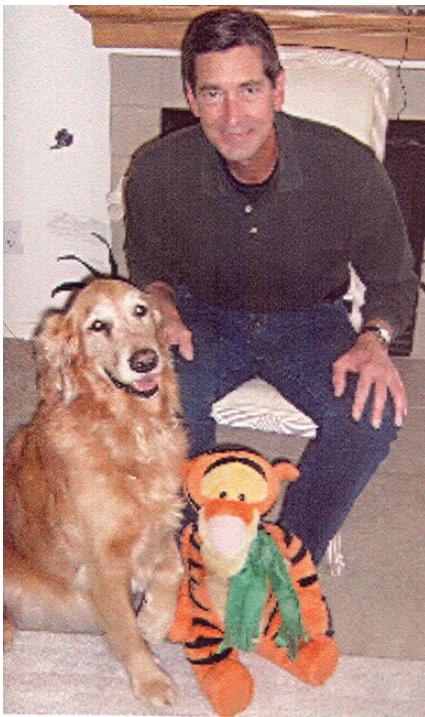


Phil & Avery Rose Bowl Lions Club Honorees

Recently two of our wonderful Lions Club volunteers, Phil Weliky and his guide dog, Avery, were honored to be selected to walk alongside the Lion's Club International vision care themed float at the Rose Bowl Parade in Pasadena on New Year's Day.

The Prescott Noon Lions provide the manpower to shred all the HIPAA protected papers at YRMC (see accompanying article). Phil and Avery come every Thursday morning to the west campus to help with this project, unless they are traveling promoting guide dogs for the blind and disabled. Phil told us about the parade experience:



Phil Weliky and his guide dog, Avery, were among the participants in the Lion's Club International float in the Rose Bowl Parade on New Year's Day.

Phil and Avery flew in to California in time to be at the appropriate float barn where the judging would take place by 8 am on Dec 31. There were 21 floats to be judged, so the judges worked quickly while each float animated just as it would appear in the actual parade. Phil says people were putting finishing touches on and the smell of the roses was amazing - he also shared that each individual flower is in a vial filled with 7-up and water to keep it fresh through parade day.

On parade day they were up at 4 am to get to their float. The floats are parked on side streets in neighborhoods, so people can get up close and see them before the parade actually begins. Phil says the reception from people was unbelievable, and the parade officials, all in white attire for easy visibility, do a remarkable job of organizing and getting everything in place. By 7 am the floats are getting lined up to go. The Lions Club float had 3 dog/handler teams walking on each side of the float. Part of the selection process included ensuring that both dog and handler could walk the 6 1/2 miles of the parade route. Phil and Avery do that routinely, so it was no stretch for this team! They ended up walking about 4 miles of the route before parade officials, out of concern for the dogs, brought a van and they completed the parade riding and waving from the van.

Phil said it was estimated that 1 million people were there to witness the Rose Bowl parade. He says he and Avery considered it a great honor, breathtaking, to be a part of it. He considers it a chance of a lifetime.

Historically the Lions Clubs have been associated with vision and blindness ever since Helen Keller journeyed to Illinois in 1925 to speak at the Lions International convention. There she challenged the service organization to become "Knights of the Blind". It was a challenge that the Lions accepted and have been pursuing worldwide ever since in promoting sight care.

Phil has had Avery four years, getting him from Guide Dogs of the Desert in Palm Springs,

“Happiness comes through doors you didn’t even know you’d left open”

anon

“The Pulse”

is a bi-monthly publication of Volunteer Services of Yavapai Regional Medical Center
1003 Willow Creek Road
Prescott Arizona 86301

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Lynnel Walters
Director Volunteer Services
West Campus - 771-5678

Nancy Thomes
Volunteer Services Manager
West Campus

Sue Baty
Volunteer Services Coordinator
West Campus

Ann Monroe
Volunteer Services Manager
East Campus - 442-8678

Luana Mangold
Music Program Coordinator
771-5454

Ginger Carlson
Design/Layout/Editor

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MVV Winners. . .

The MVV Award (Mission, Vision, Values) has been instituted to recognize volunteers who demonstrate a special understanding of how the Mission, Vision and Values apply to the daily volunteer routines. Selection of the winners is made by the all volunteer Advisory Committee.



