

# The Auxiliary Pulse

Winter - 2020



## Cookies, Cookies Everywhere

How sweet it was. The 2019 Auxiliary Cookie Extravaganza is in the record books. A BIG thank you to all the wonderful folks who took time to bake cookies for our yearly fundraiser for the Auxiliary Scholarship Fund. We sold out in 2 hours and took in \$1,510 in sales and donations. Amazing!

Special thanks go to Lynn Fisher, Sandy Tucker, Dick Robertson, Linda Wolff, Peter Fusselman, and Bunny McElliott for all their help setting up and making the cookies look delicious. Arleen McCartney was a terrific cashier and Steve Anderson, your Christmas music really set the mood.

We are the best hospital Auxiliary in all of the USA!!!

Rosalind Bussey



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## President's Message - Jeff Marks

While the rest of us were sitting “roasting chestnuts on an open fire” (does anyone actually do that here on the west coast - anywhere?) we had a truly special group of devoted volunteers that gave up at least a part of their Christmas and New Year's Day to make the holiday just a bit more pleasant for patients and staff at the Medical Center.



On Christmas Day, special thanks to **Geoff Armour** in Advocacy; **Geraldine Barksdale** at the Information Desk; **Nikolai Manek** at ICU; **Kyle Boyd, Angie Santos**, and **Riley White** at the Lab; **Nancy Miller** and her Department Chair **Sandy Tucker** in NICU; **Hannah Belton and Uyen Nguyen** in Postpartum; and finally **Alan Kagan** and **Edwin Sargeant** bringing special joy with their four-footed Best Friends Forever companions from Pet Therapy.

New Year's Day; **Stephen Andersen** providing guitar music in ER, **Jean Arnett** in ICU, **Shiley David** in Surgery, **Lauren Espinoza** and **Lorena Parra** in Postpartum, **Nancy Lansdowne** and **Sarah Rosas** in ER and **Mary Sulek** at the Information Desk and finally our Chaplain **Garry Hodges** (all these generous volunteers receive double-hours.)

And for so many years, we continue our grateful thanks to **Lynn Fisher** for taking on her annual loving task of decorating our lobby and tree for Christmas along with **RoseMarie Castellano** our 20-year volunteer providing a bounty of Poinsettias from her Mellano & Company, making the lobby flourish with flowers. And it seems forever that we have enjoyed the generosity of Fairwinds - Ivey Ranch and La Costa Glenn retirement home residents for their wonderful skill in knitting many, many hundreds of baby caps blankets this year (and thousands over so many years) for our young Postpartum and NICU patients and their parents.

**Final numbers for 2019:** Fun Facts: you all contributed a total of 55,286 hours and based on the average pay of a generic hospital employee, that means you provided \$1,437,000 in contributed dollars this year – that's amazing! And for added minutia, since 2011 when record-keeping began, you've given of your time, 572,000 hours – and that calculates to an astonishing \$14,872,000 which is one heck of a lot of money – money that you saved the Tri-City Medical Center so that they could direct funds to patient care and comfort – *you* are the ones that directly share responsibility for the almost universal praise the Medical Center receives when it comes to the patient experience – you are all just great!

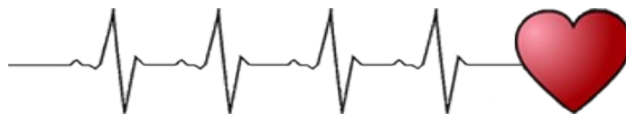
I am so pleased and proud to represent such a rarified group of generous, giving, and caring volunteers. Thank you. – I hope we all have reason to enjoy 2020.



## Oh Christmas Tree

It may be a little late for Christmas songs, but the efforts of our Auxiliary to bring a touch of holiday cheer were recognized in early December by Tri-City Medical Center CEO Steve Dietlin and others on the hospital's executive staff. Thanks to everyone involved for a great job.





## Board Happenings



Liz Brayton  
Recording Secretary

Your Auxiliary Board meets on the third Wednesday of every month to discuss issues pertinent to the Auxiliary, the Tri-City Medical Center, and our local community. Each meeting is chaired by Auxiliary President Jeff Marks and regularly hosts guests from the Tri-City Medical Center Board of Directors and includes reports from numerous Auxiliary Board members.

