



August 2012



This edition of the HeartBeat  
is produced in memory of:

Rita Schroder

## WakeMed Opens Primary Care Practice in Garner

*Wake Specialty Physicians – Garner Primary Care*

### Inside this issue:

Raleigh Medical park Cary Hospital—Works of Art Did You Know?	2
Pilot Prescription Delivery	3
Presidents' Corner	4-5
Volunteer Spotlights	6
Congratulations	7
WakeMed Forumws The Reflection Gallery	8
Test Your Knowledge	10
Exit Comments	11
Fundraisers	12-13
Donations Sewing Contributions	14
Welcome New Volunteers	16
Happy Birthday!	17
Congratulations Our Condolences Thinking of the Following	18
Placement Opportunities	19
Calendar of Events Tour Dates Volunteer Orientations	20

WakeMed Health & Hospitals has opened a new primary care office in Garner. Featuring two physicians, Bradley Evans, MD, and Ryan Murray, MS, MD, the new practice opened for business on Monday, July 16. They are accepting new patients.

“This new primary care practice is just one of WakeMed’s investments to ensure the health of the Garner community,” commented Carolyn Knaup, WakeMed vice president of ambulatory services. “In April 2013, we expect to open the county’s seventh emergency department in Garner.”

The new WakeMed Garner Healthplex will be located on a 20-acre site across from the Agri-Supply store on Hwy. 70. The 50,000-square-foot facility will feature a 14-bed emergency department and lab services, and include physicians’ offices. It will also serve as the base for medical helicopter operations and create about 150 jobs. An estimated 12,000 to 15,000 people could be treated in the WakeMed Garner Healthplex emergency department in the first year.

The services offered by Wake Specialty Physicians – Garner Primary Care will include adolescent medicine, adult health care services, chronic disease management, dermatology, pediatric care (newborn and up), physical exams, preventive medicine and wellness care, sports medicine, travel medicine, vaccinations, and women’s health care and gynecology.

The practice is conveniently located at 834 Timber Drive in Garner. For more information or appointments, please call 919-235-6400 or visit <http://www.wakemedphysicians.com/garnerprimarycare>.

### About Wake Specialty Physicians

Wake Specialty Physicians is a private practice, multi-specialty group owned by WakeMed Health & Hospitals. With practices located throughout Wake County, Wake Specialty Physicians offers primary care, urgent care, cardiology, cardiovascular and thoracic surgery, general & bariatric surgery, pediatric surgery, urology, ear, nose & throat - head & neck surgery, obstetrics & gynecology, pulmonology, and employee health.

## **WakeMed Raleigh Medical Park Began Seeing Patients on June 19**

The WakeMed Raleigh Medical Park (RMP), located across from the Raleigh Campus at 23 Sunnybrook Road, opened for patients on Tuesday, June 19. An open house for employees at RMP was held on Friday, June 15.

RMP is home to the new WakeMed Diagnostic Center which will offer outpatient imaging and lab services as well as pre-anesthesia testing. The upper floors will hold physician offices that will open at a later date.

Some of the immediate changes to note:

Mammography services will no longer be offered on the Raleigh Campus.

Friday, June 15, was the last day X-ray services will be offered in the diagnostic testing area. All accessory equipment moved to RMP.

Imaging Services transferred two ultrasound machines to RMP from the Raleigh Campus. Two ultrasound machines will remain on the Raleigh Campus for inpatients and Emergency Department patients. Pediatric spines, pediatric hips, pediatric renals with a VCUG, and biopsies will continue on the Raleigh Campus.

CT equipment on the Raleigh Campus will not change. However, the only outpatient services will include CT post myelogram, cardiac CTA, calcium score, biopsies, drainages, and sedation cases.

Mobile MRIs will be available at RMP on Tuesdays and Thursdays.

Nuclear medicine, angiography, and any outpatient PICC services performed by the imaging nurses will remain on the Raleigh Campus.

The anchor of the RMP is the Capital City Surgery Center which is a joint venture between WakeMed and

## **Did You Know? Freedom Credit Union has been the WakeMed Credit Union partner since 1986**

Freedom Credit Union is proud to have served WakeMed employees for the past 26 years and counting! All WakeMed employees and volunteers, and their family members, are eligible to enjoy the benefits of a Freedom Credit Union membership.

With convenient branches inside two WakeMed locations, as well as a full suite of electronic banking options, Freedom is ready to be your primary financial institution.

Visit them online at [www.freedomfcu.com](http://www.freedomfcu.com) or at one of their WakeMed branches for more information.

WakeMed Raleigh Campus – near Café 3000  
(919) 231-8733

WakeMed Cary Hospital – beside Administration  
(919) 713-4895

## **We express our deepest sympathy to the family of Rita Schroder**

Rita Schroder died on July 3, 2012. She was a community volunteer with the Cornerstone Baptist sewing group.

We are grateful for Rita's participation in creating hand made items for our patients. Rita contributed 206 hours of service.

## PILOT PRESCRIPTION DELIVERY MODEL FOR CARY HOSPITAL

# DID YOU KNOW...?



### **Cary Hospital is no longer filling prescriptions for WakeMed employees.**

The decision was made to discontinue this service due to financial, contractual, and pharmacy constraints put on the WakeMed system.



### **The Cary Hospital pharmacy is no longer selling over the counter items.**

Due to recent price increases and staffing resources, the Inpatient Pharmacy at Cary Hospital is unable to continue to sell these items. (i.e. Tylenol, Aleve, Mucinex, Benadryl, etc.)



### **The Raleigh Campus outpatient pharmacy ("The Pharmacy") will send prescriptions to Cary Hospital.**

By the end of August 2012, a pilot prescription delivery program will be in place. If the pilot program begins sooner, notification will be sent.



### **The pilot program will not begin until the end of August 2012.**

Implementing a prescription delivery service involves a comprehensive action plan. Logistics and regulatory requirements, which include payment methods, documentation issues, delivery methods, and controlled substance security issues, will be well thought out. These issues must be addressed and implemented correctly for the delivery service to be a success.



### **WakeMed employees, volunteers, contract workers, and retirees may have their prescriptions filled at The Pharmacy on the Raleigh Campus.**

Prescriptions must be picked up on-site. Mail order or a retail/community pharmacy is also an option.



