

# VOLUNTEER VOICE



*Published for the Volunteers of Shawnee Mission Health*

## Congratulations

### 2017 Adult Volunteer of the Year DuWayne Landsverk

### 2017 Outstanding Adult Volunteers

Tom Bryant  
Doris Magerl  
Susan Osborn

### 2017 Nominees

In addition to those selected, the following volunteers were nominated for outstanding service. Congratulations to each of you! It's an honor to be nominated.

Jodie Blackburn	Carolyn Mankellow
John Bowman	Linda McKenzie
Leta Brewer	Blaine Miller
Nancy Brooks	Wanda Miller
Jan Broyles	Sandi Myhr
Mary DeBruin	Bill Radel
Priscilla Fleek	Jeanne Reynolds
Nancy Freeman	Rick Shewmake
Wes Geer	Ruth Webb
Ralph Ingebritson	Nina Wilhite
Jo Ann LeTourneau	Donna Wilson

Thank you for your dedication, which allows us to provide care that is *Much more than medicine.*



## A Reflection on 2016

*Thank you* to everyone who assisted with the many special events throughout 2016 and to those who were willing to sub during the busy holiday season.

We hope you have enjoyed your volunteer service this year. Perhaps you have met new friends or experienced the satisfaction of helping others. Hopefully, you have taken time to participate in some of the social activities that have taken place. As we look back at 2016, we recall many pleasant memories...

- Awards Luncheon at the Overland Park Marriott
- National Volunteer Week and Open House in the Volunteer Office
- Strawberry Festival
- Pancake Breakfast
- Chili Supper
- Volunteer/Associate Christmas Dinner

Be sure to watch for upcoming events, and join in the fun.

I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm.

Franklin D. Roosevelt



## Annual Health Review

Just a reminder...Please call the Employee Health Office sometime during the month of your birthday to schedule your annual Employee Health Review. (Be sure to mention that you are a volunteer.)

Help us to better serve you by calling ahead rather than just stopping by as:

- Your annual review can sometimes be completed by phone, saving you time and a trip to the Employee Health Office.
- If you do need to come in, an appointment will ensure that the nurse is available to meet with you and give you the attention you deserve.

Employee Health can be reached by calling (913) 676-2117. Once the recorded message starts playing, touch the # key. You should immediately hear a beep, and then just leave a message.

## Doctor's Release

Volunteers must obtain a return to work slip **before** returning to volunteer in the following situations:

- Any medical condition that prevents you from performing your volunteer duties
- Illness involving infectious disease, rash, sores, fever, jaundice, diarrhea
- Medical leave of absence

If you have not been seen by a physician for the above conditions, contact Employee Health for permission to return to volunteer. If you have seen a doctor, bring a note from the doctor to Employee Health with the following information:

- Diagnosis
- Specific Restrictions (If none, the form should state "no restrictions.")
- Date Volunteer may Return

## 2017 Volunteer Advisory Committee

The following volunteers have agreed to serve on the Volunteer Advisory Committee for 2017.

*Tom Bryant  
Kathy Eitel  
Kathy Lewis  
Sue Reuschlein*

## 2016 Volunteer Advisory Committee

A special thank you to the volunteers who served on the Volunteer Advisory Committee last year.

*Fauna Dean  
Kathy Eitel  
Carol Kegin  
Mary Newell*

As we reflect back over 2016, we want to thank you for...

- 1) helping choose the Volunteer of the Year and three Outstanding Volunteers;
- 2) and assisting with the 2016 Awards Luncheon.

## National Volunteer Week

**April 23–29, 2017**

National Volunteer Week is April 23-29. Please stop by the Volunteer Office (located on 2-East) Monday, April 24 through Friday, April 28 from 10:00 a.m. to 2:00 p.m. for refreshments and a small appreciation gift. During this special week, all volunteers will receive a 20 percent discount in SMMC's retail stores (normal exclusions apply; cannot be combined with any other discounts).

## Annual Volunteer Awards Luncheon

Mark your calendars and plan to join us for the April 20 Volunteer Awards Luncheon at the Overland Park Marriott. Invitations were mailed in early March. **Please return your RSVP card by March 30 (even if you are unable to attend).** All adult volunteers are invited! We hope to see you there!



### Save the Date!

Volunteer Awards Luncheon  
Overland Park Marriott  
**April 20**

National Volunteer Week  
Refreshments in Volunteer Office  
**April 24-28, 2017 – 10a-2p**

## A Warm Welcome to Our New Volunteers

LeAnn Dahl  
 Kevin Deffenbaugh  
 Kei France  
 Ted Haff  
 Abby Kaldahl  
 Arriane Langenfeld  
 Ilias Matrone  
 Frances Moore  
 Chérie Nanninga  
 Jill O'Connor  
 Marian Purington  
 Cynthia Schrier  
 Susie Shurtleff

"In the Spring, I have counted  
 136 different kinds of weather  
 inside of 24 hours."

Mark Twain

## Be Alert! Be Aware! Low Blood Sugar Can Happen Anywhere

It is important that all volunteers are able to recognize certain high-risk symptoms and know how to take immediate action. Hypoglycemia (or low blood sugar) is a condition that can occur in patients or visitors with diabetes. If left untreated, patients can lose consciousness; therefore, this condition is a **medical emergency**.

### Symptoms of Low Blood Sugar

- ✦ Dizziness, shakiness, or sweating
- ✦ Pale skin
- ✦ Feeling of anxiousness
- ✦ Confusion or irritability
- ✦ Seizures
- ✦ Loss of consciousness

### Intervention Process

- ✦ If inside the hospital, call Rapid Response at ext. 73333 and give them your location. If outside the hospital, call 911.
- ✦ Have patient lay down or sit.
- ✦ Stay with patient and rapid responder.

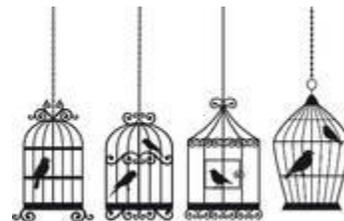
## Help Holiday Heartburn

Getting hit with heartburn over the holidays? Help is at hand! Try these hints and you can stop the burn before it starts:

**Nibble:** Enjoy your favorite foods -- but in moderation. No need to heap on the goodies (or go back for seconds and thirds!). Packing your stomach with food makes heartburn much more likely.

**Know Your Triggers:** Certain foods feed heartburn's flame. Typical triggers include foods full of sugar and fat -- think pumpkin pie slathered with whipped cream. Instead reach for complex carbs like veggies and whole-wheat breads -- or at least share that dessert!

**Get Up:** Stretching out for a nap post-meal is a great way to guarantee you will get reflux. Instead, keep your head higher than your stomach -- or keep right on walking, away from the dinner table and out the door. Light exercise is a great way to prevent heartburn.



Time and health are two precious assets  
 that we do not recognize and appreciate  
 until they have been depleted.

Denis Waitley

## Our Condolences to the Families of...

Myra Jenks (1/21/17)

Retired SMMC Volunteer

Berniece Swisher (1/25/17)

These wonderful volunteers were faithful friends and are greatly missed. We extend our love, comfort, and compassion to their families.

\*\*(date passed away)\*\*



## Magazines are Needed

Magazines are always needed for our family areas, and our patients enjoy reading them as well.

If you would like to donate your gently used magazines, please bring them to the Volunteer Office, located on the second floor of the Healing District at SMMC.

We accept magazines that have been published within the last year, but news magazines such as *Newsweek* or *Time* should be no older than three months. Thank you.



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