



July - September 2022

A Word from our Director

WakeMed Volunteers,

Your commitment to serving the WakeMed Mission, our patient & family centered initiatives, and ultimately our community are greatly appreciated. As the weather turns cooler and leaves begin to change, we are thankful to have the opportunity to also grow through this season of change to our environment, processes, and approaches. We are striving to understand and align our efforts for the best possible outcomes with our service efforts, fundraising, and impact. Thank you for your input on the recent WakeMed Volunteer survey as we value this highly and will be using it, in the coming weeks, in our strategic planning efforts. Please read further to hear about the great things happening within WakeMed Volunteer Services and our Raleigh and Cary Volunteer Board of Directors.

Thank you,

Chris Perry, MBA

Director

Guest, Retail, & Volunteer Services

In this Issue

- Director - Chris Perry's commentary page 1
- Raleigh's Chair Report page 2
- Cary's Chair Report page 3
- Volunteer Spotlight page 4,5
- Site Supervisor Spotlight/Volunteer Updates page 6
- Volunteer Updates pages 7
- Community Sewing Donations page 8
- "Tell a friend about volunteering" page 9

Quote of the Quarter

"Life's most persistent and urgent question is, what are you doing for others?" —

Martin Luther King, Jr.

Raleigh's Chair Report



Hello everyone!

October marks the start of the new fiscal year for the Volunteer Board for Raleigh & North Hospitals and in keeping with that transition, on behalf of the entire board, I would like to welcome the following people to the Volunteer Board of Directors:

Chris Clarke
Denise Feighery
Amy Krieger
Denise Scott
Margaret Van De Cor

It is with a deep sense of gratitude that we also extend our thanks to outgoing Board members Holly Fryman, Lynn Rasmussen, and Sally Stallings. Your gift of time has helped the Board fulfill its mission of supporting WakeMed patients, families and staff.

In recent months, the Board of Directors has approved funding for several projects on both the Raleigh and North Campuses.

Pulmonary Rehabilitation Program – In support of the WakeMed mission of improving the health of our community, with an emphasis on patient support, funding has been provided for hand held lap counters. These tools will be provided to patients to facilitate their home exercise program.

Child Life Department – Once again, we are happy to once again provide funding for supplies for this vital area of our Children's Hospital. This effort supports our patients and families at difficult times through education and diversionary activities.

In addition, we have funded two separate projects that support the WakeMed "Extraordinary Team" aspirational goal. This funding will be used to support different WakeMed staff enrichment programs throughout the year. The two groups receiving these funds are: Pediatrics Unit Council (4E & PICU) and the WakeMed North Hospital Employee Engagement Committee.

This marks my last Heartbeat Article as the Chair of the Raleigh & North Hospital Volunteer Board. It has been an honor and pleasure to serve in this capacity for the past few years. I am excited to introduce the Board Officers for Fiscal Year 2023:

Ken Harrison – Chair
Sherman Driver – Vice Chair
Denise Feighery – Secretary
Susan Legatowicz – Treasurer

I know they will serve our volunteers, patients, families & staff well.

I'll see you at the hospital!

Kind Regards,

Ann S. Brown, Chair
Volunteer Board of Directors for Raleigh and North Hospitals

Cary's Chair Report



Hello Everyone!

The WakeMed Cary Volunteer Board of Directors welcomes four new Board members as we look forward to a new year with exciting new possibilities. Joining our Board are hospital volunteers Sharon Thomas, Garry Miller, Jennifer Clark and Nisha Padia.

Once again the Cary Board will host Trunk and Treat on Friday, October 28 from 5:30 to 8:00 PM. This has been the "labor of love" for outgoing Board member Lois Dziedzic, who recently relocated from the Cary area and will no longer volunteer at the hospital. Under her leadership, this event has grown annually to a premier Town of Cary event.

The 2022 event on in the WakeMed Cary Hospital parking lot will feature decorated car "trunks" and costumed adult characters handing out treats provided by the Volunteers and Sponsors. Trunk and Treat provides a quality family event highlighting WakeMed Cary as the Town of Cary's "hometown" medical facility.

