

THE PULSE



HAND - SUMMER, 2016

Fostering the development of existing hospital and healthcare auxiliaries, providing educational opportunities to our members and encouraging involvement and collaboration with community organizations to improve healthcare.

PRESIDENT'S REPORT

Becky Hill, President

Our State HAND meeting was hosted by Sanford Health of Bismarck. The event was held at the Heritage Center on the Capitol Grounds. A lot of our members visited the Heritage Center for the first time. The day was filled with educational sessions, tasty food for breaks and opportunities to visit with members from auxiliaries across the state. I would like to extend appreciation to the planning committee at Sanford Health Bismarck for an awesome meeting. What about the perfect weather that day? Do they have a connection with the weatherman?

"Attitude Doctor" put us in good spirits. His message was strong, humorous and sincere. As individuals we need to be positive and not let others drag us into their negative attitudes. As volunteers with a positive attitude, we can help someone every day. The next program demonstrated a "patient" which could be programmed as a teaching tool for maternity staff. The nursing staff actually coached her through delivery and she delivered a baby on stage. This equipment was purchased via fundraisers from the Sanford Health Auxiliary of Bismarck. The program concluded with First Lady Betsy Dalrymple, highlighting her activities as a volunteer in North Dakota. Each member at our meeting received a copy of her book, Building a House, Making a Home: A History of North Dakota's Governor's Residence.

The fundraiser at the State meeting was a ticket auction. Auxiliaries donated beautiful baskets fill with items from beauty items, flowers, sausage and Father's Day decor. The drawing was held and 22 prizes were taken home by the winners. Thanks to every auxiliary and board member who contributed.

There are two district meetings planned for Fall of 2016. Jamestown will host District I and Hankinson will host District IV. The committee for each meeting will have details available later this summer. District meetings are interesting to attend. The topics are varied and a great opportunity for auxiliaries to share ideas for projects and fundraisers. Mark your calendars for the upcoming meetings.

The State Hand meeting in the Spring of 2017 will be hosted by Heart of America in Rugby. Details are in the early planning stages but watch for more info about the date and location. Thank you ladies.

Recipients of the 2015 Cash Incentive Awards reported on their projects. St. Joseph's of Dickinson used their award toward the purchase of a commercial fridge for Food and Nutrition Services. Sanford on Sunset in Mandan purchased two bereavement carts for families to use in the patient's room. The cart is supplied with drinks and snacks for families during the time they spend with their loved one. Both auxiliaries expressed their appreciation.

Names were drawn from the Auxiliaries attending the 2016 meeting. Heart of America Rugby and Turtle Lake Hospital won the raffle. The board will make a decision at the Fall meeting regarding the 2017 award.

Carolyn Exner resigned as Vice President due to health reasons. The Board appointed Diane Heuser from Jamestown as Vice President. The board moved at the Spring meeting to extend Becky Hill's term as President one more year, until May, 2017.

The board has positions to fill for Treasurer and Chairs for District II and III. Jean Schanbel's term as Treasurer has been fulfilled and we need to fill this position. Please contact a board member if you are interested. The board meets in the Fall in Bismarck, and in the Spring the day before the State HAND meeting.

Enjoy the summer and continue to work with your Auxiliary on projects. Keep a positive attitude and share it with those around you. Invite a friend or neighbor to join you at a meeting or auxiliary event. Do something every day to help someone else have a better day. Thanks for all you do!

DISTRICT I

Irene Olson, Chairperson

I was delighted to see so many of you Auxiliaries at our May convention held at the North Dakota Heritage Center in Bismarck. A big thank you to Sanford Health Bismarck Auxiliary for a inspiring and educational day. The first speaker was Terry Fleck, "The Attitude Doctor" saying we have a choice everyday for our attitude. The second session was "Mother/baby Simulator" by Sanford Bismarck. Really impressive what technology can do. The afternoon speakers were First Lady Dalrymple, who gave everyone a copy of her book entitled "Building a House/ Making a Home" and Vonda Dahl on "Project Armchair". There were many beautiful baskets for the Silent Auction. Of course I have to mention the food was also great. Have a great summer and looking forward to seeing you at our Fall District meeting hosted by Jamestown Regional Medical Center, with information coming later.

HAND Board 2014-16

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DISTRICT I

Darlene Radi, Secretary, Sanford Partners, Fargo

“The sun is shining, The birds are singing, The flowers are blooming It is summer and time for our quarterly report!!”

