Hats Off To Our Volunteers!

Our annual Volunteer Awards Lunch on Saturday, April 14 was a great kick-off to National Volunteer Week, April 15-21! This year’s theme “Hats Off To Our Volunteers” proved quite popular. Every hospital department received a volunteer week recognition flier and big posters were displayed at the luncheon, Volunteer Office and Thrift Korral.

In his weekly CEO message, hospital CEO Scott Evans shared his appreciation for our volunteers’ impact on our patients, visitors and staff experience throughout the hospital campus and Thrift Korral.

More than 225 volunteers and their guests were in attendance at the beautiful Sheraton San Diego Hotel and Marina on Harbor Island. Hats were encouraged and worn by many including some of our Pet Therapy dogs!

Auxiliary President, Karen D’Agostino, offered welcoming remarks and a brief Auxiliary update. Jason Broad, Sharp Grossmont’s Vice President of Patient Support Services and Facilities, thanked everyone for their hard work and support of the hospital, and proudly showed off his “Beach Blanket Babylon”-style Sharp Grossmont Hospital Campus Hat – check out his photo on page 16! Big thanks to Kay Andalis, Junior Volunteer Coordinator, who created this amazing masterpiece!

54 fabulous volunteers earned their 100 hour pin; 40 volunteers received pins in the 500, 1,000, and 1,500 hour categories; 39 had hours from 2,000 through 4,500; and 18 fabulous volunteers were recognized for hours ranging from 5,000 to 16,000!
Kay thanked the outgoing 2017 Junior Board of Directors and introduced the incoming 2018 Junior Board - look for more information in this edition. Kay also announced the winners of the Grossmont Hospital Volunteer Auxiliary scholarships - totaling $23,000! On behalf of the Grossmont Hospital Volunteer Auxiliary Board, Kay also announced the winner of the fourth annual “Michele T. Tarbet Nursing Scholarship” in honor and memory of former Sharp Grossmont Hospital CEO Michele Tarbet. Thrift Korral volunteer Pinkee Lauridsen announced the winner of the seventh annual “Pinkee Lauridsen Educational Scholarship” - you’ll read more about her in this issue. It is always a fun and meaningful way to close the luncheon!
## Auxiliary Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>July 31</td>
<td>Auxiliary Fundraiser: Ace Uniforms; Patio, 9 a.m. to 5 p.m.</td>
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<tr>
<td>August 1</td>
<td>Auxiliary Fundraiser: Ace Uniforms; Patio, 7 a.m. to 3 p.m.</td>
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<tr>
<td>August 9</td>
<td>Auxiliary Blood Drive; Auditorium; 11 a.m. to 4:30 p.m.</td>
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<tr>
<td>August 24 and 25</td>
<td>Sharp HospiceCare Regatta; Coronado Island</td>
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<tr>
<td>September 3</td>
<td>HOLIDAY: Labor Day: Volunteer Services and Thrift Korral closed</td>
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<tr>
<td>September 12</td>
<td>New Adult/College Volunteer Orientation, Auditorium, 5 to 7 p.m.</td>
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<tr>
<td>September 15</td>
<td>2018 San Diego Heart and Stroke Walk; Balboa Park</td>
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<tr>
<td>September 20</td>
<td>Auxiliary Board Meeting; GHD small conf rm; 9 a.m.</td>
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<tr>
<td>September 22</td>
<td>New Adult/College Volunteer General Training, Auditorium, 9 to 11:30 a.m.</td>
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<tr>
<td>October 1 and 2</td>
<td>Sharp HealthCare All-Staff sessions; SD Convention Center</td>
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<tr>
<td>October 18</td>
<td>Auxiliary Board Meeting; GHD small conf rm; 9 a.m.</td>
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<tr>
<td>November 6</td>
<td>Auxiliary Fundraiser: Ace Uniforms; Patio, 8 a.m. to 4 p.m. (one day sale)</td>
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<tr>
<td>November 7</td>
<td>New Adult/College Volunteer Orientation, Auditorium, 5 to 7 p.m.</td>
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<tr>
<td>November 10</td>
<td>Thrift Korral Holiday Open House; 9:30 a.m. to 4 p.m.</td>
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<tr>
<td>November 15</td>
<td>Auxiliary Board Meeting; GHD small conf rm; 9 a.m.</td>
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<tr>
<td>November 17</td>
<td>New Adult/College Volunteer General Training, Auditorium, 9 to 11:30 a.m.</td>
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<tr>
<td>November 17</td>
<td>Grossmont Hospital Foundation Gala; Sheraton Resort; 6 p.m.</td>
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<td>November 22</td>
<td>HOLIDAY: Thanksgiving: Volunteer Services and Thrift Korral closed</td>
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<td>November 23</td>
<td>Day after Thanksgiving: Volunteer Services closed</td>
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<tr>
<td>November 26</td>
<td>Auxiliary Blood Drive; Auditorium; 11 a.m. to 4:30 p.m.</td>
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<tr>
<td>December 13</td>
<td>Volunteer Auxiliary Holiday Breakfast; La Mesa Community Center; 9 a.m.</td>
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<tr>
<td>December 25</td>
<td>HOLIDAY: Christmas: Volunteer Services and Thrift Korral closed</td>
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### Sharp Recognized Holidays

