

The Auxiliary Pulse

Spring - 2023

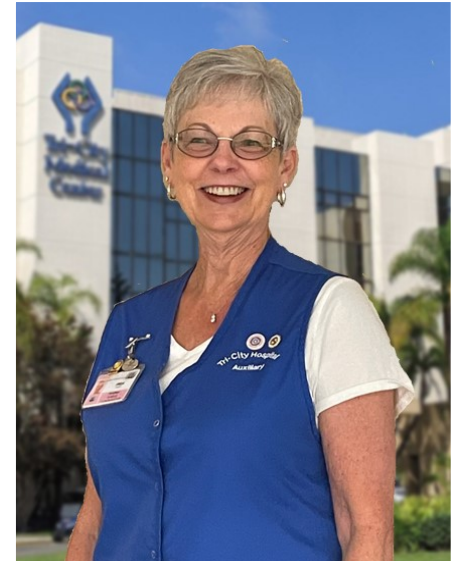


President's Message - Linda Wolff

Spring Greetings!

It's wonderful to see all of the flowers and green hills, but if you are like me, I'm ready for less rain and more sunny days. Spring is a time of renewal and possibly some spring cleaning. However you decide to celebrate this time of year may it be a healthy and positive time for you.

National Volunteer Week is celebrated annually during the third week of April and this year it falls from April 16 to 22. The Medical Center featured us in their HOTC (Heart of Tri-City) staff newsletter this month. Since most of our volunteers do not have access to that newsletter, it was sent out via email to you. The hospital does truly appreciate all that we do to benefit the facility and the community. On a personal note, I want to thank all of you for all your hard work, dedication, friendship, positive words, and smiles. Yes, it's wonderful that we can once again see each other's smiles now that masks are optional!!



I attended the Hospital Board of Directors open meeting in March. Several issues were discussed but one that is most time sensitive is the future of the Labor and Delivery department at TCMC. It was good to see the Board and Administration working together trying to find a solution to come to a positive outcome.

Thank you to all of you who have consistently displayed your parking permits. If you have not received the rearview mirror hang tag with our bear symbol, you can get them in the office. The hang tag is easier for Security to see but the card displayed clearly is acceptable, too. The Security Department at the hospital has really helped in this effort and we now seem to have our parking spaces back.

It's hard for me to believe that this will be my last message to you as your President. When you receive the next Pulse, a new President will have been chosen by the Board and will have just been installed. Installation of the 2023-2024 Board will occur at the end of June. The elected Board is highlighted in this issue. I have been so blessed to have had the wonderful Board of Directors that have worked with me during this two-year period. Many of them are continuing to serve and the new members elected will bring fresh ideas and input. These past two years have had its challenges as we came back from the pandemic. But, with restrictions being lifted, the future looks bright as we move forward. I plan to work hard to the very end of my term to continue to ensure that we are headed on that course. I wish all the best to the new Board!

May Spring bring you joy and, once again, thank you for all you do!!!

~Linda



Department Spotlight

Surgery/ Preoperative Department

Jane Palmiotti, Chair

The Surgery department has twenty-five mission orientated Auxiliary volunteers who are dedicated to the department's success. We actively assist nurses and staff with essential tasks, such as cleaning gurneys, filling blanket warmers, and transporting patients by wheelchair once they are discharged. Being cheerful and giving comfort to the patient and their family is an important part of our work.

While volunteering in this department, the hospital staff are always friendly, cheerful, positive and make each Auxilian feel that they are part of a team and always welcomed.

As the chair of the department, I am seeking more volunteers to fill shifts and to expand our service to the department. Our department is especially suited for students wishing to become nurses, physicians, or working towards a career in other medical fields.



Jane Palimotti

Registration Department

Chris Sheets, Chair



Chris Sheets

For patients undergoing planned surgery or a variety of tests, the Registration Department is where they begin once they are cleared by Security. At Registration, the Auxilian helps the patient fill out a simple form asking for name, birthdate, time of appointment, and scheduled procedure.

The slip is then given to a hospital employee who begins the registration process confirming insurance and other information. Once this is finished, the patient is assisted by an Auxiliary Patient Escort.

