GENERAL MEMBERSHIP MEETING

Thursday, July 19, 2018
4:00-6:00 p.m.
Nellie Barrington Room

Deadline to sign up: Monday, July 16. Cap is set at 64.

PRESENTATION:

CHULA VISTA POLICE DEPARTMENT:
CHIEF OF POLICE, ROXANA KENNEDY
EXECUTIVE REPORT

Can you believe we are three quarters of the way through our Auxiliary year? Speaking of which it is time for our annual nominations for team leaders. If any of you would like to be a part of our executive team please let Lisa, Jaime or myself know.

This month we gave another $15,000 to the Foundation as part of our ten year $500,000 pledge. In three years we have donated $180,000. All the money we have donated to the pledge has come from the Gift Shop.

Also, this month we are taking requests for another round of allocations. All hospital departments are eligible and this money helps provide little extras which don’t fit in the budget. Each department is limited to $2,000.

Happy Fourth of July!

HOLIDAY HUMOR

What did one flag say to the other flag? **Nothing, it just waved.**

What ghost haunted Kind George III? **The spirit of ’76.**

How come there are no knock-knock jokes about America? **Because freedom rings.**

What would you get if you crossed George Washington with cattle feed? **The Fodder of Our Country.**

*from Readers Digest*

INSPIRATIONAL CORNER

“Of all the forces that make for a better world, none is as powerful as hope. With hope, one can think, one can work, one can dream. If you have hope, you have everything.”
VOLUNTEER SERVICES REPORT

Save the date for our Annual Competency Fair. This is a day where a majority of our volunteers come in for a two-hour intensive to review your skills and refresh safety requirements and practices.

Mark your calendars for: **Saturday, September 8**

Make up date (for those traveling or out sick): **Sunday, September 30**

As Chris mentioned, we are always looking to encourage volunteers to take on leadership roles in the Auxiliary. Have you been wanting to do more? Do you want to build your experience and develop skills? Come chat with Lisa or Jamie about a leadership position in the Auxiliary.

Additionally, we are looking to partner more closely with our South Bay community by arming our volunteers with information and education about common medical issues in our community. Stroke, sepsis, and end of life care are just some of the issues that we are seeing more often. We want to hear from you about health concerns in your community and work with you to address those concerns. You can help us in a few ways:

Help us learn: First, we ask you to take this brief survey: [link](http://usd.qualtrics.com/jfe/form/SV_cRbrwkpoyoMVIH) (paper copies are available in the office) to help get an understanding of what you want to know and how you would like to learn about medical issues.

Learn and educate others: We are looking for volunteers to train on signs and symptoms of medical issues so that you will feel equipped to talk to your family, friends, and community groups about these issues. Training and materials provided.

If you have any questions about this exciting endeavor please feel free to reach out to Jamie.

It’s time for the San Diego Heart & Stroke Walk again! The event will take place on **Saturday, September 15 at Balboa Park** (6th and Laurel). This year, Jamie is excitedly serving as a team captain again and set a team goal of raising **$1,000** to fight heart disease and stroke and we want you to join our team!

You can even get your own Sharp HealthCare Heart Walk t-shirt (pictured below) for a donation of only $35 to go towards the team goal.

To sign up, click: [link](http://www2.heart.org/site/TR?fr_id=3549&pg=team&team_id=401193)

The link will take you directly to the SCV Volunteer team page. You can also stop by the office to sign up for the Volunteer Team or to donate. If you aren’t able to walk, consider donating!

Thanks for helping us make a difference in the San Diego community.
ART CART

Have you ever wondered why volunteers do what they do? They generously give their time and energy without hesitation. Here are just a few reasons I’ve come up with.

The other day I observed a white-coated doctor speeding down the corridor as if he were on a skateboard. As usual, I called out, "Thank you for what you do, doctor! What would we do without you?" He looked up from his clipboard and smiled saying, "Thank you for making our patients happy." That made my day.

Do volunteers seek recognition or simply close connections with people? The award ceremony in April was splendid. Being honored with pins, delicious food, and valuable raffle gifts was rewarding. A special thanks to all who organized the wonderful event.

Meeting people from all over the world is amazing. I’ve made art projects with people from every continent. There are always translators nearby. If necessary, we have an electronic translating service available. What a joy it is to communicate in any language! We seem to grow in empathy as we talk with patients and visitors. I’ve learned a great deal just listening openly to the joys and sorrows of others.

