

heartbeat

May 2011



Volunteering is the New Botox: Inject some into your life

By Lori Gottlieb
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Not very much has been written about the benefits of volunteering other than the obvious: volunteering helps in career development, volunteering is good to share skills and volunteering is the foundation of communities but recently there has been some interesting data about volunteering being good for your health.

Statistically, the Alzheimers Society tells us that over the next 30 years ten million baby boomers will be turning 65. That golden number says you are wrapping up your career and what are you going to do now? As the economic times have taken their toll, are many of us going to be able to travel extensively and keep busy 24/7 or are we going to wonder what do we do now? What is going to make us feel good? How are going to avoid the "I am not needed anymore" mentality? Can my skills and passion make a difference, could volunteering help me while helping others?

Doing 40 to 100 hours of volunteering a year can have a positive impact on your health. Research out of the [Mayo Clinic](#) indicates that volunteering lowers your risk of heart disease, may help you feel younger and even live longer. Whether you are young or old, volunteering can help you wave off depression, increase self confidence and stay physically healthy. Toronto's [Baycrest Hospital](#) has just begun studying healthy brain age through the Baycrest Research about Volunteering in Older Adults (BRAVO) project, which will be completed in 2013. This project is investigating the link between volunteering and brain health, as measured by physical, cognitive, and social functioning, rather than directly examining brains (e.g., through MRIs).

This groundbreaking research came about from a scientist at Baycrest who was asked to speak at their volunteer recognition event and who realized that there has not been a study done on brain health and volunteering.

Previous research has focused almost exclusively on how people feel volunteering has helped them, but has not explored how volunteering improves older adults' cognitive functions, such as memory and attention. BRAVO volunteers' physical, cognitive and psychosocial functioning will be assessed before and after a year of volunteering. This research project will focus on the scientific link between the act of volunteering and how it affects brain health.

Well I say volunteer! Volunteer well! Volunteer often!

Use the skills that you have to make a difference to not just the community but to your quality of life. Find something that makes you think, laugh and feel good about yourself.

Research has shown that volunteering creates a "helping high" and when you feel good your body releases neurotransmitters into your system. This is that "feel good" feeling: that you have when you are needed and appreciated. Feeling good is good for your health in so many ways. Being active both through volunteering and various other activities may also help you avoid depression and those little stress lines that many have paid good money to remove. It's also associated with longevity.

And what about that magical injection of botox? Can injecting volunteerism into your life have the same effect? Based on findings presented at [Neuroscience 2010](#), Botox helps people by creating a physical change in their appearance that makes them feel good about themselves in a positive way. By feeling good, you may remove some of your stress and anxiety. These injections are used to help you look younger and therefore feel younger by causing the facial muscles to relax.

So you can choose to spend your hard earned dollars trying to look young artificially or you can volunteer your time and get that natural euphoria that comes from helping others and giving back. Your choice! I know I prefer anything that does not have a needle attached to it.

Lori Gottlieb is the Manager of Community Engagement for The Arthritis Society, Toronto Region and the founder of Lori Gottlieb Consulting. Lori is an internationally published author and workshop facilitator. Lori can be reached at lori.gottlieb@rogers.com. This article was originally from Charityvillage.

THE ESSENCE OF VOLUNTEERING: A Volunteer's Perspective

Dear Elaine,

For about three years I have been rewarded by being a volunteer at the Wake Rehab. I would like to thank you for welcoming me into your facility as it has provided me with the most rewarding experiences that I have had in many years. For my first few months I was there only one morning a week. Your staff patiently introduced me to the work that they were doing on 2C and 2D and allowed me to assist in helping to make the patients comfortable in their surroundings. As I became better acquainted with the staff and the needs of the patients, I found there to be a weakness in their individual care where I could help. You have a wonderful and dedicated staff, but meeting their reporting requirements and all of medical and physical needs of the patients leaves them very little time for their social and psychological needs. In that area the therapists in speech, PT and OT and other support staff do a wonderful job with the one on one relationships that they establish with each patient. I never hear anything but praise from patients about any of your staff, and I share their feelings about that. I have asked your staff to tell me how can I be of value in such a well managed program? How can I justify the time spent volunteering with all of the other requirements that I have on my time? Based on the comments and advice of the staff, I have concluded that I am well qualified by training and life's experiences to make a difference. One morning a week is not enough time to become acquainted with a patient before seeing them transferred home or to another facility; so I try to go three mornings. Having been born during the depression, served in the military, become knowledgeable of many professions, been married and raised a family, I have a lot in common with most of your patients. I believe that my best contribution to the program is to become a friend who will help minimize any discomfort whether it is to get them fresh ice water, coffee or soda, help fill out their menu, or find a nurse or aid to help out with their care. I find that the most appreciated thing that I can do is to just visit, share life's experiences with them, share some jokes or magazines and recognize with them the progress that I can see that they have made since a previous visit. They have been through traumatic times and need to express their frustrations and have cheerful reinforcement about their future. I enjoy helping transport them to and from therapy. I try not to miss an opportunity to introduce myself to every patient that I see, and offer positive encouragement. I get to meet the patient's family quite often and find it very rewarding that they have heard of me and are appreciative for the time that I give to their loved one. When I visit PT and OT I am amazed at how many patients I have already established a friendly relationship with. They remember my name even though I can't always remember theirs. Your staff is like family and I love being associated with them and look forward to each visit. I would like to make the time that I spend at the Rehab Center as meaningful as I can and will welcome any suggestions from you or your staff as to how I can do that better.



Sincerely,
Bobby Harrison
Volunteer/Rehabilitation/WakeMed Raleigh Campus



Dear Bobby,

You have sent such a lovely message that captures the essence of being a volunteer and why you are extraordinary! I have shared this message with our rehab hospital management team and with volunteer services. We value you as part of our team. Just like all of the players on a team, your position brings something unique and special and helps us to be not only "well managed" but champions.

Elaine Rohlik

WAY TO GO!!!

SPECIAL RECOGNITION

The Department of Nursing recognized the WakeMed Raleigh Campus and the WakeMed Cary Hospital Volunteer Services staffs and Visitor/Gift Shop manager (Susan Hester, Marie Johnson, Jackie Kennedy, Bethany Kelly, Dee Thompson and Tana Taylor) and volunteers Sally Perdue, Dot Kohlbach, Georgette Watson, Frank Johnson, Wade Burnette, Marion Boissiere, Shirley Bartee and Donna Wong during the 2011 Nurses Award Banquets on Monday, May 9 and Thursday, May 12. Individual certificates were presented to each honoree.

In celebrating the hard work of our nursing staff, the Department of Nursing presented the Volunteer departments an acrylic award that reads:

Essential Piece



Isn't it a wonderful thing that we're all different?

Each of us has strengths and skills to share.

And when we link our individual strengths together, we're invincible.

Can't imagine us without you.