We welcomed Bobbi Rhinesmith a new part-time staff person who will help cover vacation and sick calls in the gift shop and will also assist during especially busy times. The Gift Shop Manager and staff members have been reviewing current practices and policies while thinking ahead to the new gift shop in the new hospital – the plan now is to open the shop in June 2017!! The Partners Board and membership are looking forward to this milestone for our group. In addition the Volunteer Services staff is reviewing all volunteer position descriptions and consulting with the Managers of departments to determine if changes will be made for use at the new building; by fall 2017 there will be volunteers in all 3 Sanford Fargo hospitals – we feel very lucky to be able to serve patients in so many different capacities.

The spring membership meeting was held on May 4. The program was presented by Sherm Syverson from FM Ambulance; Sherm introduced the membership to the Community Paramedic program. This service sends paramedics to the homes of patients who have chronic health conditions to help assess needs, check medications and reassure patients while building relationships. One of the goals is to bridge gaps and to reduce clinic and/or emergency room visits for these patients. The program was started in January 2015 and has already surpassed the expectations. It was also announced that the GoLive date for accepting patients in the new facility will be July 24, 2017.

For fundraisers our popcorn machines and volunteer poppers just keep popping – this is a good money raiser as well as a fun treat for staff and visitors alike! We also brought a new line of fine jewelry to our building this spring as well as our tried and true vendors of Jewelry is Fun and \$6 Jewelry sales.

THANKS again to our colleagues at Sanford Bismarck for hosting a fantastic State HAND Conference!

The annual Salad Luncheon will be hosted by the Board on June 21 – expect a report on that in this fall’s newsletter!! We are happy to have Sarah back in the Volunteer office and many, many thanks to Joann M who covered the office so ably while never missing her 3 shifts a week volunteer service = aren’t we all lucky to have volunteers who serve so faithfully in all of our Auxiliaries?

Closing thought: Never look down on someone unless you are helping them look up!

DISTRICT I

Jean Schnabel, Ashley Medical Center, Ashley

The Ashley Medical Center Auxiliary meets six times yearly and currently has 19 members. The auxiliary has gained some new younger members and is actively seeking more members to keep the organization moving forward. Recent purchases for the Ashley Medical Center include a carpet extractor and label printer. Several auxiliary members volunteer at SNF through helping with bingo, card games, sing alongs and visiting residents. They are also responsible for organizing two blood drives per year.

The members continue to faithfully serve and take to heart Leonard Nimoy’s words, “The miracle is this - the more we share, the more we have”.

DISTRICT I

Diane Heuser, VP, CHI Mercy Health, Valley City

Each year the hospital provides tours for the kindergarten classes in our community. The Auxiliary is asked to participate as volunteer tour guides or assistants. This year the tours were held on April 18th and April 22nd. It’s such great fun to do this annually. We had 5 groups this year. How many of you remember Art Linkletter’s show, Kids Say the Darndest Things? Well, they do...there are always surprises.

Our biggest fundraiser of the year, Calendar of Cakes, was held May 12th. We had approximately 100 people attend the event. Calendar of Cakes was the idea of our former auxiliary president, Nadine Van Dyke, and we have been able to give back to the hospital because of this fundraiser. We have 12 tables (each representing a calendar month), auxiliaries take one month and decorate the table and make a cake to depict what that month means to them. There is a free will offering and we also provide entertainment and have a silent auction.

This year we were able to donate to Physical Therapy to purchase a hydroculator and to ER to purchase alarms to be worn around their necks which alert the police department.

Our hospital President is always encouraging us to “be heard”. Our advocacy chair, Jodi Poehls, wrote letters to Senators Heitcamp and Hoeven and Representative Cramer expressing our concerns and asked for their support of rural health services.



Our annual June meeting is always a potluck social and a brief business meeting. Lots of great food!

The executive committee will meet in July to review the scholarship applications. We will be able to award two this year. The family of a former nurse at the hospital sent us \$250.00 in memory of their mother. It is to be awarded to a deserving student who is seeking a degree in nursing.

DISTRICT II

Julie Schwab, Sanford Health Sunset Drive, Mandan

Our Auxiliary has been busy through the seasons. We continue to keep our gift shop stocked with fun things to sell. Our Dish Towels and Rada products continue to be our best sellers.

This year we purchased two Bereavement Carts for the Nursing Home. The families are so appreciative of the beautiful carts during the Bereavement process. They are brought in when a family member passing, so that families are able to get snacks and drinks.

Fourteen of our Members attended the HAND Convention at the Heritage Center in Bismarck. Those who attended, said what a nice time they had and that the Convention was very good.

