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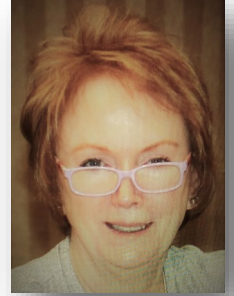
-For more information, go to [covsgeorgia.org](http://covsgeorgia.org).

## Message from President Cathy Hefner

WOW! Are the 2022 District Mini Conferences really a thing of the past? I would not have missed one minute with all of you for anything in this world. We were fortunate to come together at long last!

I have so many stories I could tell you from each conference. All the District Directors went beyond the call of duty and found beautiful venues and excellent caterers. I will share a little of *the conference experience*.

**Ida and James Byrd**, our NW District Directors, served lunch to their conference guests. I will never forget James lifting a huge pan of gravy and pouring it on plates! **Mark and Beverly Rogan**, our NE District Directors, had Mark parading around like a fashion model and women were running after him because of a \$20 gold star on his back, and Beverly making beautiful



placemats to make sure the tables were perfect. **Robert Brown**, our SE District Director, almost needed oxygen after blowing up about 100 balloons, and we all agreed the SE District had the best donuts! **Carey Russell and Joyce Barrett**, our Central District Directors, organized someone to be at the venue to help setup the tables; however, the venue was empty when we arrived. I almost fainted! Carey reassured me all was good. We also loss power twice that day, and it was rumored tornadoes were close. But as they say, the show must go on! Our SW District Directors **Sue Stephenson and Janet Schmidt** were surprised by a much smaller venue then anticipated and the tables had HUGE fresh flower centerpieces, compliments of a previous wedding shower. This left little room for anything else! The Coffee High School Show Choir squeezed themselves in and performed beautifully that day for us, and somehow, it all worked out. I heard this choir placed at Disney Music Days and came home with 1<sup>st</sup> in the Show Choir category and won the Esprit De Corps trophy! **Linda Holloway**, our President Elect, elegantly handled missing name tags, trying to find good places to hide the gold stars, decorating tables, and the pure insanity of it all. **Sharon Bowen and Donna Doersch**, the Conference Co-Chairs, lugged around 300 potted plants for weeks and tons of decorations. Sharon now has a flower nursery growing in her trunk. They also lifted, tugged, set up, and tore down, served members their lunch, slept in five different hotels, and put up with some crazy circumstances.

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## Message from President-Elect Linda Holloway

### Volunteering Is Good for the and the Soul



The above title of this article is a quote I shared at the Spring District Mini-Conferences. Those of us who have been volunteering for several years can probably attest to the good feelings we've had after a shift at our hospitals where we had an opportunity to help someone else. After meeting so many of you this Spring, I can also agree that being part of COVS/GHC is good for the heart and soul, as well. Having an opportunity to come together, to share our successes and failures through the pandemic and to renew our friendships made at past conferences, and to develop our ideas to make a better future for our volunteer groups was truly heart-warming. Thank you to everyone who had a part in making each one of the conferences a success!!!

In keeping with my efforts to inform you of healthy habits during the year, this May I'd like to share with you some information on diabetes, a major factor in health-related problems in our country. According to the American Heart Association, there are some risk factors for diabetes that we have no control over:

- **family history** of diabetes in a blood relative,
- **race or ethnic background** (more at risk are African-American, Asian-American, Latino/Hispanic-American, Native American and Pacific Islander),
- **aging**

- and **gestational diabetes**, (where one develops diabetes during pregnancy or the baby weighs more than nine pounds.

However, there are some risk factors we can modify:

- **overweight/obesity** (losing five to seven percent of your body weight can reduce the risk by half),
- **physical activity** (at least 30 minutes a day),
- **high blood pressure** (take action to treat/control high blood pressure),
- **excessive alcohol consumption** (limit alcoholic drinks to no more than two per day for men and one drink a day for women, with a drink equal to a 12-oz. beer, a 4-oz. glass of wine, a 1.5-oz. of 80-proof or a 1-oz. of 100 proof liquor),
- and **smoking** (16-25 cigarettes per day makes you three times more likely to become diabetic than a non-smoker).

