

# The Pulse

Yavapai  
Regional  
Medical  
Center

Volunteer Services Newsletter

February-March-April 2010

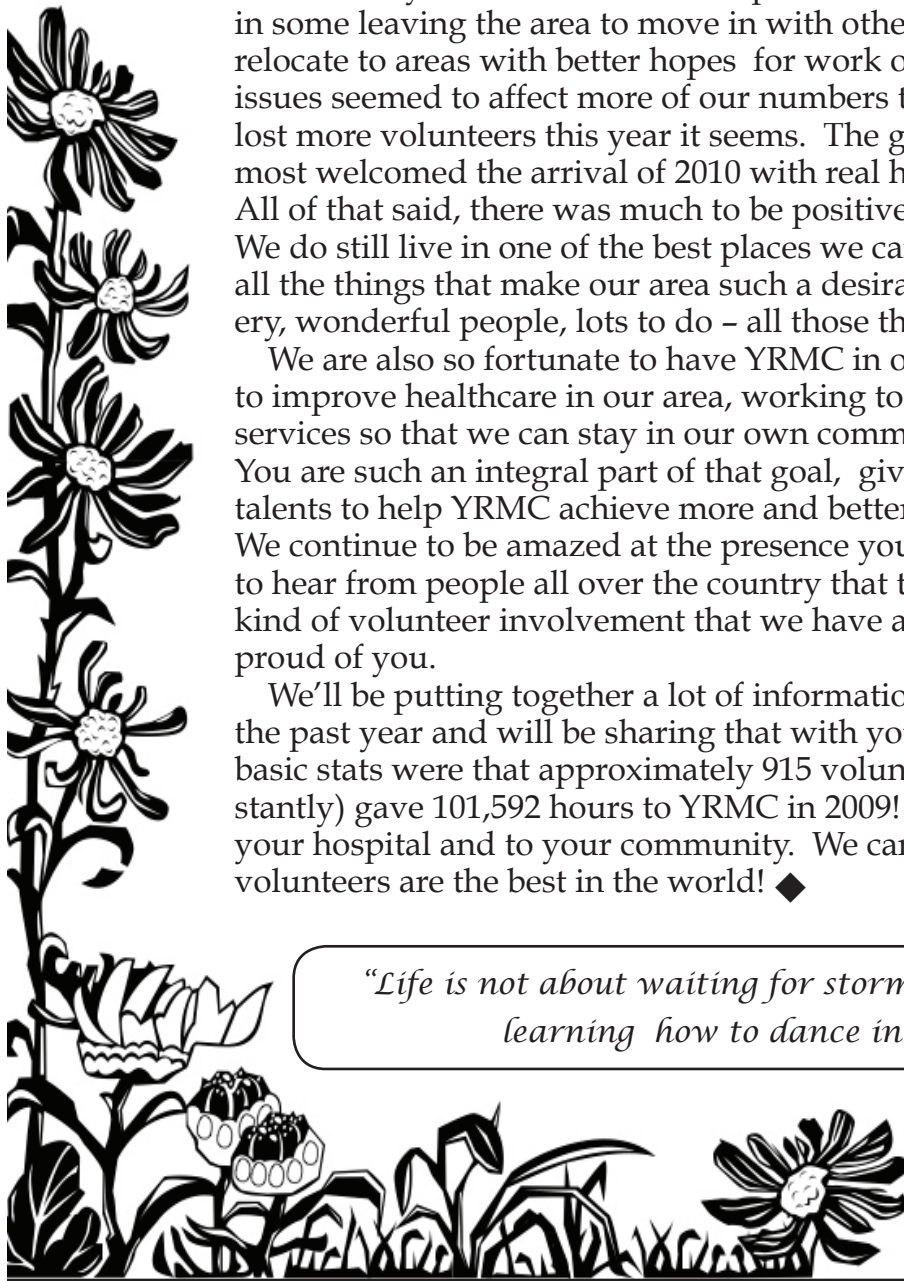
## A New Year Begins. . .

It seems hard to believe but once again we've come to the end of another year. 2009 has been a year of challenges for so many of us - we have seen the economy have an enormous impact on many of our volunteers, resulting in some leaving the area to move in with other family members, or to simply relocate to areas with better hopes for work or a lower cost of living. Health issues seemed to affect more of our numbers than in years past and we've lost more volunteers this year it seems. The general feeling seemed to be that most welcomed the arrival of 2010 with real hope that it will be a better year. All of that said, there was much to be positive about in looking back at 2009. We do still live in one of the best places we can imagine! We're blessed with all the things that make our area such a desirable place to be....climate, scenery, wonderful people, lots to do - all those things we love about HERE.