In 2021, an estimated 1000 treaters visited 20 decorated vehicles provided by hospital departments and neighboring businesses. In addition, both the Cary Police and Fire Department were represented with vehicles and personnel. They all came out in force on a cold and rainy night!

This event provides the children of Cary a safe "trick or treat" experience and all Cary (and neighboring community) children are invited free of charge. It is also an opportunity for local businesses to support WakeMed Cary in a very visible manner, and for hospital personnel to participate in a fun community event. Finally, it is an opportunity for WakeMed Cary to present ourselves to our Cary Community in a fun way.

The entire Volunteer Board helped solicit sponsors who generously provided funding to support the event including: Chicken Salad Chick, DiProfio Homes, J&F Gemelli Hair Salon, Johnson Hyundai of Wake Forest, New York Life Insurance of Raleigh, Reys Steakhouse, Steve Palmer, The Templeton of Cary, Thomas Guertin Real Estate and Tobacco Road Sports Café.

This year, the Volunteer Board anticipate the participation of approximately 25 vehicles, and to serve potentially 1200 children. In addition to the decorated vehicles, police car and fire truck, a disc jockey will provide entertainment to create a festive atmosphere.

With the backdrop of the WakeMed Cary campus, Trunk and Treat is held in a well-lit parking area with the WakeMed police force providing security. Plenty of parking is available as well as comfort facilitates.

We hope that everyone will come out and share a great evening with us and once again, we salute Lois for her dedication to make this a signature event, which we hope to continue throughout the years.

Kindest regards,

Joyce Aschenbrenner
Chair, WakeMed Cary Volunteer Board of Directors

Raleigh Campus Volunteer Spotlight



Theresa Marks, has been chosen as our Raleigh Campus “Spotlight” volunteer for our fourth quarter 2022! Theresa moved from Texas and wanted to get involved in her new community. Theresa chose WakeMed because of the focus on patients and families. **“Our family loves to give back to the community and pay it forward for others. WakeMed is built on that foundation and volunteering here brings joy to me”**.

Theresa is able to help patients and visitors through very difficult and stressful experiences. She is able to help, listen, and make a connection to bring them comfort. When asked what her volunteer experience means to her, she answered **“I love it here. Interacting with people and helping them directly is my passion and it brings me energy! I appreciate that WakeMed has such a strong and diverse volunteer program so we can all help the people in and around Wake County.”**

Theresa makes a difference in the lives of our visitors and patients. There was a particular time she recalls when she was escorting a visitor to the ICU. **“One lady talked to me all the way up to ICU about how she didn’t want to see her friend in the hospital in the condition she was in but she knew God wanted her to. When she stopped and couldn’t go into the room to see her friend, I reminded her what she had said to me on the way up. She went into the room and talked to her friend for the last time. I saw her when she was leaving the hospital and she thanked me.”**

Theresa brings her compassionate care to WakeMed and believes *Respect for People* is the WakeWay every-time behavior that best describes her. **“I love that everything that we do has our patients and families at the top. Families are so important to the healing process. Sometimes people come to WakeMed and do not have a family to support them. In those cases, I work to be the support person for them so they know someone is there for them.”**

Theresa has been with WakeMed for 3 years, 8 months, and has dedicated over 1,200 volunteer hours. Thank you for all you do, Theresa, for our patients, families, and staff of WakeMed Health and Hospitals!!

Theresa has been with WakeMed for 3 years, 8 months, and has dedicated over 1,200 volunteer hours. Thank you for all you do, Theresa, for our patients, families, and staff of WakeMed Health and Hospitals!!



Cary Hospital Volunteer Spotlight



Sam Weitzel and Reima Bash are both Duke University students but are also big sisters to younger brothers. Now that they are in college, they are spending their Saturday evenings carpooling together to WakeMed Cary to volunteer in the Women's Pavilion. We asked them why they chose WakeMed to volunteer their time, and here is what they had to say.