So I encourage you to examine your health habits to see if there is anything you can do to less likely become a diabetic and to encourage your family members and friends to do so, too.

Happy Spring days to you,

*Linda Holloway*

The **Wellstar Cobb Hospital** (Austell) volunteers are pictured here spreading cheer throughout the hospital departments to thank them for all their hard work. Two departments are chosen each month for recognition. Pictured in the first picture is past president April King-Crawford and special events chair Mabel Olufelo with the **LAB Department** personnel. In the white bag is over 100 individually written thank you cards to each member of the LAB Department with a specially-marked coupon for a discount to each one of our gift shops. A special note about these cards is that they are written by volunteer Jean Stevens. She is not currently coming into the hospital but still wanted to give back to the community, so she worked her magic from home!



*Thank you!*

The employees from the in-hospital **REHAB Department** received an assortment of cookies to give them a little afternoon pick-me-up! Pictured with them are current president Anna Best along with April King-Crawford and Mabel Olufelo.



The **EVS Department** also shared in the cookie give-a-way. Pictured with two of their valued employees are Anna, April, and Mabel.



Some of our gifts are themed gifts according to a holiday that may coincide with our deliveries. The

**Patient Experience Department** received a coffee mug filled with chocolate goodies for Valentines Day.



This idea is a little different from our regular **cake day** and **cookie day** that was developed as we began to come out on the other side of COVID and could begin to work in the hospital again. Luckily our restrictions are easing more and more every day, and we can see and thank our friends for the work they do.





## On Friday, March 11, **Memorial Health Meadows Hospital (Vidalia) Auxiliary**

President Lisa Parker presented a \$1,000 donation to Imago Dei Missions of Lyons. Lisa Parker said, *Imago Dei Missions were guest speakers at our quarterly meeting in March. They believe that every human being is created for a purpose and has innate worth and dignity. They exist to care for and share hope with fellow image-bearers as an expression of their love for God.* During the meeting, we donated clothes, shoes, pull-ups, underwear, socks, toothpaste, hair care products, body wash, and toys to help support their mission to care for families in our area. After hearing their presentation, we were stirred to do more, and decided to give them a

monetary donation of \$1,000. Meadows Auxiliary members serve in areas of the hospital, and their mission is to support the local hospital and community. To learn more about Imago Dei Missions or to make a contribution call them at 912-454-0515. Pictured above are: Janis Talley, Maureen Reynolds, Imago Dei founders Mandy Johnson and Ashley Smith, and Auxiliary President Lisa Parker.



## 2022 Elizabeth Wilmot Bull Scholarships

**Zahra Alavi**, is 56-years old and moved from Iran as a teenager. She is currently working at Northside Forsyth as a nurse with critical care patients and is studying at Mercer to acquire her MSN Nurse Practitioner and use those skills in the same area of nursing at her hospital. The Hospital which sponsored her was Northside Hospital-Forsyth.

**Justin Ikara** is originally from Nigeria and is 24-years old and single. He has studied microbiology and has done extensive research at the Emory Clinic. He is now a student at Morehouse School of Medicine. The hospital, which sponsored him was Northside Atlanta.

**Jennifer Nicole Jackson** is 29 and single. She graduated Cum Laude with her BSN. She has been employed at Northside Forsyth in Med Surg and is studying for her MSN Nurse Practitioner during the day with University of North Georgia. The

hospital, which sponsored her was Northside Hospital-Forsyth.

**Marcia Manning Okeke** is from Jamaica and is 53-years old. She presently works at Northside Atlanta in the Transplant Unit for Cancer Patients. She has a BSN from GA State University Magna Cum Laude. She is now studying for her MSN Nurse Practitioner to work in the same area of the hospital. She is at Columbus State University where she has a 4.0 GPA. The hospital, which sponsored her is Northside Atlanta.

