

# Volunteer Voice

Littleton Adventist Hospital



*We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.*



WINTER, 2017

NEWS FOR VOLUNTEERS OF LITTLETON ADVENTIST HOSPITAL

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## Message from Jennifer

### - Jennifer Cerf – Manager of Volunteer Services

Littleton Adventist Hospital has designated November as the month of Gratitude! In keeping with this theme and with Thanksgiving just around the corner, I wanted to let you know what I am thankful for.



**T** – Time. I appreciate all of the time that each and every volunteer gives to serve our patients, families, guests, and staff. Time is the stuff that life is made of and by investing your life here, you are truly making a difference in the lives of many people.

**H** – Health. Every day is a gift! How humbling it is to work in a hospital and see so many people struggling with health issues. This just reinforces how grateful I am for my level of health each and every day. I know many of my volunteers serve despite their own health issues and because of this attitude, you are my heroes! What a blessing to breathe, see, hear, feel, and move (even if some of those parts creak).

**A** – Animals! The sheer joy I receive from our Dog Therapy program is beyond words. I find that when I get to pet one of our special dogs, I can feel myself relax. I can feel myself smiling, and for a moment, I can forget all of my to-do's. I know this is even more profound for our patients!

**N** – Nation. I am truly thankful to call America my home.... flaws and all, I do believe I am very blessed to have the privileges and freedoms that others around our globe do not have. Thank you to all

## **Volunteer Board Mission Statement**

*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.*

of the vets for your incredible sacrifice to serve our country. I thank you and am deeply proud of you!

**K-** Kindred Spirits. I have met so many wonderful volunteers who have become my friends. I appreciate your competence, generosity, humor, and help. It's a joy to look forward to coming to work each and every day and that is because of all of YOU!

**S-** Smiles. I love to smile and I love to see other people smiling. When I concentrate on all that I have to be thankful for, I can't keep from smiling.

Enjoy this Thanksgiving and upcoming Holiday season with your family, friends, and loved ones and know that I will be thinking of you and am eternally thankful for each and every one of you!

- **Jennifer**

## **A Message From Our New Volunteer Board President**

- **Joan DeGraff**

On November 2, I was elected 2018 President of the Littleton Adventist Hospital (LAH) Volunteer Board. I wish to thank those that encouraged me to serve as President and all those who approved the slate of candidates.



Volunteering is a way of life for me. My Mother encouraged both me and my brother to help neighbors from a young age. It started with berry picking. I still remember at the age of eight the blue stain of berry juice that came with a day of picking ripe berries. As we grew, so did the nature of the help. For a period of time in my teens, there seemed to be never-ending sidewalks that needed snow shoveling. I became an active member of the Easter Seals Society when I was sixteen and the Teen Chair of the County Chapter when I was seventeen.

As my two children grew, my husband and I volunteered in the classrooms as well as field trip chaperones. We've been active with the Arthritis Foundation since 2003, and I have been a regular volunteer for the Highlands Ranch Library for fifteen years. Four years ago, I began looking for another volunteer opportunity that might fit more of my interests, and attended a meeting hosted by Catherine Bartley. The volunteer program had several openings, and I asked to work in the Pediatric ER. After returning from a medical leave of absence, Catherine asked if I would work at the Front Desk. In 2016, I was invited to attend my first Board meeting and before long, I was working as the Recording Secretary and supporting Barb Benschung with the Educational Programs.

## **Great Fall Luncheon**

I am thrilled to be working with the other LAH Volunteer Board members and each one of you as we look to 2018 and what we can continue to achieve as volunteers. Thank you for supporting the continuing work of the LAH Volunteer Board.

### **Fall Luncheon – A Great Time Was Had by All By Jewell Biddle, Board Newsletter Reporter**

More than 150 volunteers attended the annual volunteer luncheon, held at Pinehurst County Club on November 2nd. Jennifer Cerf opened the festivities by welcoming everyone and talking about the wonderful intentional gift of time. She reported that the volunteers of LAH contributed 41,411 hours of service in 2017 at a value of more than \$1 MILLION!!! What an extraordinary gift! She joked that Noah's Ark was built by volunteers, whereas the Titanic was built by professionals! (By the way, we all love her!) The LAH Lead Chaplain Edrey gave the invocation, and while we were served lunch, Continuum, a male acappella quartet, sang to us, largely about their female sweeties. Remember, they're guys!



After a fabulous lunch, Barb Benschung gave us the lowdown on upcoming events and invited Mike Brendel, COO of LAH, to give us an overview of his upcoming presentation on January 25th. It will be about the brain and new neurological advances. He explained that the value of a male

brain was 2.5 times that of a female brain...of course the male brains are used less (the punchline).



Joyce Sullivan, our outgoing Board President, gave closing remarks, introduced new board members, and held a vote for approval of 3 new Board members: Joan DeGraff (also the new President), Sharron Rogenthal (member-at-large) and Jewell Biddle (newsletter reporter).