We are also so fortunate to have YRMC in our community, always striving to improve healthcare in our area, working to bring more doctors and more services so that we can stay in our own community for our healthcare needs. You are such an integral part of that goal, giving as you do of your time and talents to help YRMC achieve more and better healthcare for all our residents. We continue to be amazed at the presence you have here, and we continue to hear from people all over the country that they simply don't often find the kind of volunteer involvement that we have at YRMC. It makes us so very proud of you.

We'll be putting together a lot of information about your achievements over the past year and will be sharing that with you in the next issue. For now, the basic stats were that approximately 915 volunteers (the number changes constantly) gave 101,592 hours to YRMC in 2009! Once again a remarkable gift to your hospital and to your community. We can never say it enough - YRMC volunteers are the best in the world! ♦

*"Life is not about waiting for storms to pass, it's about learning how to dance in the rain." anon*



*“ No matter how big government gets, and no matter how many services it provides, it can never take the place of volunteers”*

*Ronald Reagan*

**“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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# 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) Jane Jackson, CEO Tim Barnett, (r) Ginger Carlson

**Jane Jackson** - was born in Cleveland Ohio, where she spent her early years in school, and fell in love with horses. By her early teens, she and her parents started their migration West, ultimately to Tucson, via Corpus Christi, Texas.

In Tucson Jane really became involved with horses, particularly hunters and jumpers while in high school and 2 years at the U of A, and showed at a very high level in these classes.. She had an outstanding mare and rode other excellent horses for friends as well. She met Joe during college, who was two years ahead of her and they were married in 1953. Joe graduated that year and went into the Army, Jane eagerly went, too, as college wasn't her thing. Later, though, she went to Scottsdale Jr. College and got an associate degree in secretarial sciences. She was also elected to Who's Who in American Junior Colleges.

Daughter Jenny was born in 1954 at Ft. Knox, Kentucky and in 1956, Jane and family were back in Tucson, Jane mainly being a young mother and keeping her interest in horses. Jeff came along in 1959, and shortly after, all moved to Scottsdale/Phoenix where Joe had taken a position with the Garrett Corporation (Honeywell now) and Jane had the opportunity to renew her interest in horses. A friend loaned her a lovely Thoroughbred mare, which she showed. Soon, another Quarter Horse mare came along and the family was in the Q. H. business, which Jane really ran, since Joe was never home - he traveled a bit. During these years Jane raised Q. H.s, taught riding and eventually became Business Manager for a large breeding, boarding and training ranch in north Scottsdale. At the same time, she became a volunteer at Scottsdale Memorial Hospital Osborne, where she spent six years and many hours working on the floors, where she was very involved in patient care. After 9 years at the Ranch, she became office manager at Scottsdale Equine Hospital for two years.

*continued on opposite page*

## Winners *continued from page 2*

In the meantime, the family had bought a vacation home in Groom Creek and on retirement in 1992, that became home. The interest in horses remained until about three years ago, when she had to have her beautiful mare, The Honey Bear, put to sleep.

Jane joined the Volunteers in 1993, working in Human Resources, where she does Team Awards, employee terms and paychecks and she is still there! She says Team Awards are now a sixteen hour a month job, so now she works extra days.

Jane has two grandsons, Matt and Ty in Flagstaff. Ty goes to NAU and Matt works for the Ford dealer. Daughter Jenny, is a Realtor, and Son-in-law Brad Andes is President of Meteor Crater Enterprises. Son Jeff works at YRMC. *"Jane has given over 5100 hours in her over 17 years here. Thank you, Jane!"*

**Ginger Carlson** - I nearly fell off my chair in Lynnel's office when she told me I had won an MVV award! I was very surprised and very pleased. Thank you all for choosing me.

We retired here in 1992 from Santa Monica, California. My husband (now gone) and I volunteered together, he to drive a courtesy cart and I to do the newsletter. I did the first *Pulse* in March 2001. How fast the last nine years have gone by. It's true that time passes quickly when you are having fun.

I have a retail advertising/graphic design background. Early on I was advertising manager for a jewelry store in downtown Los Angeles, then worked for awhile in an advertising agency, but missed the faster pace of retail. I retired from the advertising department of Big 5 Sporting Goods (in Los Angeles) just as computers were coming in, and at the time was very unhappy that I was going to miss out on the new technology. I rectified that, however, by becoming an almost permanent resident of Yavapai College after I got here.