Sharp HealthCare recognizes the following six holidays. On each of the below holidays, the Volunteer Office and Thrift Korral will be closed and volunteers are not required to come in for their assigned shifts.

1. Memorial Day: Monday, May 28, 2018
2. Fourth of July: Wednesday, July 4, 2018
3. Labor Day: Monday, September 3, 2018
4. Thanksgiving: Thursday, November 22, 2018
5. Christmas: Tuesday, December 25, 2018
6. New Year's Day: Tuesday, January 1, 2019

If you have any questions please contact the Volunteer Office at (619) 740-4059.
Dear Fellow Volunteers: Well, **POOF!**, just like that it’s summer – times flies when you’re having fun and busy to boot.

I’m sure you’ve had the opportunity to see our new volunteer office re-model – if not it’s a MUST SEE!! We were pleased as an Auxiliary Board to help with some of the expenses in bringing it up-to-date.

Bingo Night on June 8 was a success! Plenty of food, fun, and winning great prizes was had by all. Hope you had an enjoyable evening!

Another renovation, funded by us, is the 5 East Family Waiting Lounge. It looks comfy and modern. Stop by sometime and feel the pride in how we serve our patients, their families and our community.

When the new Heart & Vascular Center opens this fall in honor of our $1 million dollar pledge, you will see our name prominently featured. More information about the opening and celebratory events will be shared via email and in the Volunteer Office when the opening gets closer.

As you enjoy your well-deserved summer activities and/or vacations know you are missed and we are truly appreciative of your loving dedication to helping our community.

—Karen D’Agostino, Auxiliary President
Wow—lots has happened since the last edition of The Voice! We kicked off National Volunteer Week with our amazing Volunteer Awards lunch and at the end of that week, we packed up the Volunteer Office for our office refresh (see photo below). For 15 business days, Kay and I sat next to the lockers in the storeroom to ensure “business as usual”. Talk about cozy! Thank you to all who came by to check on us! And for any who haven’t seen the office, come on by!

Next came welcoming Baby Harper Villard! See the latest on her below and check out her latest photos in the Volunteer Office Workroom.

Whether taking time off for a vacation, to welcome friends and family in town, taking additional school classes or studying for the MCAT, we wish you all a good summer!

—Linda Van Fulpen, Manager of Volunteer Services

Back wall where clothing and uniform cabinets were—check out the old blue carpet and wall color from years past!