Some Medical Center departments perform their own registration. These include Women's Center, Cardiology, and MRI. These patients go directly to the appropriate department.

As any visit to a hospital can be stressful, Registration Auxilians make every effort possible to be cheerful and kind, and to try to put the patient at ease.



Chair's Corner

By Bunny McElliott, Second Vice President



I walked into the hospital on Monday, April 3 to do a few tasks before starting my regular shift at the Information Desk. It was a little overcast outside, but HURRAH, no rain. It surely was a long haul of wet weather for Southern California. This day, though, something other than the change in weather hit me hard when I entered the doors to the hospital. MASKS WERE NO LONGER MANDATORY!

When I got to the lobby, there was the most incredible sunshine and bright lights radiating throughout the area. This was not coming through the windows and skylight. It was coming from the biggest smiles, palpable happiness, and comfortable warmth I've ever felt inside this building! FACES! SMILES! CHATTING! LAUGHTER! It was as if a spell had been lifted and hope was alive! It has been a long three years since the first signs of COVID. Maybe we are on the other side of it for now.

Despite the gloomy past few years, our Auxiliary volunteers were the shining stars of the hospital for visitors, patients, and employees. I think we were and are just happy to do our volunteer work and it showed the past years. Our presence was most definitely felt and appreciated at TCMC.

Little by little we have been slowly opening departments to volunteers. We now have 13 departments open serving the hospital: Clerical, Courtesy Shuttle, Patient Escort, Gift Shop, Information Desk, NICU, Orientation, Advocacy, Pet Therapy, Pulse, Registration, Surgery, and Workshop. Phew!

Kudos to all the chairpersons, and the faithful volunteers who certainly make our hospital a better place. We could not be this far without your dedication and support. All of us are now working hard to keep these departments up and running. Our volunteer number are still small in comparison to pre-Covid days, but the spirit of our people is huge.

So, once again...spread the word that Tri-City Hospital Auxiliary is a wonderful place to volunteer. Share your experience with friends and family. Bring someone to an orientation. When sharing, remind them that not all departments have openings at the moment, but to sign up. Hopefully, we might even be able to consider expanding our hours in some departments if we get more volunteers. Your help in building our group is important. Maybe you have an idea of how to encourage more to join our group. If you do, send your ideas to me at: mcelliotba@tcmc.com.



Happy Spring!



TCHA Volunteer of the Quarter

In recognition of their service, Tri-City Hospital Auxiliary is pleased to announce the **Department Volunteer of the Quarter** recipients for the Second Quarter of 2023.

Clerical Department – Sharon Hambly, Chair

Kate Brownie has been in our clerical unit since September 2018 and brings many great skills to this office. Kate is always looking for something to do and is very creative in her ideas. Kate serves on the Auxiliary Board and helps recruit new applicants. Kate is cheerful and friendly to anyone who enters our office. She is always happy to assist anyone who needs our help. It is indeed a great pleasure to have her in this unit.



Gift Shop – Carole Vance, Manager

Chris Wellenstein volunteers every Tuesday and refreshes all the snacks plus orders all candy. Along with her work partner Cathy Regan, they organize merchandise and prepare new merchandise to keep the Gift Shop looking inviting. Chris has been with Auxiliary since 2017, spending most time in the Gift Shop, and then workshop.

Information Desk – Donna McConnell, Chair

Frank Crowley has been a faithful volunteer at the Information Desk for the past four years. He began working the evening shift then, following Covid, he changed to Sundays. Frank has acquired over 500 hours of service and is pleasant and confident while helping visitors. Frank is often willing to be a substitute for fellow volunteers when needed. I am pleased to choose Frank as Volunteer of the Quarter for the Information Desk.



NICU – Pam Servais, Chair

Our nomination for Volunteer of the Quarter is Misty Oleson. When the NICU suddenly had a surge in its census in early March, Misty was quick to put herself on the schedule every Saturday for two hours, time that was in addition to her regular schedule. We had at least three babies who needed a lot of cuddling in order to heal and thrive and Misty was there to provide a set of loving arms. Thank you, Misty!