Publishing *The Pulse* is a labor of love and allows me to still keep my hand in the business in a small way.

Yavapai Regional Medical Center treats its volunteers very well and finds many ways to let us all know how very much we are appreciated, and we, in turn appreciate YRMC. *"Ginger has contributed many more hours than she takes credit for giving us this professional publication. Thank you, Ginger!"*

*continued on page 4*

### Check Out Our Webpage

Check out our Volunteer Services page on YRMC's internet webpage. You will find links to information about our Complementary Therapies and the gift shops, and in addition, visitors to the site can click on a link to the Volunteer Services newsletter, *The Pulse*, and read any of the issues since we began posting them electronically.

Go to [www.yrmc.org](http://www.yrmc.org), then click on the volunteer bar at the left of the page, and our Volunteer Services page will come right up. Links are in the yellow box near the top right.

### Better Business Bureau Offers Free Service to Customers

**E-quotes** allow customers to instantly request bids for goods and services from BBB members. It allows consumers to save time when trying to find a reputable business whose services meet their budget needs and more importantly gives them peace of mind knowing they are doing business with a BBB member.

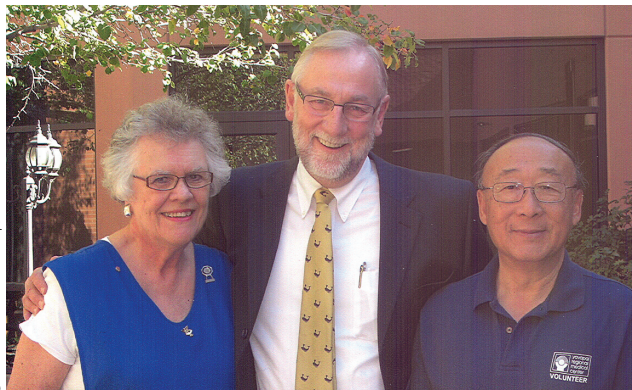
The **E-quote** process involves three simple steps:

1. Consumers visit [www.arizonabbb.org](http://www.arizonabbb.org), select an industry and provide a description of their needs.
2. Consumers have the option of choosing how they want the business to contact them; by phone, email or postal mail.
3. Once the request is complete, it is automatically emailed to BBB members in the selected industry so they can provide an estimate to the consumer.

The BBB covers a large portion of the state so consumers can select their zip code and mile radius of the companies from whom they want bids.



# Winners *continued from page 3*



**Donna Walters** - In April of 1997 Donna and her husband, Carl moved to Prescott from Up-land CA and by June

Donna was volunteer- (i to r) Donna Walters, CEO Tim Barnett and Dan Leung in the Surgical

Waiting area. A short while later she added the afternoon time in ICU, making it a full day. Now she does ICU East and West.

She and her husband were very involved in the various music activities in Prescott, which included touring Europe with Master Chorale and attending barbershop conventions. While her husband sang she was the costume chairman for Christmas productions and continues to do that at the Nazarene Church.

Twenty three months after moving here her husband passed away suddenly and she has filled her life with numerous functions at church, in traveling and being with her son and family in CA and daughter and family in PA.

Being in a medical setting is comfortable for Donna, as she graduated from college with a degree in Occupational Therapy and spent 5 years as a therapist in the USAF in Texas and Germany. Being an active, productive, fulfilled, God fearing woman are what motivates Donna to volunteer and help others.

*"Donna has contributed over 2800 hours as a YRMC volunteer, and she is now one of our two time MVV winners, having won the first time in 2000. Thank you Donna!"*

**Dan Leung** - is an alumnus of Arizona State University, completing graduate studies in Biochemistry at Texas A&M (Kingsville).

He has been married to Lena, also a volunteer at YRMC in the Volunteer Services Office, for 36 years. They have two grown sons.

Dan's career in the pharmaceutical and medical device industries brought the family to live in Texas, Ohio, New York and California. They retired to Prescott in 2001, after having traveled widely and often in the US and abroad.

*"Dan is an avid hobbyist, with a gifted eye for photography. On his travels, he takes amazing photographs and shares them with us when he returns. Obviously a man of many talents and interests!*

*"Dan has given YRMC over 1400 hours, serving the Resource Desk, Cardiac Cath lab, and currently in Endoscopy. We're grateful he has chosen to share his many gifts and talents with us here! Thanks, Dan!"*

## Once Again, We Thank All Of You So Much!

Once again the generosity of so many of you to the Volunteer Department staff over the holiday season was overwhelming. The many gifts, cards, and well-wishes we received made us grateful more than ever that we have the kind of volunteer friends who take time to extend themselves for us, all year long, and then do even more at the holidays.