### **The hours and location of The Pharmacy on the Raleigh Campus.**

The hours of operation are:  
 Monday through Friday 8 am – 11 pm  
 Saturday 8 am – 4 pm  
 Sundays – closed

The Pharmacy is located next to the Gift Shop on the first floor near the C elevators.

If you have any questions about the services offered at The Pharmacy on the Raleigh Campus or the Pharmacy at Cary Hospital, please contact one of the staff members at The Pharmacy at ext. 08196.



## The President's Corner

### WakeMed Cary Hospital



After 2+ months into her job, most of you must have met or spoken to Jackie Kennedy, our new volunteer manager. She came to us with good volunteer office experience and has settled in with charm and grace. The big news in the office is the repurposing of office space. With the restructure Jackie and Dee will each have their own office. Tana Taylor has moved down the hall and around the corner from the gift shop. Many of us are used to beginning or ending our shift with one of Tana's wonderful smiles, so I imagine she will have lots of visitors to her new space.

The Annual Charity Golf Outing is coming up soon. October 15<sup>th</sup> is a mere 3 months away. The event, now in its 14<sup>th</sup> year, will be held at MacGregor Downs Country Club. **Golfers** - sign up as an individual or as part of a foursome. It is a beautiful course. Registration is easy – on-line or by mail – and help is always a phone call away. **Raffle tickets** will be sent out to all Cary Hospital volunteers in early September. Your support is important to us. Please purchase the tickets or sell them to your friends and neighbors. Additional tickets are easily accessible by calling me at 919-234-9143 or e-mailing Susan Alvey, Golf Outing chair at [SusanAlvey9117@gmail.com](mailto:SusanAlvey9117@gmail.com). It takes many people to ensure a successful event. If you haven't volunteered and feel you can be of help, e-mail Susan Alvey or give her a call at 919-616-6469. **Subcommittees** include sponsor contacts, raffle contacts and numerous assignments the actual day of the event. Remember this is our main fundraiser. Programs such as the Rainbow Fund (medications for immediate need patients), Huggables and Hats Sewing initiatives, Tea for the Soul, Cardiac Rehab scholarships for immediate need patients, and support for WakeMed Foundation projects all receive funding from this event.

Decisions on program support for The Volunteers' fundraising campaign for the year October 2012 through September 2013 will be discussed at the August board meeting. The board is considering requests from several departments of the hospital. As you may recall the board did decide that for the foreseeable future, all funds will be committed to programs and initiatives that are physically present at WakeMed Cary this year.

The board members beginning October 2012 will include: Bunny Thompson, Nancy Riefenhauser and Sue Busa (terms expire September 2015); Denise Galloway, Mike Kearney and Bob McAllister (terms expire September 2014); Pat Quick, Susan Alvey and Beth Turner (terms expire September 2013); and Sue ReCorr, Joe Esmond, Debby DiLalla and Tim Shoriak will serve one year terms. Officers for the board of directors for October 2012 through September 2013 year will be elected this summer.

Thank you to those of you able to cooperate with the request that we park across the street in either the parking garage or the overflow outdoor lot. This frees up parking spaces closer to the hospital entrances for patients and visitors unable to walk great distances.

You all know Joint Commission is due this year. Remember: (1) Frequently review your handbook and the list of questions available to keep current codes, policies and other information; (2) Always follow the guidelines regarding washing your hands, and gel in and out of patient rooms; (3) Protect our patients' privacy; (4) Always use the "Red Rule"; (5) Always follow WakeMed's corporate compliance policies. Should you be approached by a surveyor, be welcoming. If you are asked questions and you don't know the answer, explain that you will find someone who does have the information or that you will get the answer as quickly as possible. Be sure to arrange where to meet the surveyor with the information.

Please remember the Blossoms for Life program when honoring a special friend or family member. This year round fundraising initiative provides much needed help to patients 365 days of the year. All donations are acknowledged to both the donor and the recipient or family member. It is a great way to honor or remember that special someone.

I hope each of you has a pleasant summer. Thank you for volunteering at WakeMed Cary Hospital and for the contributions each of you make to the hospital.

*Denise Galloway,*  
President, Volunteer Board

## The President's Corner

### WakeMed Raleigh Campus



I hope we all are faring well with this year's summer heat. No matter what you do, keep hydrated and stay cool if all possible. In addition, Dr. Trevor Holly Cates, a naturopathic physician from Park City, Utah, offers natural methods to make your summer healthiest,

Avoid your skin becoming lobster red by using zinc oxide or another mineral sunscreen. If it's too late to save your skin, turn to aloe vera, preferably in its naturally grown form. If you can't find the plant, go for one in store, but avoid

those with artificial coloring or additives.

Keep mosquitoes away with essential oils like citronella or geranium. To treat mosquito bite, look for homeopathic apis (made from crushed bee's body) in health food stores.

In swimming, shaking your head is not the way to go. Look for homeopathic ear drops, which are sometimes used for earaches. Or, to avoid that still-swimming feeling before its starts, pour a little hydrogen peroxide into the ear to help the water bubble out.

If you've just taken a spill on your Rollerblades, look for calendula to apply to cuts and scrapes. It's made from the calendula flower, is antimicrobial and heals body tissue. Natural comfrey made from leafy comfrey plant, is also used on the skin for healing, as well as vitamin E, which prevents scarring.

If you've had an unfriendly encounter with a hornet, wasp or bee, try making a simple paste out of baking soda and water. Spread the paste on the sting to soothe it.

If you've gotten tangled in poison ivy, you'll be feeling the effects and want to act fast. Tame the itchy rash with Anacardium or Rhus Tox. They are frequently used as natural solutions to skin ailments. Anacardium is made from the cashew tree family, and Rhus Tox is made from a dilution of the poison ivy plant itself.

During the summer, blonds may not have more fun when it comes to rinsing chlorine and other pool chemicals from their hair. To avoid a green hue, rinse hair with tomato juice after a swim.

Knees, elbows covered in bruises from beach volleyball? Try a small amount of homeopathic arnica as a topical ointment to reduce bruising and swelling. The pill form helps with inflammation, but it can possibly be unsafe in large doses. Arnica is made from family plants known for their yellow flowers.

