

Five Ways to Donate to Charities when Budgets are Tight

As more potential donors are focusing hard on keeping food on the table and a roof overhead, charitable giving is often the first thing cut from a family budget. For individuals on a budget looking for creative ways to contribute to charities, BBB's Wise Giving Alliance is offering advice on keeping the spirit of giving alive this holiday season. BBB provides a "Top 5 Giving Alternatives" list this

Toys, Food or Other Items

Many organizations can put "in-kind" gifts to good use, but there are points to keep in mind. First, the donor should contact the charity to find out what donated items are needed. Donors sometimes think any item they give will be useful to someone, but the truth is that broken toys are not welcomed and soiled or tattered clothes will not sell in a thrift store. Disposing of unwanted or unusable "gifts" actually costs charities heavily in manpower and fuel costs.

Shop Thrifty

Goodwill Industries reports that as personal finances shrink, more people are buying donated clothes at its stores. And additionally, sales benefit its programs to provide job training. Buyers should note though, that not all thrift stores equally benefit the charities whose names are associated with them. For more information about giving to charity thrift shops, plus information about related tax deductions, donors can go to www.bbb.org/charity.

Car Donations

Changes in tax rules beginning in 2005 have in many cases lowered the charitable deductions for car donations. Donors should check out the charity's activities and find out how the charity distributes the proceeds from car donations, and how proceeds benefit those in need. In some cases, the charity may receive a flat amount or a small percentage of the car's re-sale. See the BBB Resource Library at www.bbb.org/charity for additional information.

Your Time

Donors can also volunteer their time this holiday season. The personal rewards can be great and can be as important to the charity as a cash contribution. Nevertheless, it's wise to find out about the charity before making a commitment. Volunteering doesn't have to involve direct assistance to those in need (like ladling soup at a homeless shelter). Assisting with office work or other behind-the-scenes tasks can be just as helpful. While the value of a donor's time is not deductible, some out-of-pocket expenses directly related to volunteering, like transportation costs, may be.

Your Voice

Many charity Web sites feature "advocate" as well as "donate" buttons. Those charities are telling donors that their advocacy can help advance policies and practices that will contribute to their missions. Charities can't promote political candidates but they can urge or lobby for public policies that further charitable causes.

While there are many ways to give this holiday season, keep in mind that even a small cash gift often produces

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“It is one of the most beautiful compensations in life, that no man can help another without helping himself”

Ralph Waldo Emerson

“The Pulse”

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1003 Willow Creek Road
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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-R:Joanne Emery, Sue Clyne, 2 time winner, Vivian Hines and Marty Mecca receive their MVV pins from CEO Tim Barnett.

Joanne Emery - was born in Allentown PA. She and her husband, Harvey, were childhood sweethearts; they met when he was 5 and she was 3! They grew up in the same neighborhood and married in 1953. They, along with their son Charles, came to Prescott in 1956. Harvey went to work at the Prescott Fire Department, and in 1961 their daughter, Barbara, was born. In 1968 they adopted their son, Stephen. In 1984 Joanne went to work as a secretary/bookkeeper for the First Congregational Church, where she stayed until 1998. Her family had always enjoyed camping, so in 1999 and 2000, Joanne and Harvey worked at Crater Lake, Oregon as summer campground hosts. Joanne is a proud mom; Charles is a detective, Barbara runs her own business in Yuma, and Steven is a paramedic/fire fighter for Central Yavapai Fire District. Joanne says, “When I was young I always said someday when I retire I want to volunteer my time at the hospital and give back to the community. That day arrived in October of 2005. I started as a volunteer in OB, but Jan Randall was looking for a volunteer so I took the position and have never been sorry. She and Patty Jones keep me as busy as I want to be and I couldn’t work for nicer people than there are on the third floor. I look forward to coming in to work each Tuesday and I get my exercise as I complete my tasks for Jan. I will remain here as long as God is willing, YRMC is a very friendly hospital and I am proud to be one of the many volunteers here.

“Joanne has contributed nearly 800 hours since she began her YRMC volunteer “career”. We are so grateful she chose us, and Jan tells us she couldn’t get along without Joanne’s help. Thank you, Joanne!” continued on next page

MVV Winners *continued* . . .