We can never express to you how much your caring and generous gifts mean to us. The best gift of all is the gift of your presence, and we treasure you. Thank you from the bottom of our most grateful hearts.

Lynnel, Ann, Sandie, Nancy, Sue B., Sue I. and Luana

*Contentment  
is not the  
fulfillment  
of what you  
want, but the  
realization of how  
much you already  
have.*

*anon*



## Wound Care With a Healing Touch

People of all ages with wounds that refuse to properly heal, or other types of wounds, find quality care and specialized treatment at the **YRMC Advanced Wound Care Center**. The wound care center's mission is to improve the lives of our patients by quickly and completely healing their wounds.

For most people wounds heal naturally as the body works to heal itself. For many, the healing process is delayed or complicated by such factors as age, weight, nutritional status and immune system problems. In these and other cases, the wounds can refuse to heal and become a medical problem that requires special treatment and care.

For problem wounds, your physician may refer you to the state-of-the-art **YRMC Advanced Wound Care Center** which is located on YRMC's West Campus in Prescott at 815 Ainsworth Drive (the south side of Prescott Outpatient Surgical Center). Or, you may call the wound center yourself at (928) 771-4788 and schedule your own appointment. We are open Monday through Friday from 8:00 a.m. to 4:30 p.m.

When conventional wound care treatment doesn't work for you, the **YRMC Advanced Wound Care Center** will. We specialize in caring for patients with a wide range of wounds and conditions that are not responding to standard treatments. **These include Diabetic wounds, Non-healing surgical wounds, Skin ulcers, Crush injuries, Gangrene, Bone infection, Spider or Animal bites, Traumatic wounds, Infected wounds, Burns and radiation burns and Lymphedema.**◆

### New WC Volunteers. . .

- Mari Alcantara
- Sandie Anderson
- Kirstin Anthony
- Kathy Bartolotta
- Carolyn Brown
- JoAnn Burkholder
- Peter Burkholder
- Maftéa Dey
- Tim Gerdes
- Nancy Gregory
- Anna Jensen
- Darla Johnson
- George Kruse
- H. Bruce Lamb
- Ted Lee
- Rami Lozowick
- JL Magrath
- John Maldonado
- Hayden McClung
- Michaela Mills
- Zachary Mills
- Pamela Partridge
- Ann Pickrell
- Barbara PoPovich
- Pamela Schmaling
- DorotheaStamaris
- George Stailey
- Karen Thompson
- Ray Thompson
- Mindy VanOudenhoven
- Dick Will
- Ann Yurkiewicz

Many  
Thanks!



### Your ABC's for Valentine's Day. . .



#### A friend. . .

- (A)cccepts you as you are
- (B)elieves in you
- (C)alls just to say "Hi"
- (D)oesn't give up on you
- (E)nvisions the whole of you  
(even the unfinished parts)
- (F)orgives your mistakes
- (G)ives unconditionally
- (H)elps you
- (I)nvites you over

- (J)ust wants to be with you
- (K)eeps you close at heart
- (L)oves you for who you are
- (M)akes a difference in your  
life
- (N)ever judges
- (O)ffers support
- (P)icks you up
- (Q)uiets your fears
- (R)aises your spirits

- (U)nderstands you
- (V)alues you
- (W)alks beside you
- (X)plains things you don't  
understand
- (Y)ells when you won't listen
- (Z)aps you back to reality

author unknown



## 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:**

**Marlene Beasley** (from volunteer)  
Marlene substituted for me in the gift shop on Wednesdays for 6 weeks. She did this in addition to her volunteering in the gift shop and chapel on other days during the week. She did not hesitate when asked and was very dependable. She is a great co-volunteer, Thank you, Marlene!

**(Marlene Beasley** from staff)  
Every once in a while we have a volunteer who is especially great at everything she does. She works about four shifts a week, and more if we call her. Whenever we are minus a person for a shift, Marlene fills in. She is respectful, committed and reliable. I can't imagine being without her constant help.

**Dorothy Bessette** (from volunteer)  
Dorothy works the front information desk on Monday mornings. She is such a joy to work with. Dorothy always has a hug and a big smile for her co-workers and the public. She goes the extra mile when visitors need information or assistance. She is the go-to gal on the computer and loves bringing cards and flowers to patient's rooms. Dorothy makes everyone she contacts feel comforted and loved. Dorothy is an inspiration to us all and we hope she will volunteer for many more years!