(l)Susan Anderson, Sue Cholewa, CEO Tim Barnett and Marlene Beasley

Susan Anderson
has worked more than five years at the main Information Desk at YRMC West

Campus. She says, “It is very rewarding to be a part of this team of dedicated volunteers – most all of whom have worked here more years than I have. During the several years that I was a church secretary, I learned firsthand how valuable volunteers are when one’s job has more demands than hours to meet them all. Many of you might remember Ida Mathews, who was a very energetic volunteer here. In addition to the hospital gift shop, she also volunteered in the church office. She had given over 31 years of service to YRMC before she had to retire. It was Ida who inspired and encouraged me to join the YRMC volunteers.

In my “real life” job as the on-site manager of a 38 unit apartment complex, I deal with challenges every day –tenants, aging buildings, routine and emergency maintenance, vacancies and more. However, every Tuesday afternoon when I walk into YRMC with my spiffy blue vest and ID badge, the stress and tension fade away and for four hours I become a valued member of the support team for the medical professionals dedicated to helping sick and hurting people.

It gives me a great deal of satisfaction to support the doctors, nurses, administration and staff of employees and volunteers – as well as the patients, their families and visitors. All that is asked of me is a cheerful attitude and willingness to serve as needed. In return, I am generously repaid with heartfelt gratitude and appreciation, and the knowledge that I am contributing in some small way to the health and well-being of our community. Volunteering adds a meaningful purpose to my life, and YRMC provides a great opportunity to serve. Thank you!”

No, we thank YOU, Susan, for your years of service and over 1100 hours you have given us. We’re grateful that Ida brought us such a dedicated and talented volunteer!
continued on page 3

Sue Chowela - was born and raised in Michigan. She left to join the Army, stationed in Maryland, and was the first woman to go through school to be a diesel mechanic. After the Army she attended college to be an interior designer. She returned to Michigan, where she met her husband because their mothers worked together! Sue and her husband built their retirement home in Prescott and came here in 2007. She began volunteering at YRMC because of her interest in getting her Boston terrier into the PAWS program, but sadly, Lily passed away before they could begin visits. She now has a new Chihuahua named Sienna joining her other Boston terrier, Pixie, and their two cats, Rita and Spice. Sue continues her pioneering ways by being one of the first volunteers assigned to the new Human Resources reception area, and she also has just completed training to become one of the first "Peds Sitters", a new group of volunteers who will be on call to sit with children while their parents take care of other children or must be away from the bedside for awhile.

She says, "I like being challenged in the HR area, the variety, and helping people. I also love hearing the Brahmn's lullaby when a new baby is born!"

Sue has contributed 250 hours to YRMC since she began here in 2007. We are very grateful for her commitment and dedication to YRMC!

Marlene Beasley - was born in Florida and attended the University of Miami. She married and adopted two sons. She worked for the telephone company beginning in 1972 and retired as the assistant manager of the business office in 1991. She began a retail business owning a dollar store, but Hurricane Andrew wiped that out along with her home and vehicle. After her husband passed away she bought a motor home and headed west, coming to Arizona in 1993 for her health. She married Jim Beasley, a YRMC volunteer Chaplain, in 1997 and began volunteering herself in the Chaplain's Office, and making Hug-A-Bears for the children coming into the Emergency Dept. After Jim died in 2007, she found herself with time on her hands, so for the past year she has also volunteered in the hospital gift shop. She says, "That was the right decision and I feel right at home there. I enjoy working with Sue, all my peers, and helping the customers. Thank you so much for the honor and for being my Hospital Family."

Marlene is the Chairperson for the Hug-A-Bears and makes hundreds of them every month herself. She has contributed 7,660 official hours, but probably has much more than that to her credit, as well. She is one of those very special people we can't imagine being without. Thank you, Marlene!

continued on page 4

Our Deepest Thanks!

Once again this year the volunteers have outdone themselves in presenting us with holiday wishes and gifts, and as we are every year, Sue, Nancy, Ann, and I are truly humbled at the caring and sharing you give to us. The cards you take the time to sign and the good wishes you include in them warm our hearts more than you could ever know. We really do form such warm bonds and friendships with so many of you, and this time of year simply reminds us that we have been blessed by the greatest gift you could possibly give us; the gift of knowing you and the gift of your caring service. We thank each and every one of you and wish you all a happy, healthy and prosperous New Year!

Lynnel

5 simple rules to be happy. . .