The above information is extracted from CNN health report. I hope you continue enjoying the summer.

*Timothy Lee, President,*  
President, Volunteer Board

## Volunteer Spotlight WakeMed Raleigh Campus ~Callan Kistler~



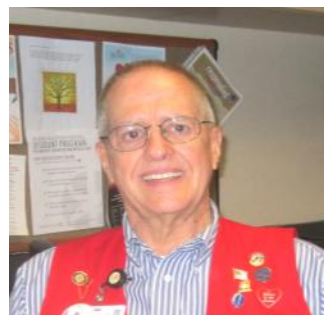
My name is Elizabeth Callan Kistler. I am from Johnston County and enjoying my first "human" volunteer experience. I have volunteered with a few local equine vets in the past. My 20 plus years of experience with basic farm animals makes me a little handy. I have six horses, five dogs, and a barn kitty running around my farm land. Needless to say I have a heart for animals.

I attended East Carolina University, and received a B.S. in Health Education. I did my student teaching at J.H. Rose High School and loved teaching! However, I am drawn to the medical field even more. I returned to school, once again the student instead of the teacher. I became a licensed CNA-I (in North Carolina), as well a National Certified Phlebotomy Technician. I was also enrolled in prerequisites for an Associate's Degree in Nursing at the same time. I fell in love with drawing blood and I am currently job hunting for a phlebotomy/lab position. Maybe one day I'll be able to combine my love of medicine with my joys of teaching.

Since my job hunt has left me with open hours, I found myself wondering what I could do with my extra time, energy and knowledge. I soon found myself becoming a part of WakeMed and WakeMed becoming a part of me. I currently volunteer in Nursing Administration; with some of the nicest and most dedicated nurses I've ever had the pleasure of meeting. I have found that my medical knowledge is a bonus for all of us in that department. I'm getting a chance to learn a little and help out; it is a win-win for all of us. I am also down in Volunteer Services running around helping with any tasks that help keep things running smoothly. I am certainly learning my way around BIG Wake!

WakeMed is a place that grows on you. I haven't been here long and I already feel like this is part of my home and the staff is part of my family. It is nice that a hospital works so hard to make people feel comfortable.

## Volunteer Spotlight WakeMed Cary Hospital ~Bob McAllister~



I began volunteering after my third retirement. I hoped it would keep me busy so I wouldn't go back to work, it only partially worked. I retired from the USAF as a Master Sergeant in 1986. I then went into banking for 10 years. After I finished that career I began a 12 year run in the printing industry. The partial bit above is because I still do occasional work for Alphagraphics in Cary.

I am very involved in my church, Inwood Baptist, as assistant Sunday School director, assistant Head Usher/Greeter and sometimes as official photographer.

I am married to Mary, my bride of 47 years and we have two children, Robin who is married and currently lives in Florida, and Ken who lives in Cary and is engaged to be married on Sept 2013.

I current serve on the Wake Volunteer Board of Directors and do my volunteering in the Day Surgery area. I have been volunteering for almost 6 years. I am following in the footsteps of my parents who were long time volunteers at Chesapeake General Hospital in Chesapeake, Va.

I do missionary work in Haiti and have made 6 trips and may be going back very shortly. I am involved with a major project and will be meeting with the Secretary of State of Haiti on my next trip.

I am a Certified Food Handler with the NC Baptist Men and respond to disasters as called. I have been to West Virginia for a recovery mission, to Colorado on a building team and three mass feedings in North Carolina.

My hobbies, as many will tell you, are Photography and Woodworking. I can find beauty in most everything I see around me. I prefer to do nature photos and old buildings. I love to work with wood and create things of beauty and toys for me and my friends. I also make my own picture frames. My wife and I love to travel and will be going on two cruises this fall, one to New England/Canada and then to the Bahamas.

## Congratulations – Wade Burnette!

WakeMed is fortunate to have wonderful volunteers that provide quality care to our patients. Three days every week, Wade Burnette makes the drive to WakeMed and becomes our Cardiac Rehab volunteer extraordinaire. The staff and patients of Cardiac Rehab have come to view Wade as an essential member of the team. Before class starts, he stages all of our emergency equipment and supplies needed to conduct the class. As the patients filter in, Wade assists them in locating their medical record and items they will need for the class.

A number of our patients cannot write because of arthritis, tremors and other physical impairments. Wade is there to record their data for them. Other patients have cognitive issues and cannot remember how to set the exercise equipment or even remember which piece of equipment they need to be on. Wade is by their side to coach them. With Wade's infinite patience, he takes them from one piece of equipment to another while recording data that has no meaning to them.

Wade is a calming presence in emergency situations. We can always count on him to bring a stretcher or wheel chair to a patient in trouble, locate a chart and copy important information from their records to accompany them to the emergency department or their physician's office. He has assisted staff in taking a patient to the Emergency Department and frequently walks a patient to their car when they are not feeling well. Wade is an extra set of eyes for the nurses. On numerous occasions he has come to us with word that a certain person just didn't look right. Because of Wade's astute observations, we were able to treat the patient before it became an emergency.

The patients love Wade. Wade's name is always mentioned on graduation day when patients are thanking the staff for the care they received. Wade's care and compassion extend far beyond our cardiac patients. After Wade finishes the cardiac rehab class, he heads over to the main hospital to visit with people from Zebulon who have been admitted as patients. I cannot imagine cardiac rehab without Wade Burnette!

### Husband and wife honored with Rotary's SAS Award News & Observer

A Zebulon couple, noted for their outstanding service to others, has been recognized by Zebulon Rotarians as 2012 recipients of the club's "Service Above Self Award." This is the eleventh year that the Rotarians have honored local citizens they believe exemplify Rotary International's motto of "Service Above Self" and the first year two awards have been made.

Wade and Susan Burnette of 100 Fairway Drive, Zebulon, each received a Paul Harris Fellowship recognition and an engraved plaque acknowledging their service.