**Brynna Grace Wheeler** is 19-years old and single. She will be attending the University of Georgia as a sophomore in sports medicine with a goal to attend Mercer to study to be a PA in Pediatrics. The hospital, which is sponsoring her is Memorial Health Meadows Hospital in Vidalia.





My year as the Council President was a challenge. BUT...I thrive off of challenges. In just a few short months, our world experienced a monumental change. For many 2020 was a year of uncertainty. Nearly every aspect of our daily lives was changed by COVID-19. There was an economic downturn, political and social unrest, volunteer services in our local hospitals were put on hold, gift shops were closed, no fund raisers were possible, and therefore volunteers became discouraged and concerned about their future.

The beginning of a new year is always a good time to refocus our thoughts and our plans, to join together and go forward. The Council On Volunteer Services Georgia Healthcare's Board Of Management has a strong solid foundation made up of experienced leaders from their own hospitals, so I choose to focus on what we could do as a volunteer organization rather than what we could not do. My objective was to create ways to remain a viable and strong organization.

My theme was, A Star Burst with the caption *Volunteers Are Shining Stars*. Star-shaped paper weights with the COVS emblem in the center was given to volunteers who planned to attend the annual conference.

I believe that each volunteer is a beautiful bright shining star giving of themselves over and above what is expected of them as a healthcare volunteer. I believe when volunteers come together as a team the power of each other increases, and there is a new refreshed team energizing each other and will in turn reach further and further serving others in our hospitals and community.

We continued to have a quarterly Board of Management meeting virtually. The Spring District meetings were held virtually. It was a joy watching the District Directors plan the meetings for their district. They were all creative and everyone enjoyed seeing one another by way of ZOOM. The Annual Conference was planned, but had to be canceled...so we had the conference virtually. Achievement Awards, EWB and Jean Cory Scholarships were awarded. CEO and DVS of the year was selected and recognized virtually.

The past is our history; the present is our opportunity to make the future a better place for generations to come.



*Martha Greene-Tucker, President  
2020-2021 Council On Volunteer Services Georgia Healthcare*

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Me? Well, I stayed amazed at it all and grateful to every single person that helped to make these conferences a success. There were tons of donations: cakes, venues, and flowers with pots to name a few. We had so much help behind the scenes. Auxiliaries jumped in to give a helping hand. What teamwork!

We now have new District Directors and Nominating Chairs for all districts except NW District. If you would like to hold the position of NW District Director or NW Nominating Representative, call Martha Greene-Tucker our Nominating Chair/Past President. She will be glad to speak with you about these positions. I do feel the *human connection* was the biggest hit of all the conferences. Everyone was so excited to see old friends and to make new ones. It was GREAT! I feel like we have all been given a fresh start. I hope you all have a peaceful summer. *Summertime, and the livin' is easy*. I will be enjoying my easy livin' in my rocking chair!

*Cathy Hefner, President*

# Spring Mini Conferences



*Central District, Forsyth, Georgia  
April 5, 2022*



## Our Volunteers Around Georgia

Recently, **Northside Hospital Cherokee** (Canton) came up with a different way to raise funds while continuing to recover from COVID restrictions. Their annual golf tournament which is usually the biggest money-maker for this group has been cancelled the last two years. To ensure the auxiliary donations to the hospital continued it was decided to try an on-line auction put on by Perfect Silent Auction, March 7-14. The proceeds were designated to benefit Northside's Women's Center. Some of the donated items were: rounds of golf at multiple courses, a grill, fire pit, gift basket, and Woodstock Arts Theater tickets. Proceeds were okay for the first try, and it was

decided to do it again in the future.