- 1-Free your heart from hatred.*
- 2-Free your mind from worries.*
- 3-Live simply.*
- 4-Give more.*
- 5-Expect less.*

Why Be A Volunteer?

It's not for money, it's not for fame.
 It's not for any personal gain.
 It's just for love of fellow man,
 It's just to lend a helping hand.
 It's just to give the tithe of self.
 That's something you can't buy with wealth.
 It's not medals won with pride;
 It's not for that feeling deep inside.
 It's that reward down in your heart;
 It's a feeling that you've been a part
 Of helping others far and near
 that makes you be a **VOLUNTEER!**

anon

NOTICE

If You Need a Chaplain

If you or someone you are assisting needs a chaplain, please contact the switchboard personnel who will contact the chaplain on call. If a message is left on the Chaplain's office phone, it may not be picked up promptly!

"Life isn't tied with a bow, but it's still a gift!"

Regina Brett

Winners *continued from page 3*



(l) Dorothy Riley, CEO Tim Barnett, (r) Judy Overholtzer

Dorothy Riley - is a two-time winner of the MVV Award, winning the first time in 1998! Dorothy came to Prescott by way of Austin, TX from Southern California

in December 1992. She had volunteered at a hospital in Ventura, CA for less than a year but she knew she enjoyed being part of something worthwhile. As the saying goes, "Give back to the community, make a difference - every bit helps," she says. After filling out an application and talking to then Director Jackie Miller, Dorothy began working a morning shift at the Resource Desk, a catchall phrase meaning "will help with anything needed". From there she went to the Emergency Room, where she worked the afternoon shift till 4 pm. After a few years, she gave up the Resource Desk to concentrate on the Emergency Dept position. She moved to the morning shift there and because she gets up early, began coming in about 5:45, long before the 8 am shift time! Dorothy says she enjoys the camaraderie with other volunteers and staff, especially nurses, techs and medics. She feels the need to help, and asked that we make sure we don't forget to say how much she appreciates the cafeteria staff, too!

Dorothy began at YRMC in 1997 and has contributed nearly 4,300 hours here. Thank you, Dorothy!

Judy Overholtzer - moved to Prescott from Iowa in 1976. She was "pretty busy" raising her four daughters, managing the B. Dalton bookstore and learning all about hiking and backpacking in the mountains and the desert. She began running for health reasons and many years later began running and cycling in competition. She says, "my greatest adventure was a bike tour across the United States in 1990 with my partner, Eddie. Now I have three dogs who race in flyball competition...lots of fun! I love to read and weave and hike with my dogs. I have eight grandchildren and three great grandkids who bring me joy.

Being in the Emergency Dept is like a payback for me. A few years ago the people there literally brought my partner back to life after a harrowing heart attack on the way to the hospital. They are still doing wonderful things for people every day.....it is an honor to be in their midst."

continued on page 5

Winners *continued from page 4*

Judy has accumulated nearly 450 hours since she joined us in 2005. We are so grateful to have her, and hear similar stories of people coming to us after they've had a good experience with the care here

Sharon "Tinsel" Hunt

- was born in Iowa but came to Arizona at the age of 14. She wanted to be a nurse, became a nurse's aide, and then began working in doctor's offices in reception and as office assistant. She had one son, and when he was older, she changed careers to enter retail, working for Diamond's

Department Stores and becoming department manager for ladies accessories. Wanting to have more time with her son, she left the 60 hour weeks of retail and began cleaning houses, allowing her to make good money and set her own schedule. She did that for 25 years, retiring when she was 55 and moving to Spring Valley in 1992. Several years ago she pursued her interest in clowning, returning to Phoenix for special training and to gain some experience. Thus her character "Tinsel" was born. She teamed up with one or two others and proposed beginning a new clown program at YRMC in 2007. She has served as Chair of the YRMC Clown program ever since, and enjoys making people smile and laugh at both campuses. She considers her volunteer service as a clown here as "a blessing".

Sharon/Tinsel is one very special lady. We hear wonderful things about her, her fellow volunteers love having her around, and the staff and patients are touched by her infectious laughter and desire to spread joy wherever she goes.

She has already contributed 285 hours, coming in from Spring Valley several times a week to "clown around!" We are so grateful to you, Tinsel! ♦



Sharon "Tinsel" Hunt and CEO Tim Barnett

New W C Volunteers

A warm welcome to all of you who have joined our volunteer family!