Are you wondering why I have been a Sharp volunteer for five years? It all began back in 2013 when I retired from teaching elementary school and decided I did not want to live an unlived life. In addition, I knew I wanted to be around people. Lisa interviewed me and then perfectly matched me up with the Art Cart! Now I get to meet amazing folks from all around the globe and instruct them in easy art projects. Once I worked with a retired zookeeper from Detroit. He fondly recounted how he had befriended a tiger, which would allow him to scratch his ears. By that, I mean the tiger’s ears, not the zookeeper’s ears. One Christmas season I had the privilege of working with a woman who was identified as speechless. As we finished up, I wished her a Merry Christmas. She replied, "Merry Christmas, sweetheart!" I was then speechless. There are many more wondrous tales to tell.

The benefits of what we do are far reaching. While shopping at Ralph’s one day, a customer approached me and thanked me for what I’ve done. I had no idea who she was. "You helped my parents get through a tough time in their life and we’re very grateful!" What goes around comes around, I guess.

What are your reasons for volunteering? Only you know for sure.
GIFT SHOP

Please help us welcome two new staff members in the gift shop; Lori Hernandez and Daniel Gil de Arana. Lori has been a volunteer with us for several years and will be a perfect addition to our team. Daniel has extensive background in retail sales and we are so excited for him to get started. Sloane resigned from her position and will be moving to northern California to be closer to her adorable nieces. We can’t thank her enough for everything she has done to keep our gift shop running smoothly. We will miss her dearly.

We are gearing up for the holiday season once again as Christmas is right around the corner—at least in the retail world it is! It is hard to believe but our orders were placed in January and began to ship this month. I could give you the countdown on days left to finish your Christmas shopping, but that would just be mean. Trust me when I say it will come fast as time really does fly by. We are excited about the adorable merchandise on order for Halloween, Thanksgiving and of course, Christmas. We always love transforming the gift shop into a glittering display of angel ornaments, happy little elves and snuggly capes and shawls. It IS the most wonderful time of the year!

-Linda Zywiec, GS Coordinator

C.O.R.E. AWARDS

Sharp’s Center of Recognized Excellence each year honors those individuals, teams and departments that have gone above and beyond to demonstrate excellence in each of the six pillars.

Save the Date for the “Star C.O.R.E. Awards” Celebration scheduled for: Thursday, August 2 in the Nellie Barrington Room from 2 – 4 p.m.

Members of the junior leadership team worked on C.O.R.E. award preparations. Thank you:
* Urielle Gutierrez
* Maya Chu
* Ariana Melchor
* Priscilla Ruiz
* Jordyn Nichols
* Sonali Chu

FUNDRAISING

Ace Uniforms will be returning to the cafeteria alcove on Weds. July 11, 2018. They have uniforms, and shoes at good prices.

Rx Bakery will be in the cafeteria Alcove on Monday, July 23 and August 20 from 11:a.m. until 2 p.m. Ken will have his delicious sourdough bread in various varieties and delicious cookies and sweets.

The famous Auxiliary Bake/No-Bake Sale will return September 26 & 27. Volunteers are invited to bake or make a monetary donation. More information will be coming about that in the next Communicator.

- Jeane Dickey, Senior Rep.
HAPPY BIRTHDAY!

JULY

2 Diane Long
3 Kaira Ballantyne
8 Just Adjasu
9 Priscilla Corona
9 Sophia Torres
11 Kevin Sanchez
12 Paul Greenbaum
13 Arianna Lucin
14 Sequoia Twesigye
15 Miah Barraza
15 Linda Dail
15 Sara Leon
19 Miriam Guerra-Hernandez
23 Anna Johnson
25 Kandy Cervantes
25 Barbara McGovern
25 Adaeze Noble
27 Quinn Ailor
27 Art Curtis
27 Patti De Perio
27 Kenneth Manlapaz
27 Cindy Tengan
28 Peter Dabaneh
28 Mary Helvie
31 Belinda Fontes
31 Matthew Monayo
31 Sharon Ussery

AROUND THE SHARP SYSTEM

Bring your friends and family for an afternoon of fun and friendship at the third annual Sharp HealthCare System-wide Auxiliaries BINGO.