At the Christmas breakfast meeting in December the Auxiliary Board welcomed Steve Dietlin, Tri-City Medical Center CEO, and Leigh Anne Grass, Chairperson of the Medical Center Board of Directors. Mr. Dietlin discussed improvements in the Emergency Department and an exciting

new program at Tri-City Medical Center focused on the excellence of care provided to stroke victims. Look for an article in *Auxiliary Pulse* on this innovative program soon.

Both Mr. Dietlin and Ms. Grass commented on the increasingly positive feedback the hospital is receiving from patients and commended the Auxiliary for the excellent relationship we maintain with the hospital staff, our community, and each other.

Reports were then given by the Auxiliary Treasurer, Corresponding Secretary, and several other individuals.



## Elections



On behalf of the Nomination Committee, thank you for being a part of Tri-City Hospital Auxiliary family. Elections for our Board of Directors, the Auxiliary's primary leadership group, will once again be held later this year.

The Auxiliary Board of Directors consists of fifteen members. While most Board members serve a three-year term, the Gift Shop Manager and Treasurer are elected annually. All current Board members are eligible and seeking reelection, however, additional nominations or volunteers are always welcome. Please note that High School Volunteers are not eligible to serve on the Board.

Ballots will be mailed to Auxiliary members on March 5, 2020. When completing your ballot, you may use the blank space provided for a write-in candidate. All votes must be cast by April 14, 2020. During the voting period a ballot box will be provided in the Auxiliary Office.

Current Board members seeking a three-year term are Liz Brayton, Linda Wolff, Jane Palmiotti, and Sandy Tucker and for an annual term are Gift Shop, Carol Vance, and Treasurer, Rosalind Bussey.



Jane Palmiotti  
Parliamentarian



## Department Spotlight



Just imagine a workshop of industrious, friendly people making beautiful dolls, blankets, and other gifts for newborn babies and for those confined in the hospital. If you are thinking of Santa's workshop, you are not quite correct. The Tri-City Hospital Auxiliary has its own Workshop and it is the focus of our Department Spotlight for this edition of *Auxiliary Pulse*.

Currently chaired by Monica Gervais, this small but hardworking group meets regularly throughout the year making a variety of special items sure to brighten the day of all who receive them. Monica recently gave an impressive annual report to the Department Chairs on the accomplishments of her department.

- ✓ 500 Hand-made toys to be given out by Registration and Emergency
- ✓ 2180 Meal tray cards for patients during the holiday season (see photo)
- ✓ 525 "Lovie Dolls" for the NICU to help new parents bond with their new baby
- ✓ 57 Special pillowcases for NICU
- ✓ 50 Red holiday stockings for Labor and Delivery
- ✓ 1 "First Newborn" stocking for our 2020 baby

We hope you enjoy the pictures and join us in thanking Dorothy, Judy, Kathleen, Peggy, Rosie, and Monica for all they do to make the holiday season so special at Tri-City Medical Center.



Peggy Anstey, Dorothy Indrieri, Kathleen Week, Monica Gervais, Judy Rice, and Rosalee Biller





## Annual Refresher Training



G Michael Unverferth  
Second Vice President

It will soon be time for the Auxiliary Annual Refresher Training Classes. Required by the Joint Commission that regulates Tri-City Medical Center, these sessions are mandatory for all Auxiliary Volunteers.

The Auxiliary must comply with the Joint Commission requirements to ensure the Hospital's quality patient satisfaction and safety for all team members. A uniform is not required, but each volunteer must wear their Volunteer Badge.

Classes will be held from 9:30 am to 11:30 am and 1:00 pm to 3:00 pm on three successive Saturdays, March 7, 14, and 21. An exact schedule for your Department will be provided in early February.

We look forward to seeing you there.

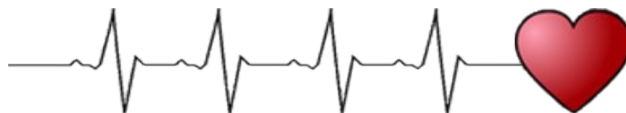


## Happy Hands

It is said that busy hands are happy hands. We hope this is true for the many individuals at La Costa Glen, Fairwinds, and elsewhere who knit baby caps and blankets for newborn babies at Tri-City Medical Center.

Some of these wonderful volunteers spent time recently with Auxiliary First Vice President Linda Wolff, Neonatal Chair Sandy Tucker, and Auxilian Wanda Shibata.





## 2019 Volunteer of the Year



As mentioned in our November issue of *Auxiliary Pulse*, Connie Jones was honored on November 15, 2019 by the North County Philanthropy Council at their 32nd Annual Volunteer Awards Luncheon at the Omni La Costa Resort in Carlsbad. This was a great honor to a dedicated volunteer.