The Paul Harris Fellowship is the highest honor given by Rotary International. It includes a \$1,000 donation in the name of the honoree to The Rotary Foundation of Rotary International to be used for providing educational and medical facilities, clean water, and other needs to developing countries, enhancing Rotary's efforts to bring understanding and peace to the world.

Wade Burnette serves three days each week as an unpaid volunteer at WakeMed in Raleigh. His work is accorded profuse thanks from the hospital's patients and appreciation from the hospital staff.

Susan Burnette has gained thanks from dozens of local residents who have been helped by Susan's volunteer service. She visits shut-ins, runs errands for the home-bound, and provides many services for those who are unable to help themselves.

In 2002, Dallas Falk was the first to be recognized for his "Service Above Self." Others receiving the award in subsequent years are Michael R. Anders, Martin Coward, Ann Liles, Doris Wright, Dr. William Brunk, Gladys Todd, Jenny Privette, Dalphine Perry, and Briggs Petway.



## ***The Reflection Gallery—WakeMed Cary Hospital***

A dedication ceremony of The Reflection Gallery was held on Friday, June 29, at 11:30 am in the Cary Hospital courtyard. The gallery is located on the hallway by Day Surgery and across from the courtyard's windows.

The Reflection Gallery is made possible through a partnership with Cary Visual Art, Inc, and a donation by the family and friends of Sandy Lappin. Ms. Lappin was a frequent patient at WakeMed Cary Hospital who passed away last year. A local artist, Ms. Lappin enjoyed sharing her joy of the arts with the nursing staff that cared for her. Her family felt it was fitting to provide a donation that would not only thank the Cary Hospital staff for their care, but left a positive impression on all who view the gallery.

"We are very appreciative of the Lappin family for their generosity," said David Coulter, senior vice president and administrator of WakeMed Cary Hospital. "I know that The Reflection Gallery will brighten the day of our patients, their families, and the staff members of WakeMed Cary Hospital."

The Reflection Gallery at WakeMed Cary Hospital will feature works of art by WakeMed staff, physicians and volunteers in a show from September 28 – January 11. If you are interested in displaying your works of art, please complete this [form](#). Deadline for selection consideration is Friday, August 31. Have questions? Please contact Caroline Youngblood in Public Relations, 919-350-1776 or [cyoungblood@wakemed.org](mailto:cyoungblood@wakemed.org).

## **WakeMed Employee Forums with Dr. Bill Atkinson, President & CEO**

Don't miss this opportunity to talk informally with Dr. Atkinson about all that's happening at WakeMed and hear what's on the horizon. All employees/volunteers can attend any session at any facility, regardless of where they work.

### **MOBILE CRITICAL CARE SERVICES**

Tuesday, August 7, 10 am

### **APEX HEALTHPLEX**

Wednesday, August 15, 3 pm

### **BRIER CREEK HEALTHPLEX**

Tuesday, August 21, 2:30 pm

### **FUQUAY-VARINA**

Tuesday, August 28, 3 pm

### **ZEBULON/WENDELL**

Wednesday, August 29, 2:30 pm

### **CLAYTON MEDICAL PARK**

Thursday, August 30, 12pm



## Successful Partnership – WakeMed Raleigh Campus

Dear Ms. Johnson,

I am writing to provide my formal notification that I am leaving my position as a volunteer. I have thoroughly enjoyed volunteering for WakeMed Health & Hospitals. My supervisors have been a key role in my success,

Due to my acceptance as a Nurse Aide into the Observation Unit 3, I won't be able to commit to the necessary hours that are needed to volunteer. However, if there is any opportunity to volunteer in the future, I would be available.

The Wake Way of today is now my watchword. WakeMed Health & Hospitals has empowered me to reach my goals. I am extremely pleased and honored for the opportunity to work with you. Thank you for being so welcoming and appreciative of my volunteering. You have been truly inspiring and supportive in diverse ways. I love the patients, staff and great clean atmosphere always. I have learned a lot and thoroughly enjoyed the experience.

Keep up the professionalism and the great work you do! Thank you!

Sincerely,

Vivian Osinowo.



Rolesville Middle School Beta Club had book drive for their service project and was able to donate 322 children and young adult books to the WakeMed Raleigh Campus Reach Out and Read Program.

Their donation of children and young adult books will be shared with our patients and their families.

## Weight Watchers at Work Returns to the Raleigh Campus

WakeMed employees and volunteers are invited to a free information session hosted by a Weight Watchers leader on Wednesday, August 8 at 11:00 am in Conference Dining. The first session is tentatively scheduled to begin on Wednesday, August 15 at 11:00 am and then every Wednesday at 11:00 am. There must be 15 participants enrolled or the sessions will be cancelled. Additional meetings are being considered at Cary Hospital and the Corporate Center. With questions, contact Bob Nelson at ext. 06903 or [bonelson@wakemed.org](mailto:bonelson@wakemed.org).

### A Big Thank You To:

Matt Beyersdorf for his donation of 30 Beanie Babies.

The Ahmadiyya Women's Association's generous donation of infant and toddler clothing and accessories.

## Test Your Knowledge

### 1. Why do hallways have to be kept clear of items not in use at all times?\*

- A. To allow for unobstructed movement and evacuation of all person in the event of an emergency
- B. to allow emergency personnel, such as firefighters to respond to an emergency without an obstruction
- C. To maintain a clean appearance
- D. A and B

### 2. If you work in an area that has a fire sprinkler system; items must be stored in the following manner:\*

- A. 18 inches from the bottom of the sprinkler head (typically 18 inches from the ceiling)
- B. In their shipping containers
- C. In Ziploc bags

### 3. When there is a fire in an area where oxygen is NOT in use, the response should be:\*

- A. Run, alert my supervisor, call the operator and walk down the stairs (RACE).
- B. run away from the fire
- C. RACE: Rescue all persons in danger, Activate the alarm, Contain the fire by closing doors, Extinguish the fire and Evacuate if necessary
- D. Extinguish the fire and then call

(1) D. Both A and B. We must allow for unobstructed movement and evacuation of all persons in the event of an emergency and we must allow emergency personnel, such as firefighters to respond to an emergency without an obstruction.  
 (2) A. Items must be stored 18 inches from the bottom of the sprinkler head, typically 18 inches from the ceiling.  
 (3) C. The response is RACE. Rescue all persons in danger, Activate the alarm, Contain the fire by closing doors, Extinguish the fire, and Evacuate if necessary.