- Melissa Barras
- Catherine Behan
- Sandy Bobbit
- Sarah Dew
- Leslie Eaton
- Daniel Farkas
- Al Huard
- Audrey Irvine
- Savannah Johnson
- Patty Kuhles
- Earlene Landesman
- Jennifer Lequigan
- Aayla Mandell
- Cindy McArthur
- Sebastien Moreau
- Oliver Mulamba
- Glenna Neihart
- Michele Oglesby
- Paulett Palladino
- Angeline Pittenger
- Sue Prueter
- Delores Ringler
- William "Bill" Schwabe
- Pam Swisher
- Martin Stan
- Gail Stewart
- Jonnie Stowe
- Toni Tennille
- Katie Ware
- Pat Welch
- Donna Wygal
- James Wygal

T.E.A.M. Awards - Special Recognition Goes to the Following Volunteer!

Tracie Cripps

The extra time you took to play and sing for my patient in 329 on Sunday 1/11 was so appreciated. You made a very sick lady smile - something she had not yet done for me during my entire shift. You were exactly what she needed. She felt better so those of us caring for her felt better because of what you do. I'll never forget her words when

I asked her why she was smiling. . . I asked her, "now why do you suddenly look like a little slice of heaven?" and she answered, "because an angel sang to me." You are an angel to take your own personal time and bless those around you with your wonderful music. Thank you.

Deanna Hughes



The East Campus Page

Activity has started on building the Women's Pavilion. The first step will be putting in a new road that will allow access to the Emergency Department throughout the construction. Happily, this is an amendment to the original plan where the road would have been blocked. Planning and preparations will be a smaller version of all that went into getting the East Campus up and running. What an exciting and awesome project! I am continually struck by the planning, coordination and complexity of such an undertaking, particularly when everything must be designed to have minimal disruption to hospital operations. While we're probably 1½ years off from ribbon cutting – and the first baby – there is much to be done in the interim. Almost 80 additional employees will become part of East Campus. There will be a need for volunteers although the exact number and positions have yet to be determined. Some EC volunteers have already expressed an interest in working there. In the meantime, the volunteers have been encouraged to start practicing humming the Brahms' lullaby!

Ann Monroe

Un-Random Acts of Kindness

Ed Beaty became the self-appointed cobbler of a walker used by Maxine Carr. Somehow, Maxine was able to wear down the protective tips of her walker on an almost weekly basis. Ed used his ingenuity to devise a wooden "ski" to cover the bottom but Maxine was not thwarted and continued to need weekly replacements. Ed then consulted with a professional and got Maxine heavy duty tips and kept a watchful eye on their wear and tear. He also asked if someone from Physical Therapy could watch Maxine use the walker and advise her on its proper usage. Thanks to Beth Compton for her willingness to assist. The final chapter in this saga is that Maxine Carr now has a new set of wheels! Ed helped arrange for Maxine to get a different design walker and Maxine is managing just fine.. Thanks to Ed Beaty.

Lucille LaFlamme made 130 pillows for patients and staff working on Christmas day. All were delighted with these gifts!

T.E.A.M. Awards

– Special Recognition

T.E.A.M. Awards go to volunteers and others who do something special that makes a difference at YRMC. Special recognition goes to the following volunteers!

Ed Beaty from staff has become the self-appointed cobbler of a walker used by Maxine Carr. Somehow Maxine was able to wear down the protective tips of her walker on an almost weekly basis. Ed used his ingenuity to devise a wooden "ski" to cover the bottom but Maxine was not thwarted and continued to need weekly replacements. Ed then consulted with a professional and got Maxine heavy duty tips and kept a watchful eye on their wear and tear. He also asked if some one from Physical Therapy could watch Maxine use the walker and advise her on its proper usage. (Thanks to Beth Compton for her willingness to assist.) The final chapter in this saga is that Maxine Carr now has a new set of wheels. Ed helped arrange for Maxine to get a different design walker and Maxine is managing just fine. . . thanks to Ed Beaty

Dick Dockstader from staff When setting up and decorating the Hospice Tree in the Del Webb lobby, Dick, Info Desk volunteer, graciously offered to help. His thoughtfulness was so appreciated.

Wallie Wilson from staff Wallie, also, volunteered his help to decorate the Hospice Tree. Thank you so much, Wallie.!