As most all of you know by now, Katrina and her husband, John, welcomed daughter Harper Cecelia on April 28, 2018. Harper was 7 lbs, 13 ounces and 21 inches long. While Katrina is on maternity leave, we’ll provide a photo of Harper in place of Katrina’s usual message. And check the bulletin board in the Volunteer Office Workroom for the latest updates and photos!
Gift Shop Update

Summer is coming in and heating up with a frenzy! It reminds me of lazy sunny afternoons, flip-flops, and of course…the beach. I hope you checked out our summer décor. Lots of great art prints and beach-themed earrings adorn our shelves. You do not want to miss out on our summer deals! However, be aware, fall is just around the corner. What will we put out next? In case you need that something special… you can find it at the gift shop! We’ll see you soon!

—Laurie Clemence, Gift Shop Coordinator/Buyer

Thrift Korral Update

Greetings!

First of all a big THANK YOU to Debbie Flowers who retired in March from her role as Thrift Korral manager. It was my honor to be trained and mentored by someone who had such great discipline, a responsible nature, and was a hardworking leader. Debbie is now spending more time with her family and focusing on her health.

Having been with Thrift Korral for almost 2 years now, I am proud to be promoted to manager! I am very excited to implement some new marketing ideas including more store promotions and special events geared to a more successful TK!

Last but most definitely not least, an additional member has joined us! We are very excited and honored to have Susan Arnett as the new assistant. Sue comes to us with extensive retail experience, excellent customer service skills and new ideas!

The Thrift Korral has been part of the East County community for more than 25 years. We’re delighted to continue serving our customers, with these new personnel changes, for many years to come.

When you come visit the store please be sure to introduce yourself to us. It is an honor to serve you!

—Emma Catayong-Reynolds, Thrift Korral Coordinator
The following cards have recently been sent on behalf of the Volunteer Auxiliary:

**Get Well:** Judi Attig, Eleanor Chambliss, Suzanne Easley-Buck, Kathryne Matis, Anna Noah, Chuck Robbins, Rose Patrico, Debbie Terrell, and Pat Woods

**Thinking of You:** Bobbi Beat, Marilyn Fripp, Rose Jackson, Nancy Rodieck, Sal Spano, Nancy Walsh, and Jim Wong

**In Memoriam:** Maxine Asbury, Terrance Case, Joni Cranmore, Marvin Gunnels, Wanda LaSalle, “Dylan and Jagger” Sherer

If you know of a volunteer who should receive a card or call, please notify the Volunteer Office at (619) 740-4059.

**2018 Blood Drives**

Help save a life. The San Diego Blood Bank and the Grossmont Hospital Volunteer Auxiliary invites you to participate in the 2018 Blood Drives. Walk-ins are welcome.

- May 11: 22 units collected
- June 27: 29 units collected
- August 9: Auditorium; 11 a.m. to 4:30 p.m.
- November 26: Auditorium; 11 a.m. to 4:30 p.m.

For your convenience, you can schedule your appointment online by logging on to www.sandiegobloodbank.org, click on “Donate Blood”, select “appointments”, and provide sponsor code GHOS.

**FRIENDLY REMINDERS:**

- You don’t have to be a Sharp HealthCare employee to donate.
- Please eat a good meal and drink plenty of water before donating blood.
- **Please remember to bring a form of identification with you which includes your first and last name such as a driver's license.**

All participants at the Grossmont Hospital Volunteer Auxiliary Blood Drives will be entered into opportunity drawings for local restaurant gift cards.

For more information, please call Volunteer Services/Auxiliary at (619) 740-4059. Thank you for supporting our hospital and community!
Happy Summer, everyone!

We are in the middle of summer and our Junior Volunteers are going to the beach, working their part-time jobs, traveling to see family and friends, and of course, taking time to work their shifts and be a source of comfort to our patients and assist our staff.


This past April, the Junior Volunteers elected the new Junior Volunteer board, 2018 - 2019: Maryo J. – President; Fadi A. – Vice-President of Operations; Kayla A. – Vice-President of Events; Cassondra F. – Treasurer; and Loord F. – Secretary.

This incoming board hit the ground running and started their first board meeting bouncing ideas off of one another. They have already been busy with the Orientations and General Trainings of the May and July classes. They are working on Back to School Game Night and the 2018 Heart and Stroke Walk on Saturday, September 15, 2018.