## Exit Comments

These are former 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

Angela Hubbard: Ronald McDonald Family Room: "I have nothing but positive things to say about my experience as a volunteer and WakeMed. My supervisor Karen was wonderful! I also enjoyed helping the parent's family as they came to use the facility."

Arinze Nwosu: Patient Relations: "I learned so much about the functions of the hospital and the important services it provides for people. I am very grateful for the opportunity you gave me to volunteer at WakeMed and I hope you continue to keep up the good work. Thank you."

Belinda Sears: Patient Services 5C: "I enjoyed my time volunteering at the hospital, great experience."

Vivian Osinowo: Patient Services 3E: "The WakeMed department of Volunteer Services Raleigh campus, headed by Ms. Marie L. Johnson and her team has been a contributing factor to my success. Volunteering has enabled me to have contact with patients and their families. I feel fulfilled giving back to my community. I will always be a volunteer. WakeMed department of Volunteer Services team are the most selfless and humble people I have ever met. They inspire me to do more with a smile on my face. You are doing an outstanding and excellent job. You put a smile on people's faces. GREAT job Ms. Marie L. Johnson and her formidable team!"

### Cary Hospital

Anne Hayes: Patient Relations: "The Volunteer Services department at WakeMed Cary is a professional, well-run, welcoming operation. I enjoyed working there among the dedicated staff and volunteers."

Lee Hong: Patient Relations: "I enjoyed interacting with the patients..."

Stacy Leggio: Medicine 2 East: "I really enjoyed the opportunity to volunteer in 2 East and to help the staff with feeding and any other need the patients had."

Albert Omambia: Emergency Department Liaison: "Very helpful in my life experience."

Karan Singh: Emergency Department Liaison: "I enjoyed being apart of the WakeMed community. Thank you for the wonderful experience!"

Denise Smith: Day Surgery Information Desk: "My volunteer experience at WakeMed Cary was extremely positive and rewarding. I always felt valued and appreciated by the volunteer office staff and by the Day Surgery and Pre-Op team!"

Michelle Turner: Women's Pavilion & Birthplace: "I really enjoyed seeing and learning how this hospital works to help their patients."

Briana Wang: Gift Shop: "I really enjoyed my time as a volunteer."

Ida Williams: Gift Shop: "I love all my associates! Some I will stay in touch with but I miss everyone - volunteers, nurses and doctors I have met."

# DONATIONS



**Amanda Walker and family** donated an Infant Swing to WakeMed Health & Hospital's NICU unit. The family says it is a way to acknowledge the kindness shown to them during their stay.



**River Oaks Middle School** donated handmade Huggables and Activity Books for the Pediatrics Unit and Children's Emergency Department. Kudos!



**Junior Girl Scout Troop # 252** is based in Area Wake 19 of Cary, NC. For this year's service project the girls wanted to help serve families of patients waiting at WakeMed Cary Hospital. The girls noted how stressful it could be on families having to wait long periods of time in a waiting room while a loved one was getting treatment. They thought families and friends needed support too in order to best support their loved one. So they made a list of items that might help make a long stay in a waiting room more comfortable (toiletry items and activities for children). The girls sold 400 boxes of cookies to earn the \$200 they would spend on buying these items. They also labeled each item with a positive message of

## FUNDRAISERS

### Stethoscope, Accessory & Shoe Sale Cary Hospital

**Thank you to the following volunteers:**

**Diane Boyer**  
**Denise Galloway**  
**Orly Margolis**  
**Tom McFadden**  
**Ashok Patel**  
**Bob Rafferty**  
**Bunny Thompson**

who assisted with The Volunteers at WakeMed Cary Hospital Stethoscope, Accessory & Shoe sale on June 8. Close to 200 employees visited the sale and were extremely pleased to see the variety and quality of items available. Not only did we have a fun day, but we raised \$723.32 in profits.



### Are You a Michael's or AC Moore Shopper?

WakeMed sewing volunteers need the following sewing supplies to make huggables, afghans, lap robes, baby hats, blankets, quilts and more for our patients.

Items needed:

- Michaels or AC Moore coupons
- Lion Brand-Pound of Love – any color
- Red Heart 4 ply – any color
- Bernat Softee Baby – preferably pink, blue or white
- 4 ply yarn – any colors
- Large pieces of fabric
- Small pieces of fabric
- Fiber fill
- Batting
- Thread – any color



Items can be dropped off at WakeMed Cary Volunteer Services or at WakeMed Raleigh Campus. Thank you for your support!

## FUNDRAISERS

### Raleigh Campus Linen Sale

#### Thank you to the volunteers:

who assisted with The Volunteers at WakeMed Raleigh Campus Linen sale on June 13, 2012. Over to 300 employees visited the sale and were extremely pleased to see the variety and quality of items available. Not only did we have a fun day, but we sold \$20,085.79 in merchandise and raised \$3,763.17 in profits. The funds raised will be used to contribute to programs and services that benefit WakeMed patients, families, visitors, staff, physicians and our community.

Sara Kirk	Charlotte Luke
Georgene Jones	Katrina Akins
Adele Rosati	Yvonne Vaughters
Timothy Lee	Lois Brush
Elaine Allen	Isabella Norwood
Yates Perry	Tarsha Trapp
Carolyn LaRue	Ebony Collins
Leza Downie	Sara Pierson
Peg Fuchs	Sam Rosenberg
Shareasa Dunn	



#### Missing Infant Drill:

Thank you to the following volunteers who participated in our practice drill on May 23:

Steve Barat, Reid Craft, Rosemary Driver, Karen Jensen, Georgene Jones, Carolyn LaRue, Timothy Lee (

## 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 odor 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 that 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

