

# VOLUNTEER VOICE



Published for the Volunteers of Shawnee Mission Health

## 2017 ADULT VOLUNTEER OF THE YEAR



### DuWAYNE LANDSVERK

It is a privilege to recognize DuWayne Landsverk as the 2017 Adult Volunteer of the Year. DuWayne began volunteering in September 2005 and has given over 9,000 hours of service. He works remotely from his home in Wichita to download the daily volunteer hours and assist with our volunteer database.

Congratulations, DuWayne!

## 2017 OUTSTANDING ADULT VOLUNTEERS

The Volunteer Advisory Committee selected not only the 2017 Adult Volunteer of the Year, but also three Outstanding Adult Volunteers. Congratulations to:



**Tom Bryant**  
Endoscopy



**Doris Magerl**  
PACU



**Susan Osborn**  
Center for Pain Medicine

Life is short: break some rules,  
forgive quickly,  
kiss slowly, love truly  
and never regret anything  
that made you smile.



## National Volunteer Week

National Volunteer Week was April 23-29. Hopefully, you felt loved and appreciated during this special recognition week as you truly make a difference in the lives of our patients, visitors, and staff. If you have not yet picked up your appreciation gift, please stop by the Volunteer Office.

## Annual Volunteer Awards Luncheon

The Annual Volunteer Awards Luncheon was held Thursday, April 20 at the Overland Park Marriott. All were able to enjoy a great lunch along with entertainment by the Strolling Strings.

## Pins and Pictures

Please stop by the Volunteer Office to pick up your award pin if you were to receive one but could not attend the Awards Luncheon. If you received an award pin, please stop by to pick up your picture.



*If you don't do anything stupid when you're young, you won't remember something funny when you're old...*

*On cable TV they have a weather channel - 24 hours of weather. We had something like that where I grew up.*

*We called it a window.*

## Annual Strawberry Festival

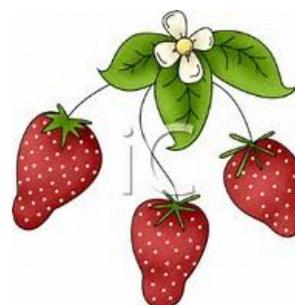
Wednesday, June 14

SMMC Par Course

11:00 a.m. – 5:30 p.m.

Complimentary for associates, physicians, volunteers and their families. Come and enjoy strawberry shortcake and ice cream as well as bounce houses and fun activities for children!

T-shirts will be available for purchase on Monday, June 12, from 6:30-8 a.m. and 11 a.m.-1 p.m. by the Harvest Kitchen. Adult shirts are \$10, and child shirts are \$5 each. If you would like to purchase one, please pay with exact cash or check.



## A Warm Welcome to Our New Volunteers

Jacob Burton  
Becky Clark  
Nicole Dominick  
Victoria Everidge  
Dylan Hailey  
Lesia Henry  
Nancy Hunt  
Morgan Ingram  
Kim Jensen  
Kay Kassen

Rachel Krueger  
Kara Lawrence  
Roger Madl  
Arturo Moreno  
Mia Palitto  
Kelly Sagrero  
Janice Seufferling  
Alexa Webber  
Kevin Xu

## Oak Mites Are Back !!

Uh, oh.

Some oak mites apparently survived Kansas City's mild winter and have been tormenting people with their very itchy bites off and on since a late-February warm spell.

For outdoor lovers, that's unwelcome news.

Avoiding mites isn't easy. Repellants reportedly aren't very effective but may be better than nothing.

Cutting down that pin oak tree in your front yard won't work if other oak trees grow on your block or even in your neighborhood. Wind can carry the mites through the air for miles. Even using a leaf blower can spread mites to a neighbor's yard or house. Because the mites are so small, they can blow right through a window screen.

The best advice is to forgo the tank top and shorts and instead wear long sleeves and pants when outdoors, experts say. Wear a big floppy hat. When raking or handling leaves, don rubber gloves, which may protect hands better than leather ones. Perhaps limit your daily yard work time. Shower immediately after returning inside, and throw those yard clothes into the washer right away.

Kansas City Star



## 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.

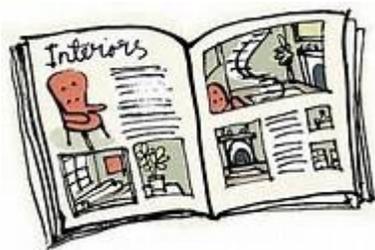
## Doctor's Release

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



## Magazines Needed

If you would like to donate your gently used magazines (**less than one year old**), please bring them to the Volunteer Office. Ideally, news magazines, such as *Time* or *Newsweek*, should be no older than three months.

Magazines are always needed for our waiting rooms, and many of the patients enjoy reading them as well.

## Home Uses for Lemons

- For a sore throat or bad breath, gargle with some lemon juice.
- Clean discolored utensils with a cloth dipped in lemon juice. Rinse with warm water.
- Toss used lemons into your garbage disposal to help keep it clean and smelling fresh.
- Use one part lemon juice and two parts salt to scour chinaware to its original luster.
- Remove scratches on furniture by mixing equal parts of lemon juice and salad oil and rubbing it on the scratches with a soft cloth.
- Rub kitchen and bathroom faucets with lemon peel. Wash and dry with a soft cloth to shine and remove spots.
- Fresh lemon juice in rinse water removes soap film from interiors of ovens and refrigerators.
- Save lemon and orange rinds to deter squirrels and cats from digging in the garden. Store rinds in the freezer during the winter, and then bury them just under the surface of the garden periodically throughout the spring and summer.
- Get grimy white cotton socks white again by boiling them in water with a slice of lemon.



9100 West 74<sup>th</sup> Street  
 Post Office Box 2923  
 Shawnee Mission, KS 66201