In Deepest Appreciation To

Volunteer Services

Thanks to all our volunteers for all you do each and every day.

You are truly appreciated and valued members to our organization.

The President's Corner

WakeMed Raleigh Campus



As we celebrated National Healthcare Volunteer week, April 11 thru April 17th, there were many congratulations and recognitions for you, WakeMed Volunteers. I hope you have read the volunteer recognition article written by Susan Hester, Director of Volunteer and Community Services and posted on WakeMed's web site. The article gave an in depth view of what you do and

how WakeMed benefits. Also there was recognition to volunteers by WakeMed in the News and Observer.

Volunteers at WakeMed truly make a significant contribution to the WakeMed System and are a valued member of the healthcare team. Thank you for caring and sharing your time and talents to WakeMed patients, staff and families.

I would be remiss if I did not recognize our wonderful furry, four legged WakeMed volunteers (hospitality pets) who give diversion, joy and comfort to our patients. They touch and are touched by so many at WakeMed. The WakeMed Hospitality Pets will had a social to celebrate their volunteer contributions on Saturday, May 14, 2011 at the Millbrook Exchange Park and Picnic Shelter, 10:00am until noon. They plan on had lots of fun and even refreshments.

Our 2011 fund raisers are off and running! The April 5, 2011 shoe sale profits are \$9,942.15. Our next fund raiser is the Omega Jewelry Sale on May 11, 2011. We need your help, please call the Volunteer Office and sign up.

Red rules expect compliance at 100% of the time. Proper/correct patient identification is a red rule.

Always correctly identify the patient by always comparing the patient's name and medical record number on the patient's identification arm band with a source document before any procedure, transport, etc. Stop , do not proceed until you have properly identified the patient! Any question or concern about the identification, report at once to the charge nurse.

Another patient safety standard that expects compliance at 100% of the time is Hand Hygiene!

Always wash your hands for 15 - 20 seconds before and after patient contact, or, if your hands are not soiled, use the alcohol-based hand gel located outside and inside the patient's room and other areas through out WakeMed. Remember, when entering and leaving the patient's room "Gel in" and "Gel out"!

WakeMed is celebrating their 50th Anniversary. Watch for celebration events planned through out the month of May.

The annual volunteer refresher packets have been mailed out. If you have any questions about the packets, please contact Jackie Kennedy in the Volunteer Office. Refresher packets validation sheets are due back to the Volunteer Office by May 12, 2011.

Spring is here and hopefully good, warm weather especially after that cold winter. Enjoy and stay safe!

Sally Perdue
President, Raleigh Campus Volunteer Board of Directors

WakeMed Cary Hospital



May 6-12 was National Nurses Week. I hope many of you had an opportunity to thank and celebrate the wonderful nursing staff, on the Cary campus, Fuquay, Apex and other locations where we volunteer.

For our April Volunteer Board meeting the board members traveled to the Raleigh Campus where we were given a tour of the WakeMed Center for Innovative Learning by Amar Patel. You may recall the article about him in the April *Heartbeat* for his 40 under 40 Leadership Award. The center ranks 14th out of 77 centers in the U.S. The entire teaching space, including the hospital rooms with simulated human patients, was amazing. Thanks to Susan Hester and Amar for a very informative experience. It made us all feel proud. Please don't forget:

Contributions to the Blossoms Campaign can be made throughout the year.

We continue to place great emphasis on hand hygiene throughout the hospital network. GEL IN AND GEL OUT EVERY TIME you go into a patient room!

The 2011 Golf Outing committee is hard at work. If you have time, especially if you have experience in fund raising, please give Susan Alvey a call (919-616-6469) and join us.

The Volunteer WakeMed 50th Anniversary luncheon is May 24th at North Ridge Country Club from 11:30 to 1:30. Parking is easy and the food and fellowship will be great!

Greg's Shoe Sales will be the vendor for our next fundraising event on June 13 in the Conference Center from 7 am – 4 pm. Please sign up to work if possible, and remember to support the event by purchasing shoes at great prices

Donations of CD's (soft music, oldies, 40's, 50's and 60's) will be greatly appreciated for the Comfort Care Unit. Donations can be left in the Volunteer office. Eight volunteers are now trained and will be participating in the Comfort Care program during a 3-6 month trial period.

May I offer a special "thank you" to our sewing volunteers? During orientation and training for the Comfort Care program, Theresa Harvey, Manager 2E, mentioned how often families have come to thank her for the Memory Quilts provided for their loved ones by our Community Volunteers. Those of us who work in the Atrium area see first-hand the surprise and delight that flashes across a child's face (and the face of the parent or guardian!) when offered a hug-gable.

As always, thanks to each of you for your contribution of time and talent to WakeMed. I hope to see many of you on the 24th at the luncheon

Denise Galloway, President
The Volunteers at WakeMed Cary Hospital

Volunteer Spotlight WakeMed Raleigh Campus ~Jeanne Williams~



Hello, my name is Jeanne Williams. I was born in Kinston, North Carolina. I graduated from Lenoir Community College with an Associate's degree in Secretarial Science. After graduation I left the Kinston area and moved to New Jersey and later married my husband Leslie. Leslie was a member of the Army for 22 years. We traveled back and forth from Germany to Oklahoma. I have one daughter, Shejuanna, who is a principal at an elementary school in Rolesville, N.C. As of yet, there are no grandchildren.

After receiving rehabilitation at WakeMed, I found the doctors, nurses and the staff of Volunteer Service to be very professional in their approach, and very caring in their day-to-day operations. The standard of care I received as a patient at WakeMed was professional and well above normal standard care. Because of the care and treatment I received, I decided to volunteer. I also wanted to give back to the community and offer my services to others. For the past ten years, I have worked with other volunteers in the Chart area of Volunteer Services. I enjoy interacting with the staff and other volunteers.

Occasionally I volunteer at Rolesville Elementary School. My hobbies include reading and word search puzzles.



Volunteer Spotlight WakeMed Cary Hospital ~Wendy Paciorek~



Hi, my name is Wendy Paciorek and I very much enjoy volunteering at WakeMed Cary. My life started in Port Huron, MI. At the age of 16, I met Jerry and we married at the age of 18 and have been married for over 29 years. We have two children, Nicholas 28 and Brandi 25.

Jerry was in the Navy, so I was lucky enough to be able to move all over the United States. My favorite state at the time was Florida. He is retired from the Navy and we now live here in Raleigh.

North Carolina has become my favorite place to live and we have been here for almost 6 years. The first few years were spent settling in and learning my way around the inner and outer beltline.

I have volunteered many times, mostly in the Navy as an ombudsman. I also was a Red Cross volunteer, an elementary school volunteer, and as a treasurer for two of the HOA boards where we lived as well for the Boy Scouts of America. I was ready to volunteer again and chose WakeMed Cary, because of an ad I saw in the paper. I thought how different and fun that could be. So here I am volunteering in the office, and have accepted the invitation to be a member of The Volunteers at WakeMed Cary Hospital board of directors. And yes, I was right, it is fun.