Marty Mecca - moved to the Prescott area 3 years ago and began volunteering at YRMC in July of 2007 in the Emergency Department. She enjoys the interaction she has with the medical staff and the patients that come into the department. Whether it's room prep, stocking supplies, making coffee, maintaining the refreshment stations, paperwork, running errands or assisting with patients, she feels that her 4 hour shift on Sunday mornings has been time well spent. This isn't Marty's first time in volunteering. She worked with the Orange County Sheriff's Office in raising funds for the deputies killed or injured in the line of duty. She was Chair of the *Relay for Life* in Garden Grove, CA for 2 years and was the Disaster Action Team Chair for the *American Red Cross* in Santa Cruz County. Marty is in business for herself working part time doing warranty claims for automotive dealerships and represents the manufacturer in consumer dispute resolutions. After being the service manager at Tim's Hyundai in Prescott and 19 years at Hyundai Motor America both at the national and regional level, Marty has experience working with the dealerships and consumers. Marty's activities outside the hospital include her two children, Chris and Tracy, a lot of volleyball playing, playing with her two greyhounds (one a little Italian Greyhound and the other a rescued racing Greyhound) and hiking. *"Marty has contributed over 350 hours since she came to YRMC, and brings a wealth of talent and experience to her service in Emergency. We are so grateful to have her in our volunteer family at YRMC. Congratulations, Marty!"*

Sue Clyne - has lived in Prescott since 1989 when she and her husband, Joe, retired from ASU and Motorola respectively. They moved from Indiana to the Phoenix area in 1959 after college, and raised their family there. Daughter Linda is an accomplished ceramist, son Alan is a career marine, and daughter Tina is a wife, mother and substitute teacher. They have 6 dear grandchildren. After moving to Prescott Sue worked part time at Yavapai College in the Registration Office for several years, and she enjoyed being around all the young people. She attends Sacred Heart Catholic Parish where she has been active in

several ministries. She has volunteered at St. Vincent DePaul in the office and in their Thrift Store. Her hobbies are travel, reading, hiking and cooking. She relishes all the friends she has and enjoys spending time with them. She especially treasures the time she spends with her grandchildren. Sue says, "My volunteer experience at YRMC is a most precious gift. I had wanted to volunteer here for a long while but circumstances prevented it. In 1994 our daughter, Linda, was diagnosed with terminal colon cancer. A dear friend of hers works for YRMC hospice so they were an integral part of her last seven weeks with us. My husband and I knew then that we wanted to give something back. I have only been here about three years and I love it. The Volunteer Office started me out in the Birthing Center, and 'surprise', I am still there. I look forward to coming to "work" and getting to meet all the new babies, moms and families. The nurses are very special, and I love each and every one of them. They are so appreciative of us volunteers and they let us know in various ways. I consider myself very blessed to have the opportunity to be of service to such a wonderful institution as YRMC."

"That Sue is a very special person is obvious to everyone who meets her. We consider that WE are blessed by her presence and commitment to YRMC. We thank her for the over 500 hours she has contributed to YRMC!"

Vivian Hines - is one of those rare and special people who are Prescott natives! She was born and raised on South Pleasant Street and was a Prescott High School "Badger Babe", Class of '42. She married and moved to California, and was a true "Rosie the Riveter", working for the war effort during World War II on B-24s. After the war she attended college and worked for Convair, General Dynamics, Hughes Aircraft and Garrett AirResearch. After early retirement in 1973, Vivian and her husband moved back to Prescott. She began volunteering for Sharlot Hall Museum in 1974, and enjoyed serving there for 24 years. During that time, she met Ruth Notches, who was a volunteer at the YRMC Information Desk. (Director's Note: We fondly remember Ruth here at YRMC) It sounded so interesting that Vivian applied to be a volunteer. She says, "It has been a wonderfully rewarding experience for me.

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Some Changes Are Coming!

They say that nothing is certain but change, but we wanted to advise you of one future change we're working on, so you'll be aware and "kept in the loop".

"Our growth in numbers and size inevitably means we have to change some of the ways of doing things that worked well for a smaller program."

Our growth in numbers, size and locations inevitably means we have to change some of the ways of doing things that worked well for a smaller program, but don't so much when we "grow up". For us, it means we need to tighten up some procedures and implement some new requirements that will enable us to keep good control of our program and avoid the chaos that can result from not knowing what's happening. With 900+ volunteers, it's impossible to keep a finger on the pulse as you might do with, say, 200 volunteers.

We've talked about competencies and measuring tools and other ways to ensure that we are utilizing our volunteers in the best possible way for years. Now we find that in order to be certain that all volunteers have the most current information and can perform their service to the best possible levels, annual "In-service" training geared to specific job duties/functions is needed, in addition to reorientation covering the general topics all volunteers should know.

