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Message from Jennifer

- Jennifer Cerf – Manager of Volunteer Services

Dear Wonderful LAH Volunteers,

From having my vacation cut short, to learning my volunteers had been restricted from the hospital, to being on home quarantine – these are curious times. Considering these curious times, I want to share a poem with you written by Laura Kelly Fanucci. As humans, we are prone to take things for granted until we don't have them any longer. Take a moment to consider what things you are grateful for today.....



- **When this is over, may we never again take for granted a handshake with a stranger**
- **Full shelves at the store**
- **Conversations with neighbors**
- **A crowded theater**
- **Friday night out**
- **The taste of communion**
- **A routine checkup**
- **The school rush each morning**
- **Coffee with a friend**
- **The stadium roaring**
- **Each deep breath**
- **A boring Tuesday**
- **Life itself,**

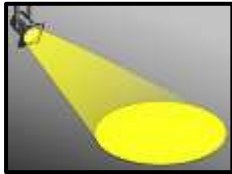
When this ends, may we find that we have become more like the people we wanted to be, were called to be, we hoped to be.

And may we stay that way – better for each other because of the worst.

Our Mission

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.

VOLUNTEER SPOTLIGHT



I am thankful for my job, our great country, and the privilege of working with all of you generous hearted, amazing people!

I do hope that you all are staying well, safe, and taking the recommended precautions to avoid COVID-19. Hopefully these restrictions will be lifted soon, and this novel virus will be a distant memory.

Jennifer

PS – On a sad note, Our Spring Banquet has been cancelled per Centura Policy. Bev Young and I had the festivities planned, and I was looking forward to celebrating my favorite folks!

PSS – The Fall Luncheon will be taking place at Pinehurst Country Club in early November.

Meet Sue and Frank Veucasovic - By Sue Veucasovic

Three days a week you can find either Frank or Sue Veucasovic at LAH. They have both been volunteering for 5 years. Frank moved to Littleton from Detroit in 1961. He graduated from Bear Creek HS, then CU. Next he served 2 years in the Peace Corps teaching math in the Philippines. Sue, a native Coloradan, graduated from Littleton HS, then CSU from a 2-year program. They married in 1969 after Frank finished basic training in the Air Force. They spent a year in Shreveport, La; Frank then spent 1 year in Thailand and finished his 4-year service, along with his family, in Cheyenne at Warren Air Force Base. They have lived in Littleton ever since where they had 2 sons. (They now have 3 grandsons.) Frank retired from Public Service CO; then worked another 10 years for First Data, both of which were in IT. Sue worked in the local school districts and has recently retired, after 23 years, from South Suburban Parks and Recreation.



Wanting to be useful during retirement, Frank wanted a volunteer job that didn't involve staring at a monitor. He wanted something "out of his comfort zone". When the Emergency Department was suggested he remembers saying "let's not get carried away". He went ahead to work in the ED on Friday nights and wouldn't trade it for any other position. Working with the incredible doctors and nurses is the best part. He attends patients' comforts such as bringing them warm blankets, chats with family members, cleans the rooms for the next patient and runs errands for the nurses.

One of the deepest secrets of life is that all that is really worth doing is what we do for others

Frank also volunteers bi-weekly collecting medical supplies for Project Cure. Medical supplies brought in to a room, and left sealed, still cannot be used for another patient. Instead of being discarded, these items are placed in bins in 13 rooms throughout the hospital. They are collected weekly and put into a large bin in Supply. Project Cure employees then pick up the supplies on Fridays and take them to their warehouse where the items are sorted, wiped down, and packaged into large crates. These crates are then sent to one of over 20 needy countries.

Additionally, Frank does special projects like interviewing Jr Volunteers, taking patient surveys and taking pictures of signage within the hospital to make sure they are sufficient.

Sue started knitting baby hats five years ago and then joined the knitters making Prayer Shawls. Last year she took over the position of Prayer Shawl Coordinator when it became vacant. She enjoys shopping for sales on yarn and distributing it to the knitters; she knits a shawl a week. She keeps the Prayer Shawl Cupboard stocked for the Ministry to hand out plus delivers a few to PACU, Oncology and ICU where the nurses choose recipients, either patients or family members. Sue considers herself very lucky, as do all the knitters, to be able to do something she loves with the added bonus of bringing comfort and love to those who may be feeling helpless, hopeless and alone. She says receiving a shawl is like receiving a hug that you can take home with you. Last year 109 shawls were distributed. And she says, "I am so fortunate to be working with such caring and talented knitters."

Frank and Sue have been married for 51 years. They met during the Platte River Flood of 1965 when Frank was working for his Dad who owned a Service Station in Littleton. There had been 8 feet of water and mud in the Station and Sue had dropped by her favorite Station during the clean-up.

They both love their volunteer jobs, having Jennifer as their Coordinator and so many amazing fellow volunteers as their friends.

Canine Corner **- By Crista Keller**

Dagwood (aka Daggie, Dagsies, Buddy) is a 10-year-old lab mix who has been part of the Littleton therapy dog program since 2016.