**Dottie Blackman** (from staff)  
Dottie embodies the YRMC vision and values with her reliability, kindness and positive attitude. She helped us with the jewelry sale and worked an extra shift during our clearance sale. She is a good reflection of the gift shop ambience. We are very fortunate to have Dottie represent us!

**Harry Boden** (from staff)  
I had the opportunity to observe Harry at the Information Desk and to note his calming presence with guests who enter the facility. There were several "anxious" individuals who approached the desk and as he was answering their questions I could visibly see their tension lessen. His demeanor and how that is extended is a true gift. It was a pleasure to witness.

**Sue Cholewa** (from staff)  
Thank you so much for taking care of the BINGO game at the picnic. It was such a relief knowing that our employees were in good hands and I didn't have to worry about it.

**Nancy Brown** (from staff)  
Nancy is a sub that is one in a million! She works more than if she was a scheduled volunteer! Sometimes she works three times a week. She always helps out with our special events such as our recent "Paula's Bag" sale. We truly appreciate this wonderful person.

**Coffee Cart Crew** (from staff)  
We appreciate our coffee cart crew! Not only is it a terrific bonus to have the cart come around for our comfort and convenience but we always look forward to the wonderful volunteers who serve us. They are fun and energetic with their own contribution to the team. Thank you from all of us here in the IS department.

**Harriet Cooper** (from family member)  
Harriet was very helpful and patient with us. She kept us informed about my husband. It was very nice to see a smiling face!

**Larry Cunningham** (from staff)  
Larry has been taking one or two extra shifts delivering mail for the past month and agreeing to do more for an additional several weeks. He was immediately willing to help as needed. We appreciate his efforts which includes daily mail delivery. Thanks Larry!

**Jean Elhard** (from staff)  
Jean exemplifies the Vision and Values of YRMC. It was our lucky day when she started volunteering for us. She recently helped set up our clearance sale, did extra work on the "Paula's Bags" sale in addition to working her regular shifts. Jean also does computer work in the back of the shop, but if she sees they need help out on the floor, she readily goes out to help. Thank you, Jean, for all you do!

**Lynda Foldesh** (from staff)  
Lynda stayed after working a full shift to help set up for our clearance sale. She has a very positive attitude and a sunny disposition and she works very nicely with our customers. We are happy she has joined us in the gift shop. Thank you, Lynda.

**Jeanne Frederiksen** (from staff)  
Jeanne always works her shift plus any other time we need her. She is the first to sign up for our special events such as our recent "Paula's Bags" sale, or helping when someone is unable to come in. She is dependable, supportive and just a great volunteer. She also helped us move which was WONDERFUL!

**George Frederiksen** (from staff)  
George is a wonderful worker. He

*continued on next page*



## T.E.A.M. Awards—continued

spent 4 hours helping to set up our clearance sale then came back the next day to help during the sale, and then came in on Saturday for his regular shift. He is so good at putting fixtures and displays together. He can fix anything! We give him all the heavy work. His help when we moved temporarily to the Mingus room was very appreciated. Did we also mention his help with the jewelry sale? Thank you, George, for ALL your hard work!

**MaryLou Hazard** (from staff)  
MaryLou stayed after working her afternoon shift to help us set up for our recent clearance sale. We appreciate the extra effort she makes to add to the success of the gift shop. She also helped us move to the Mingus room while our gift shop was being renovated. We were thankful to have her help.

**Nancy Herrero** (from staff)  
What a cheery, fun person Nancy is! She is the first person to greet a person before a test. . .what a great start! Thank you for helping, Nancy!

**Lorilla Hook** (from staff)  
Lorilla was a big help at our recent gift shop clearance sale. She worked several hours in addition to her regular shift. She has a kind and patient attitude with the customers. She is a great asset to the gift shop!

**Rosemary Hoefft** (from staff)  
Rosemary came in and helped us with our special jewelry sale and also our clearance sale.. She is always willing to help us when we need her. We appreciate all the extra time she put in to help out. Also her sunny disposition and sense of humor makes working with her an added pleasure.

**Gale Larsen** (from staff)  
Gale is such a dynamo in the gift shop. She is always coming up with new ideas to help us be more efficient. Her idea of lettering the gift shop windows is such a help. When our window volunteer was sick, she filled in and did a terrific display! She also came in early to work the jewelry sale. We very much appreciate her initiative and hard work.