Please join us from Monday, July 23 — Saturday, July 29 from 11 a.m. to 1 p.m. in the Volunteer Services office for the Junior Volunteers’ Annual Ice Cream Week in support of the 2018 Heart and Stroke Walk. Mark your calendars and join us for some delicious treats (sugar-free treats too!).

In addition, congratulations and best of luck to all our graduating seniors. We know you will be doing great things in the future. It was a pleasure having you in the Junior Volunteer program.

Enjoy your summer!

—Kay Andalis, Junior Volunteer Coordinator
Save the Date

Thursday, December 13
Volunteer Auxiliary Holiday Breakfast
La Mesa Community Center
9 to 10:30 a.m.

The Junior Volunteers hosted their annual Easter Egg Hunt on March 24.
Front in stroller: Jagger and Dylan Sherer
Back: Kayla A., Gio J., Mary A., Sharon Sherer, Sama S., Dustin B., and Isabel G.

CareGrams:

Kudos to Pet Therapy team Marilyn and "Taz" and Reiki Healing by Lisa and Allison. Very relaxing! - Patient

I was very surprised that some very nice lady took me up the elevator due to I have panic attacks – usually people say no. Debbi Richardson was a doll and a sigh of relief. You need more like her. 100% the best, very sweet and welcoming warm feeling. – Visitor

Debbi Richardson was very kind and helped me by being friendly and she has a lovely smile. – Patient’s family member
Greatness: Sharp Grossmont Volunteers

Thank you to Jeanie Rose who helped with the Certified Nurses breakfast from 6 to 9 a.m. on March 19. We appreciate you getting up so early Jeanie!

Congratulations to the following Junior Volunteers who received scholarships from the Grossmont Healthcare District: Malia N., Merna N., Rita A., Mary A., and Sabrina M. They were among 40 students nominated by their school administrators for their academic excellence, outstanding citizenship and a desire to become a healthcare professional.

Congratulations to the San Diego All Star Clown Club for being selected “WCA Alley of the Year” for the second year in a row by the World Clown Association (WCA). All Star Clown Club members and SGH volunteers: Wower (Rosemarie Ballard), Grandma Huggs (Kathy Cannon), Banjo Belly (Garry Irvingwhite), Poconose (Dr. Bill Pogue), and Zorba (Mike Wasyliw). Congratulations to all on this well-deserved recognition and honor!

Many thanks to Malia N. and Johanna Romero who helped at the Nurses Week lunch on May 7 and Lorraine Broglie, April T. and Isabelle T. who helped at the Nurses Dinner on May 10.


Card received from an 11th Hour patient’s family in Ohio – “Dear Mr. Jim Bull: Our deepest heartfelt thank you for your presence with P. during his last hours. Our family was torn that we could not be with P. during that time. Knowing that you were there in our place made a huge difference in our thoughts of P. being alone. He was away from family so many years. What a very special person you are and a blessed ministry being supportive of distraught families and their dying loved one. Our sincere gratitude that you were there. It gave us the special gift of PEACE.”

The Thrift Korral is a great little place, I seem to always find something when I pop in there. I just picked up a pair of vintage patio chairs for $20. They have different "percent off" days on different things. – Yelp review
More Care-Grams for our fabulous volunteers!

Debbi Richardson was very kind and helped me by being friendly and she has a lovely smile. – Patient’s family member

Lance (Safarta) was a great help in the Emergency Department. I was having a tough day and there were moments when I had to step out and take care of families and I was able to count on Lance to handle the Visitor Check-in by himself. – Concierge Team Member

Barbara (Gutshall) at Information Desk went to double check on a bad situation and helped make it good. Gladys in Admitting was great and also made the bad situation good. They both deserve 5 stars. – Patient’s family


Incoming Junior Volunteer Board: Maryo J., Kayla A., Cassondra F., and Loord F. (Not pictured: Fadi A.)