There are many other things I enjoy doing like reading a good book, going to the Carolina Hurricanes hockey games, cruises, and swimming. Oh and let's not forget Jimmy Buffett concerts!

I have met some wonderful people and dogs in the office and I look forward to meeting many more.



Hello Marie,

Debbe and I wanted to personally thank Rick Tunner of Gregs's On-Site Sale Shoes & Accessories for the very large donation to our Pediatric Practice here at WakeMed. On April 5, 2011 Mr. Tunner backed a truck up and we pulled off approximately 30 cases containing rolling books bags, back packs, twin duvets, for both little boys and girls, net beach bags, and materials to make blankets for our younger patients.

Our staff was ecstatic and, we, with the help of the WakeMed volunteers stuffed book bags with duvets, books, notebooks, pencil cases, and pencils. We give them out to patients after well child check, and they leave with great smiles on their little faces.

We are very appreciative of all that we receive and Mr. Tunner has truly blessed our practice.

Michele Sanders, RN BSN
Practice Supervisor, WakeMed Faculty Physicians
Peds/Peds Specialty Practice

A special thank you to the volunteers who assisted with the Volunteer Health Fair on April 15, 2011.

Sandal Abid	Pam Ayers
Diane Boyer	Wilma Caldwell
Joan Carson	Loretta Consiglio
Shelby Credle	Sue Desai
Indu Desai	Donna Doherty
Denise Galloway	Bunny Thompson
Beth Turner	

The volunteers enjoyed their gifts.
Anne Michniuk

Ruth Miller
"Thank you so much for the back pack. It will be great to put things in here at WakeMed."

Molly Culver, Windsor Point

Thanks for my WakeMed tote bag – It was a good surprise and will be very handy.

Thank You!

Thanks to 12 year old Kayla for the knitted baby hat.



Just wanted to take a minute to thank you and your teams for ALL you do to provide outstanding volunteers and leadership to WakeMed! I hope you know that this organization could not operate without the volunteers, services, commitment and dedication you all provide. So...during this week of recognition of volunteer staff who are so critically important, I wanted to take a second to recognize all of you! Without you, there would be not them.

Thank you!

Jeanene, Senior Vice President, Human Resources

Thanks to Samantha McLeod for the special donation of 2 boxes of toothpaste for our patients.

A Big Thank You to Vivian Collins, Eileen Dills, Wendy Pacirek, Carol Fluhrer and Della Staub who stuffed folders and helped with registration for the Physicians Conference on May 5, 2011.

Hello!

My daughter had her baby at WakeMed in January. Volunteers had made hats and placed them in baskets. It was the most wonderful gesture "ever". I would love to have some of the crochet patterns so I can do some for hospitals in Kentucky. I especially love the one enclosed – but will take any & all patterns you can share.

Thank you from our family & thank you ahead of time for any shared patterns.

SK

ANNOUNCEMENTS

Please be reminded that beginning on Monday, April 4, 2011 the Cary Hospital Outpatient Laboratory will operate out of a portion of the former Neuro Care Unit on 1 East. Their services will be available Monday through Friday, from 6 am to 6 pm. They will also have a temporary space on weekends within the women's Diagnostic Imaging space in the Women's Pavilion & Birthplace. Weekend services will be available on Saturday and Sunday, from 9 am to 1 pm. The moves to these temporary spaces will begin on Friday, April 1. The temporary spaces will be in use for approximately four months while renovations take place in the existing Outpatient Laboratory space near the hospital's main entrance.



WakeMed Plans to Transition North Healthplex into Wake County's Fifth Hospital

WakeMed announces it is moving forward with plans to expand North Healthplex into Wake County's fifth hospital – WakeMed North Hospital. We expect to break ground in fall 2011. With an anticipated opening date of October 2013, WakeMed North Hospital will be a 61-bed acute care hospital with a focus on inpatient women's specialty services, offering a full range of obstetric and gynecological services, including comprehensive preventive, diagnostic and therapeutic care.

The Cary Senior Sewing Group

The Cary Senior Sewing Group meets at the Cary Senior Center every Monday year round from 9am-11am. This incredible group is comprised of approximately 50 women and one man at present with a variety of talents. The members' ages range from 60's to 95 years young. Quite a few states in the U.S. are represented and also many nations, such as China, Germany, England and France. Also, many professions are among the group such as teachers, nurses, secretaries, mothers, grandmothers and many others. This group has been meeting for over 20 years.

The group knits, crochets, draws, cuts and sews dolls, makes doll clothes, press seams, sew quilted lap robes, zigzag edges of lap robes and tacks them together. They also make infant hats and sometimes booties and bed socks for bed ridden patients. The materials used are donated by members of the community or purchased with funds provided by the town of Cary and fundraisers that the group participate in. The sewing machines that are used have been donated to the groups. The handcrafted gifts of love are shared with patients and family members of all ages at WakeMed.

The Senior Sewers enjoy getting together and each other's company and staying in touch. They are a support to each other as well as to the community.



In Memory of Maxwell (Max) Yarbrough

Hospitality Pets Program volunteer and loving companion to Brenda Yarbrough.

We honor a life well lived. Max had a lot of love packed into a tiny, compact body. That love brought joy to staff and patients alike.

Pediatric Crash Cart

Thank you to the following volunteers:

Mary Jo Strikeweather
Leslie Badgett
Yu (Sharon) Fan
Georgene Jones

Marion Boissiere
Amelia White
Paul Fausneucht
Tonia Jackson

In April, the Pediatric Crash Carts were updated. The new Pediatric Crash Carts will display the Children's Hospital mascot, Twinkle. All carts are now filled with standardized trays of medications and supplies. This will ensure patient safety.



Greg's On Site Shoe & Accessory Sale - Raleigh Campus

Many thanks for your participation in the shoe and accessory sale sponsored by Greg's On Site Sales and The Volunteers at WakeMed Raleigh Campus. The representative at Greg's On Site expressed their appreciation to each of you for your assistance, your professionalism and your thoughtfulness towards them at the sale.

The Volunteers is an organization that has offered service and fundraising support to WakeMed Health & Hospitals for more than 30 years. We appreciate you being a part of this extraordinary service and gift-giving group. The Volunteers will receive, approximately \$9,942.15 from this sale.

Leslie Badgett
Rene Graham

Rosemary Kenny
Joyce Davis
Erivan Araujo

Collen Cooke
Lois Brush
Eleanor Nunn

Ben Citero
Althea Page
Timothy Lee

Martha Ramsey
Michelle Jones



Uniform Sale – Cary Campus

Thank you to the following volunteers:

Kathy Rembrandt
Pam Ayars
Bunny Thompson
Inna Zboichyk

Wendy Paciocek
Beth Turner
Tina Smith
Diane Boyer

who assisted with The Volunteers at WakeMed Cary Hospital Uniforms 2U2 sale on Friday, April 15, 2011. The day resulted in \$2,194.04 in profits for the organization. Funds raised will be used to contribute to programs and services that benefit WakeMed patients, families, visitors, staff, physicians and our community.



