

PRES-SCRIPTIONS

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2008 Board of Directors

Elected Officers

Chair—Diana Jones
 Chair Elect—Maggie Batsel
 Secretary –Peggy Broersma
 Treasurer –Sally Koffman
 Asst. Treasurer–Dick Rogers

Facility Coordinators

Hospice–Toni Fine
 Kaseman–Carol Aragon
 Los Lunas–Carmella Gaskins
 Main–Mary Fontaine
 Northside –Rita Carpenter
 Rio Rancho–Gale Mathis

Committees

Care Fund
 Joanne Martinico
 Co-Historians
 Nancy Rogers & Nancy Salas



**NOTES FROM THE CHAIR BY DIANA JONES
 VOLUNTEER FAIR A SUCCESS!**

Volunteer Services helped Presbyterian celebrate their 100th birthday, by holding 3 concurrent Volunteer Fairs on October 22, 2008. Volunteers set up tables at Kaseman, Main and Rio Rancho to highlight their accomplishments, demonstrate the many facets of volunteering and to recruit more able volunteer hands.



Dick Rogers, Burt Mathis, Toni Fine and Gale Mathis

Each table was staffed with representatives from Hospice, Pet Therapy, and Stuff 'n' Stuff and Lifeline, as well as volunteers from many, many service areas at our many facilities.

The tables were full of goodies. There were cookies to give away, balloons and lollipops for kids, sample LIFELINE monitors, Stuff 'n' Stuff cardiac heart pillows and toys as well as printed information to give potential volunteers an idea of who we are and what we do.

We also had our loyal mascot, Fuzzy Bear for sale. At one facility, bears were

purchased and then given back to be used for someone in need.

All in all, a great day. Thank you to all who helped make the day a success.

**A HOLIDAY GREENS
 WORKSHOP**

will be given on Dec. 3, 2008 in the Northside Cafeteria. Please watch for the mail for your invitation

**FROM THE DIRECTOR'S DESK
 GARY MARSJANIK**

The hours are 8:00AM to 5:00PM.

I would like to take this opportunity to remind everyone that annual flu shots are part of your volunteer benefits. Every year, free flu shots are given to volunteers and employees in the Fall of the year.

If this site is not convenient for you, please check your sign-in book or contact your Volunteer Manger to find a flu shot clinic at your facility.

This year, flu shots started at Northside PMG, 5901 Harper NE on October 13. They will continue through the end of January, 2009 at this location.



Please remember to bring along your volunteer badge and as always, thank you for all you do for Presbyterian.

Calendar of Events

November 4

Kaseman Potluck

November 18

Annual Volunteer Mtg.

PKH Sandia/Taos

9:00-10:00AM

Volunteer Board Mtg.

PKH Sandia/Taos

10:00AM-11:30 AM

November 26

Kaseman Council Mtg.

1:00-2:00PM

PKH Pinon Room

December 3

Holiday Workshop

Northside Cafeteria

1:30-3:30

December 15

Rio Rancho

Potluck

WHERE IN THE WORLD IS FUZZY THE CENTENNIAL BEAR?

Fuzzy is such a busy bear! This month as last, he made it to two destinations. Fuzzy really does enjoy sight seeing. Here he is at Hoover Dam with our Chair-Elect, **Carol Aragon**. Right after this photo was taken, Fuzzy got on a bus and made his way to San Francisco.



He joined up with **Gerry & Diana Jones** who not only took him to lunch at Bubba Gump's, but took



him for a ride on the trolley car. Can you find him? He's sitting on the step. He is truly a very little bear.

Next month, Fuzzy will be getting his passport and travelling to Europe.

IN MEMORIAM

Harriet Gelfand

PHS Volunteer

1978-2008

Harriet was a Patient Transport Volunteer for just over 30 years. Her team members describe her as a "petite dynamo, feisty and full of vigor & vitality".

She described herself as a transplant of New York. She is survived by her son Jack, daughter-in-law Elizabeth, and grandson Jakob

Her team members, Gloria and Barbara reported that she loved to shop, especially for shoes purses & special gifts for her grandson, Jakob. Harriet will be deeply missed by her team members in Patient Transport as well as PHS Volunteer Services.

Bill and Marge Mandly recently attended a reunion of the USS Tidewater Assoc. in Branson MO. Renewing old friendships was a highlight of the trip. Bill and Marge have been volunteering at Presbyterian many years in different capacities, most recently in Patient Transport at the Main Hospital.