**Gail Montierth** (from staff)  
Gail is a hard worker in the gift shop! On Thursdays she puts out the candy order. This is a time consuming job and she does it with a happy attitude. She also put in extra time to help with our jewelry sale. We appreciate and value her support.

**Fred Poppe** (from patient's husband)  
You were extra kind and nice. Thank you!

**Marcie Raney** (from staff)  
Marcie worked the gift shop sale and also did the scheduling for it! She goes way beyond what is expected of a volunteer. I appreciate all her hard work ordering, filling in and displaying our greeting cards. She also works many hours at home on our card inventory plus she oversees our special events. I feel very blessed that she is willing to take on these many responsibilities.

**Peg Rhodes** (from staff)  
Peg has worked many hours (and years) in the gift shop. We appreciate all the time she has given to make the gift shop a success. We also thank her for the extra hours she put in for our clearance sale

**Tom Supinski** (from staff)  
Thanks so much, Tom, for taking the initiative to come in and get me in up front and there was no immediate help. That, my dear, is great service that leads to great outcomes. Great job!

**Rich Ware** (from staff)  
Rich is currently our only evening cart driver and we receive positive feedback on having this service available after 4:00. With the cooler temperatures he has been a good sport about the weather! Hearing him talk about how much visitors, employees and volunteers enjoy this evening service is inspiring! We appreciate his willingness to serve in this capacity and his wonderful sense of humor that he shares with his riders.

**John Peters** (from staff)  
John volunteers with our new Health Curriculum Resource area of service and was willing to do our first training with area educators. He gave valuable feedback on the program after this presentation which was helpful to us in moving forward with other volunteer trainers. Additionally he spent time with another volunteer to help explain the process. We appreciate his willingness to participate in this new area of service.

**Jim Robak** (from patient)  
I lost my back pillow that helps with my scoliosis problem and Jim went "above and beyond" helping me find it. That was so great!

**Jean Rowe** (from staff)  
Jean has taken many shifts in the Volunteer Office recently. She has juggled her own schedule to accommodate our needs. She is always willing, friendly, and thorough with her tasks. We enjoy her presence!

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**Sue Steger** (from staff)  
Sue does a superb job managing our library cart service. She is especially good at “seeing work” and solving issues on her own. Her actions save staff work on so many levels. She also goes a great job with our volunteer awards process. She is thorough and dependable and her actions result in volunteers getting their awards on a timely basis which is an important aspect of our recognition efforts. She is a delightful member of our team!

**Carol Stimple** (from staff)  
Carol volunteers with our new Health Curriculum Resource area of service and has taken on several presentations, including a very early appointment in Prescott Valley. Her presentations have been to large groups of teachers and she is very effective in this role. She has helped to get this program running and her willingness to participate has been much appreciated.

**Joyce Spitz** (from staff)  
Joyce helped with the jewelry sale and the clearance sale in addition to her regular shift. She has a very pleasant, soft spoken way with customers and a very happy pleasing manner which reflects nicely on the gift shop.

**Betty Starkey** (from staff)  
Betty has been a very reliable in the gift shop for a long time. She came

in extra hours to help with our clearance sale. She demonstrates the YRMC Vision and Values with her positive manner and dependability.

**Emma Paradise** (from staff)  
Emma is always so supportive of all our special events. She recently came in extra early to help with the Paula’s Bags event. Emma is truly representative of the YRMC Vision and Values. Thank you, Emma.

**Phyllis Troutt** (from staff)  
Phyllis has a wonderful dedication to YRMC and the gift shop. While still recovering from recent back surgery she came in to help with the clearance sale! Phyllis has done our candy ordering for years. She can be depended upon.

**Susan Weddle** (from staff)  
Susan frequently fills in for the Physician’s Mail process and is willing to do this with very little notice. Her willingness to assist in this way insures full coverage for this service.

Additionally Susan took care of all the decoration preparation for our Volunteer Fall Open House and helped decorate for the event. We also appreciate her willingness to decorate our office for the holidays! ◆

## Physician Support

YRMC has currently arranged for a physician to come from Phoenix two days, twice a month, to provide support for rheumatology. We have also contacted with CORE physicians from Phoenix to provide 24 hour coverage for orthopedic emergency cases covering both West Campus and East Campus ER’s.



## Volunteer News

### Volunteer Capital Campaign

Seymour Dicker is heading the Volunteer Capital Campaign with the assistance of a volunteer committee.