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

*Countless individual sewers not associated with sewing groups*

### WakeMed Cary Hospital

Ann Foster Workshop  
Apex Methodist Church  
Carolina Preserve Piecemakers  
Carolina Preserve Yarn Spinners  
Colonial Baptist Church  
Cornerstone Baptist  
Crafting Blessings—NHB  
Fuquay-Varina Presbyterian Church  
Garner Senior Center  
Harriet Kelner Group  
Newborn Knitters—Cary HS  
Latter Day Saints  
Pine Tree Quilters  
Prime Time—Ebenezer MC  
Reedy Creek Baptist Church  
Spring Arbor Assistant Living  
St. Paul's Knitting  
Summit Church  
Windsor Point  
Woodland Terrace Knit & Crotchet

*Countless individual sewers not associated with sewing groups*



# *Welcome New Volunteers*

## *Welcome New Volunteers*

### **WakeMed**

#### **Raleigh Campus**

Ajayi Akin  
Regina Alves  
Carli Berasi  
Grace Blackley  
Austin Bloomberg  
Sophia Brauns  
Diane Byrd  
Sandra Calixto  
Terelle Coley  
Bridget Collins  
Lauren Conder  
Tanika Cooper  
Joseph Davis  
Rene Donaldson  
Lucia Duan  
Rachel Evans  
Joseph Ewendt  
Casandra Ford  
Kenneth Furr  
Christopher Garrett  
Valeisha Harrison  
Michele Hartman  
Amelia Hayes  
Alicia Heller-Nguyen  
Alex Herring  
Suzette Hinton  
Heather Horwath  
Jacquelyn Humphrey  
Crystal Kay  
Brandon Kelley  
Elise Kersey  
Tyler Kloc  
Mei Li  
Elisabeth Liddicote  
Rachel Lyons  
Grant Masini  
Daryl Mathis

Patricia McNair  
Nicole McQueen  
Jha'Lura Mercer  
Joshua Miller  
Sloane Miller  
Barbara Mills  
Charan Mohan  
Corinne Moreno  
Myles Nelligan  
Reyad Queijan  
Tammy Pulley  
Takeeya Reddick  
Jordan Schultz  
Teresa Scofield  
Michael Shea  
Walter Sirma  
Ka'Ron Smith  
Joshua Spann  
William Stuart  
Erica Tasman  
Sharonda Thomas  
Kathy Tucker  
Jayne Warzywak  
Anna Weavil  
Travis Whatley  
Jo Anne Yvars

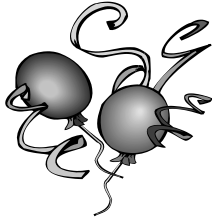
### **WakeMed**

#### **Cary Hospital**

Maria Allen  
Mary Lynn Barnett  
Thelma Bentley  
Susan Blackley  
Lauren Blake  
Jasmyne Bobbitt  
Patricia Bondor  
Janice Coates  
Joanne Crooks  
Lauren Ducoste

Sharonda Felton  
Bill Hammond  
Shilo Hargrove  
Sol Hochler  
Allison Hoffmeister  
Pooja Joshi  
Megan Kauffman  
Jason Konst  
Purnima Kotiya  
Hemalatha Kumarasamy  
Janice Lee  
Jennifer Lee  
Mei Li  
Chin-Jang Lin  
Chris Lo  
Peter Lombardo  
Kristen Lovett  
Judy Mack  
Karen Marks  
Kimberly Martin  
Nancy Mitchem  
Lindsey Monroe  
Daisys Morel  
Caroline Parker  
Mary Pippin  
Kalpana Rana  
Mayleen Rhodes  
Steve Rouse  
Claire Saibel  
Phyllis Salts  
Shamim Shaikh  
Nancye Slagle  
Elizabeth Surovec  
Bettie Thompson  
Barbara Trotto  
Jamie Worrells  
Magda Yankelowitz





# Happy Birthday!

## WakeMed Raleigh Campus August

Farabi Alam 8/7  
 Mary Beth Alova 8/17  
 Regina Alves 8/30  
 Steve Barat 8/1  
 Chris Bender 8/15  
 Austin Bloomberg 8/21  
 Linda Carroll 8/13  
 Benjamin Citero 8/15  
 Joan Clemens 8/11  
 Richard Corbin 8/9  
 Betty Costello 8/23  
 Claire Cole 8/20  
 Nell Critcher 8/8  
 Dajuan Cunningham 8/18  
 Josephine Daversa 8/9  
 James Davis 8/9/  
 Anna Debnam 8/4  
 Alicia DeLauder 8/25  
 Sandra Favro 8/2  
 Ed Goetz 8/21  
 Sarah Greene 8/7  
 John Griswold 8/4  
 Janine Hamlin 8/24  
 Jaime Hankins 8/11  
 John Hite, Sr. 8/14  
 Florence Huebner 8/7  
 Lucas Hunter 8/18  
 Aniley Kelemwork 8/22  
 Thetra Kelly 8/17  
 Elsie Kesselman 8/21  
 Etta Kimbrell 8/5  
 Wendy Lamm 8/5  
 Jessica Lassandro 8/29  
 Sahiti Marella 8/30  
 Jha'Lura Mercer 8/21  
 Claudia Mormino 8/1  
 Jesse Murphrey 8/22  
 Melissa Nausch 8/17  
 Daniela Pardedes 8/15  
 Stephen Quinn 8/5  
 Bonnie Roberts 8/21  
 Brooke Schrader 8/8  
 Adonna Simpson-Lewis 8/22  
 Walter Sirma 8/6  
 Brenda Smith 8/31  
 Gail Smith 8/5  
 Lynn Stanley 8/15

Kathleen Sullivan 8/22  
 Treva Thompson 8/26  
 Vanessa Totten 8/9  
 Kelley Wade 8/7  
 Angela Walton 8/1  
 Julie Whitfield 8/19  
 Steve Yee 8/21  
 Mariel Ziperski 8/19

