

# VOLUNTEER VOICE



**The Spirit to Innovate - The Heart To Heal**

*SPRING 2017*

## **VOLUNTEER BOARD of DIRECTORS**

**PRESIDENT: Joyce Sullivan**

**PRESIDENT ELECT: Open**

**RECORDING SECRETARY: Joan DeGraff**

**CORRESPONDING SECRETARY: Pat Pickering**

**CHAIR OF EDUCATION: Barbara Bensching**

**CO-CHAIR OF EDUCATION: Joan DeGraff**

**CHAIR OF FUNDRAISING: Barbara Henigsman**

**CHAIR OF BOARD EVENTS: Judy Woodward**

**CO-CHAIR OF BOARD EVENTS: Elle Lambert**

**MEMBER AT LARGE: Sharron Regenthal**

**EX-OFFICIO MEMBER: Catherine Bartley**

## **LITTLETON ADVENTIST HOSPITAL VOLUNTEER DEPARTMENT MISSION STATEMENT**

*As of 2016, the Volunteer Board adopted a new Mission:*

**THE BOARD IS DEDICATED TO PROVIDING**

**EDUCATION, SUPPORT AND INFORMATION THROUGH EDUCATIONAL PROGRAMS FOR**

**LAH VOLUNTEERS, WITH A COMMITMENT TO KEEPING PACE WITH NEW TRENDS IN**

**HEALTHCARE AND VOLUNTEERING**

## ***LETTER FROM THE LAH VOLUNTEER BOARD PRESIDENT***

Dear Volunteers,

As many of you know, the Volunteer Board has changed its mission as of January 2016. Our current mission is to provide education, support and information to our volunteers through **educational programs** and information in the **Volunteer Voice Newsletter**.

The Volunteer Board presented five wonderful & educational programs in 2016. Michael Brendel, COO, presented our first program for 2017 on "How Much Is Your Heart Worth" on January 17th. Numerous other programs are in the process of being scheduled for this year. I want to personally thank Barbara Bensching, Chair of Educational Programs, and Joan DeGraff, Co-Chair of Educational Programs for the wonderful work they have done to launch our new mission.

We would very much appreciate your input for future program ideas. Please submit your ideas for program topics to either Barbara or Joan.

We also plan to present articles in upcoming issues of the Volunteer Voice regarding LAH volunteer programs and projects, which involve our volunteers, such as the article on Prayer Shawls in this issue.

Additionally, we plan to highlight some of our volunteers in future issues. You probably have noticed that we have added new ideas and topics in recent issues of the Volunteer Voice. We would welcome your ideas for articles and new topics for future issues of our Newsletter.

My heartfelt thanks and sincere appreciation go out to both Dee and Frank Beckman, dedicated volunteers who have faithfully published the **VOLUNTEER VOICE** and the **VOLUNTEER GUIDE AND DIRECTORY** since 2013. Our volunteers appreciate you and your devoted efforts and service to Littleton Adventist Hospital Volunteers in publishing our Newsletter.

Sincerely  
Joyce Sullivan  
2017Volunteer Board President

### ***Following are the dates for the Volunteer Voice...It will be out in March, July and November***

Spring Issue (March, April, May, June)

Summer—Fall Issue (July, August, September, October)

Winter Issue (November, December, January, February)

***The Volunteer Guide and Directory is traditionally distributed at the annual Spring Luncheon.***

### **BOARD SPONSORED EDUCATIONAL PROGRAM : MARCH 21ST**

By Barbara Bensching

The next board-sponsored educational program will be held on Tuesday, March 21, 2017, in conference rooms 3 & 4. There will be a social prior to the session, from 10:30 AM until 11:00 AM, which is a chance to meet other volunteers and enjoy coffee and muffins. From 11:00 AM until 12-noon, our Chief

Medical Officer, Dr. Alan Verrill, will speak on the newly enacted Colorado law: End of Life Options Act, also called Death with Dignity. Many of us have questions about this law, and there will be a question & answer opportunity at the end of Dr. Verrill's presentation.

### **ATTENTION: ALL VOLUNTEERS from Catherine Bartley**

My 17 years at this hospital have been a wonderful gift. I have enjoyed the volunteers so much, and am so grateful for your outstanding contributions. My time is ending on May 5th as we move to another state. I know LAH will be blessed with the next great Manager of Volunteer Services. I will miss you all very much.

