



the *Stethoscope*

A Monthly Newsletter of the FMH Auxiliary and Volunteer Program

400 West 7th Street Frederick, MD 21701

Volunteer Office: 240-566-3567 - Website: www.fmh.org

Stethoscope Website: <http://www.fmh.org/About/Volunteering/Newsletter.aspx>

President's Message

Pat Ray

When I first started writing this article, the snow was falling and it was bitterly cold outside. Now, as I am putting it on paper, it is in the 50's and the snow is melting, the sun is shining, and it is giving me spring fever! So, as unpredictable as the weather is, one thing I know for certain is that the volunteers of the FMH Auxiliary will be at work! Whether it is snowing, raining, or sunny, you all are always there for our patients, their families, our community and each other. The hospital never shuts down and neither do you! Your greeting, smile, answer to a question, showing someone to their destination, helping to choose flowers or clothing—no matter the task, each of you has impacted someone's life for the better. Sharon Hannaby sent me a short video the other day called the *Butterfly Effect* (<https://www.youtube.com/watch?v=mo6fBAT8f-s>) and if you have a few minutes watch it. You have no idea of the lives you impact by just the simple things you do.

Spring is coming (hopefully soon) and with the warmer weather will come opportunities for fundraisers, including our newest vendor, Lancaster Linens. President-elect Harriet Brown and I met the ladies behind this company (they hail from Lancaster, PA) and we were impressed by their products, their enthusiasm and their customer service. They have made a lot of money for other hospitals in the state, and we hope this is a win/win for everyone at FMH. A few other dates to put on your calendar is the R&A *Bring a Friend* luncheon that will be held in the Auxiliary Conference Room. We are always in need of new volunteers, and we will have folks from the services to answer any questions potential volunteers may have. Signup sheets are in the sign-in room. One of my favorite vendors—Mindy's Jewelry—will be back on March 28. Days when we aren't having a fund raiser, please stop by the Gift Shop and/or Select Seconds. They are both full of unique and wonderful items. Remember St. Patrick's Day is right around the corner—they are well stocked with 'green items!'

I had the pleasure of spending time with the volunteers at Select Seconds the other day during their in-service. If you haven't been to the Thrift Shop in a while, please stop by. There is a large inventory of items so you will certainly find something you love. They also participated in the First Saturday Fire and Ice with a beautiful ice sculpture and had a robust sales day. The ice sculpture of the Auxiliary logo is shown on page 7.

Nine New Members



Sarah Sun
Michael Azat
Gail Mathews

Joan Frye
Betty Potts
Joan Finley

Maryrose Hanks
Barbara Millunzi
Clyde Finley

Dear Friends,

I hope you have had a healthy and safe winter. Spring will be very welcome after the cold, wet and windy weather we've been experiencing.

Thank you to all who supported National Wear Red Day last month. This effort is specifically aimed at raising awareness of cardiovascular disease among women. Heart disease continues to be the number one killer of women, but is still often viewed as an older man's disease. Raising awareness and providing education is very important, so I thank you for supporting our mission to improve the health and well-being of the community we serve.

We are looking for nominations for the Good Samaritan of the Year Award. This award recognizes deserving individuals for their participation and selfless commitment to improving the quality of life in Frederick County. These award winners are recognized for their actions or achievements that substantially advance FMH toward fulfillment of its goals or long term involvement in charitable community service activities. If you want to nominate someone for the Good Samaritan of the Year, you can go do so online at <https://fmh.org/goodsamaritan2019> or you can email the development office at donate@fmh.org.

Once again, we are partnering with Hood College on a resource garden. All produce will be donated to local Frederick families, veterans, and senior citizens in need. The resource garden is located on the Hood College campus, right behind the hospital's parking garage.

The renovation of our inpatient Behavioral Health Unit (BHU) continues with construction of the new secured entrance doors currently underway. The entrance to the BHU was closed on February 26 for work that is expected to last about three weeks. Access for the BHU will temporarily be located on the 2G hallway. Access to 2G and 2C remain the same. There is temporary construction and wayfinding signage to direct family members and visitors to the BHU.