Jim Grubb from staff Month after month, Jim takes raw material and various news tidbits and Voila! turns it into a readable, visually appealing newsletter for the EC volunteers. Without Jim, there would be no "The Eastsider".

Sandie Heiden from staff Sandie delivers the mail on Tuesdays. When asked if she could also come in the day before Thanksgiving or the day after, she volunteered to do BOTH days! Her help was much appreciated.

“The Pulse” Changes. . .

For the past several issues we have sent “The Pulse” via both email link for those who have provided us with their email addresses, and by print copy as we have always done. We did this while we evaluated the costs and processes of printing vs. electronic copy, and to get feedback from volunteers on whether they preferred electronic delivery or hard copy.

We are letting you know that this will be the last copy of “The Pulse” that we will routinely mail to all our volunteers. Costs associated with printing as well as mailing costs continue to rise, and we are looking (like everyone else!) to reduce our costs where we can. That said, we want to continue to ensure you receive your newsletter! We are getting back on track with our goal to have smaller issues more frequently, as we have in the past. We are looking to get back to a bi-monthly schedule, which will make news more timely and current. As we shift back to that schedule, we think it’s a good time to incorporate the other changes, too.

After this issue, you will receive your newsletter via email link if you have provided us with that information (and provided you have not requested us NOT to send it to you that way, which of course, we will honor). If you do NOT want it via email link, be sure you have let us know in the volunteer office so we can ensure you are removed from the electronic mailing list.

If you do not have email, hard copies will still be printed, but we will no longer be mailing them to the homes of all the volunteers routinely. We will have a supply of the printed newsletters available at all the campuses, so you may simply pick them up when you are here to do your volunteer service. We will always have extra copies available in the volunteer offices if you are featured and want extra copies to send to friends and relatives!

If your particular volunteer service is such that you do not come to the hospital regularly to volunteer (stitchers, hospice volunteers, home visitors, etc). we will continue to mail a copy to your homes as we have always done. Also, any volunteer may request to have their newsletter mailed to their home should they need us to do that, and we will make every attempt to honor their request. Simply let the Volunteer Office know. Those members of our volunteer family who have moved away will continue to receive their copies of “The Pulse” by mail, as well, since once you’re a YRMC volunteer, you’re ALWAYS a YRMC volunteer family member, and we’ll continue to keep you up to date on what’s going on here at YRMC Volunteer Services.

We hope you will help us through this process and be patient, since as with every change, there are always a few glitches, but we appreciate your support as we go through this transition. This affects only “The Pulse”; the Eastsider and Main Vein are unaffected by these changes. ◆

Phil & Avery *continued from first page*

for whom he is a vocal advocate. He says he cannot overstate the impact having Avery has had on his life, giving him so much more independence. Together they walk all over Prescott (and he told some absolute horror stories about drivers who do not watch for pedestrians, even those with guide dogs, and says Avery has saved his life on more than one occasion when a driver has pulled out and would have hit him had Avery not blocked him or turned him away). In addition to their service at YRMC on shred day, they work 2 days a week at the Lions recycling center, getting paper ready to go to Phoenix. He said that the Noon Lions put \$146,000. back into our community in 2008, and provided close to 200 eyeglasses and exams. They worked 978.5 man hours during December! Pretty amazing, and we appreciate Phil and Avery, and the other Noon Lions and their service to YRMC! We’re grateful Phil shared his adventure with us, and we’re proud of him and Avery – what great representatives!

Thanks to the Prescott Daily Courier and columnist Jerry Jackson, who provided some info for this article as well as the photo of Phil and Avery. ◆

YRMC VOLUNTEERS 2009 HEALTH ASSESSMENTS

HOW: WEST CAMPUS

SIGN UP: Call the Volunteer Office – 771-5678

February 2 and 3 ONLY

12:00 PM TO 4 PM ONLY

(Due to late issue, only East
Campus Dates will still be valid.)

Blood draws will be done: Feb 11 & 12 – 7:30 am – 9 am
Bradshaw Room

Counseling - Feb 25 & 26, 7:30 – 9 am, Bradshaw Room

HOW: EAST CAMPUS

SIGN UP: Call the Volunteer Office – 442-8678

February 10, 11 & 12 ONLY

9:00 AM TO 3:30 PM ONLY

Blood draws will be done Mar 3 & 4, 7:30 am – 9:00 am
Quail Room

Counseling - Mar 23, 12:30 pm – 2 pm- Quail Room

Free benefit for volunteers only. Sorry, no spouses this year.