**SAVE THE DATE —APRIL 12th**

DETAILS WILL BE MAILED SOON



*On January 17th the LAH Volunteer Board sponsored a presentation on “How Much is Your Heart Worth?” by Mike Brendel, LAH Chief Operating Officer (COO)*

*Submitted by Joan DeGraff: Volunteer Board Co-Chair Education*

*Mr. Brendel is an RT and RN, holds a Bachelor’s degree in healthcare management, and a Master’s degree in healthcare leadership. He also has an extensive background in service line and hospital operations, the development and directing of emergency trauma programs and departments. He currently serves as the COO for Littleton Adventist Hospital.*

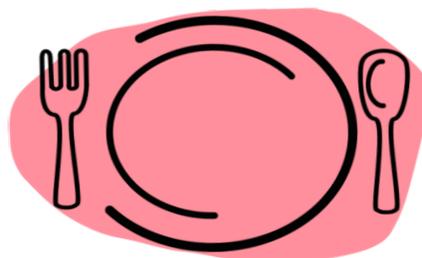
*On occasion, people share stories of medical conditions common in their family. While those stories make it sound inevitable that disease will develop, such as heart disease, heredity accounts for only 6% of the risk factors when developing heart disease. Mr. Brendel’s presentation focused on the 94% of the risk factors that we can control when it comes to heart disease.*

*While age, race, and family history are risk factors that can’t be controlled, factors that can be controlled include smoking, physical activity, diabetes, blood pressure, obesity, food intake, cholesterol levels and the amount of sleep we get on a regular basis. Working on even one of these risk factors can begin to improve your heart and overall health. Check out the American Heart Association website for risk assessments and other suggestions for better heart health.*

*Before making any significant changes in your lifestyle, talk with your doctor or healthcare provider.*

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**SAVE THE DATE !!!**  
**MARCH 29TH**  
**ANNUAL SPRING LUNCHEON**  
**At SOUTH METRO REALTOR’S BUILDING**



## **ADOPT A FAMILY, 2016 CHRISTMAS by Sandy Slater**

Once again we were very pleased when the Volunteer Board agreed to support the Adopt a Family Project for the 2016 Christmas Season.

The Social Worker at Field Elementary chose a family of 5, who had recently become homeless. (However, happily, a home was found for this family just in time for the Holidays.)

The parents preferred that we focus only on the 3 children, but I felt that Mom and Dad should be included in some way.

The gifts were delivered to the Mother at Field Elementary on December 19th. Her surprise at the number of gifts was almost overwhelming...her hugs went on and on. She said they had not known what they were going to do for their children for Christmas.

### ***THE PRAYER SHAWL PROGRAM, BY YVONNE MARSHALL***

The Prayer Shawl program is worthy of all the positive attention that it gets. I took over the program four years ago; not being familiar with its past history, I will share my knowledge of the program as it exists today.

The first step was to get together with the knitters so I planned a luncheon. We all had a wonderful time getting to know one another, and Catherine attended as well.

We decided to use the Lion brand yarn. After some trial and error, we decided on 2 1/2 skeins per shawl. I have the honor of shopping for this beautiful yarn and buy only on sale and additional savings. I wait for a sale even if we're running low on this yarn. Catherine approves the purchases.

Each shawl costs about \$15. in yarn and knitters earn 27 volunteer hours per shawl. The shawls are superior in workmanship and each knitter also shares her love and prayers while knitting. Shawls are given to patients or their loved ones in a time of need. The in-house clergy make contact and distribute the shawls. The stories the clergy have shared are heart warming.

I received a note from a clergy intern and would like to share her words with you: "Often times the shawls are all they have to hold on to. In fact, it is as if the shawls are holding them. I truly believe it is God manifesting Himself first in the women who are knitting them and second in the shawls themselves as they are being wrapped around the patients or loved ones."

Each December the clergy hold a special service for parents who have lost a child. At the end of the service each family is given a shawl. This past December, the clergy presented 15 shawls at the service.

There have been so many people helped by this very spiritual program and it is very special to the trio of ladies who knit the shawls:

—Marie Von Seekamm has knitted over 50 prayer shawls

—Carol Samberg (she lives in Pine) has knitted over 50 shawls

—Sue VeuCasovic, a newcomer to the program, knitted almost 50 shawls in her first year

This wonderful, dedicated trio of women truly make a difference at Littleton Adventist Hospital...Thank you! Thank you!

If there are any knitters who would like to join this project and can commit to finishing at least 6 shawls a year, please contact me. We would like to have you join our circle of compassionate hands.

