



The GrapeVINE

MARCH 2018

Volunteer Information Network
Volume 21, Number 3



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

We would like to begin a regular monthly segment of this newsletter where a randomly selected volunteer would be interviewed and the information shared in order to learn more about each other. Please be open to this opportunity if you are asked to participate.

Thank you in advance.



I thought I would start the process. I am Wendy Klosterman, and I am currently the president of the MHSVC. I spend my time at MHS volunteering in the gift shop on Thursday afternoons and entering information into a state database for the pharmacy.

I also help with Battle of the Books at St. Andrew's School, the chair of the volunteer committee for DK. County Retired School Personnel, and president of the Abilene Public Library Board of Regents.

I taught school in Wichita for one and a half years. We moved to Abilene in 1984, and I taught Literature at AMS for almost thirty years, retiring in May 2011.

I am married to Gene, and we have two children. Kenny is a credit analyst/loan officer at a bank in Wichita, and Trisha works for a marketing company in Overland Park. I don't have any grandchildren, but I do have three grand dogs.

Dates to Remember March 2018

- March 1st- TAB Cinnamon Roll Sale**
Frontier Estates, 9:00 a
- March 8th- Card Committee -**
Conklin Conf. Center from 9a-3p
- March 8th- MHSVC Ex. Board Meeting**
Conference Room A, 9:30 a.
- March 22nd- Craft Committee-**
Conklin Conf. Center from 9a-3p
- March 22nd- HCI Sale**
Hospital Lobby, 9a - 6p
- March 23rd- HCI Sale**
Hospital Lobby, 8a-2p



MHS VOLUNTEER CORPS GRANTS GIFTS TO IMPACT SPORTS AND FITNESS



The Memorial Health System Volunteer Corps (MHSVC) recently gifted a decline weight bench and five pairs of eight-pound weights for use by patrons of Impact Sports and Fitness in Abilene. Shown with the bench and some of the weights are

(left to right): Michelle McClanahan, Director of Volunteer Services; Marge Olson, Impact Sports and Fitness member; Anita Larson, Impact Sports and Fitness Instructor and Personal Trainer; Nancy Gugler, Impact Sports and Fitness member; Laurol Overlease, Impact Sports and Fitness Instructor and Personal Trainer; and Linda Padgett, MHSVC member.

VOLUNTEER CORPS DONATES TO TRANSPORTATION FUND



The Memorial Health System Volunteer Corps (MHSVC) recently donated \$1000 to the Memorial Health Foundation. The donation is designated for the Abilene Public Transportation Fund, a fund that provides public transportation rides to and from medical appointments within Abilene city limits.

Shown are: Michelle McClanahan, MHS Transportation Committee member; Linda Padgett, MHS volunteer; Bob Harvey, Memorial Health Foundation Director; and Sara Boyd, MHS Transportation Committee member.

HUGE SALE!

– Plus Show Specials –



Superb quality, style and variety on today's top fashions. Factory direct prices and values **up to 80% below retail.**



A huge array of jewelry, fashion accessories, gifts, and much more. We hope you can join us for some fun!



Products for women, men and children. Classic, trendy, and seasonal. We have something for everyone!

WHEN:

Thursday, March 22nd
9:00 am to 6:00 pm
&
Friday, March 23rd
8:00 am to 2:00 pm

Great Graduation Gifts!

WHERE:

Memorial Hospital
Main Lobby
511 NE 10th
Abilene, KS
Sale Sponsored by
Memorial Health System
Volunteer Corps
PAYROLL DEDUCTION IS
APPROVED FOR HOSPITAL
EMPLOYEES WITH PROPER ID

PROCEEDS SUPPORT MEMORIAL HEALTH SYSTEM VOLUNTEER CORPS

J & J Sales and Marketing Inc.

Proceeds from our sales benefit many outstanding charities and organizations. Thanks for supporting our Host Charities and us over the years!



The public is welcome. Bring a friend.



We accept cash as well as major credit and debit cards.