There has been a change in focus at YRMC regarding health issues, so the blood panel done for staff and volunteers has changed this year, to include only lipids (cholesterol, triglycerides, HDL, LDL) and fasting blood sugar. These are the most prominent problems for our population, as well as obesity. Other usual items included will be pulse, blood pressure, and body mass index.

**DON'T MISS THIS ONCE A YEAR
OPPORTUNITY!**

Info Tidbits

During the recent WC reorientation it came out that some people still didn't realize that the YRMC disaster plan is called Operation Mercy. Apparently people knew we had a disaster plan, they just didn't put the name with it. So, there you go - when you hear Operation Mercy - it means our disaster plan, in one of its three possible levels, is being implemented. If you need more information, please contact the Volunteer Office.

Also, we've been asked why the annual tb testing isn't given at the WC reorientations. The answer goes back into the history of volunteer services. It used to be that your annual birthday card would have a tb reminder on it, and many of the volunteers would get their tests done near their birthdays. Over time, that didn't apply as much, so it was removed from the birthday cards and people were simply sent reminders when they were due, quite often at the time of their annual reorientation, but we still have a large number who have continued to do it near their birthdays. Add in that the Wellness Office staff has become so increasingly busy as the number of staff doubled (not to mention volunteers!), that it became difficult if not impossible to set aside the time every quarter to attend the reorientations, and it all added up to needing to simplify the process. Now we have clinic hours when the Wellness staff is there to offer the tb

continued on page 9

Reorientation News

Those of you west campus folks who attended the latest reorientation on January 9 got to see the newest version of the process, and we'd welcome your feedback on what you thought about it. After many years of using the same format with the different stations (artfully designed by Nan and Carolyn, thank you both again so much!) it was time again for a refreshing of the way the information is presented. (Note to long time volunteers - remember when you just watched that horrible movie year after year after year and tried to stay awake?)

Ann Monroe had designed the boards for the different stations for use at the East Campus, so when a group of us, including Barry Long, outgoing Training Chairman (thanks to you and wife Lee for the years of service!) and the incoming Training Chairman, Jim Robak, got together to discuss how to update the training material, it made perfect sense to see what Ann had created for East Campus. WOW! We were all so impressed that we stole her ideas (ok, we stole the whole project!) and with a little tweaking for West Campus will base our new reorientation process on her foundation. Thank you, Ann! After the January WC reorientation we are compiling the feedback and will create all new stations covering the information you need to be refreshed on each year. It should be a welcome and newly interesting process for you now (and we can return Ann's stuff to her!). Please continue to give us your input as we strive to make your annual recurrent training interesting, informative and useful.◆

**East & West Campus
Gift Shops**

10% OFF COUPON
any single non-sale item

Valid through July 31, 2009
One coupon per person please

Remember, there is no sales tax on gift shop items!

Calendar:

Mar-Apr-May 09

Feb 14 - Happy Valentine's Day!



Feb 16 - West Campus New
volunteer orientation
Spruce Room - 8:45 am

Mar 10 - Advisory Committee
Meeting - 4 pm
Pronghorn Room,
East Campus

Mar 16 - West Campus New
volunteer orientation
Spruce Room - 8:45 am

Mar 17 - Happy St. Patrick's Day!



Mar 20 - Happy Spring!

Apr 07 - West Campus Reorienta-
tion - Spruce Room
Anytime between
10 am and 2 pm

Apr 12 - Happy Easter!



Apr 18 - West Campus New
volunteer orientation -
Spruce Room - 8:45 am

Apr 19 -25 - *National Volunteer
Week!*

Apr 30 - Annual Recognition
Luncheon - 11 am
Prescott Resort



May 10 - Happy Mother's Day!

Tid Bits *continued from page 8*
testing for staff and volunteers, and we aren't trying to keep up with all the various methods that have gone before. A simple reminder card, and you come to the clinic during it's open hours. Thank you for working with us as we grow and change our processes! ◆



Grandma's Apron

I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

Lions Shred Factoids- Going Green at YRMC!

