



The GrapeVINE

Volunteer Information Network

JUNE 2018

Volume 21, Number 6



Mission Statement: Memorial Health System Volunteer Corps serves as a link between the community and Memorial Health System by providing support through acts of kindness, donations of time, talents, and financial gifts.

VOLUNTEER SPOTLIGHT



MEET EVELYN YORK

Evelyn grew up in Dickinson County near Navarre. She attended school at a country school for seven years and then Navarre for one year. She graduated from Abilene High School in 1935, then attended McPherson College and graduated in 1939 with a degree in Education. She stayed at home with her children until her daughter was a senior. At that point she began teaching in Ramona, then Lincoln Elementary in Abilene and later at the old middle school in Abilene. She taught full time for about seven years and then was a substitute teacher for another three years.

Evelyn and LaVerne were married in 1939. They farmed together for forty-three years. They have a daughter Karen Lundgrin, living in Overland Park, and a son J. Bryce and his wife, Karen, living in Prairie Village. Evelyn and LaVerne have two grandchildren, Cynthia Mason and her husband John, and Daryn, married to Donielle. They have three great-grandchildren, Taylor, Andrew and Isaac.

When asked about her hobbies and interests she didn't hesitate to share that she has done lots of quilting, baking and decorating of cakes for special occasions, crossword puzzles, and reading. She loves to read, reading most of

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Dates to Remember June 2018

June 5th- HealthWise 55,

Nichols Education Center, 12p-1p

June 13th- Scrub Hub Sale

Hospital East Parking Lot, 7a-6p

June 14th- Scrub Hub Sale

Village Manor Parking Lot, 7a-1p

June 14th- Card Committee -

Conklin Conf. Center from 9a-3p

June 14th- MHSVC Ex. Board Meeting

Conference Room C, 9:30a

**June 25th- Evelyn York's 100th Birthday
Celebration!**

MH Cafeteria 10:30a-11:30a

June 28th- Craft Committee-

Conklin Conf. Center from 9a-3p

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the books in the library, and now she has books brought to her. When asked if she had a favorite book she replied “the one I have open in front of me at that time.”

Evelyn and LaVerne took many bus trips here in America, but also traveled overseas. One of her favorite trips was to visit her niece in Germany. When she was 92 years old she went on a cruise through the Western Caribbean and the Panama Canal. She remembers it was too hot to get off the ship, but they really enjoyed seeing the locks.

Evelyn began volunteering in 2001 at Memorial Hospital. She is now an Honorary Member of the MHS Volunteer Corps. Evelyn volunteered at Memorial Hospital at the Information Desk and Health Information Department. She was a staff member and volunteer at the Dickinson County Heritage Center, volunteered at the library fixing torn books and was a 4-H leader for sewing projects.

Evelyn will turn 100 years old on June 13. Her family is having a celebration, and the MHS Volunteer Corps will also be hosting a birthday reception for her on June 25th from 10:30 a.m.-11:30 a.m. in Memorial Hospital’s cafeteria.

The volunteer for this spotlight is randomly selected from a list of the month’s birthdays.

MHS WELCOMES JILL NITZSCHE AS A NEW APRN WITH THE ER DEPARTMENT



Memorial Health System is pleased to announce Jill Nitzsche has recently joined the Emergency Room (ER) Department at Memorial Hospital in Abilene as an Advance Practice Registered Nurse (APRN).

Before joining Memorial Health System, Nitzsche worked as an APRN for New Health & Anti-Aging Clinic-Wellness APRN of Topeka, Manhattan, and Lenexa and in the Emergency Department at Stormont-Vail Healthcare in Topeka. Nitzsche has also been an Adjunct Clinical Instructor at the Washburn University-School of Nursing in Topeka.

When asked, what do you like most about working in health care? Nitzsche said, "taking care of patients, treating them, making people feel better, and getting to know new people."

She is originally from Williamsburg, and received her Bachelor of Science in Nursing degree and Masters of Science in Nursing degree from Washburn University. She is married to Matt, and they have two children, Elsie, three and a half, and Reid, one and a half.

In her spare time, she enjoys spending time outdoors, including fishing and hiking. She also stays busy on the farm they live on.