## September

Barbara Apelian 9/17  
 Joanna Baitinger 9/1  
 Mark Baldiviseo 9/17  
 Justin Baldwin 9/12  
 Ashton Barker 9/9  
 Lita Barr 9/3  
 Rose Bradley 9/10  
 Sophia Brauns 9/4  
 Barbara Brooks 9/30  
 Barbara Bubar 9/7  
 Aitza Burgess 9/22  
 Sandra Calixto 9/9  
 Sara Cammie 9/10  
 Cassidy Caughlan 9/28  
 Lauren Conder 9/23  
 Jean Davis 9/7  
 Demetia Dixon 9/29  
 Roger Dorfield 9/15  
 Lucia Duan 9/21  
 Carolyn Duncan 9/12  
 Brandi Dunn 9/8  
 Cody Eden 9/23  
 Andrea Flowers 9/23  
 Cassandra Ford 9/4  
 Faith Godwin 9/30  
 Michele Hartman 9/12  
 Mary Helmnik 9/19  
 Selena Hernandez 9/22  
 Mary Hitch 9/14  
 Tamera Holliman 9/13  
 Gloria Horton 9/13  
 Brandon Kelley 9/10  
 Kiara Kelly 9/24  
 Hartzell Killen 9/7  
 Hedy Kronenwetter 9/1  
 Charlotte Luke 9/3  
 Robert Maness 9/25  
 Joshua Miller 9/24  
 Mildred Morrison 9/2

Alexander Newman 9/18  
 Lucille Peltier 9/29  
 Oyewole Popppla 9/22  
 Tammy Pulley 9/15  
 Dagmar Radun 9/6  
 Douglas Rifenburg 9/19  
 Alisha Self 9/7  
 Julia Gray Shuster 9/1  
 Emily Sluzas 9/22  
 Ian Stancil 9/23  
 Phelisha Sujat 9/8  
 Justina Uwa 9/20  
 Jayne Warzywak 9/7  
 Josiah Whitehead 9/25  
 Rosemary Wing 9/27  
 Jo Anne Yvars 9/16

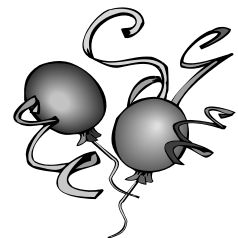
## WakeMed Cary Hospital August

Blair Hatcher 8/1  
 Gerry James 8/2  
 Sandra Favro 8/2  
 Rohan Parekh 8/3  
 Dharshan Sivaraj 8/3  
 Luther Faircloth 8/4  
 Anne Brock 8/5  
 Linda Hobgood 8/8  
 Elisabeth Stevens 8/8  
 Inna Zboichyk 8/9  
 Linda Haley 8/9  
 Patricia Bondor 8/9  
 Augusto Francisco 8/10  
 Melody Mangum 8/11  
 Grace Adams 8/11  
 Linda Junk 8/13  
 Judy Millar 8/14  
 Craig Landau 8/15  
 Judith Hyman 8/15  
 Betty Seidner 8/15  
 Gretchen Best 8/16  
 Jean Poe 8/16  
 Wilma Caldwell 8/17  
 Matthew Hagan 8/17  
 Tina Seagroves 8/18  
 Louise Brown 8/19  
 Gerry Werner 8/21  
 Karen Marks 8/21  
 Sarah Johnson 8/21  
 Lee Nelson 8/22

Jill Rusche 8/23  
 Della Staub 8/24  
 Melvin Perkins 8/24  
 Martha McLaurin 8/24  
 Mayleen Rhodes 8/25  
 Michael Schuler 8/26  
 Kishorsinh Parmar 8/26  
 Alicia Darnell 8/26  
 Jasmyne Bobbitt 8/26  
 Rushi Marthala 8/28  
 Shaila Prabhu 8/29  
 Orly Margolis 8/30  
 Dailyn Clark 8/31

## September

Shamit Prabhu 9/1  
 Mandrel Tucker 9/2  
 Joe Boggs 9/4  
 Michael Kearney 9/6  
 Gale DeBinder 9/7  
 Gail Davis 9/11  
 Linda Craft 9/12  
 Kathy Rembrandt 9/13  
 Darlene Roth 9/14  
 Emily Riefenhauser 9/14  
 Ann Rush 9/17  
 Kalpana Nath 9/17  
 Drew Smith 9/18  
 Patricia Hyman 9/18  
 Rohin Gawdi 9/18  
 Karen Williams 9/18  
 Roja Garimella 9/21  
 Sandra Chalk 9/21  
 Bettie Thompson 9/21  
 Mary Lynn Barnett 9/22  
 Herbert Gilliam 9/23  
 Ankush Chahal 9/25  
 Christine Goldsworthy 9/26  
 Aleena George 9/28  
 Donna Doherty 9/29  
 Diane Kuzdrall 9/30



# Congratulations

## WakeMed Raleigh Campus

Luciana (Lucy) and Derek Alston – birth of baby girl Kiera Rose, born May 15<sup>th</sup>, weighing 7.6 lbs

Marty and Jim Stephens – birth of their grandson Fletcher Matthew born July 10<sup>th</sup>, weighing 9.4 lbs

John and Willa Agurs - married July 2, 1966, celebrated their 46<sup>th</sup> wedding anniversary.

Ebony Collins will be graduating July 27<sup>th</sup> with honors as a Medical Office Assistant from Miller-Motte College.

## WakeMed Cary Hospital

Linda and Dixie Hobgood celebrated 50 years of marriage on March 23.

John and Linda celebrated 50 years of marriage on June 16.

## Our Condolences To:

### WakeMed Raleigh Campus

Philip Greco — loss a family member  
Lori Houston — loss a family member

### WakeMed Cary Hospital

Joyce Catherwood — loss of family member  
Pansy Jones — loss of family member  
Shamim Shaikh — loss of family member

\*\*\*\*\*  
 \* 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 \*  
 \*  
 \*\*\*\*\*

## Thinking of the Following Volunteers

### WakeMed Raleigh Campus

Steve Barat  
Kelly Blades  
Linda Cuthrell  
Valeisha Harrison  
Tamara Holliman  
Etta Kimbrell  
Linda Sutton  
Bobby Wieland

### WakeMed Cary Hospital

Regina Brest  
Joan Carson  
Loretta Consiglio  
Barbara Gribble  
Frances Keener  
Mary Poteat  
Kathy Rembrandt  
Linda Sutton  
Sean Vallabh  
Beverly Williams



# PLACEMENT OPPORTUNITIES

## 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 way find effectively and provide basic wheelchair transport as needed. Positive interaction skills a must! This is an excellent opportunity to exercise by walking indoors.