Saturday, July 28, 2018
2 to 4 p.m.
Sharp Corporate Office Auditorium
8695 Spectrum Center Blvd
San Diego, CA 92123
*Look for the blue and yellow balloons*

$20.00 per person
Includes
• Bingo Games •
• Refreshments • Beverages •
• One free opportunity ticket •
All Proceeds benefit Sharp HospiceCare

PRIZES & OPPORTUNITY DRAWINGS
To RSVP: Mail in reservation slip below or leave a message at (858) 939-4941 or e-mail: smhaux@hotmail.com

Sharp HealthCare System-Wide Blood Drive

Join us in fulfilling our pledge to collect 1,000 units of blood to support the San Diego community at our second System-Wide Blood Drive. This family-friendly event and day-long blood drive includes: refreshments, crafts for kids, pet therapy, gifts, opportunity drawings and networking opportunities with senior leadership.

⇒ When: Saturday, July 14 from 8 am to 6 pm
⇒ Where: Spectrum Auditorium
⇒ Who: Sharp employees, volunteers, friends and family members. Individuals 16 years or older may donate; 16 year-olds require parental consent.

Make your appointment to donate by calling: 1-800-4-MY-SDBB (1-800-469-7322).
The 10th Anniversary Sharp Chula Vista Medical Center Golf Tournament was a record-breaking success raising over $240,000 in support of the Above & Beyond Campaign. Thanks to all of our sponsors and underwriters, and special thanks to the all of the volunteers who assisted with the event. Jamie Inarda was the onsite coordinator for the 25 community volunteers who assisted with the event. Of those, five Auxiliary members assisted:

- Linda Dail
- Diane Long
- Fred Ferguson
- Tom Thornton
- Rosemarie Ballard, photographer

Enjoy some pictures here.
VOLUNTEER HOURS

April 2018
Lorrie Silva 106
Aurora Tayag 69
Cindy Tengan 69
Chris Reeder 67
Noemi Kapke 52

Seniors: 2,160
Students: 307
Juniors: 1,421

April Total: 3,888

May 2018
Chris Reeder 75
Lorrie Silva 72
Cindy Tengan 72
Noemi Kapke 70
Doris Higuera 52

Seniors: 2,438
Students: 386
Juniors: 1,375

May Total: 4,199

VOLUNTEER OF THE MONTH—MAY

Authentic, heart-centered, caring and nurturing are a few of the adjectives that best describe our volunteer of the month for May. This volunteer came to us in October of 2014. She has since accumulated 580 hours of service. Originally from Santa Fe, New Mexico, this volunteer moved to the San Diego area with her friend as a young adult, to embark on a new adventure in life. She soon met her friend’s big brother Louie who had been stationed here during his Navy service. They eventually married and 33 years later continue to enjoy life together in Chula Vista, and enjoy spending time with their adult son, Andrew. She was a registered dental assistant, and loved her job until a work-related injury forced an early retirement. During her recovery, she discovered Healing Touch as part of her treatment regimen. Open to reinventing herself and forging ahead into a new phase of her life, she threw herself into learning all she could about natural and holistic modalities. She became a certified Healing Touch practitioner and dedicated herself to sharing her gifts and bringing a loving presence to all she meets.

She gives to the community not only here but also at; Sharp Hospice, Rady Children’s Hospital, Scripps Healthcare, San Diego Veteran’s Stand Down and also at Silverwing Elementary School. Her weekly service here brings her to patient floors where she goes room to room offering Healing Touch to bring ease to the patients. She is a huge advocate of patient and family empowerment, and often includes the patients and their family members by teaching them the techniques to use themselves.

Beyond patient care, this volunteer tends to the needs of the staff by offering Healing Touch right there at the nurses stations, and when time permits, will pull them away for a few minutes of TLC. Staff are thrilled to see her coming, knowing that their patients will be well cared for, and knowing that they themselves will be supported by her comforting hands and her reassuring, loving words of advice. Always willing to help, she often volunteers to participate in special events at Sharp, such as the Best Health Fairs and Healing Touch classes.

If you’ve ever just felt better by being in someone’s presence, you’ve probably been in the presence of this beautiful volunteer. With a glow in her heart and a passion for sharing her healing touch, we honor Marguerite Yvonne Sena, Volunteer of the Month for May 2018.
VOLUNTEER OF THE MONTH—JUNE

This volunteer has only been with us a short time but has made an everlasting impact. In a little under two years she has already completed 995 hours! When she first began volunteering she shared her beautiful music and talents with the Birch Patrick residents by playing the piano for them every Tuesday night. After sharing her music she took it upon herself to seek out additional duties and began assisting the staff with activities in order to develop meaningful relationships with the residents of Birch Patrick. After graduating from high school and transitioning to a Student Volunteer she knew she wanted to do more, came by the volunteer office and asked how else she could contribute to the Auxiliary and the rest as they say is history. Not only has Naomi become an irreplaceable Gift Shop volunteer but she also jumped at the opportunity to serve as the Recording Secretary under the new board structure and was also a significant contributor to the success of the Volunteer Appreciation event this year. With her bubbly personality, hard work and determination we have no doubt that she will continue to succeed as she pursues a career in the medical field, which has already started after recently being hired as a CNA on the 4th floor! With that, we are happy to name Naomi Alonso as the June, 2018 volunteer of the month.