Connie was joined by friends and family, including her daughter Julie Sorensen, as she accepted this honor. When we asked her about the award, this is what she said; "I am

so honored and grateful to be the recipient of the Tri-City Hospital Auxiliary Volunteer of the Year award. It came as quite a surprise, but after the initial shock, I was truly excited and most certainly enjoyed the special presentation at the North County Philanthropy Council celebration. The award was accepted on behalf of all of us in recognition of the dedication and service we give to the hospital and our community. Thank you Tri-City Hospital Auxiliary for this honor!"

Here are a few pictures of this important local event.



## A Real Success Story

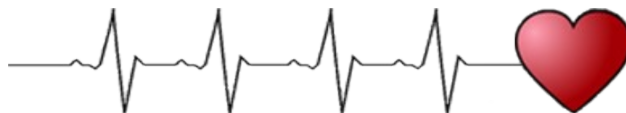
As many Auxilians know, the Scholarship Program is a favorite program for Connie Jones. During Connie's seven years as Chair of the Scholarship Committee, the group distributed over \$625,000 in scholarships to worthy students. This wonderful program has many heartwarming success stories.

Pictured on the right with Rosalind Bussey is Maria Barrera. Maria was the recipient of an annual Memorial Scholarship offered by Auxilian Carol Saunders for two years in a row.

Maria came to the United States from Mexico with two small children. She attended Mira Costa College, earning her degree and eventually her RN.

Now working as an RN at Tri-City Medical Center, Maria supports the next generation of scholarship recipients as a loyal customer of the Christmas Cookie Extravaganza. Thank you, Maria!





## Supporting the Future

Few things are as important as supporting the education of future generations. This is the goal of the Tri-City Hospital Auxiliary Scholarship Program. Since its inception in 1973, the Scholarship Program has granted more than \$1,100,000 to deserving local students.

Scholarship funds come from numerous sources including local individuals and organizations, Auxiliary fundraisers like the Cookie Extravaganza and Tails on the Trail, our Gift Shop, and earnings from the Scholarship Permanent Fund.



Stan Kukawka  
Scholarship Chair

Each year the Committee reviews and ranks applications awarding scholarships averaging \$1,000 to selected students at the annual presentation ceremony. Most recipients are from the nursing programs at Palomar College, Mira Costa College, and California State University San Marcos with some scholarships going to our high school and college student volunteers.



Many scholarships are made possible through the annual gifts of \$1,000 or more by donors honoring and remembering loved ones or just recognizing the importance of this work. Each donor meets their recipient at the awards ceremony making this a very personal type of charitable giving.

For more information on this wonderful program or to arrange your tax deductible donation copy the form below or contact Stan Kukawka, Scholarship Committee Chair at [sandnkukawka@cox.net](mailto:sandnkukawka@cox.net).

See Page 10 for application information.

\* \* \* \* \*

I wish to support the Tri-City Hospital Auxiliary scholarship program with a tax deductible gift of:

\$\_\_\_\_\_ as a one-time donation

\$\_\_\_\_\_ to establish a named scholarship. (Donation of \$1,000, or multiples thereof)

I wish the scholarship to be named in honor of \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Make checks payable to *Tri-City Hospital Auxiliary* and note "Scholarship Program" on the memo line. Mail to Tri-City Hospital Auxiliary, 4002 Vista Way, Oceanside, CA 92056.

Tri-City Hospital Auxiliary Tax ID 95-605533



## Tails on the Trails

The *Tails on the Trails Charity Walk, Wellness, & Fitness Expo* will soon be here. Scheduled for Saturday, May 23, 2020 from 9 a.m. to Noon, the walk is once again at beautiful Mance Buchanan Park in Oceanside. Thank you, Tri-City Medical Center, for being our top *Best in Show* Sponsor!

The Tri-City Wellness & Fitness Center joins us this year to present lots of fun, fitness-oriented activities like Pilates demonstrations, free chair massages, and free health screenings. Whether you are looking for a fun dog walk or a chance to learn more about wellness and fitness, this will be a great event.



The Expo will include a wide array of vendors and exhibitors including dog adoptions, pet products and services, and fun wellness information for everyone. This is always a family event with activities for the kids like photos with therapy dogs, a scavenger hunt, face painting, music, fun food, and much more.