### **Hospitality Pets**

Saturdays – Sundays, 8 am-8 pm; 2 hour shifts

Volunteers and their canines provide visitation to eligible patients. Ability and desire to adhere to all aspects of the Hospitality Pets program. Canine companion at least one year old.

### **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!

### **The Ronald McDonald Family Room**

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

It 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.

### **Raleigh Medical Park – Patient Access**

Monday – Friday, 7 am-5 pm, Substitutes needed! 4 -5 hour shifts

Volunteers facilitate an efficient flow of operation and traffic by providing appropriate information, direction and assistance to the customers and general public.

### **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.

### **Tour Guides**

Tours are offered two times a month. 2 hour shift

Assist new and established volunteers by providing and organized, efficient tour of main campus.

### **Volunteer Services – Office Support**

Monday – Friday, 2-4 hour shifts, 8 am-4 pm

Strong Excel skills, ability to file in alpha order, collate forms, answer phones, and assist with general office support duties. Willingness to adhere to all aspects of confidentiality. Good organizational skills.

### **WakeMed North – Guest Ambassador**

Monday- Friday: 2-4 hours shifts, 8am-12noon

Volunteers facilitate an efficient flow of operation and traffic by providing appropriate information, direction and assistance to the customers and the general public. Strong human relations skills and ability to relate to emotional and physical needs of others.

### **Cary Hospital**

#### **Apex Healthplex – Radiology**

Monday, 8 am -12 pm

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

### **Gift Shop**

Monday - Friday, 4 pm – 6 pm

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

### **Kraft YMCA – Cardiac Rehab**

Monday – Friday, 6:30 am – 10 am

Volunteers enhance customer service by greeting patients arriving for service. Assist cardiac rehab staff in providing safe and quality services in a class setting. Assist cardiac rehab staff in class preparation and set-up/take-down, as needed. Assist patients, as needed and appropriate, in setting prescribed exercise equipment and exercises discernment in making independent decisions regarding exercise settings. Put together medical charts. Enters daily cardiac rehabilitation class data into the Scott Care system. Prints, fax or sends patient reports to physicians on a monthly basis and other various office duties.

### **Patient Service Volunteer/Feeding Partner: 3 West Medical/Surgical**

2–4 hours shifts available, 8 am – 10 am, 11:30 am – 2 pm and 4 pm – 6 pm

\*volunteer scheduling is set to coincide with breakfast and lunch or dinner tray delivery Duties include stocking supplies, running errands, attending to patient comfort needs. Volunteers are trained to assist with the set up and feeding of patients requiring assistance.

### **Hospitality Pets**

Monday – Sunday, 2 hour shifts

Canine/volunteer teams visit eligible and consenting patients. Ability and desire to adhere to all aspects of the Hospitality Pets program. Canine companion at least one year old.

### **Material Processing & Distribution**

Wednesdays, Fridays and weekends–flexible scheduling.

Volunteers assist with sorting through shipments and stocking materials, supplies and linens. In addition, the volunteer helps with delivery of supplies to individual departments and with break down and disposal of boxes.

## Calendar of Events

### WakeMed Raleigh Campus

- **Uniforms 2U Sale**  
Wednesday, August 8, 2012  
Andrews Center, 7: am — 4 pm
- **Volunteer Board Meetings**  
Conference Dining Room, 10 am - 12 pm  
Tuesday, August 14, 2012  
Tuesday, September 11, 2012

Volunteer help is needed -  
Please call 919-350-8293 to sign up.

### WakeMed Cary Hospital

- **Volunteer Board Meetings**  
Cary Conference Center 11 am to 1 pm  
Wednesday, August 22, 2012  
Wednesday, September 26, 2012

- **Uniform 2U2 Sale**  
Friday, September 14, 2012  
Conference Center 7 am to 4 pm

Volunteer help is needed -  
Please call 919-350-2363 to sign up.

- **Heart Saver Class**  
Wednesday, September 5, 2012  
Cary Conference Center 1 pm to 4 pm

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



Mark Your Calendar

## Volunteer Orientation

### WakeMed Raleigh Campus

- **Monday, August 6, 2012**  
Conference Dining Room, 5:30 pm – 8:30 pm
- **Wednesday, August 15, 2012**  
Conference Dining Room, 9:30 am – 12:30 pm
- **Monday, September 10, 2012**  
Conference Dining Room, 5:30 pm – 8:30 pm
- **Wednesday, September 19, 2012**  
Conference Dining Room, 1 pm – 4 pm

### WakeMed Cary Hospital

- **Tuesday, August 7, 2012**  
Conference Center, 5:30 pm - 9 pm
- **Thursday, August 23, 2012**  
Conference Center, 8:30 am - 12 pm
- **Thursday, September 6, 2012**  
Conference Center, 5:30 pm - 9 pm
- **Tuesday, September 18, 2012**  
Conference Center, 8:30 am - 12 pm

## Tour Dates

### WakeMed Raleigh Campus

- **Thursday, August 9, 2012**  
Main Entrance Lobby, 6 pm – 7:30 pm
- **Tuesday, August 21, 2012**  
Volunteer Services, 1 pm – 2:30 pm
- **Thursday, September 13, 2012**  
Main Entrance Lobby, 6 pm – 7:30 pm
- **Tuesday, September 18, 2012**  
Volunteer Services, 1 pm – 2:30 pm

To register, please call 919-350-8293

### WakeMed Cary Hospital

- **Thursday, August 9, 2012**  
Volunteer Services, 7 pm
- **Monday, August 27, 2012**  
Volunteer Services, 10 am
- **Monday, September 10, 2012**  
Volunteer Services, 7 pm
- **Thursday, September 20, 2012**  
Volunteer Services, 10 am

To register, please call 919-350-2363



## **WE NEED YOUR EMAIL ADDRESS!**

Complete the form below and return to your Volunteer Services department .

**Email Update Form:**

---

**Name**

---

**Email Address**

**PLEASE REMEMBER TO ADD US TO YOUR CONTACT LISTS!**  
(please refer article on page 2)

## **KEEP MAILING ME THE HEARTBEAT!**

Complete the form below and return to your Volunteer Services department .

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

---

**Name**

(please refer to article on page 3)

**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**