The drive will focus on both raising funds for the new birthing center in Prescott Valley, and expanding the heart center on the West campus.

Information packets were sent to each volunteer and will be followed up with phone calls, inviting participation and answering questions.

Contributions are tax deductible

### 2009 was a Banner Year!

We again topped the 100,000 mark for volunteer hours, surpassing the total from last year. Even though our volunteer numbers are down slightly, we have been adding new areas of service such as the ICU West Waiting Room, evening Cart Drivers over the summer, the Health Teacher Program and Oshibori, (a Japanese custom using warm, damp towels to refresh face and hands), to name a few. This has been another banner year. A big thank you is extended to all volunteers and to quote Nancy Thomes, Volunteer Services manager “WooHoo!”



## YRMC Volunteers 2010 HEALTH ASSESSMENTS

**HOW: WEST CAMPUS**  
**SIGN UP: Call the Volunteer Office: 771-5678**  
**Feb 15 and Feb 16 ONLY**  
**12:00 – 4:00 pm ONLY**

**Sign up dates**  
**February 15 and 16 ONLY**  
**12:00 PM TO 4:00 PM ONLY**

**Blood draws: Feb 23 and Feb 25 ONLY**  
**7:30 – 9:00 a.m. Bradshaw Room**

**Counseling: Mar 17 and Mar 18**  
**1 – 2 p.m. Bradshaw Room**

**HOW: EAST CAMPUS**  
**SING UP: Call the Volunteer Office 442-8678**  
**Feb 15 and 17 ONLY**  
**8:30 am – 3:30 pm ONLY - Quail Room**

**Blood Draws: March 2 and 3 ONLY - Quail Room**

The Health Assessment Blood Panel includes lipids (cholesterol, triglycerides, HDL, & LDL) and fasting blood sugar. Also included will be pulse, blood pressure, and body mass index.

*Free benefit for volunteers only*  
**DON'T MISS THIS ONCE A YEAR OPPORTUNITY!**

**East & West Campus**  
**Gift Shops**

**10% OFF COUPON**  
**any single non-sale item**

Valid through June 30, 2010  
 One coupon per person please

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

## Calendar: February – April 2010



February 02 - Happy Groundhog Day

February 14 - Valentine's Day



February 15 - President's Day

New Volunteer Orientation

- West Campus

8:45 am - Spruce Room



March 09 - Volunteer Advisory

Committee 4 pm

Pronghorn Room -

East Campus

March 15 - New Volunteer Orientation

- West Campus

8:45 am - Spruce Room

March 17 - Happy St Patrick's Day!



March 20 - Welcome Spring!

April 01 - April Fools!

April 04 - Happy Easter



April 12 - New Volunteer Orientation

West Campus

8:45 am - Spruce Room

April 14 - Reorientation -

West Campus 10 - 1

Open Entry - Spruce Room

April 15 - Volunteer Recognition

Luncheon

11 am - Prescott Resort

*Yesterday is history, tomorrow  
 is a mystery, today is a gift,  
 That's why it's called: The Present.*

*anon*

## The Window Through Which We Look

A young couple moves into a new neighborhood. The next morning while they are eating breakfast, the young woman sees her neighbor hanging the wash outside. "That laundry is not very clean", she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on but remained silent.

Every time the neighbor would hang her wash to dry, the young woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband: "Look she has learned how to wash correctly. I wonder who taught her this?"

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look.



## Where's Waldo?

Recently we ran a contest for you to identify who the young mystery man in the photo was, and we had two winners - Dottie Souther and Maggie Nowlin. It took a lot of guessing but they got it in the end, and Waldo came down recently to present them with their prizes. They received lovely picture frames and had a photo op with the lucky Waldo.

Congratulations, ladies!



l to r Dottie Souther, Waldo Bennier and Maggie Nowlin

## Something a Little Different. . .

Last newsletter only one person guessed who our mystery glamour girl was, and she was the previous winner so she disqualified herself. Dottie must be very good at spotting the resemblance to our younger selves! The glamour girl in the photo was Maggie Nowlin.