We once again hosted a staff appreciation Tea On May 19th. It was a Big success. Staff enjoyed the goodies, snacks and punch. We enjoyed visiting with them and thanking them for all they do for our residents

We are looking forward to summer and all that the season brings. We do not meet in June or July. We wish everyone a happy and safe summer

DISTRICT II

Irene Wentz, President Chairperson, Sanford Health, Bismarck

We are breathing a sigh of relief as we come “down” from hosting the state HAND Conference. It was held May 17th, 2016 on a beautiful day at the beautiful North Dakota Heritage Center. The theme was “Attitude, Innovation, Art, and Peace”. Attendees would become aware of the various components of the theme throughout the day by way of speaker presentations and demonstrations.

Innovation in health care was seen through the demonstration of the mother/baby simulator. The simulator is state of the art in equipment for learning. We were able to purchase this for Sanford Center for Learning Department for \$100,000 actual cost. However, we received a discount for paying for it in a lump sum. It ended up only being \$93,000! This simulator is for use by professionals and medical students to enhance their knowledge in low volume, high risk situations. We actually practiced with a baby at the conference! The simulator can also offer many other scenarios for learning. For example, it can travel around the region to the smaller hospitals to help train the professionals there.

At the end of the day we deemed the day a success story. As one can imagine, this event was our main focus for this year thus far. We hope everyone in attendance enjoyed the speakers, the food, and the venue along with meeting with old friends and making new ones.

My sincere thanks to the state board for their wonderful support as we were planning the conference! It would not have happened without the help of the top party planner in North Dakota, Jane Morrow, our Volunteer Services Director and Tammy Bulman, Gift Shoppe Manager.

Now we better get back to doing what we do best: using our energy and enthusiasm to raise funds to promote health and healing at Sanford! We have received more requests for the purchasing of equipment for the Medical Center. In fact, we have already ordered two additional pieces of equipment. First, an Automated Repressor for use in the Central Processing and Distributing for disinfecting Trans esophageal Probes used in Cardiology. This will cost \$21,000. Second, Volusion, which is a portable ultrasound that will be used in Maternal Children Health for the cost of \$40,000.

We have been busy fundraising for these projects! Our Gift Shoppe/ Coffee Corner is the largest source of our income. These are under new management, Tammy Bulman. She has filled the Gift Shoppe with wonderful items including clothing, jewelry, food, purses, and scarves, all of which are beautifully displayed. Our other fundraising activities include jewelry sales, bedding and books, and art sales.

Thank you to everyone who came to the conference. We thoroughly enjoyed being your host organization!

*Volunteering is
a work of heart*



DISTRICT II

Darlene Lutz, CHI St. Joseph's Health Auxiliary, Dickinson

At the end of the day on May 17, nine ladies from our Auxiliary who were in attendance at the HAND Conference held at the ND Heritage Center agreed it was a time well spent. Motivational speaker ‘The Attitude Doctor’ presented a humorous program on attitude. He told us we should start everyday laughing. North Dakota’s First Lady, Betty Dalrymple spoke in the afternoon. Our Auxiliary reported that the HAND attendance Incentive award of \$500.00 from 2015 along with additional funds from our treasury were used to purchase a commercial refrigerator for the catering kitchen. A note from the Food and Nutrition staff at the hospital stated “We really appreciate the new refrigerator. It saved our employees countless steps during Hospital Week. Thank you to the Auxiliary. They are very special ladies and we love everything they do for us.”

We do not hold regular monthly meetings during the summer months. A new member social will be held during the month of August and also during the summer a committee will meet to formulate plans for the ninth annual Tour of Tables to be held in October.

Have a great summer!! Do something kind for someone every day.

DISTRICT III

Maybelle Opland, St. Joseph's Auxiliary, Minot

The Auxiliary held birthday parties at Edgewood Vista and Minot Rehab and Health for the residents and their guests. Music was provided and we served angel food cake and strawberries. Resident birthdays for the month are announced and Happy Birthday is sung by everyone.

Our guest speaker, Sue Johnson, introduced our member to a project called “Backpack Buddies”. This program provides food and snack for needy children to take home on the weekends. We learned that some kids don’t have meals beyond the school lunch program. Some of the Minot grocery stores promote items to donate approved food supplies. Most of us don’t realize that “hunger” can be so close to us.

Our Spring Luncheon was at the Homesteader’s Restaurant. Our new officers were installed. President - Becky Hill, Vice President - Judy Randle, Secretary - Kay Kupser, and Treasurer - Sula Bruins.

