



The GrapeVINE

Volunteer Information Network
MAY 2018 Volume 21, Number 5



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 ELAINE WALTERS

Elaine Walters grew up in Lincoln, KS and graduated from Lincoln High School. She attended KSU for one year and also took off-campus classes from KSU and Cloud County Community College.

Elaine and her husband, Rich, were married for 62 years before he passed away in 2016. They have a daughter, Cathy (married to Ted Huggins) living in Ft. Dodge, IA. They also have a son, Chris, living in Andover and a son, David (married to Jodi) living in Abilene. They are blessed with seven grandchildren.

Their working life involved a clothing businesses owned in partnership with her brother, Bob Anderson, and his wife, Betty. That partnership started in Lincoln with Anderson's, Inc., then they bought Hamburg's in Abilene, Bon Marche in Concordia and Plaza Style Shop in Salina. Her hobbies have changed through the years, but presently she belongs to a book club where she enjoys reading, and of course volunteering, and helping at church.

She presently volunteers in the hospital gift shop and helps with buying the merchandise. She has been volunteering at different places for 18 years!

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

Dates to Remember May 2018

May 3rd- TAB Cinnamon Roll Sale

Frontier Estates, 9:00 a

May 10th- Card Committee -

Conklin Conf. Center from 9a-3p

May 10th- MHSVC Ex. Board Meeting

Conference Room C, 9:30 a.

May 13th- Gift Shop 5th Anniversary!!

May 24th- Craft Committee-

Conklin Conf. Center from 9a-3p



MHSVC HOSTS HAK DISTRICT 3 ANNUAL MEETING IN ABILENE



The Memorial Health System Volunteer Corps (MHSVC) recently hosted the Hospital Auxiliaries of Kansas (HAK) District 3 Annual Meeting at the Eisenhower Presidential Library in Abilene. The meeting began with a short welcome from Harold Courtois, Memorial Health System CEO. There were many speakers and fun activities during the gathering of attendees from Abilene, Concordia, Council Grove, Junction City, Lincoln, and Salina. The meeting was also a great way to network and learn about Abilene. The theme of the meeting was “Volunteers-Courage of a Lion, Gentleness of a Kitten.”

There are many opportunities to volunteer for the Memorial Health System Volunteer Corps. Those who are interested in volunteering may contact Michelle McClanahan at (785) 263-6692.



MHS VOLUNTEERS ENJOY BINGO PARTY



A Memorial Health System (MHS) Volunteer Appreciation Bingo Party was recently held at the Nichols Education Center in Abilene. The event was a “Thank You” to MHS Volunteer Corps members and Hospice of Dickinson County volunteers for the tremendous care and support they provide. Pictured (at left) is the group of volunteers in attendance playing bingo and ready to win some prizes. Shown on the right: Harold Courtois, MHS CEO, was one of three bingo callers who were announcing the numbered balls as they came out. Also shown assisting Courtois is Debbie Bielefeld. Anyone with questions about becoming a volunteer may contact MHS Director of Volunteer Services, Michelle McClanahan, at (785) 263-6692 or Hospice of Dickinson County Volunteer Coordinator, Debbie Bielefeld, at (785) 263-6630.

MHSVC SPRING TRAINING MEETING

Memorial Health System Volunteer Corps (MHSVC) recently held a Spring Training for our volunteers at the Nichols Education Center. Harold Courtois, MHS CEO welcomed and updated the volunteers on MHS happenings. Topics covered during the training included HIPAA, emergency plans and hand washing tips. The meeting was followed by an appreciation lunch and fellowship.



HEARTLAND HEALTH CARE CLINIC TO BEGIN WALK-IN MORNING CLINIC BEGINNING MAY 1

Memorial Health System is excited to announce that beginning May 1st Heartland Health Care Clinic (HHCC) will begin an early morning walk-in clinic.

"There is a need in the community for a walk-in clinic," HHCC Director, Cindy Vermillion said. "We have been discussing this idea for a while, and now we are ready to get it started."

The Heartland Health Care walk-in clinic will begin Tuesday, May 1st. Patients who need to be seen, for an acute illness, such as: fever, sore throat, flu, ear infections or minor aches, sprains and pains may come to the clinic without an appointment between 7:00 – 9:00 a.m., Monday-Friday.

"The walk-in clinic is for acute needs only, so things like physicals, well-child and well-woman exams, etc. will not take place during this time," Vermillion explained.

If you have questions about this new service, please contact Heartland Health Care Clinic at (785) 263-4131.



