



# The Courier

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

**February 2022**

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**-For more information,  
go to [covsgeorgia.org](http://covsgeorgia.org).**

**Anna Best  
Editor**



## **Message from President Cathy Hefner**

Happy Winter everyone!

The District March "Join the Love Boat" Mini-Conferences are full speed ahead and invitation packets have been mailed to the auxiliary presidents. A lot of hard work has been put forth to offer these conferences to all our members and a fun day is planned. Some surprises too!

I love reading the newsletters from all around the state. They are like a breath of fresh air! A lot of volunteers have been asked to go back to their hospitals, and this is very encouraging.

Voting for the 2022-2023 District Directors will take place during the Mini Conferences, and if you would like to serve on the COVS Board of Management as a District Director or want information, please contact your own District Directors for information. An application is on our website ([covsgeorgia.org](http://covsgeorgia.org)), and you can download it to your computer. It's a great job, and as more and more hospitals open their doors again to the volunteers it will be an exciting time to serve. A fun experience for sure!

I hope to see all of you at the COVS Georgia Health Care "Join the Love Boat" Mini Conferences. It will be wonderful to see all your smiling faces and talk to each of you.

Happy Valentine's Day!

*"Love Is the Essence of a Hospital Volunteer!"*

## Message from President-Elect

Linda Holloway

### February—Healthy Heart Month



What better way is there to remember our theme this year, “Love is the essence of hospital volunteers,” than to take steps to a healthy heart! These are the steps recommended by the American Heart Association\*\*:

- (1) Eat healthy. Heart healthy meals that include whole grains, lean protein sources, low-fat dairy products, and fruits and vegetables.
- (2) Get active.
- (3) Stay at a healthy weight.
- (4) Quit smoking and avoid second-hand smoke.
- (5) Control your cholesterol and blood pressure.
- (6) Drink alcohol only in moderation.
- (7) Manage stress. We want you to be around for volunteering for a long time to come. So take care of your heart like you take care of others.

*\*\* Caution: do not make a drastic change to your daily habits without consulting your doctor.*

You are my valentines,

*Linda Holloway*



As **Maya Angelou** wrote,

*“I’ve learned that people will forget what you said, people will forget what you did,  
but people will never forget how you made them feel.”*



The **Memorial Health Meadows Hospital Auxiliary** (Vidalia) recently donated socks to hospital employees. “For our December project, we wanted to give the employees compression socks to show appreciation for all their hard work and long hours of being on their feet all day,” said Lisa Parker, Auxiliary President. “We were able to provide them through the generous support of Dan Gillet of Adorn from Atlanta, one of our vendors who comes twice a year to the hospital for a \$6 jewelry and accessories show.”



Auxiliary President Lisa Parker and President-elect Beverly Laughman recently donated refreshments to local EMS agencies to show appreciation for their dedication and service to patients and the community. “We delivered boxes with assorted fruit, chips, crackers and muffins to Toombs-Montgomery, Wheeler, and Treutlen EMS,” said President Lisa Parker. “We supplied enough for 47 staff members, and we plan to donate more refreshments again in May.”



### Wellstar Cobb Auxiliary Volunteers

(Austell) offered a Peppermint Guessing Game in December to help raise staff morale. Kimberly Newkirk, Dialysis Nurse, won the game by guessing 331 mints. There were 343 mints stuffed in the jar. Congratulations Kimberly! She received a \$25 Target gift card for her winning guess.



In December, Auxiliary President Anna Best and Volunteer Manager Amy Saye had the pleasure of delivering

### Wellstar Cobb’s financial

donation of \$1,155 to Sweetwater Mission!! The money was collected for this year’s Community Service Project, and it helped to provide holiday meals for families in need in the Austell area. Our donation provided dinner for 115 families! The picture below includes Anna and Amy with some of the Sweetwater Mission staff who accepted the donation. They were very appreciative! Thank you Wellstar Cobb for the difference you make by sharing your financial gifts.







The Lord blessed **St. Mary's Hospital Auxiliary** (Athens) with a gorgeous fall day last November to place over 500 "Flags for Veterans" along the main drive to the hospital and around the round-a-bout to honor our service men and women. This project was begun in 2015 by now COVS President Cathy Hefner, who was auxiliary president at the time, to celebrate veterans from all branches of service. "Flags for Veterans" has become an annual project on both Veterans Day and Memorial Day. Thursday, November 11, was Veterans Day, and the auxiliary's hope was that all pause, to reflect on the meaning of this day, and give thanks for the selflessness of those who serve to keep us safe and free. May God bless them all!



The latest in **Wayne Memorial Hospital's** (Jesup) expansion is the opening of the new infusion center. The new center is reported to have spacious rooms and should improve the overall patient experience at WMH.

## Memorial Health Meadows Hospital Auxiliary (Vidalia)

On Monday, November 15, President Lisa Parker presented a donation of \$1,000 to Mercy Medical Clinic. "We are honored to donate to Mercy Medical Clinic and know this contribution will have a great impact on the organization and community." Meadows Gift Shop is the main source of revenue to raise funds that support hospital and community projects, and the shop is staffed entirely by volunteers.

*Pictured left to right: Past Auxiliary President Wanda McCranie; Mercy Medical Clinic Director Clint Hutcheson; Auxiliary President Lisa Parker.*



On Friday, October 1, the **Piedmont Athens Regional Foundation** hosted the Dogwood Classic Golf Tournament. The Foundation raised nearly \$30,000 to support Women and Children's services at PAR. Thank you to Jean Estes, Janet Childs, Gloria Pylant, (Hairy Dawg!), JK McMullan, Barbara Coco, and Becky Sams for serving lunch to the participants.