"We will be working closely with your Chairpersons and you,"

We will be working closely with your Chairpersons and you to come up with plans to hold meetings for the volunteers working in your specific area. In addition to providing information about duties, roles, changes in service descriptions, etc. that your Chairperson may need to get out to all the volunteers in your dept, a meeting/in-service is an opportunity for you to meet and talk with the other volunteers doing the same job you are. Feedback and sharing experiences with volunteers serving in your department can be invaluable, and it's a forum for sharing ideas, solutions and suggestions for improvement. Finally, it will help show compliance with regulatory requirements for continuing education and training, which is why we need to make it mandatory.

It's our expectation that after the first of the year you will begin hearing from your Chairpersons about sessions they will be scheduling.

"Attendance at a minimum of one department specific session annually will be required of all."

The frequency and scheduling of the sessions will depend on your area of service and your particular Chairperson. For those who don't have a Chairperson, the volunteer office will work with the staff in your dept. to ensure you are given regular opportunities for training and currency with the functions in your area. Attendance at a minimum of one department specific session annually will be required of all volunteers, but we would encourage attendance at as many as your Chairperson schedules, since they will be informative, hopefully enjoyable, and will give you the opportunity to make your service the best possible experience it can be.

Again, we find it impossible to convey to you the importance of your role at YRMC, our gratitude for the commitment and dedication you give us, and the blessing that you are to the patients we serve. THANK YOU! ◆



MVV Winners *continued from page 3*

The volunteers that I have worked with, and others that I have met, are the kindest and most dedicated people I have ever known."

"That could easily be said of Vivian, too. She is quiet and shuns the spotlight, but she is one of the most committed volunteers we have. She joined YRMC in January of 1999, and has accumulated over 6,300 hours of service since then! She is always willing to go above and beyond the average, and that's why she is now a two time MVV winner AND the winner of our Sandy Zinn-Martin Award for 2006. We are so proud that Vivian has chosen YRMC to be the place that she chooses to give her outstanding service!" ◆

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!

Dorothy Benetti from staff
Dorothy has been helping patients, guests, and employees at YRMC for years. Her wonderful smile, knowledge and attitude are so vital to our community of service.

Judy Besser from staff
Judy does such a variety of tasks and is always so helpful and efficient. We want her to know that we really appreciate all that she does for us!

Dorothy Braxton from staff
Dorothy is a wonderful volunteer in the gift shop. She is very sweet and helpful with the customers. On September 26, she came in and helped us with our special sale. We appreciate all the help she gives.

Sue Cholewa from staff
Thank you so much for being my “Bingo caller” at the picnic. With your help I was able to be in two places at once. Your help was so greatly appreciated!

Seymour Dicker from staff
Seymour has come in to fill extra shifts for the Physician’s Desk Reference numerous times. . . even coming in right before a planned vacation! He is thorough, thoughtful and committed in his position serving the community in a vital way.

Jeanne Fredricksen from staff
I wish to thank Jeanne so much for coming in over the lunchtime to help with our recent scrub sale. This is an extra shift for Jeanne. She also came in at 6:00 am to do payroll at our recent “Books Are Fun” sale. This enabled the people working the night shift to take advantage of our special event. Jeanne is always willing to help out when we need her. She is a very special volunteer.

Gift Shop Personnel from staff
I appreciate that the gift shop has such regular hours everyday. I was at a facility in Phoenix and the gift shop wasn’t opened for 3 days. So thank you for your dedication and service!

Vivian Hines from staff
We had a crisis on the front desk, both volunteers were out. Vivian willingly came in to cover with no advance notice. She is such a great asset to our team. She is knowledgeable, efficient and always willing to help. We really appreciate her.

Sharon “Tinsel” Hunt staff
Tinsel participated in a panel presentation at the statewide conference of the Association of Arizona Healthcare Volunteers in the Performing Arts in Healthcare. She did a fantastic job delighting everyone and answering questions about our YRMC Clown Program. Thanks, Tinsel!!

Larry Semsch from staff
Larry used his expertise to help us with some training materials. He always steps up to give us a hand. We really appreciate all he does to help YRMC.

Evelyn Koepke from staff
Evelyn processes all the paperwork for new volunteers. In addition, she does doctor’s mail and takes on new positions as needed. She is always willing. We love her!

Dan Leung from staff
Dan has been a wonderful asset for endoscopy. He offers to substitute when needed. He also shares his wonderful photos, making the waiting room cheerful and inter-

esting. Thanks, Dan.

Terry McClendon from staff
Terry started the gift shop with nothing but a vision. She left employment and returns as a volunteer. She left the staff well trained, the shop with inventory and procedures and policies in place. This made the transition to the new manager much easier.