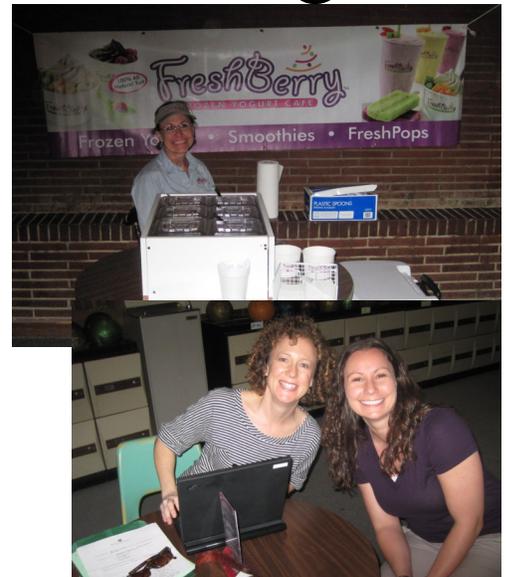
Community Connection

The Volunteers at WakeMed Raleigh Campus, its patients and staff would like to thank West Johnston High School Senior Samantha Johnson for her generous contribution of handmade blankets. These items will be shared with our patients and their families. We appreciate your caring, time and support.



Bowling for Books - Thank you Ravenscroft Book Club!

Marief Zirperski has inspired and led the Ravenscroft Bowling for Books initiative for 2 years with great success. Thank you for the recent in-kind donation of 240 books, 8 videos and \$450 to the WakeMed Raleigh Campus Reach Out and Read Program and the WakeMed Children's Hospital. The outcome of the 2nd Bowling for Books book and fundraiser is most impressive. Through their generosity, we will be able to supply books to young children at WakeMed Raleigh Campus. With beautiful new books in the home, parents will have the tools they need to help their children learn to love books and learning. **BRAVO!**



WakeMed Cardiac Rehab Kraft Family YMCA

WakeMed Cary Hospital's Cardiac Rehab Program has been in full swing for slightly more than 3 months. During this time, interest and enrollment have continued to grow with each passing day. The program resides at Kraft Family YMCA in Apex as part of the partnership between WakeMed Health & Hospitals and the YMCA of the Triangle. The current class schedule runs Monday, Wednesday and Friday at 7 am.

In January of this year, Cary Hospital Volunteer Services began working with cardiac program management to recruit, place and train volunteers to assist with program operation. Thus far 6 volunteers have been placed and according to Karen Thompson, RN/Program Director, their involvement and contributions are immeasurable.

The volunteers' duties have included:

Office support involving organization and preparation of materials and resources

On class days

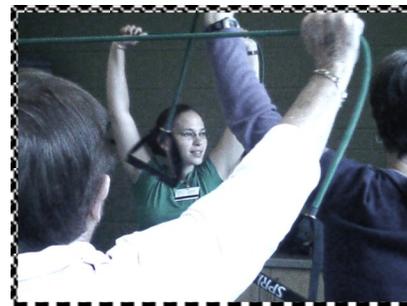
- prepare supplies and put out equipment to be used during warm up session
- assist participants as needed with exercise equipment settings
- serve as spotters to monitor participants during exercise regime
- encourage participants as they work their way through their personalized regime
- as trained, assist staff with pulse oximeter (LOOK UP REAL NAME!) readings
- ...and though not specifically listed in any placement description, at least one volunteer has been observed climbing on an exercise bike next to a participant noted as showing signs that he might need a little extra attention and TLC while pushing through his exercises
- assist with cool down following the exercise session
- clean up and store supplies and equipment.

A big thank you to the following volunteers for supporting this program. You have truly made a difference!

Amanda Hammer
Gus Francisco
Pamela Kearney

Michael Kearney
Erin Smith
Jessie Oldham

More volunteers will be needed as the program continues to grow. Plans are currently underway to add an additional afternoon class. If interested in becoming a part of this team, contact Bethany in the Cary Hospital Volunteer Services office.



Caroline Leonard collected approximately 200 books for the Reach Out and Read Program, and to share with children throughout WakeMed as part of her Garner High School's Personal project titled "How to Make the Sick Feel Better."



Volunteer's On The Move!!



Health Career Pathfinders Raleigh Campus Tour Mobile Services

Dear Ms. Kelly

The time that I spent volunteering at WakeMed Hospital was extremely rewarding, fulfilling and educational for me. I will soon be going off to college, and in the next few months most of my time will be devoted to various college freshman programs, orientations and my school AP exams.

Yesterday, April 16 was sadly the last day I would be able to volunteer at WakeMed. My upcoming school schedule, exams and college programs will be getting extremely hectic.

Through my volunteering at WakeMed, I have solidified my desire to pursue medicine in college and a health related career upon my graduation. I will be leaving WakeMed and going off to college with a solid foundation, new skills and the amazing and rewarding experience I received.



Jr. Volunteer Jordan Sutton, Hospital Pets Volunteer Sadie and Manager, Volunteer Services Marie Johnson

The Health Career Pathfinders is a program especially designed for youth age 14 to 21 that provides the program participants the opportunity to learn about healthcare and specifics regarding various health careers. Led by two adult advisors and supported by Volunteer Services, the group meets on average twice a month from October to April each year. Meetings involve guest speakers representing a variety of health care professions, personalized tours of areas, hands on activities and much more.

The class of 2010/2011 Hospital Pathfinders, at the Raleigh Campus and Cary Hospital both consisted of approximately 30 members, wrapped up their year with the last meeting held on Monday, April 11. Since October of 2010 the groups met eleven times. Listed below are the dates and topics covered this past year.

Cary Hospital Pathfinders:

October 11, 2010	Registration Night
October 25, 2010	Operative Services
November 8, 2010	Radiology
November 29, 2010	WakeMed Campus Police and Public Safety
December 6, 2010	Simulation Lab (Raleigh Campus)
January 10, 2011	(meeting canceled due to inclement weather)
January 31, 2011	ED and Emergency Medical Services
March 14, 2011	IV Access
March 28, 2011	Women's Pavilion & Birthplace
April 11, 2011	Pharmacy

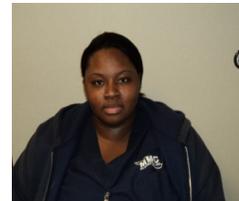
Raleigh Campus Pathfinders:

October 18, 2010	Registration Night
November 1, 2010	Physical Therapy
December 6, 2010	Pediatric Pharmacy/Social Work/Pediatric Nursing
January 10, 2011	(meeting canceled due to inclement weather)
January 24, 2011	Cardiology and Critical Care Pharmacy
March 7, 2011	Pathology Lab
March 21, 2011	Children's ED/Adult ED
April 11, 2011	Mobile Critical Care

Many thanks to management and staff involved in making this a meaningful and worthwhile experience!