Patient Escort Department – Kathey Cramm, Chair

Sheila Gross is a longtime Oceanside resident who enjoys giving back to her community. She has been a volunteer since 2016 with over 1400 hours of service. She started as a Pharmacy volunteer and then switched to Patient Escort where she has been for several years. Sheila also helped in the Vaccine Clinic during the Covid-19 shutdown. She is always friendly and helpful to patients and staff. She is a steady, reliable force that can always be depended on to contribute whatever is needed to get the job done right.





Pet Therapy Department – Mary Gleisberg, Chair

Bonnie Biggs, emeritus faculty member from CSUSM, and her trusty therapy dog Zuni are always ready to share their delight in Pet Therapy whenever visiting patients and staff at TCMC. Zuni’s keen sense of smell leads her right to the hospital Gift Shop where post visit reward treats are offered. Both Bonnie and Zuni make each person they greet feel that the day is a little brighter. Bonnie and her Therapy pet have been volunteering since 2018.

Registration Department – Chris Sheets, Chair

We nominate Wanda Shibata from Registration Department as our Volunteer of the Quarter. Wanda has been a volunteer for many years and is willing to pick up extra shifts if necessary. She is dependable, friendly, and deserving of high praise. Wanda has over 9,900 hours and also worked in the vaccination clinic as well as coordinating and organizing baby caps, blankets and chemo caps.

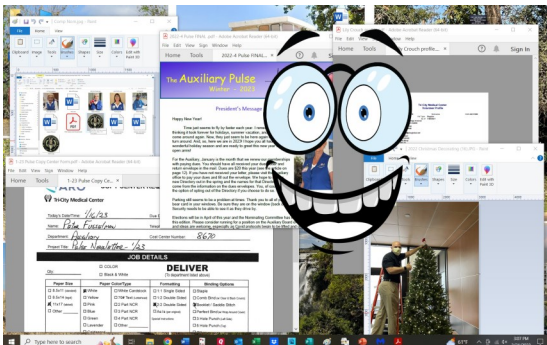


Surgery Department – Jane Palmiotti, Chair

Renee Massey is an exceptional person, who is able to handle a real estate career and actively provide extra time volunteering at our Surgery Department. She has taken on important challenges by working different shifts to help to support our needs. Dedication to the patients, staff, nurses, and to her fellow volunteers is where our special volunteer Renee shines with her special smile that makes us all feel welcomed. Renee has over 15 years of volunteer service and it is a privilege to be volunteering with her.

Orientation - Michael Unverferth

There are several departments with only one or two Auxilians, like Orientation. *Auxiliary Pulse* would like to nominate Michael Unverferth as Volunteer of the Quarter. To say someone is indispensable is often an overstatement, but not in Michael’s case. As Orientation Chair he is in charge of our new member intake process. Michael celebrated his 10th anniversary last year and has recorded nearly 6,000 hours, but has probably worked more than that. He has been an active member of the Board since 2017 serving on the By-Laws and Policies and Procedures Committees. Always working hard behind the scene, Michael serves the Auxiliary tirelessly and deserves our thanks.



Pulse Newsletter - Peter Fusselman, Chair

I am very pleased to nominate the most deserving member of the *Pulse Newsletter* Department team, Trusty Computer. Trusty has been a devoted team member from the beginning. Trusty has never once complained about demanding deadlines or the constant mistakes made by my other volunteer, Ten Fingers. Even as correction after correction is made, Trusty keeps working. Without it at my side, our entire publication effort would never be successful. This recognition will, I am certain, assure many more years of dedicated service.



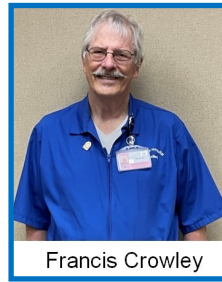
Your 2023-24 Board of Directors

It is with great pleasure that we present the 2023-24 Auxiliary Board of Directors.



Valerie Barros

Valerie Barros – An Auxilian since October 2019, Valerie served during the Covid-19 Vaccine Clinic and currently works in Clerical. Valerie was appointed to the Board in 2022 and is currently Secretary.