2018 Pinkee Lauridsen Educational Scholarship recipient Mikaela Yawn with Pinkee Lauridsen

2018 Michele Tarbet Memorial Scholarship recipient Jaize Holt with Kay Andalis, Junior Volunteer Coordinator
The strain of being hospitalized, coupled with illness or surgery, can weigh heavily on any mind. Many patients don’t sleep well and naturally yearn to be home with loved ones while they recuperate and heal.

To enhance and complement traditional treatment methods, integrative healing options are now offered to patients at Sharp Grossmont Hospital. These services include:

**Healing Touch:** Energy therapy that employs the hands to clear, balance and energize the human and environmental energy fields.

**Reiki:** A Japanese energy therapy that helps provide relief from stress, chronic pain and the side effects of chemotherapy and radiation therapy.

**Comfort massage for hands:** Addresses the physical, emotional, social and spiritual needs of patients through touch, individual attention and presence.

**Guided imagery:** A therapeutic imagery process scripted by a practitioner to encourage relaxing thoughts that can be seen, heard, smelled, tasted or sensed in the mind.

Lisa Goodman, a Healing Touch certified practitioner and instructor, is Sharp Grossmont’s integrative care coordinator. As part of the hospital’s Volunteer Services team, she has provided training to 11 of the hospital’s volunteers to help expand the program.

“Our focus is on creating a healing environment that supports patients during a difficult time,” says Goodman. “We’re able to assist patients with techniques that specialize in the relaxation response, which can help reduce stress, anxiety and pain.”

The individual need for any of the integrative healing therapies begins at the admissions process. Inpatients are asked by their nurse if they use integrative therapies or are interested in receiving any of the treatments. In addition, Goodman rounds with charge nurses to determine if patients are experiencing increased pain or anxiety.

Once integrative healing is deemed appropriate, nurses and doctors are able to order the treatment through the Cerner electronic health information system. Integrative healing is not considered practical for patients who are confused or experiencing any type of altered state.
Cassandra Thomas, a former Sharp Grossmont patient, was left unable to talk, move or swallow for 25 days in 2017. During that time, she was diagnosed with multiple sclerosis. Goodman became a tremendous resource and friend to Thomas during her hospital stay.

“I followed her through most of her journey and even continued while she was minimally responsive,” says Goodman. Thomas’ journey included rehabilitation — necessary to regain her vocal and mobility skills — and the philosophy of Healing Touch integrated firmly into that treatment.

“They told me if I relax, my body will heal quickly, and help release tension so that I can move better,” says Thomas, who has practiced meditation in the past. “My sessions with Lisa helped me to take my mind off of stuff, and accept things for the way they are. I learned how to help myself heal.”

—featured on Sharp.com Newsroom

Lisa Goodman, Integrative Healing Coordinator provides Healing Touch to one of our patients.

The Saturday, June 16 Thrift Korral crew celebrated Father’s Day by wearing ties!
When we’re sick and recuperating, or hurt and healing, the one thing we all want is peace and quiet.

At Sharp Grossmont Hospital, we routinely struggle to improve the feedback we receive from our patients related to the noise level in our hospital. Doors opening and closing. Louder than necessary conversations in the hallway, though we may not realize it. Alarms, rolling carts and televisions from other patient rooms. Tally it all up and you can see it’s not always the most ideal environment in which to get better.

We now “HUSH,” short for “Help Us Support Healing.” It is a hospital-wide effort to engage all clinical and non-clinical staff, as well as physicians and volunteers, in our effort to keep noise level top of mind. Much like the hand-washing campaign, individuals as well as units are challenged to meet goals and can be rewarded when they do so. Ultimately, HUSH is looking for SGH to land above the 60th percentile in HCAHPS quietness scores each month.

“We want to provide a healing environment for our patients and their families, as well as for staff, to create an exceptional experience for all,” says CNO Louise White. “Noise reduction is a courtesy plan, and the goal is to promote healing.”

From nurses to volunteers, engineering to finance and everyone in between, the goal is to consistently lower the level of noise house wide and make SGH a more tranquil, peaceful setting for our patients, guests and staff. HUSH is an excellent example of how, together, we can tactically address such an important challenge and one that, when we succeed, will make a world of difference to our patients.