Also, our sincerest thanks and appreciation to Eric Weaver, Educator/Quality Specialist, WakeMed Campus Police, Virgil Grace, Anesthesia Technician, SCA, Jennifer Jones, Specialist, HR, Compensation, and Erin Duff, Pharmacy, who volunteered their time and gave of their talents to lead and mentor the groups this year. Job Well Done!

Congratulations to Rebecca on her graduation with an Associate's degree in Medical Assisting from Miller-Motte Technical College, Raleigh, N.C. Rebecca volunteered her services in the Adult Emergency Department, Nursing Administration and through the Patient Relations Program.



Rebecca was on the President's List Winter Quarter 2008 and Fall Quarter 2009, also she was on the Academic Honors List Winter Quarter 2009.

Exit Comments

These are volunteers who contributed to our program and have relocated, gone back to school or left for other obligations. This is what they said about their experience:

Raleigh Campus

Audrey Yoest: Corporate Planning "I appreciated the professionalism and organization of the Volunteer Services Staff."

Melinda Rennaker: Pediatrics "I have been very happy with this experience. The volunteer program is very well organized and my supervisor, Susan Davis is wonderful."

Sarah Alhorani: Pediatrics "I truly enjoyed volunteering with WakeMed. I wish I was not relocating, so I could continue helping out."

Kadie Summerlin: Hospitality Pets "Everyone I worked with at WakeMed was wonderful. The staff is always friendly and positive."

Ashley Rivero: Surgical Services "Because of the opportunity to volunteer I now have a jog. Thank you!"

Robin Stanley: Occupational Therapy "I really enjoyed the experience I had and I hope I will be able to come back."

Ely Matteis: Hospitality Pets "Volunteering at WakeMed was the most rewarding experience I've had. I never realized the difference a little bit of time could help others."

Debra Lewis: Radiology and Day Surgery "I enjoy meeting new people. Both jobs gave me a chance to better introduce myself. I learned to feel more at ease. Thank you again."

Marcie Reinhard: "I thoroughly enjoyed my experience at WakeMed. Volunteer Services has an outstanding way of helping feel comfortable. I cannot say enough about WakeMed and my 6 yrs with the organization."

Nicole Navas: "I highly enjoyed working in the STICU unit everyone I came in contact and worked with helpful to me."

Cary Hospital

Cliff Altobellis: Material Processing & Distribution: "Enjoyed my time and felt useful and needed."

Cary Hospital continued

Anna Bonner: Patient Relations & PACU: "Bethany and Dee put a lot of focus and attention in placing me where I could gain the most personal benefit. This means much to me and helped me move toward my personal goals. A very rewarding experience."

Sandra Brown-Scott: Radiology-Mammography: "Very rewarding experience at WakeMed Cary. The staff was great!"

Elizabeth Cox: Day Surgery Information Desk & Patient Services 2 East and 2 West: "Thank you very much for giving me the opportunity to serve your patients and hospital."

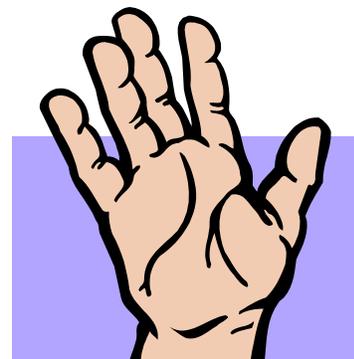
Rosa Dives: Patient Services 3 West: "Volunteering at WakeMed was a great experience...Volunteer Services provides good help to the patients, hospital personnel and patients' relatives."

Edith Karoly: Patient Services 2 East: "Volunteering at WakeMed is an uplifting experience. Thank you for all the support."

Karen Molnar: Day Surgery & Food & Nutrition Services: "It offered me the opportunity to experience the health-care environment and help me prepare for my future as a registered dietician. I truly appreciated how the volunteer staff (Bethany and Dee) aided me in transferring me into the Food & Nutrition Department when a volunteer opportunity became available. Thank you!"

Tracy Taylor: Patient Rehab Services: "Awesome! Thank you for allowing me to volunteer here – it was a great experience!"

Eileen Tschopp: Emergency Department Liaison: "It has truly been a wonderful and fulfilling experience for me. The people (staff) I worked with were so affirming and appreciative and I feel a friendship situation evolved. I also appreciate Volunteer Services and how they cared about the issues that led to my taking inactive status."



Donations Needed for Volunteer Services WakeMed Cary Hospital & WakeMed Raleigh Campus

The Volunteer Services departments at Raleigh Campus and Cary Hospital offer magazines, comfort items, word puzzles, books and other select reading material to our patients. Donations of gently used or new magazines, novels (romance, mystery, westerns) and word puzzle books will be greatly appreciated.

Criteria:

- **Magazines** – Must be current. Monthly publications published within the past 12 months are acceptable. Weekly publications or news related magazines should be no more than two months old. Gifts of a magazine subscription in English or Spanish are accepted. If you are donating magazines that have been delivered to your home, the mailing address or any other personal identifying information should be marked out or removed before delivering to the hospital.
- **Books** – Paperbacks are preferred. They must be clean and odors free (no musty or moldy smell). Books must fall into the category of light reading. Experience tells us when a person is sick they most often stick with materials that are easy to read that do not require intense concentration.
- Due to, and out of respect for, the diversity of our customer base, reading material of a religious nature cannot be distributed and therefore cannot be accepted.
- New or gently used children's books (6 months – 5 years of age) are requested.

There is an urgent need at the Raleigh Campus for Spanish, African American, and men's magazines. There also is a need for crayons (large or small) and coloring pencils.

Donations can be delivered to Volunteer Services during regular business hours,
Monday - Friday, 8 am – 4:30 pm.

Sewing Contributions

The efforts of our talented sewing volunteers benefit WakeMed Health & Hospitals by providing us with beautiful handmade items made especially for our patients – young, old, big and small. These gifts, made with such love and attention to detail, add a dimension of comfort and care that is second to none.

Many thanks to the individuals in our community who sew independently and deliver their treasures each month; to the individuals who sew and also participate in our in-house volunteer programs and to the sewing groups who meet on a regular basis.