As always, thank you for the employee events you bring to the hospital. I know staff members truly appreciate the convenience of the Uniform and Shoe Sale. You provide a convenient service to our team while also raising money to support the health system.

We had a successful blood drive recently and I was grateful to see some volunteers supporting this effort and donating blood. You really go above and beyond the call of duty. Thank you for donating your time and talent.

Best regards,



Tom Kleinhanzl
President and CEO
Frederick Regional Health System

From time to time, I like to make volunteers aware of some of the programs/discounts offered to you by FMH.

Many of you may already belong to FMH Select (not to be confused with the Auxiliary's thrift shop—Select Seconds). FMH Select is a membership group focused on education and wellness. Members receive newsletters containing health information and activities, including learning lunches/dinners. FMH Select members also receive discounts for health and wellness activities throughout the county, as well as free assistance with Living Wills, Advance Directives, etc. The best news is that it is FREE to join.

You can see the full list of discounts and register online at FMH.org/Select. Or you can contact Cookie Verdi at 240-379-3700 or fmhselect@fmh.org to get more information and to register.

FMH's ProMotion Fitness program is offered at a steep discount (almost 50%) for ACTIVE volunteers (you must volunteer at least 6 hours per month to receive the discount). ProMotion Fitness is a medically supervised exercise program and is located at the FMH Crestwood location. For more information, call 240-215-1470 or <http://www.fmh.org/Locations/ProMotion-Fitness.aspx>.

I hope that you will check out these programs and participate if you are interested. They are just one way that FMH can say "Thank You" for all that you do for us.

Always!!

Junior Volunteer Service Pin

Bonnie Walters

We want to congratulate and thank the latest recipients of the Junior Volunteer Service Pin for completing their required 75 hours of service at Frederick Memorial Hospital.

The February, 2019 recipients are:

Emily Deely	84 hours
Devin Diaz	82.50
Rohan Jaggi	77.25
Emily Kenagy	75.50
Shishir Poreddy	84.75



Grace Scheirey	77.25
Leon Sun	83.00
Bobby Yang	84.00
Canyon Zhang	78.75

Annual Election

We will be electing officers for three positions at our Annual Meeting in June. First Vice President, Financial Officer and Recording Secretary. Joseph Collins is filling the remaining term of Harriet Brown and he has agreed to run for the First Vice President position. Sharen Neale would like to continue as Financial Officer. Peggy Rosenbluth has agreed to be the Recording Secretary.

Nominations may also be made from the floor at our meeting, but the nominees must have given consent in writing.

Congratulations to Dean King who was Volunteer of the Month for February! Dean is a volunteer with the Chaplaincy Program since September 2012. He has volunteered 9,040.50 hours. Dean is also an employee of Frederick Memorial Hospital working in the Materials Distribution Department for the past seven years.

On Thursday, March 14, the R&A Committee has planned a “Bring a Friend Luncheon.” This will be held from noon until 1:00. Any volunteer is invited to bring a friend who is interested in volunteering. At this time volunteers from different services will share what they do and give potential volunteers an idea of how rewarding it is to be a volunteer. The volunteer and his/her guest will provide their own lunch with dessert and drinks provided. There is a sign-up sheet in the volunteer sign-in room. You may also contact Jan Lounsbury at 50gayle@verizon.net. Please consider signing up and joining us for a great lunch bunch opportunity.

Save the Date: Wednesday, April 10 at 11:30 A.M. The Recruitment and Appreciation Committee is planning a Fashion Show which will be held at Country Meadows, 5955 Quinn Orchard Road, Frederick. If you plan to attend please fill out the form and with your money, mail or drop off at the Volunteer Office by April 1.

Our next scheduled meeting for the R&A committee will be held on Thursday, March 21 at 1 P.M. in the cafeteria. Contact Jan Lounsbury if you are interested in joining this committee.



