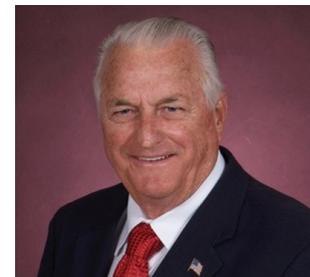


# Volunteer Link

*Sarasota Memorial Hospital  
Auxiliary Inc.*



## President's Message

I'm sure that you all are aware that the week of April 22 was *National Volunteer Week*. Gwen MacKenzie, our hospital President and CEO, honored the volunteers in her blog of April 23, 2013, with the following ending; **"Please join me in thanking these amazing individuals for all they give back to our organization and our community! Their caring spirit lifts us up every day!"** Thank you President MacKenzie.

The Waldemere Desk volunteers made a very smooth transition to new first floor quarters in the Courtyard Tower. I hope that everyone is pleased with the new arrangement. Jane Boaks is to be complimented for planning and assisting in the move.

## Bob du Treil

*To the world you may be one person, but to one person you may be the world.*

-Anonymous

## Stacy's Monthly Message

We have just concluded National Volunteer Appreciation Week as I write this entry into the Link. So many of the staff stopped me to say how much they appreciate the volunteers serving in their areas. I wish I had a dollar for every time I heard the comment: "We could not do it without our volunteers!" I hope that everyone received their gift on behalf of the hospital. If you did not get your gift, please stop by the Auxiliary/Volunteer Services department and we would like to give you the gift along with our thanks.



It has been one month since we opened the first floor of the Courtyard Tower. 218 volunteers support the lobby of the new building. They are doing a great job to welcome and assist our patients, family members and guests.

We have a very large teen program starting the first week in June. Please look out for our newest volunteers and provide support and assistance to them as they become familiar with our Hospital campus.

### Upcoming Events:

- May 1 May Day
- May 5 Cinco De Mayo
- May 8 Auxiliary Board Meeting 9 am
- May 12 Mothers Day
- May 18 Armed Forces Day
- May 27 Memorial Day
- 4th Friday of the Month 25% off most Gift Merchandise in the Gift Shop for Volunteers

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## MEET HELEN MEIER-FREITAS

By Dee Matejka — Biographer for the Volunteer Link

Helen Meier-Freitas was born in Detroit, MI, the youngest of two daughters raised by their single mother. Her parents divorced while Helen was still a toddler and her mother struggled financially to keep her family together. The thing that Helen remembers most about her childhood was that they moved a lot. Her mother used to say “it’s cheaper to move than to pay rent.” Helen went to 12 different schools as she was growing up and she constantly had to adjust to new schools, new neighborhoods and new people. She worked hard to keep her grades up and was proud that she managed to graduate high school at age 17 in spite of all the difficulties. After graduation she trained at IBM to be a key punch operator and went to work at General Motors.



She met her future husband, Joseph, through a friend and they married in 1942. They had three children – two girls and a boy. Today two of her children still live in Michigan and one daughter is an actress, currently in live theater here in Sarasota. During her marriage to Joseph she was a stay-at-home mom and enjoyed every minute of it, but when he passed away after 17 years of marriage, Helen returned to work at General Motors where she worked for another 28 ½ years before retiring and moving to Florida in 1986.

Helen was an avid golfer and it was on the golf course that she met Augustino Freitas, the man who would become her second husband. He remembers the day he met her quite vividly, stating “She was all wet.” Helen said it had been raining and well ... a wet tee shirt gets them every time! She was in her 70’s when they got married in a Las Vegas ceremony and every year they returned to Las Vegas to celebrate their anniversary.

Helen remained an active golfer, even making a hole-in-one when she returned to the game after hip surgery. Gradually the process of aging encouraged her to change her hobbies to less strenuous ones such as attending the theater, enjoying dinners out and maintaining the many social relationships that she and her husband share. Her goal for the future is to just ... keep on going!



Helen has been a volunteer at Sarasota Memorial since 1987 and does data input in the Education Department. She enjoys the people she works with, both staff and fellow volunteers, and likes the “family” feel of the hospital. We join the staff of Sarasota Memorial Hospital in celebrating Helen Meier-Freitas as our Volunteer of the Month and look forward to many more years of her wonderful personality making SMH a pleasure to work in.

## THE COURTYARD TOWER

### YOUR ROVING REPORTER.....ELLY ZUCH

WOW! Okay, not a very erudite exclamation. But I just came from the first floor of the new Courtyard Tower. It is definitely a "WOW" design. I hope you go there, not as a patient, of course. But if you are a patient or visitor, you won't find yourself in a more beautiful light, bright and restful surrounding. The circular space encompasses several lounge areas, which flow from one to the other, registration desks, pre-admission and testing, a Volunteer Office, a small Courtyard Café and a security room. I was allowed into the security room by Officer West and shown the many (about 400) cameras, all trained on various areas of the hospital, inside and out. Believe me, if you do anything illegal, immoral or unhealthy, they'll getcha!