WakeMed Raleigh Campus

Carolina Preserve Quilting Group
Cary Senior Center
Chatty Yarns
From Ewe to You
Happy Hearts of Heritage
Heart-2-Heart Pillow Ministries
Needles Club of Heritage
Project Linus
Sunshine Seniors
Threads of Love
Wake Forest Quilting Friends
Piecemakers

*Countless individual sewers
not associated with sewing groups*

WakeMed Cary Hospital

Ann Foster Workshop
Carolina Preserve Yarn Spinners
Colonial Baptist Church
Garner Senior Center
Reedy Creek Baptist Church
St. Paul's Knitting
Windsor Point Workshop

*Countless individual sewers
not associated with sewing groups*



Welcome New Volunteers

Welcome New Volunteers

WakeMed Raleigh Campus

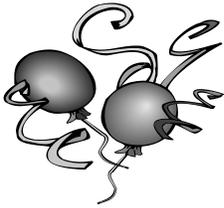
Theresa Banks
 Sandy Bannoura
 Jackie Battles
 Shawn Berigan
 Hanna Biadulina
 Lynn Bowman
 Maryam Boyd
 Kristen Buczkowski
 Elizabeth Bustamante
 Margaret Bye
 Nuta Capota
 Laura Carrico
 Ashley Chapman
 Christopher Clark
 Minerva Clarke
 Katherine Close
 Amelia Compton
 Dewin Cosme
 Nell Critcher
 Nhu-Hang Dang
 Joyce Davis
 Monica Fernandez
 Bobby Garcia, Jr
 Philip Greco
 Lourdes Guerrero
 Robin Hales
 Janet Hall
 Dorian Harvey
 Evan Hatch
 Liesel Heinzelmann
 Robert Itotia
 Tonia Jackson
 Gerogene Jones
 Thetra Kelly
 Suzanne Le Doyen
 Mame Lemine
 Kelli Magill
 Caitlin Maughan
 Jean Maul
 Bill McKenney
 Darlene McKenney
 Trisha MooYoung-Stoll
 Trevon Nelson

Erica Osbourne
 Lisa Ourtane
 Kirstin Peterson
 Robert Pollard
 Chrystal Pottter
 Delta Prince
 Beverly Pryce
 Sharon Rudd
 Stacey Rushing
 Elizabeth Sechrist
 Ebenezer Shyngle
 Adonna Simpson-Lewis
 Udaya Sivadanam
 Regina Strickland
 Phelisa Sujat
 Cynthia Taylor
 Tracy Tucker
 Reiva Underhill
 Courtney Vanughn
 Malasha Williams
 Josephine Wortham
 Zenobia Yinger

Pamela Kearney
 Betsy Keller
 Patricia Lee
 Jessie Oldham
 Hilda Ogelsby
 Nina Olive
 Robert Rafferty
 Katherine Reak
 Stacey Shanahan
 Kate Song
 Susan Spingola
 Aishwarya Sriraman
 Michele Sund
 Paul Thedinga
 Lorraine Vaught
 Anuradha Yerriswamy

WakeMed Cary Hospital

Tammy Best
 Rasheda Boachie
 Desiree Brint
 Joyce Catherwood
 Nikita Chintalapudi
 Nainisha Chintalapudi
 Peggy Drechsler
 Tama Ellington
 Anderson Emery
 Carol Fluhrer
 Augusto Francisco
 Carol Giamario
 Toni Gosnell
 Homam Habta
 Princess Hargrove
 Catherine Kang
 Heather Kashner
 Michael Kearney



Happy Birthday!

WakeMed Raleigh Campus

June

Gina L. Abrams 12
 William H. Brower 24
 Laura Burke 23
 Brandon C. Carlisle 23
 Sarah M Compton 9
 Lonelle C. Davis 2
 Mary C. DeFino 18
 Sarah A. Djali 17
 June Dolinski 4
 Rebecca B. Doyle 22
 Nina M. Duval 12
 Ralph A. Flores 24
 Gaye K. Forman 14
 Shakita R. Graham 11
 Crystal Grant 12
 Sarah Hebert 26
 Sandra C. Hill 10
 Lorraine G. Hormuth 16
 Colette c. Hudgins 2
 Franklin R. Johnson 28
 Linwood T. Joyner 20
 Rand Khasawneh 15
 Deborah S. Lambert 14
 Suzanne C. LeDoven 27
 Diane K. Lewis 7
 Peggy B. Lewis 7
 Laura G. Lin 18
 Merdi N Lutete 11
 Kelli L. Magill 15
 Julia M. Martin 16
 Jean B. Mayak 11
 Kristen P. Paynter 30
 Charlotte E. Rastas 19
 Humza Rizvi 7
 Stacey N. Rushing 4
 Margaret K. Sanders 23
 Sandra R. Sosne 26
 Leigh L. Stallings 17
 Morgan Thigpen 13
 Courtney M. Vaughn 27
 Anthony J. Weeks 16
 Robert J. Wertis 1
 Nadia Yocanovitch 14

July

Fay Bostic 31
 Elizabeth A. Bustamante 16
 Evan S. Cameron 17
 Rukesh Chinthapatla 23
 Alan Croft 23
 Phoebe Crofts 12
 Carol Dahle 15
 Walter R. Davis 7
 Elgie Dudley 1
 April D. Fogleman 15
 Bobby Garcia, Jr. 14

Janet M. Hall 26
 Liesel A. Heinzelmann 13
 Hope A. Hendricks 1
 Stuart D. Hogan 20
 Sha'Qwala R. Hudson 3
 Alicia G. Jackson 17
 Mereveilles D. Kimpioka 28
 Candace Leggett 25
 Mary Levesque 30
 Jinovan Longa 15
 Katlyn D. Mabry 16
 Hilda McCullers 7
 Bill R. McKenney 29
 Darlene J. McKenney 5
 Elizabeth McCall 24
 Frances J. Mercer 31
 James Miller 27
 Megan A. Monteith 7
 Lorraine Morris 7
 Michael E. Mulvhill 20
 Abigail A. Murnick 7
 Wanda M. Murray 25
 Kirby A. Owens 14
 Sara C. Pierson 23
 Larry Pittman 21
 Cathina M. Samuel 14
 Jasmine Shah 28
 Hemalatha Shekar 27
 Yasmine Sinkhada 11
 Griffin Wilson 18
 Donna K. Wong 15
 Louise J. Wurst 23
 Gina L. Young 9

WakeMed Cary Hospital

June

Pat Anderson 7
 Farimah Anoushiravani 25
 Debbie Berland 16
 Diane Boyer 21
 Sarah Chen 16
 Ann Early 5
 Martha Etzel 25
 Gaye Forman 14
 Pearl Fowler 28
 Kevin Gaffney 15
 Myrna Gordon 5
 Dave Greybill 8
 Laura Hirschbein 30
 Sandra Klootwyk 3
 Jan Koret 29
 Janice LeBeau 15
 Jean Lipary 16
 Stephanie Lovett 25
 George Ludington 10
 MaryEllen Massenburg 17
 Ann Mullin 14
 Jessie Oldham 2
 Calvin Parks 3

Rohan Rajeev 1
 Shanathi Ramshankar 30
 Judith Rea 29
 Constance Sinha 23
 Susan Streeter 9
 Sally Tiller 3
 Cleo Wilkins 9
 Amelmal Worku 29