BLOOD DRIVES

May 30 Sharp Chula Vista hosted a Blood Drive and successfully collected 31 units of blood. Special thanks to the team of volunteers who hosted the event:

⇒ Lou Bareno
⇒ Dave Barker
⇒ Shu Larson
⇒ Nan Stufkosky

Save the Date: Our next Blood Drive here at SCV will take place on August 22 from 10 a.m. to 3:15 p.m. in the Nellie Barrington Room.

Lou also participated in the Sharp Best Health Fair to generate interest and sign up the next System-Wide Blood Drive.

WELCOME NEW MEMBERS

Juniors
Aguilera, Lizbeth: R&I Desk
Akkinepally, Mrudula: R&I Desk
Alvarez, Victor: Gift Shop
Boktor, Jessica: Gift Shop
Carabajal, Isaac: Book Cart
Castillo, Giovanna: Music
Gagan, Camille: BP Aide
Hergul, Gazel: Art Cart
Hernandez, Layla: R&I Desk
Jimenez, Lizette: Music
Lizarraga, Abraham: Pharmacy
Lowery, Colin: Pharmacy Aide
Martinez, Alexa: R&I Desk
Meraz, Virydiana: Pharmacy Aide
Philpot, Daliah: BP Aide
Rezzetti, Athena-Jade: Gift Shop
Rivera, Viviana: Pharmacy Aide
Sanchez de Jesus, Ellery: Birch Patrick Reception Desk
Trus, Rachel: Birch-Patrick Aide

Students
Allen, Lauren: ED Lobby Liaison
Cummins, Cameron Ryan: MICU
Kelley, Alicia: Cancer Center
Riley, Theresa: Infusion Center
Shayan, Mohammad: ED Lobby

Seniors
Bates, Henry: ED Lobby Liaison
Kim, Juan: Community Options
Mestanza, Alejandra: Community Options Coach
Munoz, Dione: Community Ops
Nadeau, Janie: Birch-Patrick Aide
Twesigye, Sequoia: R&I Desk
ANIMALS IN THE WORKPLACE

It’s getting more and more common to see dogs in stores and restaurants. And while most of us love a cute pup, it is difficult to know if they are therapy dogs, service dogs, companion or emotional support dogs or just simply someone’s beloved pet.

Here in the hospital we have policies that help us understand which dogs can be here, what their restrictions are and what we can do to help keep everyone safe and healthy.

Definitions:

•Service Animals / Service Dogs: Per the Americans with Disability Act (ADA), dogs or miniature horses that have been individually trained to do work or perform tasks for a person with a disability.

•Pet Therapy Animals / Therapy Dogs: Pets brought by handlers to the hospital for purposes of participating in the patient’s integrated healing modalities.

•Personal Pets: Non-Service animals and Non-Pet Therapy Animals. These may include “companion dogs” and “emotional support dogs”.

The owners of the Service Animals entering the hospital are not required to show proof that the animal has been certified, trained, or licensed as a Service Animal.

If it is not obvious what work or task is being performed by a Service Animal, staff may ask only two questions:

•Is the animal required because of a disability?

•What work or task has the animal been trained to do?

Providing comfort or companion-ship does not qualify as work or tasks of a Service Animal.

If these questions are not satisfactorily answered or if there are further concerns, contact the Administrative Liaison or Security at the Reception & Information Desk.

Sharp volunteers with dogs that are approved pet therapy organizations will be allowed to visit patients in long-term care, acute care, behavioral health services, and hospice facilities.

Dogs must be on a leash or contained at all times unless performing certain obedience demonstrations, or if requested by the patient for interaction. Must be clean, well-groomed, parasite-free and no evidence of dermatitis or illness. Must be at least one year of age. Must have all vaccinations current and must have an annual physical examination. Must pass the American Kennel Club’s Canine Good Citizen Test. All training and proof of vaccine requirements are kept on file in Volunteer Services Office. Pet Therapy volunteers must receive training on Infection Prevention.