Several ladies attended the State HAND meeting in Bismarck. They enjoyed the speakers as well as time to meet Auxiliary members from other communities.

Our annual Pie Sale was at Edgewood Vista in June. The ladies showed their baking talents with a wide variety of pies. A new idea at this sale featured slightly used jewelry, purses and accessories. The sale attracted a lot of attention and we plan to do this again in the fall. I think we found a lot of extra items in our jewelry boxes and closets that we could share for the sale.

St. Joseph’s Auxiliary does not meet during the summer but we are making plans for the Victoria Tea in November.

*“Volunteers do not necessarily have the time;
they just have the heart.”*

Elizabeth Andrew

DISTRICT IV

Jennifer Wede, Carrington Health Center

Our gift shop has expanded to a second area due to not enough space in our original location. Many new summer items have been added in anticipation of the beautiful summer weather.

We hosted a movie for national volunteer week with dessert following the movie. It was well attended by our loyal volunteers who enjoyed an evening out.

Our auxiliary is again in the process of accepting applications from college students who plan on going into the medical profession. Annually, we give out 3 scholarships of \$750 per selected students. Scholarship monies are raised through sales in our gift shop.

We have a bedding and blanket sale scheduled for August 17 & 18. In conjunction with the sale, we are asking people to volunteer to donate blood for a blood drive being held on August 18th.

Our major focus this summer is our yard tour, June 28 from 4:30-6:30. Five yards are on the tour and refreshments and music will be provided at each location. A raffle drawing will be held at the end of the evening with tickets selling for 6 tickets for \$5.00.

DISTRICT IV

Dee Larson, Altru Alliance, Grand Forks

Looking out the window I am enjoying the trees sporting their new leaves, flowers blooming and green grass, thanks to recent much needed showers...it looks like summer is here! Our March Linen and May Jewelry sales were very successful, and we will have some time to enjoy summer before our One Stop Shop Sale in September.

Our Alliance was recently recognized by WDAZ for its involvement in the Smarter, Leaner Greener program, to which the Alliance name has been added because of its contributions. The program originally was started to give children rides to Choice Fitness or the YMCA, but since there was more of a need to get them to school, funds have been made available for students to apply for monthly bus passes. Eligibility is determined by social workers who meet with families that are at risk. To date we have contributed \$7,500 to the project, and 54 students have been helped.

Our board visited the Pediatric Therapy Department in April and will be touring the Cancer Center in June in its effort to keep abreast of what's happening at the Altru Campus. Mike Little, Manager of Altru's Primary Care Program, recently updated the board regarding the sponsorship received from the Alliance. We also were visited by a representative from the Mid-Town Kid Town Project, who are developing a new indoor play area in the Grand Cities Mall, and we made a donation to that endeavor.

We have gained two new members to our board this Spring, and welcome their enthusiasm and contributions. We constantly strive to increase our membership in the Alliance and appreciate the hard work and commitment of our volunteers.

Meanwhile enjoy your summer!!

NDHA NOTES

Pam Cook, Education Director, NDHA

I hope you all are having a great summer! It's exciting to read the articles that are submitted and hear about the great things you are all doing for our hospitals. I admire your dedication.

Check out the following link regarding AHA's HAVE awards.
<http://www.aha.org/about/volunteers/2016havewinners.shtml>

There are some great fundraising ideas that were selected and received awards. One that really caught my eye was the Vettes for Vets, but they are all great ideas!

Plans for NDHA's convention are well underway. We have some great sessions planned this year including a session on human trafficking, the opioid epidemic in North Dakota, and cybersecurity.

Thanks for all you do and keep up the great work!

Why Be a Volunteer?

*It's not for the money, it's not for fame
and it's not for any personal gain.*

*It's just for love of fellow man,
It's just to lend a helping hand.*

*It's just to give a tithe of self,
That's something you can't buy with wealth.*

*It's not the medals worn with pride,
It's just for that feeling deep inside.*

*It's that reward down in your heart,
It's feeling that you've been a part
of helping others far and near,
That's what makes you a VOLUNTEER!*

The PULSE is published three times per year and is our information link to the auxiliaries in our state organization. Please submit your news regarding activities, fundraiser, and success stories for membership recruitment. The best ideas come from groups who can share their successes. Submit your articles to Pam Cook at pcook@ndha.org. THE DEADLINE FOR THE NEXT PULSE IS SEPTEMBER 1.