LUXURY LINEN SALE

We had a fantastic Luxury Linen Sale
February 15th & 16th!
Our profit from the two day sale was

\$1,733.86!

Thank you to all our volunteers for spreading the word of the sale!

If you missed the sale, we will see Vickie again next year.



MHS VOLUNTEER CORPS GRANTS GIFTS TO IMPACT SPORTS AND FITNESS



The Memorial Health System Volunteer Corps (MHSVC) continued with their gifting program by recently gifting a weighted sled and camouflage netting to Impact Sports and Fitness. The items were purchased for use in the Combat Challenge, to be held April 28th, at Brown's Park

south of Abilene. If you are interested in participating in the Combat Challenge, please contact Impact Sports and Fitness in Abilene. Shown with the sled and netting are (from left): Anita Larson, Impact Sports and Fitness Instructor and Personal Trainer and Laurole Overlease, Impact Sports and Fitness Instructor and Personal Trainer.



March is National Nutrition Month

GO FURTHER with FOOD...by incorporating these food, nutrition, and activity tips.

1.) *Eat Breakfast*

Start your morning with a healthy breakfast that includes lean protein, whole grains, and fruits or vegetables. Try a breakfast burrito made with a whole wheat tortilla and veggies, a veggie omelet with a slice of whole wheat toast, or low-fat Greek yogurt sprinkled with fruit and whole grain cereal.

2.) *Make Half Your Plate Fruits and Veggies*

Do this at as many meals as possible or aim for 2 cups of fruit and 2 ½ cups of veggies daily to get plenty of fiber, vitamins, and minerals.

3.) *Be Active*

Even ten minutes of physical activity like walking or gardening has health benefits. Start small and build up to more minutes for more benefits.

4.) *Fix Healthy Snacks*

Healthy snacks can sustain energy levels and keep you from overeating at meals. Try to include two food groups at each snack (grains, fruits, veggies, dairy, protein) and aim for 200 calories or less.

5.) *Experiment with More Plant-Based Meals*

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal each week to get started!

Jennifer Kirkpatrick, RD, LD
MHS Dietitian



Take A
Break!
Homemade Cinnamon
Roll Sale

Thursday,
March 1st

9:00 a.m. - 9:30 a.m.

Frontier Estates

\$1.50 each



FUNDRAISER OFFERED BY THE MEMORIAL
HEALTH SYSTEM VOLUNTEER CORPS
TO HELP SUPPORT HEALTH SYSTEM
PROJECTS.



Happy Birthday!

March Birthdays

- 1 Donna Hansen
- 4 Elaine Sears
- 5 Terry Chaput
- 8 Joan Boyd
- 30 Shirl Carrier
- 31 Noama Foltz
- 31 Margo Caldwell

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

Good Eats! Good Treats!
 Good For You!
 Celebrate National Nutrition
 Month in the
 Caring Hearts Gift Shop.
 Healthy snack choice specials
 all month long!

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 -February 2018
- Meeting called to order and prayer for Hospital Auxiliaries was read in unison.
 - Minutes were approved.
 - Communications- Received Thank You card from Respiratory Care for gifting time item.
 - Treasurer's Report- \$60,819.71 ending balance.
 - Corresponding Secretary- 6 birthday cards were sent in February.
 - Card Committee- Worked on greeting cards for Valentine's Day and children's birthday cards.
 - Craft Committee- Made lap robes.
 - DVS Report- 601 hours in January, 34 cards sold, 249 cookies, and 30 meals sold.
 - CEO Comments- Mr. Courtois reported about upcoming meetings with Brian Lee, Custom Learning System to increase employee and patient satisfaction. MHS Sleep Lab accreditation was approved. Physician recruiting continues, Revenue Stream meetings and a Lab program are expected to help finances.
 - Old Business- HAK District meeting was discussed. Gifting Time update of purchased items was given.
 - New Business- Discussed Volunteer Week activities and spotlighting a volunteer each month in the GrapeVine.
 - Next MHSVC Executive Board meeting will be March 8th at 9:30 a.m. in Conference Room A.