Sam Weitzel: "One of the first memories I have regarding my brother, who's four years younger than me, was through WakeMed Cary. I took a class about how to be a big sister through the Women's Pavilion, learning how to hold a baby and be as gentle as a four-year old can be. I was also born at WakeMed Cary myself. I've grown up hearing stories of my mom's surgery and looking at the photos of her holding me for the first time. I jumped on the opportunity to volunteer in the Women's Pavilion now as a college student, hoping to also contribute to that incredible experience that WakeMed fosters for families, mothers, babies, and all groups it serves. Being involved in the effective yet gentle care that the entire WakeMed

community offers will allow me to learn some of the crucial elements of a compassionate healthcare provider. In the future, I see myself creating some of the same feelings of joy, love, and care through medicine. WakeMed is one of the primary places that I've seen these feelings growing up, and I wanted to help give that same experience to others that come through these doors."

Reima Bash: "When my brother was born, my father sat me down with obstetrics and gynecology pamphlets on the process of pregnancy. As he traced his fingers over the diagrams and explained the medical jargon in four-year old terms, I became engrossed with the idea of life and the mechanics behind it. At the hospital, I remember looking up both physically and literally to the people in the delivery room and women's health department. Similar to the cell, every single part of the department has to work in coordination together with the patient's care at the forethought.

Going to the hospital is stressful, no matter what the situation is and I always want to be the person to put others at ease and help them. Volunteering at WakeMed has helped me develop a further love and passion for women's health and medicine.



Cary Hospital Volunteer Site Supervisor Spotlight



Tonya Gulley is the Site Supervisor for volunteers at the Surgical Services Information Desk at Cary Hospital. Tonya has been in healthcare since 1983 and been with WakeMed for 23 years. Right away when you meet Tonya, it is obvious she is passionate about volunteers. The reason is you can often find Tonya volunteering and serving others. She believes in service and lives this out in her daily life by serving others. Tonya has gotten donors to donate clothing, coats, non perishable food, etc to WakeMed and many other organizations in Raleigh. If she sees a need, she just does it, and brings other along to help too. Tonya says her mom taught her to look out for your neighbors and each other.

In addition to her full time work, caring and spending time with her family, and leading others in volunteerism, Tonya is a senior at Liberty University at 59 years young. Her plan is to continue on to get her Masters in Social Work. A warm thank you to Tonya for all you do for WakeMed and for our community!

Volunteer Services Updates - We Love Our Volunteers

"To the volunteers who make the lap quilts for Veterans. Thank you so very much. I cannot tell you how much it meant to me to receive my lap blanket. So many times women Veterans are forgotten. It really meant the world to me and my husband. He's retired Army, I retired USAF. God Bless you and our country."

"To the volunteers who knit and crochet items for the patients at WakeMed Hospital: Thank you for the blue shawl one of your crocheted for me. It was right after my surgery that someone appeared in the doorway of my hospital room holding up two items. She gave me my choice and just said they were made by members of their volunteer group. I choose a light blue shawl. It was long enough to cover my back and shoulders just like a jacket and it had two buttons to fasten it so it would not fall off. It was just what I needed to keep me warm in my drafty hospital gown. Thank you very much! I really appreciate your generosity and kindness in using your time and talent's to keep a stranger warm. Many thanks!"

"I am in Cary, NC with my dad who is hospitalized due to chronic heart and lung disease. His biggest complaint is that he feels so cold. So you can imagine how happy he is to receive a soft, fleece, blanket from an unknown hero. Thank you for all your do!! You make a difference. Thanks, Jackie (from Chicago)."



Volunteer Services Updates - We Love Our Volunteers



Cary Volunteers at Cary Public Safety Day



Mary Hill, Surgical Services volunteer with Site Supervisor, Yasmin Ayala, at Cary Hospital. Volunteers make our units more enjoyable for our staff and patients.



Pet Team, Brenda and her toy poodle, Bailey, showing some puppy love to the staff at Brier Creek Healthplex Emergency Department.

Congratulations Barbara Brooks!

Raleigh Campus Volunteer for Over 35 Years of Service.

Thank you Barbara !!



Volunteer Services Calendar of Events

BELK's SALE:

Volunteer Help is Needed: Contact Volunteer Services to sign-up

Cary Hospital: December 6, 7am - 4pm
 Raleigh Campus, December 8, 7am - 4pm
 North Hospital, December, 13, 7am - 4pm

First Uniform Sale Outcome from August:

Raleigh:	\$5,761.66
Cary:	\$2,268.82
North:	\$1,065.12
Grand total:	\$9,095.60



Proceeds from the sales allow the Volunteer Boards to provide funding to support programs and services at WakeMed Health & Hospitals.