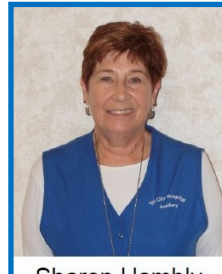
Francis Crowley

Francis Crowley – Frank joined the Auxiliary in 2019 and currently works a number of shifts each week on the Information Desk.



Liz Brayton

Liz Brayton – Currently First Vice President, Liz works the Information Desk, served during the Covid-19 Vaccine Clinic and on the By-Laws Committee. Liz joined in 2014 and has been on the Board since 2016.

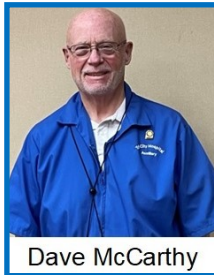


Sharon Hambly

Sharon Hambly – Sharon joined in 2013 and has served several terms on the Board of Directors. She is currently Chair of the Clerical Department and coordinator for the VOLTRAK system.



Kate Brownie – Kate joined in 2018 and works in the Clerical Department. She served on the Phone Bank during the Vaccination Clinic and joined the Board in 2022.



Dave McCarthy

David McCarthy – Dave joined the Auxiliary as part of the Courtesy Shuttle Department in July of 2019. In late 2021 he became Chair of this department.



Rosalind Bussey

Rosalind Bussey – A member since 2013, Roz is currently Treasurer. She was very involved in the Covid-19 Vaccine Clinic and works in Surgery, Information Desk, and Advocate.



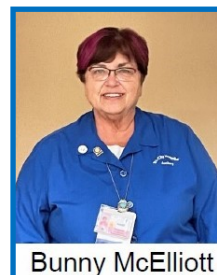
Arleen McCartney

Arleen McCartney – Arleen joined in 2006 and was active during the Covid-19 Vaccine Clinic. She was appointed to the Board in 2021 and works at the Information Desk.



Kathey Cramm

Kathey Cramm – Currently our Webmaster, Kathey joined the Auxiliary in 2017 and the Board in 2012. She is the Chair of the Patient Escort Department and was active during the Covid-19 Vaccine Clinic.

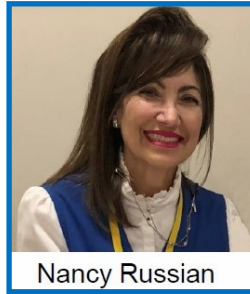


Bunny McElliott

Bunny McElliott – Currently Second Vice President, Bunny joined in 2013 and managed the Phone Bank during the Vaccine Clinic. She has coordinated the High School volunteer program, is Chair of the Scholarship Committee, and works at the Information Desk.



Jane Palmiotti – Currently Parliamentarian, Jane joined in 2008 and is currently Chair of the Surgery Department. Jane serves on the Scholarship Committee and worked the Phone Bank during the Vaccine Clinic.



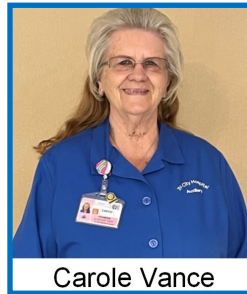
Nancy Russian – A member since 2017, Nancy worked the Vaccine Clinic Phone Bank and has worked in Advocacy and on the Information Desk. She is also active with the Scholarship Committee.



Dick Robertson – A member for over 30 years, Dick joined in 1990 and has served on the Board since 2018. Prior to Covid he was Chair of the Emergency Department. Dick has served many years on the Scholarship Committee and currently works the Information Desk.



Michael Unverferth – Current Chair of Orientation, Michael joined in 2013. He has served on the Board since 2017 and was an active member of the By-Laws Committee.



Carole Vance – Now Manager of the Gift Shop, Carole worked on the Covid-19 Vaccination Clinic and previously served in the Women’s Diagnostic Center, as Parliamentarian, and on the By-Laws Committee.



Your Opinion Matters



Had any great ideas about the Auxiliary lately? Your ideas and opinions help make this the best organization possible.

We want to hear from you. In case you haven't seen it, there is a new Suggestion Box in the Auxiliary office, complete with Suggestion cards.