With NFL star Willie Buchanan as our Master of Ceremonies, we feature local programs like the TCMC Pet Therapy program, Love on a Leash and Pet Partners Therapy dogs, Oceanside PD K9 Unit, Canine Companions, Shelter to Soldier, and the North County Humane Society.

This will be an enjoyable, exciting day and here is how you can help!

First and foremost, sign up now! Go to [tailsonthetrails6.eventbrite.com](https://tailsonthetrails6.eventbrite.com) for information and to buy tickets. Here are some of the other ways you can help make this a huge success:

- Come out, support your Auxiliary, and participate in the variety of fun fitness and wellness activities.
- Sign up to volunteer. A sign-up sheet and brochures will be by the Voltrak computer at the Information Desk in March.
- Give the brochure to anyone you think might be interested.

This is an important fundraising event for worthwhile local causes including our own Tri-City Hospital Auxiliary Scholarship program, which annually supports educational advancement for local students. See the brochure for a full list of recipient organizations.







## High School Volunteer News



Bunny McElliott  
High School Volunteer  
Coordinator

Our Junior Volunteers are now known as High School Volunteers. This name change clarifies who our volunteers are in this group—students from our local area High Schools.

On Wednesday, January 28, 2020 applications will open up at 8:30 am online for our next high school orientation class. Only 30 applicants will be accepted for the March orientation. No applications will be accepted before this date and time. The applications will be accepted for only a short period of time as we expect this class to fill quickly. For additional information please visit our website at [tricityhospitalvolunteers.org/high-school-volunteers/](http://tricityhospitalvolunteers.org/high-school-volunteers/).

If you are presently in our High School Volunteer program, remember to sign up for messages on the REMIND app. Enter rmd.at/jvtc in your browser and sign up!

Lastly, if you are a high school Senior, with at least 100 hours of service, please consider applying for one our Tri-City Hospital Volunteer Scholarships. Applications and information on these are in a folder by the check-in computer at the Information Desk. See additional articles on Pages 7 and 10.



## Join the Heart Walk Team



American Heart Association  
**Heart Walk.**

MARCH 7<sup>th</sup> • CARLSBAD FLOWER FIELDS

Mark your calendar and SAVE THE DATE – March 7. The Auxiliary is once again fielding a team for the American Heart Association **Heart Walk**.

This year the **Heart Walk** will be at the beautiful Carlsbad Flower Fields and will include a fun and informative Expo. The Expo opens at 6:00 am and features interesting vendors, free health screenings, CPR training, a “Kid Zone,” and so much more. The **Heart Walk** itself begins at 7:00 am and is a gentle four-mile walk around the Flower Fields.

Tri-City Medical Center is again the primary sponsor of this event and the Auxiliary Team Captain this year is First Vice President, Linda Wolff. Linda promises a cute surprise for everyone and a really fun time.



A sign-up sheet will be at the Voltrak computer by the beginning of February. There will be opportunities to raise funds for the Heart Association, but everyone is welcome without cost.

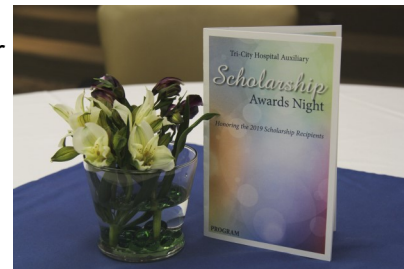




## Attention Student Volunteers!

The Tri-City Hospital Auxiliary includes many dedicated high school and college students. In addition to their exceptional academic achievements, these dedicated individuals give generously of their time to help and support our Tri-City Medical Center community.

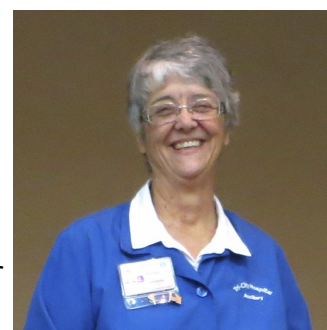
In recognition of their service, the Tri-City Hospital Auxiliary encourages its high school and college student members to consider applying for a scholarship. Scholarship applications and additional information are available by the Voltrak sign-in computer at the Information Desk. Here are the general requirements.



### Graduating High School Seniors

- Complete a one-page (double spaced) essay
- Submit a letter of recommendation
- Maintain a high school GPA of 3.0 or higher
- Complete at least 100 hours of service with the Auxiliary by February 3, 2020
- Continue to work your shift until June 1, 2020

For additional information, contact RoseMarie Castellano, High School Volunteer Scholarship Chair, at [rmcastellano@aol.com](mailto:rmcastellano@aol.com).