4th Quarter Sewing Donations

Raleigh Campus

Ann Jagger
 Barbara Dickerson
 Betty Whitley
 Capital Quilters
 Guild
 Carol Dahle
 Carole Martin
 Carole Parslow
 Cary Stitchers
 Charlene Melinsky
 Charlotte Montillo
 Creekside at
 Beth Page Needling
 Around
 Dawn Tarzia
 Emilie Powell
 Glenda Poulter
 Jana Cruz
 Janet Jennings
 Jolien Powell
 Joy Maldonado
 Joy Young
 Karen Kimrey
 Kathryn Clarke
 Kathy Turner
 Laura Stiles
 LHS Crafts and
 Donations
 Meredith McKinney
 Michele Boyce
 Mildred Chavis
 Nina Honeycutt
 Olivia Poole
 Pam Adcock
 Pamela Ponton
 Patty Kribbs
 Pearl Fowler
 Piper Marshburn
 Project Linus
 Quilts for Kids
 Randa Maheer
 Rebecca Kalsbeek
 Rolesville Baptist
 Church
 Ruth Hodge

Sharon Barrow
 Sheila Henderson
 Sherri Ingersoll
 Sherrill Boyce
 Sherry Schulz
 St. Matthew Baptist
 Church
 Susan Breslin
 Susan Griffith
 Susie Franzheim
 Threads of Love

***We love our
 Community
 Sewing
 Volunteers!***

**Raleigh Campus
 Sewing Groups:**

Contact Dawn Sykes

dsykes@wakemed.org

**919-350-8293 to up-
 date member status.**

Cary Hospital

All Saints Knitters
 Alora Ashton
 Amy Johns
 Anna Gilman
 Ann Jagger
 Anna Regina Viola
 Barbara Allen
 CP Needle Art &
 Quilting
 Cary Blanketeers
 Cary Quilting
 Cary Stitchers—
 Knit/Crochet
 Cary Stitchers—
 Sew
 Cindy Larsen
 Clara Ashton
 Compassion Knit
 Hearts
 CP Needle Art &
 Quilting
 Crafting Blessings—
 New Hill Baptist
 Deanna Babyak
 Debbie Egbert
 Dotty Morefield
 First Reform Church
 Women for
 Children
 Gale DeBinder
 Garner On The
 Mend
 Hindu Society NC
 Jeannine Hobbs
 Judy Latham
 Karen George
 Leanna Bensinger
 Lillian Cooke
 Linda Haley
 Linda Stander
 Lori McGrath
 Mary Parrish
 Material Girls
 Quilts for Kids
 Rose Byrd

Rosemary Dahlberg
 Sarah Corinne
 Bossert
 Sarah Moon
 Sharon Pike
 Sherri Ingersoll
 Shruthi Meenaksh
 Stitch Together
 Sue Terjesen
 Susan Coulter
 Susan Tapp
 Terry Schaible
 The Shepherd's
 Church
 The Templeton
 Threads
 Tina Thomson
 WYWLA NHS

***Thank you for
 your
 Beautiful
 donations!***

Cary Hospital

Sewing Groups:

Contact Pennie Graham

pegraham@wakemed.org

**919-350-2363 to up-
 date member status.**

Tell a friend about volunteering for WakeMed

WE WANT YOU

WakeMed Health and Hospitals is currently recruiting adult volunteers for all locations. If you know someone who is looking for a rewarding volunteer opportunity that touches the lives of patients and families, we'd like to speak to them.

Attention Volunteers, please tell a friend about our open opportunities

We need more volunteers interested in patient interaction, office support duties, wayfinding/guest services, or just visiting with people, an assignment is waiting for you! Assignments are placed based on skills and interests. Learn more about volunteer opportunities such as,

Patient Care, Women and Children Services, Gift Shop, Information Desks, Guest Ambassadors, Courtesy Cart Driver, Pet Therapy and more

Visit www.wakemed.org and click on "**Volunteering**" to search for current open placement opportunities at WakeMed locations.





Department of Volunteer Services

3000 New Bern Avenue

Raleigh, NC 27610-4465