Everywhere I looked I saw men and women in blue, dark blue---not our light blue volunteer color. I met desk attendants, runners, Health Front associates, all hospital employees, all trained to facilitate the hospital experience. All of them told me how much they'd welcome volunteers. Not until I entered the Auxiliary Office did I see more of "my people". This group of volunteers had been moved from Waldemere and was already busy at the Courtyard Tower. When in full swing, they will be going to the blood bank, central supply, the lab, doing some wheel chair transport and too many things to list here. Pam told me that they, and the cleaning staff, are the only ones who know the ENTIRE hospital. And they desperately need volunteers. So I urge all of you to go over, have a tour, call Stacy (1010) or Nina (6163) to find out what jobs are available.

I'd like to work at any of the desks, greeting people, in the security room, even the rest room--anywhere on that gorgeous first floor. I wish I could do all of these jobs.

I wish there were more of me.

#### REGISTRATION RECEPTION & ESCORT VOLUNTEERS

LEFT TO RIGHT: JANE SCHAFFER, SHEILA TERHUNE AND PATT FRITZ



CYT VOLUNTEER DESK, LEFT TO RIGHT: MEG FRANCCINI, SUSAN GENN, BARBARA WAISBURD, BARBARA DELLORTO



JOHN NELOMS IS A HEALTH FRONT ASSOCIATE. HE PROVIDES WAY FINDING TO FACILITATE THE PREDESTIAN TRAFFIC. HE USES AN IPAD TO GET NEEDED INFORMATION AND LOCATE PATIENTS .



## DID YOU KNOW

COURTYARD CAFÉ, WHERE YOU CAN PURCHASE PASTRIES, SANDWICHES, SALADS, EXPRESSO, SPECIALITY BEVERAGES AND TEAS.



**higi** IS NEW AND A MUST USE FOR A SIMPLE WAY TO KEEP UP-TO-DATE WITH YOUR HEALTH VITALS. THESE 2 **higi** STATIONS ARE IN THE NEW COURTYARD TOWER.

At a **higi** station you receive stats on your weight., Body Mass Index (BMI), blood pressure and pulse —important numbers everyone should know. You can also get your stats from select devices you may have right at home.



You can easily track changes in your body stats along with your **higi** score.



**A PUZZLE TO SOLVE AND NEVER FORGET**



This is the clue to get the **FIRST LETTER** of each picture below. Fill in the rest of the blanks to see if you know what to do in case of fire!



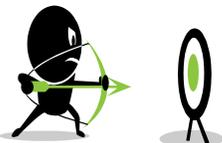
OR



-----  
OR -----



This is the clue to get the **FIRST LETTER** of each picture below. Fill in the rest of the blanks to see if you know what to do in case of fire.



-----

**ANSWERS ON BACK PAGE**

**LOOK AT WHAT YOU DID**



A WONDERFUL RESPONSE TO LAST MONTHS REQUEST FOR DONATIONS TO THE COMFORT CLOSET. THANK YOU, TO ALL WHO WERE SO GENEROUS AND TOOK THE TIME TO GATHER TOGETHER AND BRING THESE ITEMS TO THE HOSPITAL.



**THE TAVS ARE COMING**

WE WILL BE WELCOMING OUR TEENAGE VOLUNTEERS VERY SOON. THEY WILL BE GIVEN THIS



COASTER FOR THEIR CAR AS A REMINDER TO NOT TEXT AND DRIVE.

**SOMETHING WE ALL MUST KEEP IN MIND.**

## RECOGNITION OF HOURLY AWARDS, NEW MEMBERS AND DECEASED MEMBERS

### BONNIE SCHAFER—MEMBERSHIP CHAIRMAN

**100 HOURS**

|                |                         |
|----------------|-------------------------|
| GLENN HALL     | PERIOPERATIVE-TRANSPORT |
| BETTY SUE HUNT | DISCHARGE SERVICES      |

**500 HOURS**

|                 |                |
|-----------------|----------------|
| CHRIS CHARLTON  | WALDEMERE DESK |
| PATRICIA GIBSON | WALDEMERE DESK |

**1000 HOURS**

|                       |                         |
|-----------------------|-------------------------|
| EVALIN VAHL           | PERIOPERATIVE-TRANSPORT |
| ANNE MARSHALL         | WALDEMERE DESK          |
| JOHN "PHIL" PENDLETON | NORTH PORT ER FACILITY  |
| SANDY LAWRENCE III    | PERIOPERATIVE-TRANSPORT |
| FRANK MAGUIRE         | DISCHARGE SERVICES      |