Black pants are an approved option as part of the Sharp Grossmont Hospital volunteer uniform for Adult and College volunteers. Please NO black denim, jeggings, leggings, “skinnies” or yoga pants. Black scrub pants, Dickies, Dockers, Lee, etc. are OK. If you wish to continue wearing white, that is fine but please know black pants are now an approved option as well. Please call Linda or Kay in the Volunteer Office at (619) 740-4059 if you have any questions.
Parking Permits for Volunteers

Green volunteer parking permits are available in the Volunteer Office for all volunteers.

• All weekday morning and afternoon volunteers must display the green parking permits and park in the P-5 parking lot at Brier Patch.

• Volunteers who begin their shift in the dark or end their shift after dark may park in P-2 top floor (parking structure 2 by main entrance).

• Volunteers with handicap placards can continue to park in the P-2 parking structure.

NEW “March 1, 2018 to June 1, 2019” Parking permits are available in the Volunteer Office.

Congratulations Volunteers!

Congratulations to Volunteer Services for winning the Platinum Award for a high satisfaction score in the Internal Department Survey for the second quarter in Fiscal Year 2018.
“Hats Off To Our Volunteers” Awards Lunch

Jason Broad and his Sharp Grossmont Hospital Hat

100 Hours

100 Hours

100 Hours

100 Hours
“Hats Off To Our Volunteers” Awards Lunch

2,500 Hours

3,000 and 3,500 Hours

4,000 Hours

4,500 Hours

5,000 Hours

6,000 Hours
2018 Grossmont Hospital Volunteer Auxiliary Scholarship Recipients

Muna Ali

Nhi Lang

April Tea

Mary Anthony

Not pictured: Lillian Do

Johanna Estrada
Please welcome the following volunteers who have recently joined our program:

**Chelsea Aguilar** is a biology major at Grossmont College. She hopes to become a physician and practice with Doctors without Borders. Chelsea will volunteer in the SICU on Wednesday nights.

**Chris Ball** graduated from UCSD with a major in public health. He has worked three years as a paramedic preceptor. Chris will volunteer in our Emergency Department on Tuesday mornings to help accumulate volunteer hours for physician assistant schools.

After hearing about our program from her friend, Sondie, who is one of our Pet Therapy teams, **Cynthia Banke** is joining us to be Sondie's Pet Therapy escort. Cynthia's work experience includes being a teacher and a travel agent.

**Tyler Clanton** heard about our program from his classmate and current volunteer, Emelda. He is a biology major at Grossmont College who aspires to be a physician or neurologist. Tyler will volunteer on Saturday mornings in our Emergency Department.

**Natalie Corondoni** is a biology major at San Diego State University. Her career goal is to be an Emergency Department/Trauma surgeon. Natalie will volunteer in our MICU.

**Geraldine (Jeri) Crawford** heard how fun volunteering at the Thrift Korral is from her friend Norma Youngkrantz - a long-time Korral volunteer. Jeri will be at the shop on Tuesdays. She used to volunteer in the books area at a hospice in Hemet and retired from the County of San Diego.

**Nhan Duong** is studying biology at Grossmont College and hopes to become a nurse. She works as a student ambassador at Grossmont College and helps new students with orientation and scheduling. Nhan will volunteer on Tuesday afternoons in our SICU.

**Alina Falquier** will welcome babies and their mothers to the Thursday Lactation Support Class. She has done many volunteer projects in Mexico and also volunteered at the Vista Library.

**Christel Gerstenberg** learned of our Pet Therapy program from her fellow Love on a Leash friends Liz Rajknecht and Pat Salzarulo so she and "Samira", her Labrador Retriever Mix, will be coming in on Friday mornings to brighten the day of our patients, staff and visitors.