YOU'RE INVITED!
FASHION SHOW AT COUNTRY MEADOWS

5955 Quinn Orchard Road, Frederick
Wednesday, April 10, 11:30 a.m.

Cost per person is \$15—\$5 will benefit the Auxiliary.

Clothing and Accessories will be provided by Select Seconds and the Gift Shop. Reservations for tables are not available and no walk-ins will be allowed. No refunds will be provided. Please fill out the form below and send along with your money if you would like to attend. This can be mailed (Frederick Memorial Hospital Auxiliary, 400 West Seventh Street, Frederick, MD 21701) or dropped off at the Volunteer Office by April 1.

Name: _____ Number Attending: _____

Amount Enclosed: _____

Checks may be made payable to FMHA.

What is Dementia?

Dementia—this word evokes strong emotions for many people: fear, sadness, worry, resentment, etc. It is rare to meet a person who has not known someone affected by it. Dementia refers to a decline in memory or other mental skills caused by damaged brain cells that interferes with one's ability to complete daily tasks, such as preparing meals, traveling outside of one's neighborhood, keeping track of one's belongings, and taking one's prescriptions correctly. Unfortunately, it is extremely common; 1 in 3 seniors die with dementia. A common misconception is that Alzheimer's is interchangeable with dementia. In fact, Alzheimer's is a type of dementia and is the most common form of it, accounting for 60-80% of cases. It is the 6th leading cause of death in the United States.

While Alzheimer's is the most well-known form, there are several others. Vascular dementia, the second most prevalent form of dementia, can arise after a patient suffers a stroke. Frontotemporal Dementia (FTD) impacts the region of the brain that controls executive function, behavior, and judgment. This type of dementia is particularly devastating to the patients and their families because it tends to strike young and it takes an average of 3.5 years to be diagnosed. It is the most prevalent form of dementia in those under the age of 60. While researchers are working to find a method to reverse dementia, currently, there is no cure, unless one is referring to dementia caused by vitamin deficiencies or thyroid issues. It is helpful to receive an early diagnosis, as that provides more opportunities to participate in clinical trials, and therefore receive the most cutting edge treatments. Early diagnosis also provides more time for patients to savor their time with loved ones and plan for the future, financially and medically, which can reduce stress levels for caregivers.

When people think of dementia, memory loss is at the forefront of their minds; however, symptoms of dementia are much broader than memory loss and vary based on the form of dementia the patient has. Communication and language, ability to focus and pay attention, reasoning and judgment, visual perception can all be impacted by dementia. Some people must stop driving as they may have trouble judging distance or differentiating colors. This lack of mobility, as well as symptoms affecting communication and memory make it difficult to maintain social ties. A disintegrating social life can be a precursor to depression, as studies have found the biggest predictor of happiness is social connections.

Some memory loss is normal as age progresses and it can be difficult to differentiate normal memory loss from dementia. It is considered normal to sometimes forget names and appointments, but recall them later. Dementia-level memory loss may include things such as forgetting important dates or events and asking for the same information over and over again. While it is normal to sometimes struggle to find a word, those with dementia may struggle to carry on a conversation. They may stop mid-sentence, having forgotten what they were talking about. They may also call things the wrong word or put things in odd places, such as placing their keys in the freezer. They may look atypically unkempt, or begin to spend their money in ways that are unusual for them. It is considered normal to rely on certain ways of doing things and to feel irritated when that is disrupted, though those with dementia may experience more severe changes in mood and personality. They often feel anxious, confused, or depressed and may withdraw socially.

If you think you are suffering from dementia, you should consider scheduling an appointment with your doctor to discuss the symptoms you have been experiencing. Your doctor may refer

you to a specialist such as a neurologist, psychiatrist, psychologist, or geriatrician. You will get the most out of your doctor's visit by being well-prepared. Create a list of your symptoms, detailing when they started and how often you experience them. Also, jot down your medical history and any medications you are taking. For more information, particularly related to Alzheimer's, visit www.alz.org.