Let your voice be heard!





Relaxed Masking Requirements

As you may know, there have been big changes at the hospital when it comes to the wearing of masks. As of April 3, the wearing of masks at Tri-City Medical Center will depend on the current level of Covid transmission in our community as determined by state health officials. Three tiers of transmission have been established to determine when and where masks are required. Here is a quick overview.

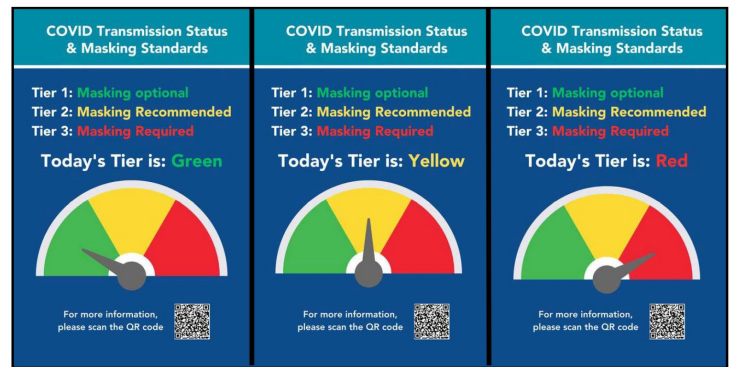
Tier 1: Minimal Transmission - When we are in a Tier 1 condition masking will be optional for staff and the public in all areas except those traditionally requiring masks.

Tier 2: Moderate Transmission - This level recommends, but does not require, that masks be worn throughout the hospital to protect yourself and those near you.

Tier 3: High Transmission - Should a Covid surge reach this point masking will once again be required throughout the hospital.

Posters, like one of the three to the right, will be placed at the entrances to the hospital. Since the level of mask mandate may vary, it is suggested that we each bring a mask with us for our shift to be prepared.

While this may be good news to many Auxilians, please keep in mind that some of our members are more comfortable wearing a mask at the hospital. This is certainly their choice, and we hope all will respect their wishes by refraining from any negative comments about masking.



Future Member?

As you may be aware, Steve Dietlin, CEO of the Tri-City Medical District, recently retired. For his entire time at TCMC Mr. Dietlin has been a strong supporter of the Auxiliary and our mission. As a token of our appreciation of his past support, the Auxiliary Board of Directors recently made him an honorary Auxiliary member, awarding a uniform shirt, a 10,000 hour pin, and a blue Teddy Bear parking pass.



In remarks to our Board, Mr. Dietlin said that he just might be coming back as an Auxiliary volunteer in the future. We look forward to seeing him then.



Remembering Birthdays

BIRTHDAYS! - Yes, we all have them and hopefully they are filled with lots of good cheer and fun times. Since our last *Auxiliary Pulse* newsletter a few of our fellow Auxilians have celebrated their festive day and for some it is coming soon. Happy Birthday to all!

January

Trisha Barta
Mary Gonzales
Suzanne Heller
Debra Johnson
Marcia Lee
Kyra Miller
Wendy Owens
Carl Toft
Kamayah Wing

February

Katherine Ballinger
Kaisa Bornhoft
Kathleen D'Avanzo
Elliot Ellis
Paula Foster
Alan Kagan
Suzanne Knauf
Jay Lawler
Justin McCalpin
Craig Stewart
Carolyn Wysong

March

Ann Berryman
Rosalee Biller
RoseMarie Castellano
Jorgina Cram-Walters

Glenda Harris
Garry Hodges
Pamela McCormick
Vickie Moskowitz
Elizabeth Ponec
David Quesenberry
Nahid Salarzadeh
Charles Shinnefield
Debra Shinto
Chris Wellenstein
Linda Wolff

April

Sarah Bazua
Bonnie Biggs
Bernadine Fendrick
Joan Kluis
Donna McConnell
April Nguyen
Diana Onofre Bolanos
Lynn Paine
Kaylien Santiago-Badillo