**Bill Goggin** heard about our volunteer program from his friends Gayle Hatch and Barbara Marlow. He will join the Thrift Korral crew on Saturday afternoons. Bill is a retired professor of clinical psychology.
William Graack is a former junior volunteer who has returned to our program as a college student. He is a biology major at San Diego State University who aspires to be a surgeon. William will volunteer in our Emergency Department on Saturday nights.

Current Eucharistic Minister volunteer Sharon Adams recruited yet another new volunteer! Janice Helkenn heard about our program from Sharon and will volunteer as a Eucharistic Minister. Janice is a retired general and special education teacher.

Anjela Korgees is a public health major at Grossmont and Cuyamaca Colleges. Her volunteer shift in our Emergency Department will support her career goal of physician assistant. She was referred to our program by her classmates and current volunteers Rivine and Daisy.

Kajace Luzaj attends Grossmont College and is a social science major with a career goal of becoming a registered nurse. She will volunteer in our Surgical Intensive Care Unit.

Amando Malvar retired from San Diego Gas and Electric and Scripps Health where he was a research analyst. On Mondays he will play the piano in the main lobby.

Welcome back Marina Malvar! Marina used to volunteer in our Women's Center and took some time off. She's back now and will volunteer with our craft group. Marina also encouraged her husband, Amando to join our program!

Beverly Mascari is one of our newest Eucharistic Ministers. She has extensive volunteer experience including Girl Scouts, Alpine Bobby Sox and her Parish Council. She was referred to us by current Eucharistic Minister volunteer Sharon Adams.

Patrick McNamara saw many of our wonderful volunteers when he was a patient here and he decided to join us! He is a retired auditor and property manager. Patrick will be a Tuesday Blue Angel driver. He also volunteers at the Old Globe and La Jolla Playhouse.

Sahar Nafez-Sabzwari is a returning college volunteer. She took some time off to get married and is back now and resume volunteering in our MICU. Sahar is a human biology major at UCSD.

Shadrac Novello is joining the Spiritual Care team as a Jehovah's Witnesses patient visitor volunteer. He works in special education for the San Diego Unified School District and was a volunteer at the World Headquarters of Jehovah's Witnesses in New York.

Adam Oraiqat is a public health major at UCSD. His career goal is to be a physician. Adam will volunteer in the Emergency Department or on a nursing unit.

Kat Papike is the newest Integrative Healing volunteer who will provide Reiki and Healing Touch to our patients. She also volunteers at Sharp Memorial Hospital. Kat is a shift supervisor at Starbucks.

With a career goal of becoming a physician, Grossmont College student Lance Safarta will volunteer in our Emergency Department. He also volunteers at his church.

Sarah Schatzberg is a public health major at San Diego State University who hopes to become a physician assistant. She will volunteer on 4 West.

Lauren Waller is working on her master's degree in bioengineering at UCSD. She hopes to obtain both an MD and PhD in cardiovascular services and work in clinical trials and medical device design. Lauren will volunteer in our SICU.
**Pat Woods** retired after 20 years as a courtroom clerk with the San Diego Superior Court. Her clerical skills will be much appreciated when she volunteers in the Senior Resource Center on Thursday mornings.

Welcome to students who will be doing their required observation hours in various departments:

**Lorena Acuna and Daniel Orena**


We are excited that you are part of the Junior Volunteer program.

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**Monthly Senior Resource Center Events**

The Senior Resource Center at Sharp Grossmont Hospital offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214.

**Life Estate Gift Annuity vs. Reverse Mortgage Seminar**

Learn about the newest requirements governing reverse mortgages and how a retained life estate with a gift annuity can establish a fixed lifetime income stream that is not subject to market fluctuations.

Reservation required.

Date: Monday, August 13/Time: 10 to 11:30 a.m.
Location: Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa

**FREE Exercise and Walking Program**

The Grossmont Mall Walkers are celebrating 32 years of walking at Grossmont Center Mall. Join exercise instructor Daphne Miller on Saturdays for a free stretch/exercise class in the Food Court. Walk the mall, make new friends and make exercise a part of your routine.
**HAPPY BIRTHDAY TO THE FOLLOWING VOLUNTEERS,**
who will be celebrating during the months of June and July.