CARE FUND

BY JOANNE MARTINICO

The Presbyterian CareFund Program provides financial assistance from the Presbyterian Healthcare Foundation for qualified Presbyterian employees, retirees or volunteers who experience an emergency or catastrophic financial hardship.

The CareFund Committee met Oct 14,2008 and approved the following requests for assistance.
 PTO-3 individuals totaling \$6,292.24 (220 hours)
 PHS PTO-1 individual totaling \$726.98 (40 hours)
 Financial Assistance from CareFund—2 individuals totaling \$4,151.52.
 Totals to date:
 PHS CareFund—\$90,507.19
 PHP CareFund—\$11,757.09
 PHS PTO -\$50,094.07 (2,335 hours)
 PHP PTO—\$2,403.78 (120 hours)

HOSPICE
TONI FINE

At our October meeting, we had a guest speaker who introduced us to the work of Moshe Feldenkrais. The Feldenkrais method is a way of improving awareness of how our body moves. This then becomes the basis for improving one's own movement and enhancing physical functioning. The goal is to increase range of motion, flexibility and coordination. Barbara Goldberg, the presenter, asked us to do a very simple hand movement. She helped us realize how our own movements have

become habituated. Awareness seems to be the key to opening up our unconscious movement habits to alternate possibilities. We are working on organizing a group session with Barbara. Besides helping us work with patients while maintaining our own body integrity, we are looking forward to tips on aging with grace and flexibility.

While intrigued by becoming more comfortable in our aging bodies, we are also looking forward to our annual Thanksgiving potluck at our November meeting. A body does have to be fed!

MAIN —MARY FONTAINE

Potlucks were held each day of the week of October 6-10 to celebrate the 100th anniversary of Presbyterian. SJ Sanchez & Gary Marsjanik provided the main dish. The volunteers brought various delicious dishes. It was a great way to get to know one another better, as well as enjoy good food.

Bob and Shirley Fellers are the volunteers for this month who have volunteered at Presbyterian for 17 years. Bob and Shirley came to Albuquerque

because of the good weather and stayed on. They summer in Michigan where they still have friends and family. Bob & Shirley volunteer inpatient Transport. Bob also volunteers in Day Surgery. Way to go Bob & Shirley!

Everyone had a good time at Belinda Dahle's baby shower. Even her two-year old Rachael had a good time. Belinda got many nice things.

We will miss Belinda while she is on maternity leave. She will return to us in January, 2009.

NORTHSIDE—
Rita Carpenter

The Aquatics group had a meeting last week to discuss the new computer techniques that have been introduced at the pool. They also discussed uniforms and substitutes.

Thank you to all of the Northside Campus Volunteers.

LOS LUNAS
CARMELLA GASKINS

Los Lunas PMG volunteers had a meeting on October 29. The meeting doubled as a one of our very popular potluck lunches.

We were glad to have the opportunity to meet **Maggie Batsel**, the incoming Chair of the Volunteer Services Board.

HOURLY AWARDS

Hospice
1000 hours
Ann Leigh
50 hours

Quetzalli Lugo

Healthplex
50 hours

Bob Eldredge

Presbyterian Main

2000 hours
Sue Demers
Doug Harris
1000 hours

Elisabeth Obenauf
500 hours

Danny Lucero
250 hours

Yolanda Chavez
50 hours

Gabriella Armijo
Laurie Baldonado
Lois Barrclough
Amanda Chase
Susan Gates
Vera Herbert
Marcia Lieberman
Jason Mechenbier
Linda Nisenbaum
Tyson Phillips
Rachel Silva

PMG Northside
5000 hours
Millie Hollis

Rio Rancho Med. Ctr.

500 hours
Carole Hattersley
250 hours
Margaret Fensterer
50 hours
Betty Melton



VOLUNTEER OPPORTUNITIES

Gift Shops

Hospice

Kaseman

Mail Cart

Surgery PreOp

Pain Program

Main Hospital

Patient Transport

Emergency Room

Rio Rancho

Cardiology

Emergency Room

Pediatrics

Family Practice

RIO RANCHO MEDICAL CENTER

GALE MATHIS

A big welcome goes out to **Mary Raymond** and **Nwamaka Nwagbologu** in the ER. We also welcome **Bob Short** who is volunteering in the Heart Group. We hope you'll enjoy your volunteer experience.

Gale Hill has completed her training for Heart Group and will be starting soon.

We have had a significant change at the Rio Rancho Medical Center. All of the patient registration will now be done on the first floor. It is quite busy and keeps our Greeter's on their toes.

The Clinic has started giving out flu shots. Rio Rancho volunteers just need to ask the nurses

in the clinic for their shot. If you haven't gotten yours, please be sure to get one.

