AHFR salutes the 412 Volunteers who provided 64,488 hours of service in 2017!

Volunteers in Action!!

2018 Volunteer Officers
- Helga Ryer, President
- John Henriques, President Elect
- Cat Pagel, Secretary
- Fran Ranuio, Treasurer
- Carolyn Stover, Assistant Treasurer

Department Chairpersons
- Patti Gitschel, Courtesy Desk
- Betty Roberts, Gift Shop
- Sid Ryder, Lifeline
- Helga Ryer, Meals on Wheels
- Susan Dunlap-Henriques, Messengers
- Nancy Zastrow, Thrift Shop & Uniquely Yours Boutique

THE PINK FEATHER — Editor’s Note
- Published six times a year for the Adventist Health Feather River Hospital Volunteer Association.
- The newsletter will be issued the last week of the month prior to January, March, May, July, September, and October.
- Comments or suggestions are welcome and should be emailed to:
  Shirley Hughes, Editor, hughess02@ah.org
  & hughes.shirley@sbcglobal.net
- Or...send to her attention at Volunteer Services Office on the Hospital campus....Thank you.

For some people Volunteering is about giving...
But for the likes of our Volunteers... It’s a way of living...
THANK YOU!

Volunteer’s Newsletter September / October 2018
Happy Fall! Hopefully you all had wonderful summer adventures and were not effected by the devastating wildfires that ravaged our state. At my house the oak leaves have been dropping for most of July and August, but now the real leaf drop starts. Let the raking begin.

On my summer vacation I met a father whose daughter plays softball with my granddaughter. This gentleman just happens to be the CFO of a southern California hospital. I shared about our volunteers at Feather River. He was impressed by our numbers and the duties we perform as volunteers. Our numbers are not the norm, but rather the exception. Bravo!

I also asked about the nuts and bolts of the volunteer program at his Socal hospital. An important point they discovered is when patients lose their fear when hospitalized, the healing progresses much more quickly. For that reason a volunteer's main function is to be a calming, efficient person for anyone walking into the hospital. At that hospital, soft music and the aroma of fresh baked cookies is the first impression people get upon entering the main lobby. The feeling is that the hospital feels welcoming and more like walking into a hospitable, home-like environment rather than a cold, scary place. My personal goal is to request a copy of their plan and see what we are already doing as well as looking into what we might see as a valuable addition to try for ourselves.

I’m a firm believer that change is good and that it encourages growth no matter how large or small. With our large number of volunteers we are innovation waiting to happen. Glad to have you all back and hopefully up to any kind a challenge.

Adventist Health Names Interim President of Adventist Health Feather River

Date: August 22, 2018
To: Adventist Health Feather River Associates
From: Jeff Eller, President, Adventist Health Northern California Region

I am pleased to announce that Hal Chilton has accepted the role as Interim President of Adventist Health Feather River effective September 10, 2018.

Hal has a long and rich history with Adventist Health starting in Bakersfield where he served as Chief Operating Officer for six years and, more recently, at Adventist Health St. Helena where he has led operations for four years. Prior to his work with Adventist Health, he worked at Mafraq Hospital in Abu Dhabi where he held the role of Chief Operating Officer.

We are fortunate to have Hal joining us in Paradise in this capacity. He brings strong leadership skills in managing the day-to-day operations and working closely with physicians and community partners. I’m confident he will be able to provide a seamless experience during this important transition.

Monty Knittel, who recently announced his retirement, will remain in his role until September 14, 2018. This will allow a few days of overlap working side-by-side with Hal to ensure a smooth handoff. We appreciate Monty’s many contributions and years of service and wish him well in his new journey.
Welcome to the Fall months following a very hot summer.

The volunteers and staff are happy we have a new roof on the building but have to admit that the process wasn’t all fun and games. Noise, dirt and some days without air conditioning in the back room made for rather uncomfortable conditions and we want everyone to know how much they are appreciated for going forward with the work even when extremely uncomfortable.

We continue to find new ways to make things better in the front and back of the store. Little things really do make a difference. We are replacing sheets of glass with heavy plastic on some of the shelving out front. This is safer and helps keep things from falling through the shelves without the chance of cracking or breaking.

All volunteers in both stores are encouraged to speak up with possible ideas for improvement, many minds make many differences.

Everyone is reminded that we have a potluck coming up on Sept. 19th. Watch for the signup sheet. Oct. 18th is our Education General Membership Meeting being held at the Elks, please plan to attend for the continuing education, great fellowship and wonderful food.

Volunteers are reminded that they are welcome to participate with the leadership of our group either at the store level as chairperson on the board or as a leader on the board as Treasurer, Secretary, Pres. Elect or President. Contact Nancy Z. if you are interested in the chairmanship or Betty Roberts 876-0080 for Board positions. Remember, it is up to everyone to make the organization run smoothly. Elections are in November so think about it quickly and make the call soon.