Joyce has given tirelessly of herself to the volunteer Board while also volunteering for the past six years. Joan DeGraff introduced herself by way of her education, work, personal and volunteer history. She was presented with a gavel by Joyce – i.e. a croquet mallet since the job is a big one!

Finally, Jennifer announced the names of more than 60 volunteers who received their service pins this year. She ended by surprising us all with the news that our cafeteria stipend has been raised from \$7 to \$8.50 and encouraged us to thank Mary, the cafeteria manager, who approved the increase.

[Click here to see more pictures](#)

## UPCOMING EVENTS

## Mark Your Calendars for These LAH Events



As volunteers of LAH, you are invited to participate in any of these programs/events:

- Annual Santa Toy Collection – December 6  
New toys only and box is in hallway by Welcome Center
- Volunteer Bake Sale – December 8 –  
7:30 until sold out  
In Radiology Hallway  
**WE NEED COOKIE BAKERS!**  
See below for related story.
- Annual Christmas Meal – December 14 – In LAH Atrium  
Invitation for either:  
Lunch – 11:00-1:30 OR  
Dinner – 5-7 pm
- SHARE Enrichment Course, Emotional Intelligence  
December 6 from 11:30-12:30 in Conference Room 5
- Michael Brendel, LAH COO, on the subject of brain conditions  
and treatments  
- January 25: 11:00-12 noon; 10:30-Social Time  
Conference Rooms 3 & 4  
[Click here for related story.](#)
- A Time for Clarity: Chapel Service  
Daily Mon-Fri at 10 am in Clarity Chapel



## Calling All Bakers

**By Judy Woodward, Michael Ann Hanzel & Billie Melton**

The annual Volunteer Bake Sale will be held again this year on December 8 beginning at 7:30 am in the Radiology Hallway.



We are asking volunteers to make home-baked items for this sale including cakes, pies, breads, brownies, cookies, coffeecakes, lemon bars, fudge or peanut brittle, just to name a few. *(Please: No Store-Bought Items!)*

Items should be sliced and labeled baked goods in plastic wrap with no more than 6 pieces per package, and please be sure to mark nuts or no nuts! You will receive three volunteer hours for your contribution, and you are asked to sign up in the Volunteer Office.

In addition to baked goods, we will also be selling reasonably-priced framed pictures at this year's event, and all proceeds will go to fund our Christmas-giving family or to hospital projects.

**PLEASE  
HELP:  
-Bakers  
Needed!**

**Adopt A  
Family  
Program**



**Volunteer in  
the News**

**LAH Volunteers Adopt a Family  
for the Holidays**

**By Sandy Slater**

The LAH Volunteer Board has generously funded the Adopt a Family program for more than 15 years and will do so again this year. For the past three years, it has been my pleasure to be involved with this program. Each year I have worked with a social worker at Field Elementary School in the selection of a deserving family. Eighty percent of the Field Elementary families live under the poverty level, and each year has presented a different challenge.



My first year involved a single disabled father with three children. The second year, we helped a non-English speaking family of six, (actually the children were of course in school, but also in the process of teaching their parents to speak English).

The third year, we had a family of five who had been homeless but just before Christmas a home was found for them. Initially, Mom and Dad elected not to accept any presents for themselves, but hoped we could provide only for the children.

The average number of gifts per family has been at least 30 each year. It has been fun filling their wish lists and additionally trying to find a little something extra special for each family member. It is hard to relay the expressions of gratitude from these families when presented with loads of colorfully-wrapped gifts for Christmas. So many hugs, smiles, and tears have been shared. Thank you, Sandy!

**Volunteer Spotlight....**

**-Meet Ted Archuleta, Welcome Center & ED Volunteer**

I was born and raised in Gardner, CO, a very small mountain town in Southern Colorado with deep roots in Native American and Spanish cultures. I traced my ancestry back to the 17th century, to a Basque region in Northern Spain. After graduating valedictorian from John Mall High School, I continued my education at the Colorado School of Mines in Golden. I am a proud member of the Beta Theta Pi Fraternity and played Rugby while attaining degrees in Business, Economics, Mathematics and Computer Science. I attended Graduate school at Mines and graduated with a Masters in Mathematics and Computer Science in 2005.



I went on to start my career as a Software Engineer for Lockheed Martin where I have supported multiple programs for the United States Government and most recently the next generation GOES

**Far and away the best prize that life offers is the chance to work hard at work worth doing.**

- Teddy Roosevelt



weather satellite. After college, I continued to play rugby for the Denver Barbarians and the Glendale Raptors. I currently live in Golden with my lovely girlfriend, Stephanie, dog Novie, cat Marley, guinea pigs, Eleanor and Charlotte and dwarf hamster, Miss Pricilla. I spend most of my time outside enjoying the great state of Colorado. I love traveling and have visited 25 different countries. I have run half-marathons in 6 different countries and played rugby in New Zealand. I volunteer at Columbine High School where I tutor kids in math.