### June Birthdays

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<th>Date</th>
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<th>Name 2</th>
<th>Date</th>
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<tr>
<td>03</td>
<td>Joey Chen</td>
<td>14</td>
<td>Namir Awakeem</td>
<td>27</td>
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<td>Carla Holden</td>
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<td>Brice Lockwood</td>
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<td>Joan Thompson</td>
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<td>04</td>
<td>Lana Killeen</td>
<td>16</td>
<td>Patrick Neibaur</td>
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<td>Elle McFarland</td>
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<td>Linda Croft</td>
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<td>Sal Spano</td>
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<td>07</td>
<td>Paul Durr</td>
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<td>Cynthia Bank</td>
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<td></td>
<td>Delaney Porter</td>
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<td>Kevin Sanders</td>
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<td>08</td>
<td>“B.J.” Easley-Buck</td>
<td>21</td>
<td>Dorothy Bishop</td>
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<tr>
<td>09</td>
<td>Janice Helkeen</td>
<td>22</td>
<td>Helga Gallagher</td>
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<td>11</td>
<td>Jessica Hoffman</td>
<td>23</td>
<td>Mariama Everette</td>
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### July Birthdays

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<td>Dell Hidde</td>
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The following adult and college volunteers are due for their annual TB screening and safety paperwork. Remember, a TB test only counts if you return within 48 to 72 hours to have it read!

TB tests are provided in the Employee Health office located in Building C at Brier Patch. **Office hours are 7:30 a.m. to 3:45 p.m. Monday to Friday.** The office closes for lunch everyday from 12 noon to 1 p.m. Tests are not given on Thursdays, although they may be read that day. **You do not need an appointment.** For questions about office hours or testing procedures, please contact Employee Health at (619) 740-4090.

### TB Tests and Safety Paperwork due in June

| Charles Baxter | Niall-Conor Garcia  |
| June Bonn      | Vivian Hua          |
| Pat Brackmann  | Ally Kellogg        |
| Allison Brilmyer | Nellie LaRussa   |
| Sondie Callaway | Nina Minieri        |
| John Cassaboom  | Kumi Morell         |
| Kathleen Diggins | Pat Neibaur      |
| Mary Flores    | Carol Shaver        |
| Danielle Geffen | Eric Weltch        |
|                | Norma Youngkrantz   |

### TB Tests and Safety Paperwork due in July

| Joanne Bruso     | Jean Nunamaker     |
| Amy Cliffe       | Peggy Petersen     |
| Estrellita Dominguez | Charles Robbins   |
| Rondey Garrison  | Cathy Shirley      |
| Mickie Geiger    | Sal Spano          |
| Pattie Grover    | Vicky Wickstrom    |
| Linda Hill       |                 |
| Jeanne Hyde      |                 |
| Dom LaRussa      |                 |
| Dom Mazzeppi     |                 |
| Elle McFarland   |                 |
| Connie Miller    |                 |
Inside This Issue...
Hats Off To Our Volunteers! ........................................ Pages 1-2
Auxiliary Calendar .............................................................. 3
Hospital Recognized Holidays .............................................. 3
President's Message .................................................................. 4
Manager's Message ................................................................. 5
Harper's Corner ....................................................................... 5
Gift Shop Update ................................................................. 6
Thrift Korral Update ............................................................... 6
Volunteer Mailbox ................................................................. 7
2018 Blood Drives ................................................................. 7
Junior Volunteer Happenings ................................................. 8
Caregrams ................................................................................ 9
Greatness .............................................................................. 10-12
Integrative Healing ............................................................... 12-13
Hospital Volunteer Uniform Update ....................................... 14
‘HUSH’: Help Us Support Healing .......................................... 14
Parking Permits for Volunteers ............................................... 15
Hats Off Luncheon Photos ..................................................... 16-22
Look Who’s New ..................................................................... 23
Monthly Senior Resource Center Events ............................... 25
Important dates: Birthdays and TB tests .............................. 26