July

Audrey Addo 23
 Robert Bird 26
 Ki Bishop 1
 Annie Carlton 19
 Margaret Castello 9
 Joyce Catherwood 3
 Helen Chang-Tsui 8
 Kathryn Cundy 7
 Rhett Davis 2
 Annette Edeburn 26
 Kristine Englert 19
 Joe Esmond 10
 Barbara Fisher 1
 Carol Fluhrer 20
 Roberta Foster 31
 John Grau 31
 Saurabh Gupta 7
 Patsy Hemmerle 9
 Lee Hong 17
 Gretchen Jensen 6
 Viki Johnson 25
 Frances Keener 16
 Janet Kretzschmar 31
 Jacquelyn Ludington 24
 Kim Masseth 20
 Samantha McLeod 5
 Brooke McNeeley 28
 Jeanne Miller 3
 Katherine Mis 13
 Sandy Murphy 9
 Pranay Orugunta 12
 Shivam Patel 10
 Betty Peck 22
 Patricia Perkins 9
 Mae Rabenius 3
 Cindy Richards 15
 Emy Sanchez 2
 James Schultz 14
 Timothy Shoriak 8
 Phyllis Siegel 26
 Krishan Sivaraj 6
 Susan Spingola 14
 Lela Stewart 24
 Ryan Stitt 24
 Monica Tadros 18
 Peter Walker 12

Thanks for Your Donations

WakeMed Raleigh Campus

Shelia Benny—Children’s Books
Shane Collins— Children’s Books, CD’s and DVD’s
Melissa Pierce—Children’s Books
Kathy Underhill—Magazines
Samantha McLeod—Toiletries

Our Condolences To

WakeMed Raleigh Campus

Larry Pittman

WakeMed Cary Campus

Sandra Mitchell
Pat Stacy
Michele Sund

Thinking of the Following Volunteers

WakeMed Raleigh Campus

Antora Troublefield
Ashton Barker
Susan Alvey
Peg Fuchs
Barbara Gutknecht
Wanda Citero
Tony Beasley
Howard Sosne
Bryan Walker
Peggy Lewis
Tyron Allen
Inez Forte

WakeMed Cary Hospital

Diane Boyer
Loretta Coates
Pat Dorry
Loretta Petraroia
Mel Perkins
Ida Williams
Joan Carson

Congratulations

WakeMed Raleigh Campus

Carl and Velma Martin wedding anniversary
April 16 (57yrs)

Steve and Lorraine Shapcott announce the
arrival of their grandson Andrew Stephen



PLACEMENT OPPORTUNITIES



WakeMed Raleigh Campus

Guest Ambassador:

If you can spare an additional 2 – 4 hours a week or would like to help recruit a friend, we are in need of additional Guest Ambassadors!

Monday – Friday, 8 am – 8 pm or Saturday/ Sunday, 11 am-5 pm, 2 – 4 hour shifts.

Volunteers enhance customer service by greeting patients and visitors at all portals of entry. Ambassadors provide assistance needed to assist patient and visitors wayfind effectively and provide basic wheelchair transport as needed. Positive interaction skills a must! This is an excellent opportunity to exercise by walking indoors.

Heart Center Inn:

Monday- Friday, 8 am – 11 am; Saturdays – Sundays, 8 am – 11 am

Volunteers interact with all customers in the Heart Center Inn. Lend support by caring for families and visitors, answer phones and give directions. Great interpersonal skills a must.

Intensive Care Units: NCCU, STICU, MICU

Saturday – Sunday, 2 – 4 hour shifts, 8 am – 1 pm

Assist nursing staff by admitting families to the nursing unit as well as carrying out non-medical duties such as answering phone, stocking supplies, running errands, and seeing to the comfort needs of patients.

Patient Relations: (Raleigh Campus / Zebulon Campus) Bilingual Volunteers Needed!

Monday – Friday: 2 – 4 hour shifts available, 8 am – 4 pm

Volunteers to enhance customer service and satisfaction by visiting patients and gathering feedback from them to assist in improving services and making a stressful visit less demanding. Ability to move freely about facility, excellent communication skills, with good problem solving abilities. Must be able to write legibly. Bilingual volunteers needed!

Patient Services:

Sunday – Saturday: 8 am – 8 pm; 2 – 4 hour shifts

Volunteers provide additional attention and comfort to patients and assist the nursing staff in carrying out non-medical duties. Clerical duties include running errands, filing and stocking supplies. Ability to work independently and as a team member. Excellent human relations skills.

The Ronald McDonald Family Room :

Sunday – Saturday: 9 am – 9 pm, 3 hour shifts

This room is an oasis for the parents of children hospitalized in the inpatient pediatric units. Located just steps away from their children the Room offers computers, showers, snacks and a friendly volunteer who can listen with compassion. Skills: Excellent verbal communication skills and personal interaction skills. Ability to work independently. Excellent human relations skills, including tact, diplomacy, open communication and the ability to relate to persons on an individual basis. Willingness to adhere to all aspects of confidentiality. Good organizational skills. Excellent listening skills.

Sewing Individuals and Groups

Do you knit, crochet, sew? Your talent is needed to assist with making gifts for patients and family members. Items include: huggables, bereavement quilts for adult and children's emergency departments, lap quilts and many more items.

WakeMed Cary Hospital

Apex Healthplex – Radiology

Monday, Wednesday and Friday mornings. Volunteers enhance customer service by greeting patients arriving for service. Also attends to comfort needs and provides assistance to ease flow of registration.

Atrium Ambassador

Monday, Wednesday and Thursday, 12 am – 3 pm

Volunteers enhance customer service by greeting patients and visitors entering Cary Hospital. Volunteers provide assistance needed to assist patient and visitors wayfind effectively and to provide basic wheelchair transport as needed. Positive interaction skills a must!

Emergency Department Back

Saturday, 8 am – 10 am

Volunteers assist staff by with non-medical duties which include stocking supplies, running errands, attending to comfort needs of families and patients, cleaning stretchers and occasional assist with patient transport

Feeding Partner

Flexible days – volunteer scheduling is set to coincide with breakfast and lunch tray delivery. Volunteers are trained to assist staff on patient care floors with the set up and feeding of patients requiring assistance.

Friendly Face Cart

Flexible day time scheduling; Monday, Tuesday and Thursdays

Volunteers visit room to room to offer magazines or other diversional material to patients and/or families. Also stocks and straightens reading materials in waiting rooms.

Gift Shop

Wednesday, 9 am – 12 pm

Retail experience preferred, but not required. Strong customer relations skills and comfort level with computers a must. Duties include assisting customers, register check out, stocking and in-room delivery of gift items to patients.