Dagwood's owners, Crista and Mark Keller, adopted him from the Colorado Cell Dogs program when he was 5 years old. This is a wonderful program that matches rescue dogs with prison inmates who train them to be service



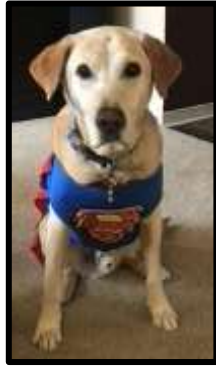


***Some Angels
Choose Fur
Instead of
Wings***

**IMPORTANT:
PLEASE
READ!**

***Educational
Seminars***

or therapy dogs, or just great pets. The inmates learn valuable skills and become certified dog trainers while experiencing the unconditional love of the dogs in their care. Dagwood had been in the program as a puppy, earning his Canine Good Citizen certificate. He was adopted by a family when he was about a year old, but they had to return him to the program a few years later. After several more months in the training program he was adopted to his forever home with Crista and Mark. A few months later they welcomed his “little sister” Kensi, a Rhodesian ridgeback puppy who absolutely adores him.



Dagwood loves to go for walks and runs, loves going to Doggy Daycare and loves his volunteer days at Littleton. If only we could all be so excited about going to work! His favorite places to visit are the waiting rooms where he gets lots of petting and can usually find a few snack crumbs on the floor, and the nurses’ stations where he gets even more petting and usually gets a treat. He does love his treats!

Mark works as a cardiologist for the University of Colorado and Crista is an internist at Rose Medical Center. Volunteering with the therapy dog program allows them to connect with patients in a unique and special way. They are thankful for the opportunity to be part of the Littleton Hospital community and to share the love and joy of dogs with patients, visitors and staff.

Please Make Note of the Following Important Changes!

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



- Daily: A Time for Clarity: Daily Chapel Service, Mon-Fri 10 am
- Spring Volunteer Luncheon: **CANCELLED**
- April Education Program: **CANCELLED**

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, here are summaries:

STOP THE BLEED – Nov. 14 *Presented by Nicole Gordon*

On Nov. 14, Nicole Gordon, Trauma Quality Specialist at LAH, provided a comprehensive program teaching what everyone should know to stop

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.

bleeding after an injury. The program turns bystanders into rescuers to save lives. Attendees had hands-on instruction learning how to apply tourniquets, pack wounds, and keep the injured patient stable until first responders arrive.

The course has come about as a collaborative effort following the tragedy at Sandy Hook. The only thing more tragic than a death from bleeding...is a death that could have been prevented. Uncontrolled bleeding is the number one cause of preventable death from trauma.

The ABCs of Bleeding:

- A. **ALERT** – call 911 or tell someone to call 911
- B. **BLEEDING** – locate the source(s) of bleeding
- C. **COMPRESS** – apply pressure to stop the bleeding; push directly with both hands, use a tourniquet, or pack the wound and press

This was a program that could really make a difference!

Emergency kits containing tourniquets, gauze, shears, and gloves were available for purchase at \$25, although the actual cost is \$43.

NEURO CARE – SMART THINKING – Jan. 14
Presented by Dr. David VanSickle

Our educational program was presented by Dr. David VanSickle of LAH. He has a PhD in bioengineering, as well as an MD, with a specialty in neurosurgery, for which he completed a 7-year residency. While you might expect him to be in his 80's with all these credentials, he's actually quite young, and has accomplished all of this while dyslexic. He spoke of the heavy focus on technology that neurosurgery has now and that will affect the future. He presented a number of topics regarding procedures and technology used in neurosurgery:

Brain Tumors

When Dr. VanSickle removes these, he uses the 1.5 Tesla MRI for target information about where the tumor is. The 3.0 Tesla is not here yet but will be coming out soon. It will result in increased visualization, precision and navigation which he needs to access areas of the brain which were previously too difficult to reach, if not impossible -- all of which translates to better care. He also does mapping which traces pathways where the neurons are.

Part of the funds raised by the Brain Matters campaign will be used to purchase the 3.0 Tesla.

Epilepsy

LAH has Phase I monitoring during which a patient, off his meds, experiences seizures while monitors identify their sources.

This epilepsy monitoring unit is in the LAH ICU and will be relocated on the LAH campus and expanded to a 4-bed dedicated space, growing to 8 beds. Only 1/3 of epilepsy patients can be controlled by meds; others benefit from surgical removal of the seizure source. Again the 3.0 Tesla MRI will be invaluable. A PET scan is also used to demonstrate how active that area of the brain is.

Phase II monitoring uses grids on the brain's surface to locate seizure sources. Mapping finds neurons that may be surgically removed.

Laser Ablation

This is a process wherein a catheter is inserted into a pinhole opening and directed to a target located by an MRI. The target is then destroyed.

Vagus Nerve Stimulation

This is a medical treatment which involves delivering electrical impulses to the Vagus nerve in certain epilepsy patients. It can neutralize symptoms, thereby reducing the number of seizures. This, in turn, lessens the odds of Sudden Unexplained Death of Someone with Epilepsy (SUDEP). More people die from SUDEP than from breast cancer.