May

Mason Benitz
Rosalind Bussey
Ellen Cavagnaro
Laurie Dare
Donald Dupuis

Kimberly Eskes
Marilyn Ferri
Jasmine Gatica
Kimberly Gross
William Lautenbach
Anthony Marella
Ben Novak
Sheila O'Leary
Dianthe Richmond
Richard Robertson
Wanda Shibata

June

Marian Artiaga
Elizabeth Brayton
Nathan Cobb
Diane Coleman
Bridget Doyle
Cristina Gaspar
Janice Hart
Nancy Kukawka
Paul McKibben, Jr.
Janei Moraleja
Tara Razi
Carol Saunders
Jieun Seo
Hayden Simonson



Parking Made Easier

Reserved parking spaces are an important fringe benefit for many Auxilians. After our long absence during Covid-19, staff and visitors began using spaces designated for Auxiliary members. Working with the Security Department, we are encouraging non-Auxiliary members to park elsewhere.

This means that ALL Auxiliary members should be displaying the "Blue Bear" card when parked. If you don't have a card, please visit the Auxiliary Office. Rear-view mirror hangers, like the one pictured to the right, are now available for all Auxilians.





Around the Hospital

It's nice to see all those smiling faces. Here are a few Auxiliary photos, some new and some fond memories.





Welcome

New Members

We are very happy to welcome the latest new Auxiliary members who joined during the last three months. Each new member makes us stronger and of even greater service to TCMC and our community. Welcome all!

Clerical

Julie Walley

Courtesy Shuttle

Madeline Gibson

Gift Shop

Shirley Daffer

Patient Escort

Marcia Lee

Information Desk

Cristina Gaspar

Shaira Gerente

Surgery

Trisha Barta

Jay Lawler

Jasmine Gatica

Vicki Sparks



Passings

We are sad to report on the passing of two long standing and dedicated Auxilians, Stan Kukawka and Mimi Howland.



Stan Kukawka

As a Greeter, Stan Kukawka was that first smiling face welcoming all into Tri-City Medical Center. Joining in 2005, Stan contributed over 5,000 hours prior to the Covid-19 shutdown. Stan also worked in the Intensive Care Department. He served on the TCHA Board of Directors from 2011 to 2017 as Ways and Means Director. Stan was also active on the Scholarship Committee, helping guide its funding.

Stan is survived by his wife Nancy who was also an Auxiliary member working in the Intensive Care Unit (ICU) and accumulating nearly 3,000 hours.

Beginning her time at TCHA in 1987, Mimi Howland was a Life Member by virtue of her more than 30 years of membership. She served as both a Greeter and on the Information Desk. Mimi is survived by her children and grandchildren, one of whom is attending medical school. An avid baker, Mimi also supported the annual Auxiliary Cookie Extravaganza and was very active in her church, Constantine and Helen Greek Orthodox Church.



Mimi Howland



Awards Pins

By Liz Brayton, First Vice President



With spring here, we all look forward to our June Installation and Awards event. While details on this will be coming out later, we wanted to remind everyone that Auxilians who have donated 500 or more hours will be receiving their recognition pins at this event. 100-hour pins are given out by department chairs throughout the year.

These pins recognize your commitment and dedication to our mission and we want to be sure that everyone is fully praised. Pins are awarded in 500-hour increments. Last year we recognized Donna McConnell for having given 11,500 hours since joining.

We want you to have every opportunity to hit your special mark this year. The cut-off date for this year is Saturday, May 20. If you are close to one of those 500-hour segments, check with your department chair to see if you can book a few extra hours. As you may know, your hours appear in the lower righthand corner of Voltrak each time you sign in.

We are certainly looking forward to awarding many pins this year.



Keeping it Light



Reader's Digest used to have a column called, *Humor is the Best Medicine*. We can't confirm that prescription, but thought our readers might like a smile. Sorry for all the puns.

- ◆ Doctor: "Nurse, how is that little girl doing who swallowed the half dollars last night?" Nurse: "No change yet."
- ◆ Does an apple a day keep the doctor away? Yes, but only if you aim it well enough.
- ◆ Why did the bucket go to the doctor? He had a pail face.
- ◆ Why did Dracula go to the doctor? He couldn't stop his coffin!

Keep Smiling and Have a Very Happy Spring Everyone!

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