Our store hours are M-Th 9-4, F 9-3, Sun 12-4. We receive items on weekdays after 10 am until 2 p.m. (1 p.m. on Fridays) and 12:30-3 pm on Sundays. Watch our E-Bay site for “special” items.

Blessings to all, Nancy

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I cannot believe how fast time is flying by! It seems like just yesterday the beginning of the year started (well, on some days, the beginning of the new millennium!). We are moving towards the end of summer and into the fall which hopefully brings us some cooler weather. We continue to keep those affected by the many fires peppering our state in our prayers.

I would like to share some changes that either have happened or will be happening in the upcoming months. The first is the retirement of our CEO & President, Monty Knittel. Many of you received the email I forwarded with this information but some of you are not on my email list...Monty anticipates his last day being mid-September. Hal Chilton will be our interim CEO and is scheduled to start on September 10th. Jackie Fullerton, VP of Nursing, has stepped into a different role—Director of Education; and, Liz Dickinson, Director of OR/SDS, has stepped in as interim VP of Nursing.

**Carpeting:** the carpeting that remains in the upper level of the hospital is scheduled to be replaced and will be similar to the flooring in the main lobby and the lower level. There should be many signs up to signal when this project will start...it will be very disruptive for a bit but, worth it!

Continued on page 6
We can now officially close the books on the Dining Out fundraiser for Meals on Wheels. I must admit I was nervous for a while as our total earned profit seemed terribly low in comparison to previous years. Drum roll, please. As it turns out, this year's total was $15,617.97. We also were the beneficiaries of the Rock the Ridge event put on by Hope Church, Paradise. The generous donation received was $3,205.73! There are such caring individuals in our community who recognize the value of helping out those on the Ridge. Kudos and thanks to all.

I have some positions in need of filling. Over the summer there were necessary positions to find volunteers for. Vacation schedules came into play so there was creative, flexible juggling done at times, but now with Fall upon us, our needs seem easier to address. From Rebecca we hear the following: Thursdays drivers are needed for the F and I routes. A long term sub is needed for the D route and for the J route. Fridays we need an E route driver as well as a long term sub for the G route.

Our June stats were 60 volunteers drove 4,347 miles, delivering 1,625 meals. The July stats were 54 volunteers drove 4,181 miles, delivering 1,721 meals. I always enjoy comparing one month to another, realizing how blessed our community is to have such a cohesive army of volunteers serving those in need. Pats on the back!
Thursday, September 20, 2018
+ Board Meeting, 10 am—11 am
+ Volunteer Services Building

Thursday, October 18, 2018
+ Board Meeting, 9 am—10 am
+ General Meeting 10:30 am—12:10 pm
+ Annual Education Day
+ Nomination for 2019 Volunteer Board
+ Flu Vaccinations (free of charge to volunteers)
+ Lunch provided
+ Elk Lodge, Grand Hall, Clark Rd., Paradise

Thursday, November 15, 2018
+ Board Meeting 9:30—10:30 am
+ General Meeting 11 am
+ Election of 2018 Volunteer Board
+ Lunch Provided
+ Seventh Day Adventist Fellowship Hall, 5720 Academy Drive, Paradise

Carter, Emily  Emergency Room
Chambers, Eleanor  Gift & Thrift Shop
Dean, Ashlei  Courtesy Desk
Dewart, Janice  Thrift Shop
Huiras, Cate  Thrift Shop
Logue, Michele  Thrift Shop
Marple, Yvonne  Hospice Office
Williams, Chelsea  Emergency Room

LiveWell Wellness Center

The LiveWell Wellness Center was created for the purpose of transforming the mission of Living God's love by inspiring Health, Wholeness and Hope into tangible meaningful forms. Individuals may find resources for taking their next step on their wellness journey.

Adventist Health Feather River LiveWell Wellness Center, 7224 Skyway (attached to Beyond Fitness)  
530. 876.7297  Jean Aldridge Manager Community Outreach

Upcoming Events:

Full Plate Living Interactive Class
Begins September 6th, 6:00 pm at the LiveWell Center Wonderful creative and tasty recipes. Have fun learning a new way to eat, be full, lose weight.

Dinner With the Doctor
Thursday, September 27th 6pm (dinner $12) 6:30 (free lecture)  
Paradise Church of Christ, 1181 Pearson Rd, Paradise  
Dr. Amy Darwin, “So You Want to be a Doctor?”

The Health and Wellness Fair will be held this year at the LiveWell Wellness Center and Beyond Fitness. Health Screenings, great fun and information for the whole family. Special kids attractions. Free to all.

Sunday, September 30 12:00 - 4:00 pm  
at the LiveWell Center and Beyond Fitness. 7224 Skyway.