Radioactive Neurologic Stimulation

This is a process which can abort a seizure, resulting in a 2/3 reduction in the number of seizures.

Deep Brain Stimulation (DBS)

This is a process used for several diseases, but particularly for Parkinson's and essential tremor. It is like a pacemaker for the brain. In the past it has always been done while the patient is awake, during a 7-hour surgery, and after which complications, including infections, may occur. Dr. VanSickle has invented a new method wherein this minimally invasive brain surgery can now be done while the patient is anesthetized. LAH was the first hospital in Colorado to perform this "Asleep DBS" surgery and the first in the nation to perform Robotic Asleep DBS. (The robot reduces the guesswork in this delicate procedure.) Less than 10% of Parkinson's patients get DBS surgery due principally to the cost. The process reduces tremors and can assist in better walking and talking.

The new OmniTom CT scanner was successfully used during Robotic Asleep DBS. The scanner delivers better scans (16 slices rather than 8) and takes accuracy to a new level. Infection rates are 10x lower. This scanner was used at LAH and for the first case in the world using the scanner. LAH is the leading hospital in Colorado now providing

advanced treatment for Parkinson's, dystonia and essential tremor. This capability draws patients from across the nation.

SAFE IN THE KNOWLEDGE – Feb 13

Presented by Jonathan Jemison

(Summary By Joyce Sullivan)

LAH Security Manger, Officer Jonathan Jemison, presented a most informative program for Volunteers on "Safe in the Knowledge," on Feb. 13. Times have changed, unfortunately for the worse, in regard to workplace violence during the past years. In 2019, there were 417 mass shootings in the US (mass shooting is defined as 4 or more killed).

There are 5 Security Guards on every shift at LAH. 2 are always armed. Unfortunately, 60% of mass shootings are over before police enforcement arrives, and 23% are over in 2 minutes. Most shootings involve a lone gunman who is angry and disgruntled in some way, feeling very wronged.

Attendees viewed the "**RUN, HIDE, FIGHT**" video showing ways to respond to an active shooter. Some of the procedures recommended during an active shooter alarm were outlined by Officer Jemison:

- **Practice coping with an active shooter (Visualize Possibilities)**
- **Be aware of your environment and possible danger**
- **Take notice of two of the nearest exits in any part of the facility where your work takes you**
- **Know where the nearest fire alarm is to your work station**
- **Know where to hide in a place near your work station**
- **Locate SAFE area DOORS at Littleton Hospital marked with a green dot at the top**
- **Fight aggressively ONLY if needed or told to do so**
- **Evacuate area ONLY if told to do so**

Call Littleton Security Department if you sense any possible threat or danger. Place the Littleton Hospital outside line on your cell phone 303.738.2797.

Thanks to Officer Jemison for a most informative program. Volunteer programs are almost once a month, offering a wide variety of topics. Please join us for upcoming programs.

INSIDE THE BODY SHOP – Mar. 6

Presented by Dr. Ronald Hugate

(Summary By Joyce Sullivan)

Volunteers, hospital guests and students from Stem High School enjoyed a most informative and highly visual presentation on bone

reconstruction and bone replacement by Dr. Ronald Hugate. As a trained mechanical engineer AND orthopedic surgeon, Dr. Hugate is considered a leader and innovator in the treatment of complex orthopedic problems from cancer to prosthetics and all problems in between. He enjoys the challenge involved in training the next generation of engineers and physicians as they merge the expertise and skills needed to develop a wide variety of bone implants. His unique background as a trained mechanical engineer as well as an orthopedic oncologist has resulted in numerous limb-sparing reconstructive techniques for both children and adults with life-threatening conditions. He is one of only a handful of doctors nationally who use this process.

A variety of bone implants are performed at LAH including Bone Repositioning, Designing models and Ortho implants by 3D printers, Solid Metal Replacements (titanium or stainless steel) and Reconstructive Knee Implants. Dr. Hugate showed a wide variety of sample bone implants which illustrated how the metal implant is meshed with bone to replace damaged or diseased bone. He is also a leader in making a porous metal cover on some of the replacement parts in order for surrounding tissue to grow into the mesh, which results in greater attachment by the implant. The sample implants served to create a tremendous appreciation for both the engineering, medical knowledge and skill required to design, duplicate and implement manufactured bone structure into the human body.

Dr. Hugate has served as Lt. Colonel in the U.S. Army reserves and has been deployed four times to combat hospitals in Afghan and Iraq. He has twice been awarded the Army Commendation Medal. As an Army Surgeon for 16 years, Dr. Hugate has had extensive experience with injuries and amputations. He is able to give his patients a second chance at a normal life after bone injury or bone disease.

Thanks for your Support!

For several years, our Volunteer Board has supported Operation Christmas for a family at Field Elementary School. These volunteers joined together to wrap gifts for Adopt-A-Family...From left to right: Kathy Thorpe, Marcia Will, Barbara Oatley, and Sandy Slater. Thank you, Sandy, for coordinating this project again this year!



**Littleton
Adventist
Hospital**

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We're on the Web!

www.mylittletonhospital.org

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