Support Group

Early-Stage, Frederick County
Tuesday, March 05, 2019
02:00 PM - 03:00 PM
24/7 Helpline: (800) 272-3900



The purpose of this early-stage support group is to provide a safe and supportive environment of peers who are living in the early stages of Alzheimer's disease or related dementia and their care partners. These groups offer dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of the disease. Early stage group at Frederick Co. Dept. of Aging requires a pre-screening. Please call Yolanda Wright at (410) 561-9099 ext 208 or ywright@alz.org.

References:

- <https://www.alz.org/alzheimers-dementia/what-is-dementia>
- https://www.alz.org/alzheimers-dementia/10_signs
- <https://www.nextavenue.org/ftd-dementia-misdiagnosed/>
- <https://www.psychologytoday.com/us/blog/positive-psychology-in-the-classroom/201210/friendship-the-key-happiness>
- <https://www.cnbc.com/2018/03/20/this-harvard-study-reveals-how-you-can-be-happier-and-more-successful.html>

Hour-by-Hour

Hours Committee

Total hours in January, 2019: 6894.50 by 462 volunteers:

College: 306.00 hours by 33 volunteers
Junior: 960.50 hours by 100 volunteers
Senior: 5628.00 hours by 329 volunteers

Gift Shop

Sharll Hane

Valentine's Day is past and we are busy readying the Gift Shop for spring. The Gift Shop held a two day Valentine's Day sale during which we had \$4,466.26 in sales. I want to thank everyone who made this sale such a huge success. We have bright colored tee shirts, beautiful jewelry, and other wonderful things in stock. Every week the Gift Shop gets new items—stop by and shop. We have given away 618 free drinks from the Drink Program through January. This program is offered to hospital employees and volunteers.

We welcome back two volunteers that were out for several months with health issues. We also welcome Brenda Meyers to the Gift Shop family, you might know her from the Information Desk.

Gift Shop profits were \$5,869.36 for January and \$64,472.24 for the year to date.

Volunteer Award Hours

Joann Ramsburg

500 hours

Teresa Bess
Audrey Eaton
Lara Subleski

1000 hours

Nancy Robertson



2000 hours

Luke Krizenesky
Lynne Price

5000 hours

Brenda Myers

Select Seconds Notes

Pam Schaffert

Select Seconds still has a lot of winter clothing, shoes and accessories available. Please stop by soon for the best selection.

Also mark your calendar for our **Semi-Annual Bag Sale**, coming up **March 21st and 22nd**. Pack as many items as you can in a bag for only \$5.00 (bags are provided). Our store will be closed to the public on March 23rd while we clean and restock with fresh merchandise and spring and summer fashions.

We are currently in need of volunteers to clerk the Friday morning shift (10:00 am-1:00 pm). If interested, please call the shop for more information at 301-662-8280 or email us at selectsecondsthiftshop@gmail.com.

Sales for the month of January at Select Seconds were \$14,033.60.



Profits from Sales

Mary Lou Minnick

Profit from the Uniform and Shoe Sale (February 5-6) was \$2,178.28.

Profit from the Pretty Pickens sale was \$128.05

In Memorium

FMH volunteer Susie Nusbaum passed on Wednesday, January 30, 2019. She was a volunteer from January 1997 until August of 2016. Susie was a co-chair of the ED volunteers from 1999 until 2010. She had over 5500 hours of volunteer service.

For more information please visit:

<https://www.legacy.com/obituaries/fredericknewspost/obituary.aspx?n=frances-nusbaum-susie&pid=191415583>



Frederick Memorial Hospital Auxiliary
400 West Seventh Street
Frederick, MD 21701

Non-Profit Organization
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CURRENT RESIDENT OR:



March 11: Lancaster Linens—cafeteria

March 14: Bring a Friend Luncheon—for details see page 4

March 28: Mindy's Jewelry—cafeteria

April 8-9: Everything \$6 Sale—cafeteria

April 10: Fashion Show—for details see page 4

April 18-19: Chocolate Road Show—cafeteria

May 8-10: Books Are Fun—cafeteria