Yvonne Marshall 303-471-0167 adayvonne@gmail.com



**If you haven't done so, notice the beautiful bulletin board in the Volunteer office ... the colors and design bring out the best of winter colors ... and a little bird told me that VAL CASABONO is to thank for this lovely work.**

# Happy Birthday

## **MARCH**

1st Dee Beckman  
6th Melissa Giarratano  
7th Marcia Will  
8th Dorie Wodziak  
8th Susan Hasz  
9th Janet Ford  
9th Lois Diedrichs  
10th Lynn Wenger  
12th Lorna Prang  
13th Sharron Regenthal  
13th Scott Walters  
16th Nicole Wilson  
17th Michael Finger  
18th Mary Stemper  
18th Joyce Sullivan  
19th Margot Kincaid  
19th Kate Todd  
20th Pat Ling  
21st Joan Shepherd  
21st Brianna Lal  
21st Louise Neufeld  
21st Pat Roen  
21st R. Paul Grimm  
23rd Sharon Cranston  
24th Tim Whitecotton  
25th Suzanne Bunker  
26th Elaine Lang  
31st Fritz Kreuch

## **APRIL**

2nd Eileen Armstrong  
3rd Larry Majors  
3rd Cherine Temple  
11th Chris Waszak  
13th Joann Ofeimu  
14th Susan Cozzo  
16th Mary Christy  
18th Dick Dean  
21st Wanda Burns  
21st Geno Pauline  
21st Barb Sinclair  
23rd Nancy Joseph  
24th Jacie Tapparo  
24th Sue Murray  
26th Sheryl Noven  
26th Shirley Brotherton  
26th Heidi Reed-Edwards

## **MAY**

2nd Linda Harris  
11th Jo Nell Sanborn  
11th Marty Allen  
13th Carol Helm  
14th Barbara Stewart  
18th Susan Hayden  
18th Karen Herz  
20th Sandy Smith  
23rd Tam Dang

24th Phyllis Williams  
25th Liz Rowbotham  
26th Barbara Bensching  
28th Karen Harris  
29th Judy Zallaps  
29th Susan Copeland  
30th Teresa Schaller

## **JUNE**

2nd Carol Baker  
6th Jeanne Dowe  
7th Jennifer Murphy  
7th Betty DeShon  
9th Jane Sewell  
12th Lisa Scheffler  
16th Priscilla Duty  
20th Vern Beebe  
21st Frank Veucasovic  
24th Ron Prang  
25th Kearney Edmiston  
25th Beverly Reid  
26th Nanette Okoren  
27th Ted Archuleta  
27th Carolyn Nies  
28th Marcia Blackburn  
30th Linda Rothkopf  
30th Bruce Brown

## **MEET SUE MURRAY, AN LAH VOLUNTEER SERVING IN SURGERY WAITING TUESDAY PM**

*I was born 90 years ago on a farm in North-Central Missouri. I had a wonderful childhood, growing up and playing with my younger brother and sister, and our many farm animals.*

*After Business College, I moved to Kansas City. Our country was in the midst of WW II and everyone became involved in serving the country. A friend and I answered a call from the Red Cross for volunteers to help fill the need for local hospital nurses. We enrolled in the Red Cross as Nurses Aides. After graduating in a large class and receiving our caps, uniforms and pins, we would board a streetcar from downtown Kansas City to Research Hospital and worked until midnight and then caught a streetcar home.*

*In 1945 I met a Navy man returning home from duty, we were married in 1947 and enjoyed 64 years together*

*with 2 children:*

*a daughter and a son. My husband is no longer with us, but we are proud of our 7 grandchildren and 18 great grand-children. I am also proud that my grandchild, Stacey Beach, currently serves in PACU at LAH.*

*I have been blessed with a wonderful neighbor, Wanda Burns, also a LAH Volunteer, who invited me to serve as a volunteer at LAH in 2011. Thank you, Wanda! For the past 5 years I have enjoyed the social interaction provided by the volunteers at LAH. It often reminds me of the time I spent in Kansas City with the Red Cross. Back then, as now, the times were sometimes rough, but being able to give care, help and love to someone who is hurting and needing a smile or an encouraging word makes life worthwhile. My thanks to LAH and your wonderful family of Volunteers.*

## **REPORT FROM THE CHRISTMAS BAKE SALE**

**BY JUDY WOODWARD**

*The 2016 Christmas Bake Sale was a great one ...besting 2015 by about \$175, which is a lot for a bake sale. Our total was \$961, and we're very pleased with those results. The Littleton Hospital Volunteers are great cooks and we were very proud of all the wonderful items that were donated to the sale.*

*There was a great team of volunteers to help: the baked goods were priced on Thursday the 15th, which took about 4 hours. The sale opened December 16th at 7 AM and finished up about 1:30 PM.*

*A very very special thank you to Brenda Nickells who donated one of her beautiful hand-made quilts and also a quilted wall hanging. Tickets were sold for these two items, and both items were awarded to the thrilled winners.*

NOW TO THE FUTURE: *Grandma's Attic Sale is planned for August. More information will be coming, but please keep this sale in mind when you're doing any attic or garage cleaning: high end items only —no clothes, shoes or books, but almost everything else. More details as time goes on .....*





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