On a case-by-case basis, at the discretion of the treating physician and unit manager or designee, a patient’s personal pet may be allowed to visit patients under carefully supervised situations. The unit manager, will evaluate the benefit of this pet visit in consultation with the physician, and to ensure the requirements are met prior to arranging the visit.

If someone inquires, refer them to the unit manager where the patient is admitted.
MAKE A GIFT THAT BOOSTS YOUR INCOME

If you’re like me, you are amazed each time you drive up to the hospital to see the progress on our new Sharp Chula Vista Tower! In just a few short weeks the exterior will be nearly complete and construction will move inside to prepare for our opening in late 2019.

Although the project may look nearly complete, the need for community support of this incredible, once-in-a-generation project continues to be as crucial as ever.

Did you know that there is a way to make a meaningful gift to the Above and Beyond Campaign and receive an income, along with other financial benefits? A Charitable Gift Annuity is a wonderful way to address both personal and charitable goals and make a lasting impact on quality health care in the South Bay.

With a Charitable Gift Annuity, you receive a payment that is fixed and guaranteed for your lifetime. The payment amount – or annuity -- is determined by the value of the gift and your age(s). For example, the annuity rate for donors aged 70+ is 5% or even higher. In addition, a portion of the payment is tax-free income, and a portion of the gift may qualify for a charitable deduction.

Joan recently celebrated her 80th birthday. She wants to support the Chula Vista campaign in honor of her late husband, and has also been looking for a way to replace her low-paying CD’s with something that will boost her income, so that she has more money to visit grandchildren across the country.

Joan decides to establish a $25,000 Charitable Gift Annuity with Sharp Chula Vista. In exchange for this gift, Joan will receive the following:

- 7.3% or $456.25 per quarter, guaranteed for her lifetime
- Tax-free income: nearly 75% of each payment is tax-free
- A charitable deduction of $12,341 which she may claim on her 2018 tax return for extra savings
- Altogether, the equivalent payout value to Joan is 11.68%
- In return for her generous gift, Joan is able to name a room in the new Tower in honor of her late husband

Joan also has some stock that she has been holding for many years that is only paying her 2%. She would like to sell it to receive a higher dividend, but she will owe substantial taxes on the capital gains. If she decides to use this stock to fund her Charitable Gift Annuity, she will receive the above benefits, and avoid that hefty tax bill at the end of the year. (Note: the stock must be gifted directly to Sharp Healthcare Foundation to receive this benefit.)

Charitable Gift Annuities are a simple, effective, and rewarding way to support Sharp Chula Vista Medical Center and meet some of your personal financial goals. If you would like to learn more or receive a personalized illustration, please contact Linda Spuck (619) 379-1313 or Beverly Codallos (619) 502-3502.

JULY BEHAVIOR STANDARD

Body language, tone and word choice reflect respect for everyone at all times.

I communicate with courtesy and clarity, ensuring dignity and mutual respect in all verbal and nonverbal communication.

I commit to being in the moment and to actively listen with purpose and curiosity, receiving and providing thoughtful feedback.

I call patients, family members and team members by their preferred names.

I am open to receiving messages of different opinions and acknowledge differences respectfully.

I always use “please” and “thank you,” and end encounters courteously.
The mission of the Auxiliary is to render service to the hospital and its patients; assist the hospital in promoting the health and welfare of the community; conduct a fund-raising program in accordance with the objectives established by the governing board of the hospital.

The event is free, open to the public, and all ages. Fern Street Circus will be providing free shows and kids activities at Mountain Hawk Park. Fireworks viewing from Chula Vista Elite Athlete Training Center or Mountain Hawk park, display show begins at 9 p.m.

Free parking at New Hope Church, 2720 Olympic Parkway or $10 parking at the Training Center.

Annual Aging Conference:
Healthy and Safe Aging
A Conference for Seniors and Their Families

Safety and health are priorities at any age. Learn how to plan for a healthy, safe and mindful future. Hear from the experts and discover valuable resources in this one-day seminar designed for managing and promoting healthy aging for seniors and their family members. Continental breakfast and lunch provided.

When: Wednesday, August 8, 2018
Time: 9:00 a.m. to 2:30 p.m. / Fellowship Hall
Location: Fredericka Manor Retirement Community
183 Third Ave. Chula Vista, CA 91910

Registration Required. Call 1-800-827-4277 or register online at www.sharp.com/classes.