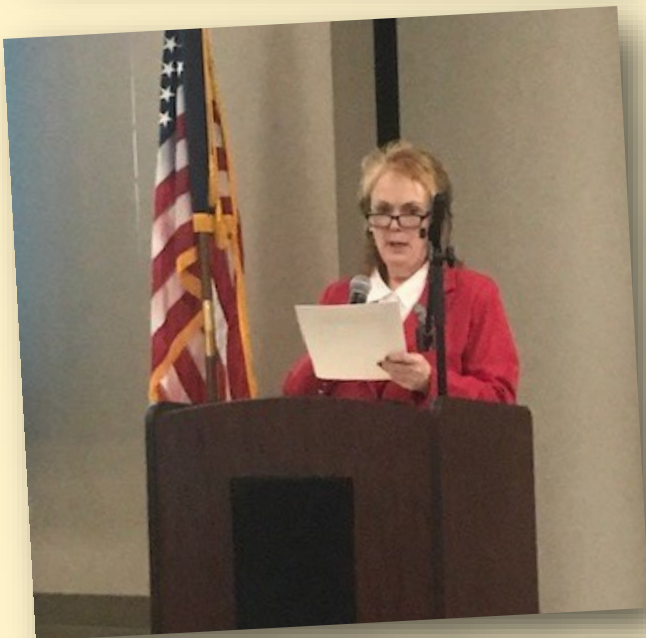
Committee members who worked

on this project are pictured above: Janet Bigelow, Sue Harlow, Gary Selden, Jan Zorn, Michael Hafer and Robert Bigelow. As of this printing, the annual golf tournament is once again being planned; however, the idea of seeking new ways to fundraise is vital to the Council on Volunteer Services, and we continue to seek new opportunities.





# Spring Mini Conferences



Northeast District, Cumming, Georgia  
March 23, 2022



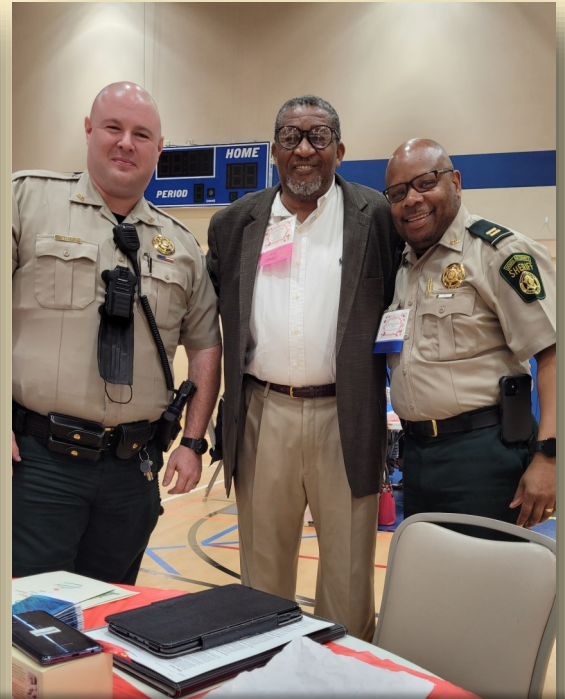
# Spring Mini Conferences



South Georgia District, Pooler, Georgia  
March 8, 2022



# Spring Mini Conferences



Northwest District, Douglasville, Georgia  
March 10, 2022



# Volunteer Appreciation Week

Pictures from **Northside Forsyth Hospital** during Volunteer Appreciation Week



## ***High Tide or Low Tide, Our Volunteers Are By Our Side***

On April 11, Southeast Georgia Health System Volunteers were treated to a catered lunch at the Casino on the waterfront in St Simons Island for an early celebration of Volunteer



Appreciation Week. Seventy-one volunteers responded to the invitation, and it was the first time volunteers had been together since the COVID-19 pandemic began. Our Camden Campus volunteers attended a similar event on April 8 on the waterfront in St Mary's. We visited with friends, met new volunteers, enjoyed an excellent lunch and a beautiful day. It was a wonderful celebration!



*April 18 – April 22, 2022*



# Volunteer Appreciation Week

**Wellstar Kennestone** (Marietta) celebrated Volunteer Appreciation Week with luncheons at our four hospital and health park locations. Our theme was *Volunteers Make Wellstar POP*, and the fun popcorn theme was enhanced with a popcorn bar, a sticker for a tumbler, and a microwave popcorn popper.

Volunteers had a great time FINALLY getting to celebrate in person together. They enjoyed food, fun, and fellowship throughout the week!



April 18 – April 22, 2022