I started volunteering at Littleton Adventist over 11 years ago, thanks in part to my mentor, Mark Woempner. He told me, "Be a part of something bigger than yourself". I took that advice to heart, and it eventually led me to Catherine Bartley, the previous Manager of Volunteer Services. She helped me get scheduled on Tuesday nights, alternating between the Welcome Center and the Emergency Department.

Some of my favorite memories have been leading a tour of high school kids, helping a blind woman find her way, handing out warm blankets, and the constant interactions amongst the entire LAH family. Volunteering is definitely a two way road, it has helped me become a more balanced individual and it has allowed me to give back to a wonderful community. I am extremely honored and blessed to be able to volunteer at such a great place, and I always look forward to my Volunteer Tuesdays.

## **Education Seminars Keep Us In the Know**

**By Barbara Bensching**

In keeping with the Volunteer Board's mission, we have offered several informative seminars, and attendance continues to increase.

For those of you unable to attend or those who need a quick refresher, [click on the links below for a brief summary](#)

- [\*\*Safety & Security: Volunteers Can Be the Eyes and Ears for Security: September\*\*](#)
- [\*\*Breast Cancer Awareness: October 24\*\*](#)
- [\*\*Patient Reps – An Important Resource for Volunteers Helping Patients: October 23\*\*](#)



### **IMPORTANT: PLEASE READ!**

To contact Security:  
55 in-hospital emergency (64) 5700.

If 55 called, the other three also are called.

(303) 738-2787\* [PUT THIS IN YOUR CELL PHONE](#)  
911

\* Use this number to report suspicious activity in the parking lot or outside the hospital.



## Don't Miss the First Education Seminar of 2018

- By *Barbara Bensching*

Mark your calendars for January 25 at 10:30 am in Conference Rooms 3-4 for our first educational seminar in the new year when Michael Brendel, LAH COO, will speak on the topic of brain conditions and treatments including Parkinson's, essential tremor, new diagnostics, and innovative treatments for these conditions. Did you know that more people in the U.S. are diagnosed with seizure disorders (epilepsy) than those diagnosed with breast cancer? LAH has a new, minimally invasive approach to treat seizures, and Mike will review a major campaign for LAH neurosciences. Don't miss this informative session!

## Twelve Years of Vendor Sales

- By *Barbara Henigsmann*

We thank so many volunteers for shopping our vendor sales in the LAH lobby! Over \$27,000 has been raised in twelve years with merchandise ranging from "baby birth cakes" to Bronco memorabilia – a sad note at this time. One of the largest sales for \$5 jewelry was in the amount of \$1,294!

The hospital receives 20% of the vendor's net sales, and we have given our funds to the Patient Peer Fund for use when a patient needs a small item or the Employee Peer Fund when an employee needs extra money for a prescription, rent, gas, or etc.

Once again, we are truly making a difference in the lives of our patients, their families, and the hospital staff.

Thank you, Barbara, for making all this happen!



## Interested in Expanding Your Volunteer Experience?



Are you looking for a new volunteer experience at LAH, would just like to try something different, OR have a friend who is interested in volunteering at LAH, here

are several opportunities:

- Nutrition Services/Coffee Cart – Thursdays 8-12
- ED – Tuesdays, noon to 4 pm
- Subs for Welcome Center and Surgery Waiting

Email [Jennifer Cerf](#) if you are interested in learning more!

**Thank You,  
Grandma's  
Attic**

**Grandma's Attic a Huge Success!**

**- By Judy Woodward**

On August 18, the volunteers sponsored their fourth annual Grandma's Attic, an upscale sale of collectibles and unique gifts. Much preparation went into this event which was open to the public as well as to all hospital patients, families and staff.



Our coordinators, Barbara Benschling and Judy Woodward, would like to thank the many volunteers who donated items and gave of their time to help with advertising, unpacking, pricing, setting up, cleaning up, and taking remaining items to charity following the sale.



This year, proceeds totaled \$1,854, all of which will benefit LAH.

Thank you, Judy, for coordinating this great event!

**Canine  
Companions**

**Canine Corner**

If you're a dog owner, it's highly likely that you've been known to sing to your pup. After surveying some 1,500 pet parents, Rover.com reports that 51% of dog owners sing to their canine companions, and 24% even make up their own songs! If you've been worried about your singing behavior, worry no more!



**Littleton  
Adventist  
Hospital**

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We're on the Web!

[www.mylittletonhospital.org](http://www.mylittletonhospital.org)

**Littleton Adventist Hospital  
Volunteer Board – 2017/18**

President – Joan DeGraff

Chr. Fundraising – Barbara Henigsmann

Chr. Educational Programs – Barbara Benschling

Co-Chr Educational Programs – Joyce Sullivan

Chair-Board Events – Judy Woodward

Recording Secretary – Joan DeGraff

Newsletter Reporter – Jewell Biddle

Corresponding Secretary – Pat Pickering

Member at Large – Sharron Regenthal

Ex-Officio Member – Jennifer Cerf

Supporting Members:

Adopt a Family – Sandy Slater

Volunteer Voice Editor – Beverly Young