A Message From: Marcia Dickey, President, SSJVAC

I am looking forward to the many opportunities to develop friendships and learn more about our Area Council as I serve as your President this year. My only fear is that Vania may put a contract out on me in frustration over needing my newsletter article in a more timely manner.

On a lighter note... Welcome Spring! Call me an optimist, but in spite of the cold, wet, dreary weather we are experiencing right now, I know that a beautiful spring is on its way. On Tuesday morning of the Conference I went downstairs at 6:30 to head out for a Starbucks latte and the temperature gauge in my car read 37 degrees. Not typical Newport Beach weather! It felt more like Tahoe weather!

Alice Brown and I are just back from the California Hospital Volunteer Leadership Conference and looking forward to the Southern San Joaquin Valley Area Conference meeting on Monday, March 5. It is always fun and energizing to get together with like-minded people and discuss best practices and to look for remedies for shared challenges. Alice and I will be presenting a recap of the many things we learned at the conference at the Area Council meeting on the 5th.

Happy St. Patrick’s Day, Marcia

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A Message From: Alice Brown, President Elect, SSJVAC

Happy almost spring everyone. It’s hard to believe that it is already March. It seems like we were just waiting for Christmas and here it is almost Spring and St. Patrick’s Day is just around the corner.

I have just returned from our CAHHS convention in Newport Beach with our President Marcia Dickey. We were enticed with wonderful speakers and informative sessions and round table discussions. In our opening session Dr. Richard Afable, from Mary Medical Center, Torrance spoke about our Behavioral and Mental Health Crisis. I also enjoyed the session with Dr. Robin Youngson, M.D. and Meredith Youngson, Co-founders, Hearts in Healthcare. Dr. Youngson and his wife are from New Zealand and are leading speakers.

We have several hospitals who are going through a rough time right now and we need to give them our support. Tulare Regional Medical Center has closed for right now. We have also had to reschedule our meeting location dates and those are in the new roster.

Please e-mail our wonderful Satellite Editor Vania Tate with the exciting things that are happening in your hospital and Auxiliary/Guild. She would also like pictures and your favorite recipes.

Our next meeting will be October 1st in Bakersfield hosted by the Mercy Auxiliary.

Happy Spring to everyone, Alice
When you do not find Carlos (left), and Frank on the golf course, you will find them volunteering in the new uniform vest. We changed from beige vests to turquoise. We find the snazzy turquoise color brightens our hallways and spirits!

Pictured along with Carlos and Frank, in red, is Andrea Kofl, President of Adventist Health in the Central Valley, and in black is Maria E. Davis, Sr. Executive Assistant, Volunteer Services, Adventist Health, Central Valley.

Looking sharp guys.
Fall SSJVAC Meeting

October 1, 2018 Bakersfield

Mercy Hospitals hosting
Thank you Kern Medical for your hospitality!
October 2, 2017
An opportunity to share hospital happenings, your favorite recipe, joke, photos or a recent vacation.

Mercy Southwest Bakersfield has a new gift card selection. The vendor is Quilling Cards. There are cards for every occasion.

Quilling is the art of rolling, coiling and shaping of small strips of paper to create a cohesive three-dimensional design and has been practiced for centuries. Ancient Egyptians used a bird’s feather (quill) as the tool to coil the paper. “Don’t just send a card, send art” Quilling Distributor

Thank you Mary Ann Davies, Co-Chair of SW Gift Shop for sharing these beautiful cards.

Alice Brown has a favorite recipe to share

PASTA FAGIOLI SOUP IN A CROCK POT

Ingredients
1 lb ground beef, turkey or chicken (whichever you prefer)
1 onion, chopped
1-2 carrots, chopped
1 stalk celery, chopped
1 - 28 oz. can diced tomatoes, undrained
1 – 16 oz. can red kidney beans, drained
1 – 16 oz. ca white kidney beans, drained
20 oz. beef stock
1 ½ tsp. oregano
1 tsp. black pepper
3 tsp. parsley
1 – 10 oz. jar spaghetti sauce
4 – oz. macaroni pasta or the type of pasta you prefer

Directions
Brown beef in a skillet.
Drain fat from beef and add to crock pot with everything except the pasta.
Cook on low 7-8 hours or high 4-5 hours.
During last 30 minutes on high or 1 hour on low, add the pasta.
Serve with your favorite bread or rolls.

This is great because you put it in the crock pot in the morning and just leave it.
I got the recipe from my daughter and she is the queen of crock pot recipes.
This is very much like the Pasta Fagioli soup the Olive Garden serves.
What is the SSJVAC about:

Article II: The Purpose of the Organization is to:

a. Promote the share of mutual problems and solutions.
b. Encourage cooperation and exchange of ideas.
c. Share convention and workshop reports.
d. Inspire enthusiasm and new leadership among participants.
e. Help educate the public regarding the work of the hospital auxiliary and volunteer program.
f. Broaden the individual view toward the entire Southern San Joaquin Valley volunteer movement.

g. Serve as liaison between the auxiliaries and the California Association of Hospital and Health Systems.

Article III: Mission Statement

The mission of the Southern San Joaquin Valley Area Council is to encourage the sharing of ideas, problems and solutions. To provide encouragement to new leaders and promote enthusiasm in all members.