**3000 HOURS**

|               |                      |
|---------------|----------------------|
| SHIRLEY BODEM | INTEGRATED CASE MGT. |
|---------------|----------------------|

**NEW MEMBERS**

|            |                |
|------------|----------------|
| SUSAN GENN | WALDEMERE DESK |
|------------|----------------|



**APRIL AWARD CEREMONY:** Left to Right  
**Front:** Mike Kovalcin  
**Middle Row:** Sunshine Kasscieh, Mary Schulte, Barbara Laeger  
**Top Row:** Rose Panitch, Melanie Branscomb, Tom McCarthy

**DECEASED**

**PETER DE VOS**  
**BEGAN VOLUNTEERING AUGUST 6, 1993**  
**SERVICE: WALDEMERE DESK**  
**PASSED: MARCH 20, 2013**  
**HOURS: 2,231**



## TRIBUTE FUND

### Anne McSweeney –Tribute Fund Chairman

★ Celebrate someone's special occasion by contributing to the Tribute Fund. Simply donate any amount of money in the Auxiliary Office and fill out the envelope with the details. The fund provides assistance to local high school students who plan to pursue careers in healthcare and to SMH staff for continuing education.

### AUXILIARY BOARD OFFICERS

|                     |                      |              |                         |
|---------------------|----------------------|--------------|-------------------------|
| President           | Robert "Bob" duTriel | 941-350-1530 | dutriel@gmail.com       |
| 1st Vice President  | Dotty Zeigler        | 941-724-5189 | dzeigler2003@gmail.com  |
| 2nd Vice President  | Rose Panitch         | 941-364-9034 | panitchs@comcast.net    |
| Treasurer           | Susan Button         | 941-360-1162 | sbutton@tampabay.rr.com |
| Recording Secretary | Mary Mullally        | 941-706-2143 | mullally68@gmail.com    |

You can contact our Board Officers at these numbers and they will do their best to answer any questions you may have related to the organization.

**APRIL CONTEST  
WINNER**



AND THE WINNER IS **JEAN MOORE** WITH THE FOLLOWING CAPTION:  
*"Look MA, the new SMH Courtyard Tower!!!"*

THANK YOU ALL FOR YOUR FUN CAPTIONS, IT IS A DIFFICULT CHOICE FOR US, BUT SO MUCH FUN TO READ.

*"If pictures really spoke a thousand words, we wouldn't need photo captions."*  
- Nick Bilton

**MAY CONTEST**



**SUGGEST A CAPTION FOR THIS PICTURE**

The best caption will win a \$25 Dinner Gift Certificate.

Email your suggestion to [auxeditor@gmail.com](mailto:auxeditor@gmail.com) or place in Rose Panitch's mailbox in the auxiliary office.

- RESCUE** anyone from immediate danger
- ALARM** pull nearest fire alarm
- CONTAIN** close all doors and windows
- EXTINGUISH** fire if you can do so safely; otherwise **EVACUATE**



- PULL** pin from extinguisher handle
- AIM** at the base of the fire
- SQUEEZE** handle to spray the chemicals
- SWEEP** across the base of the fire as you spray to completely cover & extinguish

**RECIPE OF THE MONTH**

- 4 Tbsp. of unsalted butter
- 3 cups frozen blueberries (1 bag not defrosted)
- 2 cups all purpose flour
- 2 1/2 tsp. of baking powder
- 1/2 tsp. salt
- 3/4 cup of milk
- 2/3 cup sugar
- 2 large eggs

**LOADS OF BLUEBERRIES COFFEE CAKE**  
**SUBMITTED BY ANNE SHARP**

**TOPPING**

- 2 Tbsp. sugar mixed with 1/4 tsp. ground nutmeg or cinnamon.

Heat oven to 350 degrees. Grease 8" or 9" square pan.

Melt butter in microwave and cool. Put flour, baking powder and salt in a large bowl and mix well. Add milk, sugar & eggs to butter & whisk well. Add to the flour mixture, blend well. Add frozen blueberries (one frozen bag is enough). Spread in greased pan and sprinkle with topping. Cook until a wooden toothpick comes clean about 45-50 minutes or longer till fully cooked. Top with cool whip or ice cream or whipped cream.



**THIS AND THAT**

**LIKE SMH ON FACEBOOK**



**FOR A CHUCKLE**



**JUST CUTE**



**USEFUL HINT**



Please note that the due date for all articles for the next issue of the Volunteer Link is the **22nd** of each month!

Please submit articles to [auxeditor@gmail.com](mailto:auxeditor@gmail.com) or leave in Rose Panitch's mailbox in the Auxiliary Office. Also feel free to let us know what you would like to see in your Volunteer Link. If your submission is not in the next issue, don't fret it will be held for a future issue.