As mentioned in the accompanying article about Phil & Avery, the Prescott Noon Lions Club has two crews a week at West Campus and one crew at East Campus, who come to shred papers with any kind of private protected information on them in accordance with HIPAA regulations. The shredded paper is loaded onto 40 ft trailers along with paper collected through other Lions efforts (bins in parking lots, etc) and sent to Phoenix to be recycled, made into insulation, and then sold by Home Depot. Lions volunteer chairperson John Miller provided us with some impressive figures about the paper shredding activities of their club in the past year at YRMC.

At West Campus, they shredded 3,665 bags @ 30 lbs each totaling **54.99 tons of paper!**

At East Campus, they shredded 1,695 bags @ 30 lbs each totaling **25.42 tons of paper!**

Together that equals 80.41 tons of paper during 2008!

This joint venture between YRMC and the Prescott Noon Lions Club saved 17 trees for each ton of paper recycled, equaling **1,360 trees saved** over the course of the year.

Other facts:

- Each ton of recycled paper saves 380 gallons of oil = 30,556 gallons.
- Each ton saves 4000 kilowatts of energy = 321,640 kilowatts saved.
- Each ton saved 7000 gallons of water = 562,870 gallons saved.
- Each ton saves 3 cubic yards of landfill = 241 cubic yards of landfill.

17 trees can absorb 250 pounds of carbon dioxide from the air each year = 340,000 pounds for 2008.

As YRMC strives to improve efforts to "go green" throughout the facility, we're proud that our partnership with the Prescott Noon Lions Clubs has led the way in that effort for many years. Our thanks to these wonderful volunteers - and to all the volunteers who take time to sort their paperwork for shredding and use the blue bins throughout the facility. Keep leading the way to a greener, healthier future! ♦

Important Volunteer Insurance Update...

Most of you know that there is an insurance policy that covers you should you have an accident or suffer an injury while you are working in the course of your volunteer duties at YRMC. This policy does not cover illness, only accidental injuries.

Though this policy has always been a benefit provided to our volunteers, there has also always seemed to be some confusion as to what the procedure is in the event you suffer an injury while serving. We have been working closely with patient accounting and with the insurance company itself, and have now gotten some guidelines in place for you to keep it simple, hopefully reducing the confusion.

Our policy is PRIMARY coverage, meaning it will pay before Medicare or any private insurance you may have. Volunteers are NOT covered under worker's compensation.

If it is life threatening, go immediately to the Emergency Department for treatment, have them call the Volunteer Dept, and we'll bring the proper paperwork to them.

If it is NOT life threatening, go to the Admitting Dept, tell them you are a volunteer, and they will give you the appropriate form for the Emergency Dept staff to fill out when you're seen. Later bring the paperwork to the volunteer department so we can get your claim filed. If you report directly to Emergency, say you were injured while working, or say you have Medicare or private insurance, it is likely the wrong company will be billed, will have to deny coverage, and then we start the process all over again with the correct claim form with our insurance company. So PLEASE, unless you are in need of immediate emergency medical treatment, report first to Admitting, tell them you are a volunteer, get the proper insurance claim form, and then proceed to Emergency.

This process will save you (and us!) untold amounts of stress and worry, and bills that come to you to be paid, so please help us make it easy and stress-free by following this procedure. THANK YOU! ◆

*"Be eccentric now.
Don't wait for old age to wear purple."*

Regina Brett

Grandma *continued*

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

This is for those who would know, and love, the story about Grandma's aprons. Or it can be a good history lesson for those that have no idea how the apron played a part in our lives.

REMEMBER:

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron ... but love!!

anon



Volunteer Services
Yavapai Regional
Medical Center
1003 Willow Creek Rd.
Prescott AZ 86301

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A Volunteer's Prayer

Oh God,
Today I will be with those who are suffering and frightened, and
possibly alone. Some will have no one to talk to today, Lord,
but me.

May my arms be strong to give someone a hug, my hands comfort-
ing and warm to hold another's hand, and through my eyes and
smile may someone know I care.

But most of all, Lord, give my heart the compassion and under-
standing that will calm another's fears, and give strength to face
what lies ahead.

I am only one person, Lord, but you and I know one person can
and will make a difference in another's life.

And if I can do that for someone today, when my head lies upon my
pillow tonight, and my eyes close, I will be at peace.

Lois Clark Suddath

From "Chicken Soup for the Volunteer's Soul"
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