Marcie Raney from staff
I want to thank Marcie for coordinating and working in our recent scrub sale. She also buys the greeting cards we sell in the gift shop and has done so for many years. This time of year is busy for her as she is figuring out our needs with the cards for Christmas. She takes all the catalogs home and spends a lot of time figuring out what we need. And as if that weren’t enough she runs the staffing of our special events in addition to working an evening shift. Thank you, Marcie for all the extra things you do for the gift shop!

Randi Suppes from staff
Randi worked her regular Thursday morning shift and then came in and worked the Friday morning special event, getting here at 5:45 am, so it could be open before the night shift went home. Randi is willing to work whenever we need her.

Phyllis Troutt from staff
All our special events are handled by the volunteers working extra shifts. Phyllis came in at 6:30 am to help with our recent scrub sale. This in addition to working her regular shift and ordering all the candies and snacks for the gift shop! She is always so generous with her time. She definitely has the YRMC spirit! ♦

The East Campus Page

East Campus Volunteers. . .

East Campus is in a unique position in that a large number of volunteers started at the same time. It becomes obvious at the award ceremony we hold on a quarterly basis. It is such a pleasure to recognize the individual milestones as a volunteer accrues the required number of hours for a patch, pin, or bar. Many have reached, or are close to reaching, the 500 Hour Bar! The hospital has been open now for 2½ years. When I think of someone's having volunteered for hundreds and hundreds of hours in that time, it's so impressive. How quickly 4 hours per week add up to a significant amount of time.

As I was mulling over what I would say in this newsletter, I was thinking how many things in life are like those accrual of hours. It often is the little things we do that amount to something meaningful. Lynnel and I have talked about how grateful volunteers are when we call to check up on them or even just send a card. So little acts by little acts, we develop friendship, trust and good will.

As this year comes to an end and we look forward to 2009, I wish each of you the very best. Thank you for all you've done for YRMC - and me. May you enjoy the holidays and have a wonderful year.

Ann Monroe

New East Campus Volunteers. . .

We welcome you all to our YRMC volunteer family!

- Elton Bailey
- Mary Bodie
- Ronald Bratton
- Jeritza Bradshaw
- Pamela Easley
- Charles Matthews
(transferred from West Campus)
- Muriel Mills
- Nancy Morgan
- Toni Worthen
- Marty Zoeteman

T.E.A.M. Awards Special Recognition

Awards go to volunteers and others who do something special that makes a difference at YRMC.

Barbara Clare from staff
Barbara was kind enough to entertain a patient's child while she was having a test done in our department. She was so sweet to the child and made it so nice and comfortable for the patient (and her child) to complete the test. Thanks Barbara! e are so lucky to have you and all our volunteers!!

Luana Mangold from a volunteer
Luana is a very caring person. She played at the memorial service at my church for my friend. I appreciated it so much!

I Believe

I believe in miracles and dreams that will come true, and I believe in happiness and friendship, through and through.

I believe that when you cry, your tears are not in vane, and when you're sad and lonely, someone knows your pain.

I believe that when we laugh a sparkle starts to shine, and I just know that spark will spread from more hearts than just mine.

I believe the gifts you have are there for you to share, and when you give them from the heart, the whole world knows you care.

I believe that if you give, even just to one, that gift will grow in magnitude before the day is done.

I believe that comfort comes from giving part of me, and if I share with others, there's more for all to see.

I believe that love is still the greatest gift of all, and when it's given from the heart, now one of us will fall.

*from
Quick Inspirations*

**Calendar:
Nov - Dec - Jan**

- Dec 10 - Holiday Celebration Meal
West Campus**
- Dec 10 - Holiday Celebration Meal
East Campus**
- Dec 21 - Happy Hanukkah! 
- Dec 21 - Merry Christmas 
- Dec 31 - New Year's Eve
Happy 2009 
- Jan 09 - Reorientation - Spruce Room
West Campus - anytime be-
tween 10 am and 2 pm*
- Jan 19 New Volunteer Orientation
8:45 am - 3 pm - Spruce Rm
West Campus*
- Jan 19 Martin Luther King Day 

*Orientations and annual reorientations for East Campus will be scheduled as needed by Ann Monroe.

**Volunteer musicians will be providing background music for this event as a special holiday treat.

**East & West Campus
Gift Shops**

COUPON

10% OFF
any single
non-sale item

Valid through March 31, 2009
One coupon per person, please

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

What's In Your Bank Account?

A 92-year-old, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, the aide provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

'I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

'Mr. Jones, you haven't seen the room; just wait', said the aide.

'That doesn't have anything to do with it,' he replied.

'Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. 'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away, just for this time in my life. Old age is like a bank account. You withdraw from what you've put in.'

May you deposit a lot of happiness in your bank account of memories!

"Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it."

William Feather Writer

Women and Heart attacks (Myocardial infarction)



Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack. . .you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor that we often see in the movies.

Here is the story of one woman's heart attack.

"I had a completely unexpected heart attack at about 10:30 pm with NO prior exertion, NO prior emotional trauma that one would suspect might've brought it on. I was sitting all snugly and warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, "A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up."

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. This was my initial sensation—the only trouble was that I hadn't taken a bite of anything since about 5:00 pm. After that had seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR). This fascinating process continued on into my throat and branched out into both jaws.

"AHA!! NOW I stopped puzzling about what was happening — we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, "Dear God, I think I'm having a heart attack!" I lowered the foot rest, dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself "If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else. . .but on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up."

I pulled myself up with the arms of the chair, walked slowly into the next room, and dialed the Paramedics. . .I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in..

"I then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the Cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me and asking questions (probably something like "Have you taken any

medications?") but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stents to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the Paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St.Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

"Why have I written all of this to you with so much detail? I want all of you to know what I learned first hand,"

1. Be aware that something very different is happening in your body not the usual men's symptoms, but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one, and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation, and go to bed, hoping they'll feel better in the morning. . .which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly hap-

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Halloween Poem by Thad M. Vaughn

I remember counting down all the days left until Halloween, thinking for weeks about which costume we wanted, bringing our parents, relatives, family members, friends, boyfriends, girlfriends and making a decision.

Being princes, princesses, gypsies, animals of some kind, super heroes, different comic-strip characters of some kind, etc.

Getting dressed to go trick or treating, to Halloween parties, to haunted houses, to Halloween Dances, or anywhere in particular on Halloween night. . .while it was getting dark outside.

The porch lights were all on, waiting for the ghosts, goblins and so on to arrive on doorsteps.

If the weather was cold, like bone-chilling, freezer cold (brrrrrr!), we'd ALL go in our nice warm costumes and with our beautifully painted faces or with our warm masks on our faces.

I always remember being happily, heartwarming, lovingly excited. I'll NEVER forget Halloween. . .going from door to door and saying the famous all-time tag line, which is: "Trick or Treat!!" and getting all sorts of good candies, fruits, gum, cookies, money, etc. Inviting friends and family members over to have fun with one another on Halloween.

By the time people got home, all the candy and such was all there waiting to be inspected. This I will cherish forever.

Thad has worked in the YRMC cafeteria for 15 years and obviously loves Halloween. Thank you, Thad for sharing your poem with us.

New West Campus Volunteers . . .

- Cat Crass
- Larry Cunningham
- Soukie Dahan
- Jenny Dihl
- Joel Gemberling
- Gary Glaser
- Sara Hanson
- Fred Harms
- MaryLou Hazard
- Catherine Koppel
- Hazel Lewis
- Jennifer Lowe
- Rosemary Madden
- Ruth Martinez
- Keith Mason
- Bettyt Mateko
- Suzanne Mattix
- Audrey Michels
- Bert Mitchell
- Mark McCommon
- Cynthia Murphy
- Jennifer Pringle
- Virginia Promer
- Gary Rader
- Judy Terrio
- Al Safallo
- Margaret Safallo
- Harvey Smith
- Kathi Stevens
- Nicole Styer

Women and Heart Attacks *continued*

pening that you've not felt before. It is better to have a "false alarm" visitation than to risk your life guessing what it might be!

need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your doctor will be notified later.

2. Note that I said, "Call the Paramedics". Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER. . .you're a hazard to others on the road, and so is your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor. . .he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistant (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high, and/or accompanied by high blood pressure.) MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you up from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.◆

Ways to Donate *continued*

from first page

big benefits. For example, Feeding America says that \$1.00 in cash can help bring up to \$30 worth of food due to economies of scale not available to the public.

For more advice on charitable giving, including BBB reports on more than 1,000 national charitable organizations, go to www.bbb.org/charity.◆

By Mathew Fehling BBB President/CEO



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

NON-PROFIT ORG.
U. S. Postage
PAID
Prescott, Arizona
Permit No 317



Happy Holidays From Volunteer Services!

We have openings in the following departments:

- Mammography
 - Gift Shop
 - Ambassador
- Emergency Department
- Emergency Department Greeter
 - Cardiac Cath Lab
- Human Resources
 - Library Cart
 - Snack Cart
- ICU West Waiting Room-new area of service!
- Third Floor Patient Services-new area of service!