Hospitality Pets

Monday, (1st, 3rd & 5th) 6pm – 8pm; Wednesday, (2nd & 4th) 10 am – 12pm; Thursday, 6pm – 8 pm; Saturday, 6 pm – 8 pm; Sunday, 6 pm – 8 pm

Volunteers and their canine companions make short in-room visits to consenting and eligible patients to offer warmth and good cheer.

Patient Service Volunteer – 3 West Medical/ Surgical

Sunday – Saturday placements available. Volunteer duties include stocking supplies, errands, attending to comfort needs, passing out meal trays, filling water pitchers, etc. Ideal placement times are scheduled in relation to meal times – breakfast, lunch and dinner.

Substitutes

Volunteers needed to cover volunteer positions in various departments when volunteers normally scheduled are out due to illness or vacation. Placement areas include: **Information Desk (Main Atrium), Patient Relations Ambassador, Atrium Ambassador**

Volunteer Orientation

WakeMed Raleigh Campus

Monday, June 6, 2011

Conference Dining Room, 5:30 pm – 8:30 pm

Wednesday, June 15, 2011

Conference Dining Room, 9:30 am – 12:30 pm

Wednesday, July 6, 2011

Conference Dining Room, 1:00 pm – 4:00 pm

Monday, July 11, 2011

Conference Dining Room, 5:30 pm – 8:30 pm

WakeMed Cary Hospital

Thursday, June 2, 2011

Conference Center, 5:30 pm – 9 pm

Tuesday, June 28, 2011

Conference Center, 8:30 am – 12 pm

Thursday, July 7, 2011

Conference Center, 5:30 pm – 9 pm

Tuesday, July 19, 2011

Conference Center, 8:30 am – 12 pm

Tour Dates

WakeMed Raleigh Campus

Thursday, June 9, 2011

Main Entrance Lobby, 6:00 pm – 7:30 pm

Tuesday, June 21, 2011

Volunteer Services, 1:00 pm – 2:30 pm

Thursday, July 7, 2011

Main Entrance Lobby, 6:00 pm – 7:30 pm

Tuesday, July 19, 2011

Volunteer Services, 1:00 pm – 2:30 pm

To register, please call 919-350-8293

WakeMed Cary Hospital

Monday, June 6, 2011

Volunteer Services, 7 pm

Thursday, June 30, 2011

Volunteer Services, 10 am

Monday July 11,

Volunteer Services, 7 pm

Thursday, July 21, 2011

Volunteer Services, 10 am

To register, please call 919-350-2363

Calendar of Events

WakeMed Raleigh Campus

Uniforms 2U

Wednesday, July 13, 2011

Andrews Center Rooms 1 & 2, 7:00 am – 4:00 pm

Volunteer Board Meeting

Tuesday, June 14, 2011

Conference Dining Room, 10:00 am – 12:00 pm

Tuesday, July 12, 2011

Conference Dining Room, 10:00 am – 12:00 pm

WakeMed Cary Hospital

Shoe and Accessory Sale

Monday, June 13, 2011 Conference Center, 7 am – 4 pm

Heart Saver Class

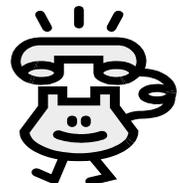
Monday, July 11, 2011 Cary Conference Center 1 pm – 4 pm

Please call 919-350-2488 or 359-2192 to register

If you would like for us to add your special remembrance, anniversary, births, etc., please call your Volunteer Services department.

**WakeMed Cary Hospital
919-350-2363**

**WakeMed Raleigh Campus
919-350-8293**



NURSING EDUCATION FUND CONTRIBUTION OPPORTUNITY

The Melissa Brown Memorial Nursing Education Loan Fund was established in memory of Melissa Brown, Great 100 Nurse and daughter of Peggy Brown, former Nursing manager of 3C Urology/Renal/Cardiology at WakeMed Raleigh Campus. **The Volunteers at WakeMed Raleigh Campus** have administered this fund since 1991. The fund provides financial assistance to individuals seeking nursing degrees from North Carolina colleges and universities. Please consider a contribution to this fund to support nursing education and career development. For more information contact: Susan Hester, Director of Community Services at 350-8005. Complete the form below and return to the Volunteer Services department at WakeMed Raleigh Campus.

MELISSA BROWN MEMORIAL NURSING EDUCATION LOAN FUND

Donor Name _____

Donor Address _____

AMOUNT OF DONATION: _____ In Memory/Honor of: _____

Acknowledgement to be sent to: NAME: _____

ADDRESS: _____

Please make your check payable to: The Volunteers at WakeMed Raleigh Campus

Mail to: The Volunteers at WakeMed Raleigh Campus

Attn. Susan Hester, CHVM

Director, Community Services

WakeMed Health & Hospitals , 3000 New Bern Avenue , Raleigh, NC 27610

All contributions are tax deductible to the fullest extent that the law allows.

BLOSSOMS FOR LIFE CONTRIBUTION OPPORTUNITY

A special program developed by **The Volunteers at WakeMed Cary Hospital**, *Blossoms for Life* is a unique way to say thank you for care you have received, to remember a loved one, to celebrate the birth of a child, to celebrate an anniversary or to recognize special people and events. Recognition of the *Blossoms for Life* donors, memorials and honoraria are on display in the Cary Hospital Conference Center. All gifts received by *Blossoms for Life* are used to fund programs and services throughout the hospital. If you are interested in making a contribution, please complete the form below and return the Volunteer Services department at WakeMed Cary Hospital.

BLOSSOMS FOR LIFE CONTRIBUTION OPPORTUNITY

Donor Name _____

Donor Address _____

AMOUNT OF DONATION: _____ In Memory/Honor of: _____

Acknowledgement to be sent to: NAME: _____

ADDRESS: _____

Please make your check payable to: The Volunteers at WakeMed Cary Hospital

Mail to: The Volunteers at WakeMed Cary Hospital

Attn. Susan Hester, CHVM

Director, Community Services

WakeMed Health & Hospitals , 1900 Kildaire Farm Road, Cary, NC 27618

All contributions are tax deductible to the fullest extent that the law allows.

WE NEED YOUR EMAIL ADDRESS!

Complete the form below and return to your Volunteer Services department . E-mail is an eco-friendly and efficient method of communication!

Email Update Form:

Name

Email Address

PLEASE REMEMBER TO ADD US TO YOUR CONTACT LISTS!

KEEP MAILING ME THE HEARTBEAT!

If you prefer to receive the volunteer newsletter by mail, please complete the form below and return to your Volunteer Services department .

I prefer to continue to receive the *HeartBeat* by US Mail.

Name

WakeMed Raleigh Campus, Volunteer Services – 3000 New Bern Avenue, Raleigh, NC 27610

WakeMed Cary Hospital, Volunteer Services – 1900 Kildaire Farm Rd, Cary, NC 27518



Department of Volunteer Services
3000 New Bern Avenue
Raleigh, NC 27610-4465