting these teen participants definitely brightens your day.

The NHA board has been busy, and they have completed this year's \$150,000 *Wish List* from

department requests for needed items they don't normally get through the hospital budgeting process. While going over those requests, the board focuses on items that most closely impact patients, family, or guests in the hospital.

New volunteers are now coming into the hospital again! In the past month, 13 new volunteers have been welcomed to the Auxiliary.

Most of the services have restarted, but more volunteers could be used in some areas.

- *George McCallum, Board President*

Northside Hospital (Atlanta) Spring Luncheon Pictures



George McCallum and Susan Sommers



Susan Buchanan and Sally Joyce



Mona Fletcher and Kerry Dodd



Estelle Rose and Rosemary Fox





SIR, MADAM, YOUR LIMO AWAITS...

Kennestone Hospital's (Marietta) new people-movers have taken a page from Disney and NASA...they are futuristic, stream-lined, displaying Wellstar's new colorful branding, fully enclosed with high-back upholstered seats, and they are electric.

It has been reported that some riders purposely missed their stop, to extend the fun, and the driver's graciousness. These campus Care Cabs are featured because they are funded by the volunteers and this credit, "Donated by Wellstar Volunteers" is displayed at the top of the windshield.



For their monthly project, the **Meadows Hospital Auxiliary** (Vidalia) provided, homemade baked goodies for the hospital employees on the day, evening, and weekend shifts. Auxilians prepared cakes, cupcakes, brownies, cookies, bars, pies, and candy. The employees commented on how much they enjoyed the goodies. The hospital administration has now asked the Auxiliary to provide baked cakes for a cake walk as part of the hospital's family appreciation night.



Meadows Hospital Auxilian Donald Parker with a cart full of baked goods serving nurses in the ICU.