RoseMarie Castellano  
High School  
Scholarship Chair

### College Student Volunteers

- Be currently enrolled in a program preparing for a career in the medical field
- Have a 3.0 GPA
- Be currently volunteering at Tri-City Medical Center
- Complete 100 hours of volunteer service to the Auxiliary by February 3, 2020

Applications and other information are available by the Voltrak sign-in computer at the Information Desk. Applications for high school or college applicants must be returned by Friday, February 3, 2020.

For additional information, contact Stan Kukawka at [sandnkukawka@cox.net](mailto:sandnkukawka@cox.net) or your college program advisor.





## Gift Shop Luncheon

If anyone thinks that Auxiliary member workers are not appreciated, they should think again. Gift Shop Manager Carol Vance arranged a holiday luncheon for her entire staff at the Hungry Hunter restaurant. Now that is how you thank the crew for a job well done!

As you may know, the Gift Shop is a very important Department within the Auxiliary. The Gift Shop not only provides a great service to visitors, staff and volunteers, it is a tremendous fundraiser for the Auxiliary.

The annual gift provided by the Auxiliary to the Tri-City Medical Center is totally funded by monies generated by the Gift Shop. Last year alone the Auxiliary gift to Tri-City Medical Center was \$70,000, allowing the Medical Center to acquire much needed upgraded equipment.

Thank you Carol and thank you to all who serve in the Gift Shop.



## Poet Laureate

I'll bet you didn't know that the Tri-City Hospital Auxiliary has its very own Poet Laureate. He may not be famous, but he can spin a pretty amazing limerick. Enjoy the wit and wisdom of our very own Geoff Armour.

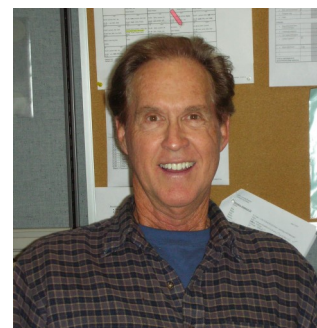
### **A LIMERICK FOR THE AUXILIARY**

At Tri-City we all volunteer,  
Almost every day of the year.

We do a good deed.

We help those in need.

Someday we may be patients here.



Geoff Armour  
Poet Extraordinaire



## Anniversaries

We are happy to share some anniversaries over the past few months. Milestones are important so take a minute to congratulate your fellow volunteers when you see them.

### October - December, 2019

#### Twenty Years

Susan Harris

#### Five Years

Liane Preston

Peter Fusselman

Linda Aubery

#### Fifteen Years

Janet Holthaus

### January – March, 2020

#### Thirty Years

Mildred Hill

#### Ten Years

Katherine Ballinger

Connie Jones

Susan Furioli

Geoff Armour

#### Twenty-Five Years

Judi Griffith

#### Twenty Years

Ruby Sharpe

Donna McConnell

Katherine Nelson

Beth Hulsart

#### Five Years

Elizabeth Miller

#### Fifteen Years

Melanie Van Horn

Arleen McCartney

Stan Kukawaka

Nancy Kukawaka

Let's all give a big "CONGRATULATIONS" to the this entire group.

## Proofreaders

### Wanted


As anyone who has ever been asked to write an article knows, you should never proofread your own work.



With that in mind, *Auxiliary Pulse* is seeking volunteers to help proofread articles for spelling, punctuation, and other grammatical issues.

Only a few volunteers are needed but those selected will be asked to receive materials by email, note corrections, and return suggestions within five days by email.

If you are interested, please contact *Pulse* editor Peter Fusselman at [peterfusselman@yahoo.com](mailto:peterfusselman@yahoo.com).



### Mark Your Calendar

Keep up on important upcoming Auxiliary events.

**Refreshers** – Mandatory refreshers will be on March 7, 14, and 21. Watch the mail for specifics.

**President's Day Holiday** -The Auxiliary office will be CLOSED on Monday, February 17, 2020.

**Heart Walk** - Plan to join the team for a great walk Saturday, March 7 beginning at 7:00 am at the Carlsbad Flower Fields.

**Tails on the Trail** - It may seem far away, but mark your calendar for this fun Auxiliary event. Saturday, May 23, 2020 at Mance Buchanon Park in Oceanside.