Heartland
Health Care Clinic

Beginning May 1, 2018

WALK - IN CLINIC

7:00 - 9:00 A.M.

Monday - Friday

Convenient treatment for:

Colds & Flu	<i>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.</i>
Sore Throat	
Ear Infection	
Laceration Repairs	
Muscle Strains & Pain	
Minor Aches & Pains	

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



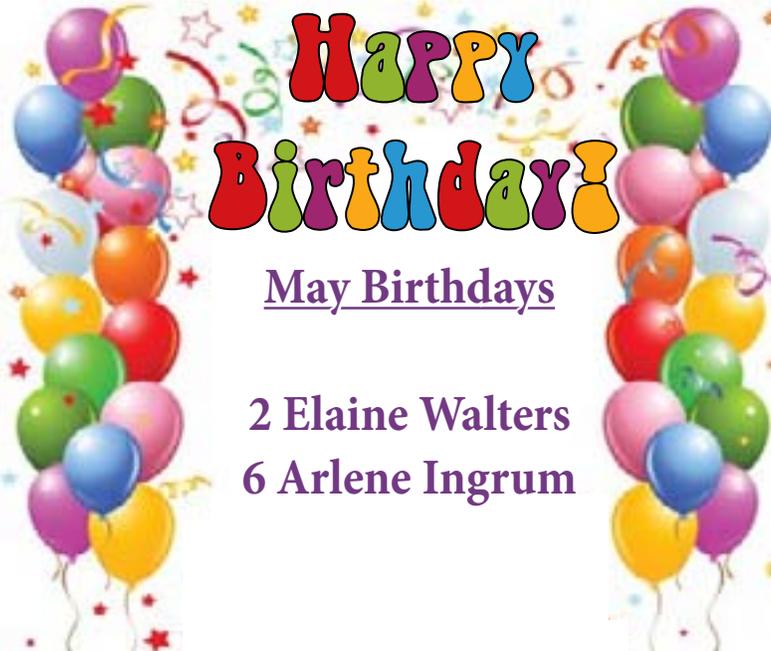
May Is National Arthritis Awareness Month

May is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis. These numbers are only going to keep growing—unless we take a stand.

Arthritis by the Numbers:

- Nearly 53 million adults have doctor-diagnosed arthritis; that number is expected to grow to 67 million by 2030.
- Almost 300,000 babies, kids and teens have arthritis or a rheumatic condition.
- Arthritis is the nation's No. 1 cause of disability.
- Working-age men and women (ages 18 to 64) with arthritis are less likely to be employed than those of the same age without arthritis.
- 1/3 of working-age people with arthritis have limitations in their ability to work, the type of work they can do or whether they can work part time or full time.
- People with osteoarthritis and rheumatoid arthritis – two major kinds of arthritis – miss a combined 172 million workdays every year.
- Arthritis and related conditions account for more than \$156 billion annually in lost wages and medical expenses.
- There are nearly 1 million hospitalizations each year due to arthritis.
- 57% of adults with heart disease have arthritis.
- 52% of adults with diabetes have arthritis.
- 44% of adults with high blood pressure have arthritis.
- 36% of adults who are obese have arthritis.
- 1/3 of adults with arthritis age 45 and older have either anxiety or depression.

For more information visit: <http://blog.arthritis.org>



Happy Birthdays

May Birthdays

2 Elaine Walters
6 Arlene Ingram

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



Homemade **Take A Break!**
Cinnamon Roll Sale

Thursday
May 3rd
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.

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 - April 2018

- Meeting called to order and prayer for Hospital Auxiliaries was read in unison.
- Minutes were approved.
- Communications- thank you card for a baby basket, and thank you letter concerning the Linen Sale.
- Treasurer's Report- \$55,811.07 ending balance.
- Corresponding Secretary- 8 birthday cards were sent in April.
- Card Committee- Worked on greeting cards for Easter, birthday and sympathy.
- Craft Committee- completed sewing and tying 8 lap robes.
- DVS Report- 745.25 hours in March, 147 cards sold, 353 cookies, and 18 meals sold.
- CEO Comments- Mr. Courtois reported on Custom Learning Systems training, physician recruitment update, Dr. Brown has chosen a NP who will start in August, elevator maintenance contract, new windows at Frontier Estates, MHS Foundation will be using the former Astra Bank building for their office and about possible future changes to the hospital construction.
- Old Business- HAK District meeting was discussed. Service project update - the fence is almost complete.
- New Business- Discussed Volunteer Week Spring Training.
- Next MHSVC Executive Board meeting will be May 10th at 9:30 a.m. in Conference Room A.