

# Newsletter

July 2014

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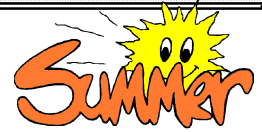
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### Special Notices or Announcements

This newsletter is being sent to all Auxiliary Members and Volunteers of Record at the time of mailing. Should anyone wish to help the Auxiliary by choosing to have this newsletter emailed to you, please contact the editor or one of the Board members and provide your email address. Also, if you would prefer not to receive it in any form, please let us know that as well. We want to be as accommodating to those interested in the Swedish Medical Center Auxiliary's activities as we possibly can. If you have any comments or suggestions for this newsletter, please let us know. If you wish to provide us with your birth month and day, we will begin acknowledging birthdays in future issues.

## Have a Sizzling



- July 4<sup>th</sup> – Independence Day
- July 10<sup>th</sup> – H2U Monthly Social – Roy Orbison Tribute Artist
- July 21<sup>st</sup> – AARP Driver Safety Class – \$12 (\$14 Non Mbrs.) 
- July 16<sup>th</sup> – SMCA Mid-Summer Board Meeting**
- Aug. 14<sup>th</sup> – H2U Monthly Social – Clement Park BBQ Bingo Picnic - \$10 each
- Sept. 1<sup>st</sup> – Labor Day
- Sept. 3<sup>rd</sup> – SMCA Board Meeting**
- Sept. 9<sup>th</sup> – H2U Monthly Social – CBI Fraud Prevention by Hazel Heckers 
- Sept. 11<sup>th</sup> – Patriot Day
- Sept. 15<sup>th</sup> – AARP Driver Safety Class – \$12 (\$14 Non Mbrs.) 
- Sept. 19<sup>th</sup> – Denver Botanic Gardens – Chihuly Exhibit & Lunch - \$22.50 for bus & ticket – see H2U
- Sept. 23<sup>rd</sup> – Autumn Begins
- Sept. 24<sup>th</sup> – Rosh Hashanah 

### Lesser Known July, Aug. & Sept. Events:

- July 10<sup>th</sup> – Teddy Bears' Picnic Day
- July 20<sup>th</sup> – National Ice Cream Day
- July 2<sup>nd</sup> – 6<sup>th</sup> – Bean and Bacon Days
- July – National Hot Dog Month 
- Aug. 3<sup>rd</sup> – Watermelon Day 
- Aug. 12<sup>th</sup> – Vinyl Record Day
- Aug. 1<sup>st</sup> – 7<sup>th</sup> – Simplify Your Life Week
- Aug. 23<sup>rd</sup> – 31<sup>st</sup> – National Chuck Wagon Races
- Aug. – Happiness Happens Month
- Sept. 13<sup>th</sup> – International Chocolate Day
- Sept. 18<sup>th</sup> – National Cheeseburger Day
- Sept. 22<sup>nd</sup> – Elephant Appreciation Day
- Sept. 4<sup>th</sup> – 6<sup>th</sup> – Popcorn Days
- Sept. 21<sup>st</sup> – 28<sup>th</sup> – National Clean Hands Week
- Sept. – National Service Dog Month
- Sept. – Mold Awareness Month
- Sept. – Women's Friendship Month

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## 2014 Auxiliary Board Officers

President:	Kathy Wheeler
President Elect:	<i>open</i>
Secretary:	Kim Prescott
Chief Financial Officer:	Marilyn Arnold
Treasurer:	Marlene O'Neal
V. P. of Finance:	Jackie Thorland
V. P. of Fundraising:	Kathy Funayama Karen Humes Sara O'Mary

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## 2014 Auxiliary Board Committees (Chairs)

### Special Assignments -

Scholarship:	Marge Guard
Membership-Telephone Tree:	Ken Montelius Jackie Thorland Kim Prescott Judith Stucky
Education:	Ginny Mayers Marilyn Arnold Marlene O'Neal
Nominating:	Kathy Christie
Publicity:	Lorraine Givens
Sewing:	Lorraine Givens Norma Leach
Assistance with Grief:	Dee Hale
Ex-Officio:	
Gift Gallery:	Margaret Ansted
Second Chance Shop:	Stacie Saavedra
Volunteer Director:	Stacey Boyd
Mentor/Advisor:	Milt Bollman
Historian:	Karen Humes

### Members-at-Large:

Past Pres./Parliamentarian: Sara O'Mary

### Special Projects:

Freda Benintendi	Lynn Bunnell
Maybelle Davey	Karen Humes
Ginny Mayers	Billye Regan
Sally Jo Thomas	Jackie Thorland
Marlene O'Neal	Diane Damore
Carlyle Montelious	Judith Stucky
Carol Murray	



## SMCA Newsletter

Published April, July, October and December for 2014. The plan is to publish and mail them by the 1<sup>st</sup> of those months.