Our next meeting will be on December 15 for our annual pot luck luncheon. Not only will we have a delicious lunch, but several door prizes will be awarded. We hop to see all of you there with big appetites.

KASEMAN — CAROL ARAGON

Please be a Recruit-a-Buddy!

If you know potential volunteers, please refer them to one of the following:

- Karen Davis 823-8821
- Melinda Dawe 291-2890
- Michele Gomez 923-5161
- Lorrie Griego 291-2098
- SJ Sanchez 841-1869

Thanks to all of the volunteers who celebrated the Centennial Spirit at the Volunteer Fair at Kaseman:

- Dorothy Curl, Diana Jones, Barbara Muniz, Tola Wiegand, Rita Carpenter, Marge Bowers, Carol Aragon, Kathy Espey and Joy; and Maggie Batsel and Cissy.**

The therapy dogs are always a popular addition. They definitely make people feel better.

All of the patients and families that came through the Main Lobby enjoyed the cookies! A great job to the entire team.

Remember to get your flu shots. Information is posted in the volunteer office. Be sure to check with Melinda.

Don't forget the potluck on November 4!



TICKETS

The next ticket sale in our Gift Shops will be for the

River of Lights display at the City of Albuquerque Botanic Garden.

They should available by mid November Stay tuned for details!

HOW TO REPORT AN ABSENCE

One of the best things about volunteering, is the flexibility it gives your schedule. But remember, you are very important to the people for whom you volunteer.

When you are sick, on vacation, or just need a day off, please call your Volunteer Manager or Facility Coordinator to let them know you'll not be at your volunteer

post. Your Manager or Coordinator can then send the message on to the proper person.

If a substitute is needed and you cannot find one on your own, your Manager or Coordinator can help you. If a sub can't be found, the department will know your post will be vacant that day.

Many thanks for all of the time and dedication you give to Presbyterian.

LIFE LINE

BY MELINDA DAWE

LIFELINE is an emergency personal response system that enables an individual to access help with the push of a button. LIFELINE was developed to allow individuals, especially Seniors and those with chronic health conditions, to continue to live independently. Presbyterian has sponsored the LIFELINE program for approximately 20 years; the last 17 years it has been administered through the Volunteer Services Department. Currently, 470 individuals in the greater Albuquerque area subscribe to this service.

How does LIFELINE work?

There are 4 easy steps to access help.

1. Push the LIFELINE personal Help Button that is worn.

2. The Button activates the Communicator and sends a HELP NEEDED signal to the Emergency Response Center.
3. The LIFELINE Response Team calls to determine what help is needed.
4. Help is sent to your home from names that have been provided by You or Emergency Personnel is dispatched.

How much does this cost? A one-time installation fee of \$40.00 and a monthly fee of \$35.00 for the basic service.

How do I know this is for me? Ask and truthfully answer 2 questions. Have you ever fallen at home? If you fall and cannot get up how will you access help?

For more information or to request an application packet, contact the LIFELINE office at 291-2890

HEALING GARDEN MAKEOVER

Plans are in the works to re-do the Healing Garden located near Chaplaincy at Presbyterian Main.



Although the garden looked great all summer, thanks to the efforts of volunteer **Wayne Davis**, it has been decided to make it even better.

The garden will have expanded seating areas with more privacy, a new arrangement in the central circle featuring standing stones, grasses in pots that will sway in the wind and seasonal color.

We are hoping to have it all in place by the spring of 2009. Check the progress of the garden whenever you're downtown.

Presbyterian Volunteers continued, in September, to give freely of their time.

 During the month of September, volunteers donated to Presbyterian Volunteer Services a total of **5,831.5** hours. This brings the yearly total to **59,317.25**.

 Thank you for all of your efforts. The work you do is greatly appreciated by staff, patients and other volunteers.

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P.O. Box 26666
Volunteer Services
Presbyterian Healthcare Services

PHOTO GALLERY



Think you're seeing double? **Pat Kauffman** (left) volunteers at Kaseman. **Pat Kaufman** (right) volunteers at Healthplex. What are the chances of two volunteers having (almost) the same name?



This exceptionally good looking group represented Presbyterian Volunteer Services at the annual New Mexico Hospital Association meeting in Albuquerque in September.

Left to right: **Gerry & Diana Jones & Fuzzy; Dick & Nancy Rogers; Joanne Martinico; Rita Carpenter; Tola Wiegand; Ardella Cirks; Brenda Knisely; Gary Marsjanik; and Becky Diaz.**