OK This time for our fun spot we are going to do something a little different. See how many of the answers to these questions you can get - the first to get all 20 answers to us will win a prize. Enjoy! (Average score is 12)

1. What builds strong bodies 12 ways?
  - a. Flintstones vitamins
  - b. Thighmaster
  - c. Franco American Spaghetti
  - d. Wonder Bread
  - e. Florida Orange Juice
  - f. Milk
  - g. Cod Liver Oil
2. Before he was Muhammed Ali, he was. . .
  - a. Sugar Ray Robinson
  - b. Roy Orbison
  - c. Gene Autry
  - d. Rudolph Valentino
  - e. Fabian
  - f. Mickey Mantle
  - g. Cassius Clay
3. Pogo, the comic strip character said, "We have met the enemy and. . .
  - a. It's you
  - b. He is us
  - c. It's the Grinch
  - d. He wasn't home
  - e. He's really bad
  - f. We quit
  - g. They surrendered
4. Good Night, David. . .
  - a. Good Night, Chet
  - b. Sleep well
  - c. Good Night, Irene
  - d. Good Night, Gracie
  - e. See you later, alligator
  - f. Until tomorrow
  - g. Good Night, Steve
5. You'll wonder where the yellow went
  - a. When you use Tide
  - b. when you use Mr. Clean
  - c. when you clean your tub
  - d. if you buy a soft water tank
  - e. when you use Lady Clarol
  - f. when you brush your teeth with Pepsodent



6. Before he was the Skipper's little buddy, Bob Denver was Dobie's friend
- Stuart Whitman
  - Randolph Scott
  - Steve Reeves
  - Maynard G. Krebs
  - Corky B. Dork
  - Dave the Whale
  - Zippy Zoo
7. Liar liar
- You're a liar
  - Your nose is growing
  - Pants on fire
  - Join the choir
  - Jump up higher
  - On the wire
  - I'm telling mom
8. Meanwhile, back in Metropolis, Superman fights a never ending battle for truth, justice and. . .
- Wheaties
  - Lois Lane
  - TV ratings
  - The Caped Crusader
  - The American Way
  - The Daily Planet
9. Hey kids, what time is it?
- It's time for Yogi and Booboo
  - It's Magic Mirror time!
  - It's Howdy Doody time
  - It's time for Romper Room
  - It's bedtime
  - The Mighty Mouse Hour
  - Scooby Doo time
10. Lions and Tigers and Bears
- Yikes!
  - Oh no!
  - Gee whiz!
  - I'm scared!
  - Oh My!
  - Oh dear!
  - Let's Run!
11. Bob Dylan advised us never to trust anyone. . .
- Over 40
  - Wearing a uniform
  - Carrying a briefcase
  - Over 30
  - You don't know
  - Who says, "Trust me"
  - From the government
12. NFL quarterback who appeared in a television commercial wearing women's panty hose
- Troy Aikman
  - Kenny Stabler
  - Joe Namath
  - Roger Staubach
  - Joe Montana
  - Steve Young
  - John Elway
13. Brylcreem. . .
- Smear it!
  - You'll smell great!
  - Tames that cowlick
  - Greaser heaven for your ducktail
  - It's a dream
  - We're on your team
  - A little dab'll do ya
14. I found my thrill. . .
- with Krustaez muffins
  - With my man Bill
  - Down at the mill
  - On the windowsill
  - With thyme and dill
  - Too late to enjoy
  - On Blueberry Hill
15. Before Robin Williams, Peter Pan was played by
- Clark Cable
  - Mary Martin
  - Doris Day
  - Errol Flynn
  - Sally Fields
  - Jim Carry
  - Jay Leno
16. Name the Beatles
- John, Steve, George, Ringo
  - Paul, John, George, Roscoe
  - John, Paul, Stacy, Ringo
  - Jay, Paul, George, Ringo
  - Lewis, Peter, George, Ringo
  - Jason, Betty, Skipper, Hazel
  - Paul, John, George, Ringo
17. I wonder, wonder who. . .
- Ate the leftovers?
  - Who stole the laundry
  - Was it you?
  - Who wrote the book of love?
  - Passed the test?
  - Knocked at my door?
18. I'm strong to the finish. . .
- Cause I eats my broccoli
  - Cause I eats my spinach
  - Cause I lift Weider weights
  - Cause good always wins!
  - And don't you forget it!
  - Cause Olive Oyl loves me
  - To outlast Bruno
19. When its least expected, you're elected, you're the star today. . .
- Smile, you're on Candid Camera
  - Smile, you're on Star Search
  - Smile, you've won the Publisher's Clearing House Prize!
  - Smile, we're watching you!
  - Smile, the world sees you!
  - Smile, you're a hit!
  - Smile, you're Queen For A Day!
20. What do M&M's do?
- Melt in your mouth, not in your pocket
  - Make your tummy happy
  - Make you sweet
  - Melt your heart
  - Come in many colors
  - Melt in your mouth, not in your hand





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