### *Swedish Medical Center Auxiliary*

Editor: Lorraine Givens  
Email: Larrgivens@qwest.net

Submissions are requested by the 20th of the month for publication the following month.



### **Thoughts from the Auxiliary President**

By Kathy Wheeler

Hello!

Thinking back, our auxiliary has accomplished quite a bit in the last three months.

Our Easter Bake Sale went off without a hitch! We reached the goal we had set for ourselves and also received a record number of cash donations during the sale.

Our annual "Children's Health Education Days" was, as always, a rousing success. Over 700 third graders from Englewood area schools participated over the two days in late April.

On May 7th, we once again provided and cut cakes in the cafeteria for Hospital Employee Appreciation Week.

Lastly, we are so happy to have been able to provide new uniforms for all Swedish Medical Center volunteers. That includes smocks, polo shirts, vests and aprons. We've been so pleased with the positive responses to our great new blue color!

Enjoy summer!  
Kathy



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## Gift Gallery Information

Manager – Margaret Ansted

There are new gift ware items in to the Gift Gallery from Mary Lake-Thompson, Ltd. These include cookie mixes, soaps, towels and other wonderful gift ideas with nature Themes. There is a new line of very cute ceramic coffee mugs that come with a drinking lid and are very popular.

Glow-ology is a new line of hand and body was, lotions, balms, and body butter. You will find fun summer fashions of dresses, tops and scarves with lots of choices of the perfect jewelry and other accessories to go with your new fashion item.

If you are feeling hot or just want a change of pace. Come to the Gift Gallery starting on July 7<sup>th</sup> and get a head start on your Christmas shopping with the "Christmas in July Sale" that will be going on all month long. But hurry as the best items will be the first to go. You might even be able to relax during the November and December holiday shopping season.

**Big Sale**



*Happy News and Healing Thoughts*

Kathey Funayama: Thanks to her husband, Chuck, for an update on her injury. She fell and fractured her back bone that was fused. She fell in their hallway and has been in and out of hospitals since. She has been at Swedish, Center on Lincoln and now Orchard Park for rehab.

Marilyn and Fritz Arnold: went to Switzerland and she emailed this photo back on June 22, 2014. Don't we all wish we were there too.



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## Please Join Us

Additional opportunities are available with our SMC Auxiliary. We can use your help and talents (or those of someone you know) in some of the following areas:

Gift Gallery (Bring on the smiles!)

The Second Chance Shoppe (Treasures galore!)

Sewing Committee (Sewing, knitting and more!)

Bakers for our two annual Bake Sales

Volunteers savvy with: Computers, Data Bases, Bookkeeping, Banking, Websites, Internet, Newsletters, Marketing, Management, Administration, Education or Healthcare.

Some require a weekly commitment while others vary from once or twice a year to a few time a month. Please contact our President, Kathy Wheeler, at 303-221-8907 for more information.



## **The Volunteer Appreciation Luncheon June 6, 2014**

Thank you so very much for all that you do in delivering exceptional service and making a difference in the lives of the patients and their families at Swedish.

This year's Volunteer Appreciation Luncheon was held on June 6, 2014. There was a good turnout and the food and camaraderie was terrific. It is always amazing to see those with such large number of hours of volunteering. It is obvious that these individual do this out of their "Love for People" and willingness to give back to the community. Our congratulation to all the volunteers especially those with all the hours. See some photos of this years' Volunteer Appreciation Luncheon on the "Picture Page".





# Picture Page



Nursing Students that helped with the Children's Health Education Days



Some of the Auxiliary Members that worked hard to put on this event for the kids



Presenters got the kids involved with questions and simulating becoming a patient in a hospital



The kids arrived in bus loads and were greeted by the Volunteers



Our Pet Therapy Partners got into the act to relieve anxieties



Photos from the Volunteer Appreciation Luncheon  
Some of Swedish Medical Center's Amazing Volunteers including the Pet Partners

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## **Swedish Medical Center Auxiliary**

### **Who We Are:**

The Swedish Medical Center (SMC) Auxiliary is comprised of current and former volunteers (and loyal supporters) who may or may not be volunteering in other service areas at Swedish.

The SMC Auxiliary was founded in 1959 with 77 charter members and has grown through the years. To date, it has donated over \$4 million to various hospital and community causes.