Farmers Market
Wednesday, September 12th and September 19th 10:30am  
LiveWell Center and Beyond Fitness. 7224 Skyway.
I, along with several other volunteer were in attendance at the Orientation class on August 21, and we feel very enthused that this free program is being offered!! The LiveWell Center for Health, Wholeness, and Hope offers a variety of programs. I encourage one and all to check out this Center’s offerings!!
Celebrations!

A BIRTHDAY PARTY FOR
THE BIRTH DAY PLACE

Join us for an evening of great food, music and memories.

- Live and silent auction, dinner by Bacio, and music with Decades.
- Together, we'll make a difference for The Birth Day Place.
- Cocktail chic attire encouraged.

SAVE THE DATE
Sunday, October 21, 2018 | 5-9 pm
Manzanita Place
1705 Manzanita Ave. | Chico, CA 95926

November 2018 marks 50 years of babies born at Adventist Health Feather River! Feather River Health Foundation is celebrating this joyful milestone by partnering with Adventist Health Feather River on a refresh of The Birth Day Place. The Birth Day Place has a stellar reputation of caring for babies and families, establishing trusted relationships with patients and providers, and caring for babies as young as 34 weeks in our special care nursery. Many families return for the birth of other children because of the loving, supportive care they received. Since 1968, we’ve helped our community deliver 29,000 babies...and counting!

Join us in refreshing this space to provide an even better experience for our families.
September Birthdays

9/1 Marsha Lanam Cour. Desk
9/2 Gayle Buckholz MOW
9/3 Colleen Long Honorary
9/4 Nancy Connert TS
9/5 Kellen Harry TS
9/6 Roxana Hodges MOW
9/7 Cindy English Cour. Desk
9/8 Susan Giraldes TS
9/9 Paul Eaton Cour. Cart
9/10 Wanda Goss TS
9/13 Tracy Spiegler TS
9/14 Evelyn Ortwein Cour. Desk
9/16 Helen Kelly FRHC CD
9/18 Eleanor Brandt OSC
9/19 Cheryl Barron Hospice PC
9/21 Wayne Faura MOW
9/22 Sheila McDaniel SP/OB
9/23 Linda Dinsmore MOW
9/24 David Bermann Comm.
9/25 Abra McDonald TS
9/26 Fred Dietrich MOW
9/27 Patty Knittel SP
9/28 Mary Kearns Chap. Svcs
9/29 Joan Mercer TS

Volunteer Opportunities:

URGENT NEED: Meals on Wheels drivers: using own vehicle, deliver meals to Paradise and/or Magalia residents. Drivers start at 11:15 and typically take less than an hour to deliver route. We have eight routes in Paradise and one in Magalia. Routes open every day Monday-Friday; alternates needed (especially on Thursdays).

URGENT NEED: Thrift Shop Cashiers: assist customers with purchases at Thrift Shop and/or Uniquely Yours Boutique. Cash register experience preferred but, not required—we can train you. Shifts open: Sundays (Boutique); Mondays (9am-1pm); Thursdays (backup needed 9am-1pm) and Sundays (backup needed). Alternates needed every day.

URGENT NEED: Sorter (baby & kids clothing): sort baby and kids clothing; hours can be flexible; store hours M-Th 9am-4pm; Fri 9am-3pm and Sundays 12-4pm.

New: Joint Replacement AM Volunteer: assist Joint Replacement staff with delivering flowers and cards to patient rooms; provide patient with information/calendars. Offer beverages and a warm washcloth. Shifts open 8-10am; Weds/Thurs/Fri.

New: Joint Replacement PM Volunteer: assist Joint Replacement staff patient room readiness (ensuring supplies needed are in the room and chairs/recliners are wiped down). Set up classroom for group exercise activities. Shifts open 12-4pm; Weds/Thurs/Fri.

URGENT NEED: Courtyard Desk FRHC Lobby—greet patients and visitors to the Health Center (5125 Skyway); provide wayfinding assistance as needed. Shifts open Mondays, 8am-12pm or 12-4pm. Alternates needed every day M-F.

URGENT NEED: Courtyard Desk Main Lobby—greet patients and visitors to the main hospital; provide wayfinding assistance as needed. Shifts open Tuesdays (8am-12pm) and Fridays (8am-12pm). Alternates needed every day: 8am-12pm or 12-4pm.

URGENT NEED: Emergency Department: Support ER nursing staff, patients and family members. Assist in stocking of supplies, blankets and linen. Shifts open Wed 8am-12pm and Sun 8am-12pm.

URGENT NEED: Hospice Office Volunteer—assist Hospice staff with light clerical duties; computer experience needed. Shifts open Wednesdays, 12-4pm; Thursdays, 12-4pm; and Fridays, 12-4pm.

SUBSTITUTE VOLUNTEERS ARE ALWAYS NEEDED!!!

You get a good feeling of helping out. Free meal at the FRH Café on the day of their shift. Tell them to call 876-2134 to request a volunteer application today!! Or, they can pick up at the Hospital or Clinic Courtesy Desk.