# Georgia Hospitals Celebrate the Holidays



Santa visited  
all the babies  
in Wellstar Cobb  
Hospital's NICU Unit  
in Austell



The first baby girl and boy  
of 2022 were given  
a gift basket from  
Wellstar Cobb Hospital



Southeast Georgia Health System  
"Gnome for the Holidays"  
Gift Shop Open House  
Brunswick





On December 9, the **Phoebe Sumter Medical Center Auxiliary** (Americus) presented a \$1,000 scholarship to Anna Clare Tipper from the Council on Volunteer Services Georgia Health Care for the Elizabeth Wilmot Bull Memorial Scholarship. These funds are designated to help students further their education in the medical field. The Dean of Nursing Dr. Sandra Daniel was present, as well as, Anna's father Chris. Anna Clare is a senior nursing student at Georgia Southwestern University. She was chosen for the scholarship for her academic achievements, as well as, community involvement. She is presently working at Colquitt Regional Hospital in Moultrie in addition to her studies.



### **Putnam General Hospital**

(Eatonton) nurses were able to distribute over 150 flu vaccines to our community in October. The outstanding turnout to the event had cars lined up to the street before 8 a.m. This positive response is an example of the impact PGH Auxiliary has on our hospital and community.

### **Memorial Health Meadows Hospital**

**Auxiliary** (Vidalia) recently held their annual pecan fundraiser to raise funds for hospital and community projects. The pecans were donated by honorary members of the auxiliary, Vernon and Melba Kennedy of Lyons. "We are very thankful for the Kennedy's dedicated support of the Auxiliary," said Lisa Parker, Auxiliary President. "We sold tickets for \$1 each, and the amount raised will help fund two scholarships to be awarded this May." Margaret Matchett of Vidalia, was this year's winner, who received 3 gallons of shelled pecans.

### **March One Day Spring Mini Conferences**

for Our Five Districts

The cost will be much less than our regular Fall Conference. We are hoping for more volunteers to come and enjoy the day. There will be a silent auction, food, speakers, and a meeting.

**Mark Your Calendars Now!**

For more information, contact Mini Conference Chairs

Sharon Bowen (bowen2@tds.net) and Donna Doersch (ddoersch@gmail.com).



## Zoom Board of Management Virtual Meeting Tuesday, January 18



Cathy Hefner, president, welcomed everyone and called the Board of Management meeting to order shortly after 7 p.m. on Tuesday, January 18, 2022. A large number of our board were present even though some of our membership were not feeling well. We welcomed two guests—Lynn Hale, Assistant to the President GHA, and Amy Saye, President of Georgia Society for Volunteer Services.

We talked about our volunteer groups who remain active and creative right now and what the future will look like for all our hospital volunteers. A “new normal” if you will.

Our Spring Mini Conferences are moving forward with many details already complete and just a few more to be nailed down. They promise to be a fun time for everyone to enjoy.

Brenda Foy gave our treasurer’s report and MaryLynne Cochran let us know that work continues on our website. Everyone present reported on their areas, and the meeting adjourned shortly before 8 p.m. with the hope, once again, that the next meeting of this group could be in person.

As always, the Executive Board is so thankful for the efforts of this Board of Management.



**Memorial Satilla Health Hospital Auxiliary** (Waycross) is doing what they can to help with the current shortage of blood donors due to COVID-19.



*Peggy Duvall, Auxiliary President awards Terrie Dixon \$100 for donating at the December Red Cross Blood Drive.*



*Nancy Woody accepts the Grand prize of a \$1000 for Donating Blood from Peggy Duvall.*

Also, it was great to see everyone at this year's  
**Memorial Satilla Health Hospital's** Holiday Gathering!



*The new District Directors Carolyn Green and Robert Brown were introduced at our in-person Holiday Gathering.*



*Past District Directors and New Conference Co-Chairs Sharon Bowen and Donna Doersch*





## Our Volunteers Around Georgia

### Northside Forsyth Hospital (Cumming)

honored their working volunteers with a beautifully catered and delicious Christmas luncheon for five days with two sittings each day. We could not do a large luncheon as we have in the past, so we had smaller groups, and it was wonderful as the volunteers could talk to one another and enjoy a festive time.

Because of our NFH patron's generosity, foster children in Forsyth County have a nice supply of socks to keep their feet warm this winter. The goal was to collect 150 pairs of socks, and 334 pairs were contributed!

The Place "Holiday House Toy Drive" for infants also exceeded our expectations this season. We started by filling up one box and ended up filling a total of four! Your generosity is heartwarming!



The **Memorial Health Meadows Hospital Auxiliary** (Vidalia) recently showed appreciation to hospital employees for their hard work and dedication by giving them a tube of lotion with a sticker that said *Here's to smooth sailing ahead!* "We are glad COVID numbers are down," said Lisa Parker, Auxiliary President. "By giving these gifts, we wanted to show our appreciation for the work done at the hospital and encourage the staff to continue offering first class patient care."

Auxilians  
Wanda  
McCranie  
(far left) and  
President Lisa  
Parker (far  
right) with  
nurses from the  
hospital's  
Women's Center.



### Wellstar Cobb Hospital's Radiology

**Department** (Austell) is pictured here in November enjoying sweet treats delivered by volunteers in the Auxiliary's new program of

adopting a department each month and doing something special for them.