### **What We Do:**

The main goal of the SMC Auxiliary is one of outreach – to our hospital, our volunteers, and our community. Funds are provided by our Membership Drives, donations, and proceeds from the Gift Gallery, The Second Chance Shoppe, Vendor Sales, Flower Sales and other sales.



## **Information from the Committees**

### **Children's Health Education Days** **April 29-30, 2014**

Swedish Medical Center Auxiliary hosted 700+ third grade students on April 29 and 30. There were different learning stations including hand washing, mock admissions, dental hygiene, x-ray and hearing health.

The children were impressed with the pigs' lungs – one in good condition and one as if the pig had been a smoker. Also, in the dental hygiene session they were treated to a rap song about tobacco and many visual images of the harmful affects of smoking and tobacco use. The volunteers helping were impressed by the politeness and thank you's received from the kids as they were leaving.

(See photos on the picture page)



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## **Swedish Stitchers**

The Stitchers (Sewing Committee) work on various items and also distribute the many wonderful things donated by volunteers and others that want to help others by giving comfort items for our patients and guests.

In one case during a distribution run, a woman was looking for a blanket to help warm her husband who was a patient. As we were right there she was able to select a throw that he would like and placed it around his shoulders immediately, which brought a smile to him. Another lady had gotten a pillow from us for her husband and as luck would have it we just happened to have one with the team logo of HIS favorite team which pleased them both.

The group is always looking for more folks to join them. They meet at 10:00 a.m. on Monday mornings in the Volunteer Conference Room. You don't have to sew, knit or crochet to join in. There are other duties that can be done or if you wish to just join in and work on your own project(s) but have company while doing that, come and visit with this group and see if you would like to make this one of your weekly activities.



Cutting the Cake at Employee Appreciation Day

Auxiliary Members: Sara O'Mary, Margaret Ansted, Kathy Wheeler and Karen Humes helped the Swedish Staff cut and serve the cake to honor the Employees on their day.

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## **A Page Just for Fun and Good Food**

### **Rhubarb Pudding**

Mix Together

- 1 cup sugar
- 1 rounded Tbsp shortening
- 1 cup sour milk
- 1 tsp soda
- 1 tsp baking powder
- 1 cup milk

On top of batter:

- 2 1/2 cup rhubarb
- 1 cup boiling water
- Dot with butter and sprinkle with nutmeg and cinnamon

Bake at 350° for 30-40 min. until golden brown.

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### **Grandpa's Hands**

Grandpa, some ninety plus years, sat feebly on the patio bench. He didn't move, just sat with his head down staring at his hands.

When I sat down beside him he didn't acknowledge my presence and the longer I sat, I wondered if he was OK.

Finally, not really wanting to disturb him but wanting to check on him at the same time, I asked him if he was OK.

He raised his head and looked at me and smiled. "Yes, I'm fine. Thank you for asking," he said in a clear strong voice.

"I didn't mean to disturb you, Grandpa, but you were just sitting here staring at your hands and I wanted to make sure you were OK," I explained to him.

"Have you ever looked at your hands," he asked. "I mean really looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point he was making.

Grandpa smiled and related this story: "Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled, and weak have been the tools I have used all my life to reach out and grab and embrace life.

- ♥ They put food in my mouth and clothes on my back.
- ♥ As a child my mother taught me to fold them in prayer.
- ♥ They tied my shoes and pulled on my boots.
- ♥ They have been dirty, scraped and raw, swollen and bent.
- ♥ They were uneasy and clumsy when I tried to hold my newborn son.
- ♥ Decorated with my wedding band they showed the world that I was married and loved someone special.
- ♥ They trembled and shook when I buried my parents and spouse and walked my daughter down the aisle.
- ♥ They have covered my face, combed my hair, and washed and cleansed the rest of my body.
- ♥ They have been sticky and wet, bent and broken, dried and raw.
- ♥ And to this day, when not much of anything else of me works real well, these hands hold me up, lay me down, and again continue to fold in prayer.
- ♥ These hands are the mark of where I've been and the ruggedness of my life.
- ♥ But more importantly it will be these hands that God will reach out and take when he leads me home.
- ♥ And with my hands He will lift me to His side and there I will use these hands to touch the face of Christ."

I will never look at my hands the same again. But I remember God reached out and took my grandpa's hands and led him home. When my hands are hurt or sore I think of Grandpa. I know he has been stroked and caressed and held by the hands of God. I, too, want to touch the face of God and feel His hands upon my face.