Beginning May 1, 2018

WALK - IN CLINIC

7:00 - 9:00 A.M.
Monday - Friday

Convenient treatment for:

- Colds & Flu
- Sore Throat
- Ear Infection
- Laceration Repairs
- Muscle Strains & Pain
- Minor Aches & Pains

The Walk-In Clinic is here for those who need immediate care, but do not need to go to the Emergency Department. Appointments are not needed. Patients are seen in the order they arrive.

www.CaringForYou.org
511 NE 10th Street, Abilene, KS (785) 263-4131

Scrub Sale

Memorial Hospital Village Manor
Wed. June 13th Thur. June 14th
7:00am - 6:00pm 7:00am - 1:00pm

Mobile Sale Unit
Payroll Deduction, Cash, Checks and Credit Cards Accepted
Special Orders available for all Brands, Styles, and Colors

All Your Favorite Brands
Sizes for Everyone
XXS thru XXL, Petites and Tall

CHEROKEE
Inspired comfort

Memorial Health System
Abilene, KS

ENTER to WIN - Free Gift

MEMORIAL HEALTH SYSTEM SENIOR LIFE SOLUTIONS PROGRAM RAISES AWARENESS DURING MENTAL HEALTH MONTH

When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally. That is why this year's theme for May is Mental Health Month – Fitness #4Mind4Body – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

May is Mental Health Month. It began 69 years ago by Mental Health America to raise awareness about mental health conditions and the importance of good mental health for everyone.

This May, we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. A healthy lifestyle can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

"It is important to really look at your overall health, both physically and mentally, to achieve wellness," said JoLynn Davis, RN Program Director of Memorial Health System Senior Life Solutions Program. "Getting the appropriate amount of exercise, eating healthy foods that can impact your gut health, getting enough sleep and reducing stress – it's all about finding the right balance to benefit both the mind and body."

"We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes," concluded Davis. "By looking at your overall health every day – both physically and



Tuesday, June 5th

**Nichols Education Center
(basement of Learn & Grow Depot)**

Please park on the East Side of the Building

12:00 pm - 1:00 pm

Guest Speaker:

JoLynn Davis, RN

Program Director Senior Life Solutions

Jennifer Kirkpatrick, RD, LS

MHS Dietitian

Jacob Loucks, Physical Therapist

MHS Rehabilitation and Sports Medicine

Topic:

Mental Health Awareness - #4Mind4Body

Cost:

\$5 for lunch

Please RSVP by May 31st by calling Michelle at 263-6692 to reserve your seat.

mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body."

Senior Life Solutions is an intensive outpatient group therapy program, is designed to meet the unique needs of older adults over the age of 65 struggling with depression and anxiety often related to aging. Family members, physicians, or other health professionals can refer individuals to the program.

For more information on May is Mental Health Month, visit Mental Health America's website at www.mentalhealthamerica.net/may.

For more information on Memorial Health System Senior Life Solutions program, call 785-263-6805.



Happy Birthdays

June Birthdays

- 3 Sue Robson
- 12 Rebecca Polzella
- 13 Evelyn York
- 15 Bill Marshall
- 18 Dale Engle
- 21 Billie Needham
- 24 Nancy Gugler
- 26 Norma Odell
- 27 Rocky Welton
- 29 Joseph Sanfilippo

*If your name has been left off, please forgive us and contact Michelle at 263-6692.



We're Celebrating Evelyn York's
100th Birthday! Join us
Monday, June 25th from
10:30 a.m.-11:30 a.m. in the MH
Cafeteria!

Important Numbers:

Memorial Hospital.....	263-2100
Volunteer Services Office.....	263-6692
Hospital Scheduling.....	263-6660
Heartland Surgery.....	263-0505
Rehab Scheduling.....	263-6664
Memorial Health Foundation.....	263-6688
Marketing and Communications.....	263-6686
Home Health & Hospice.....	263-6630
Impact Sports & Fitness.....	263-3888
Village Manor.....	263-1431
Michelle's E-mail.....	mmclanahan@mhsks.org
MHS Website.....	www.caringforyou.org

- MHSVC Executive Board Meeting
Highlights -May 2018*

 - *Meeting called to order and prayer for Hospital Auxiliaries was read in unison.*
 - *Minutes were approved.*
 - *Communications- none*
 - *Treasurer's Report- \$55,704.26 ending balance.*
 - *Corresponding Secretary- 2 birthday cards were sent in May and 17 recognition cards.*
 - *Card Committee- Worked on greeting cards for Mother's Day, sympathy, thinking of you and children's birthday cards.*
 - *Craft Committee- made 39 lap robes for Village Manor and will complete 35 more. Matched material for more lap robes, repaired activity pads, and Joan made 30 red and green doilies.*
 - *DVS Report- 595.25 hours in April, 50 cards sold, 625 cookies, and 6 meals sold.*
 - *CEO Comments- Mr. Courtois was absent but submitted a report of current happenings. Physician recruiting continues with the signing of Jackson-Coker. A new PA has been offered the position to work with Dr. Brown. Walk-in clinic began May 1st and is going well.*
 - *Old Business- none*
 - *New Business- Reviewed bylaws. HW55 will be June 5th.*
 - *Next MHSVC Executive Board meeting will be June 14th at 9:30 a.m. in Conference Room A.*