Inside this issue:

Greeting WakeMed Volunteers!

I hope you are enjoying the bit of warmer weather we are experiencing with the promise of more to come as Spring blossoms across our beautiful area. The department has been very active as we prepare for an upcoming accreditation visit from the Joint Commission, who provides our regulatory oversight and checks in with us every three years. We anticipate another great survey this year.

Since many of you are also our patients, I want to encourage you to sign up at MyChart.WakeMed.org if you haven’t already done so. This is our online patient portal, giving you access to many parts of your medical record in an easy and efficient way. We have a goal of 30% of our patients having a MyChart account – this is tied to our Aspirational Goal of Healthy Community. You can make and manage appointments, search our health education library, update insurance and demographics, complete questionnaires and check in prior to your WakeMed Physicians Practices appointment; as well as, link your fitness device to track activity and diet. These are a few great reasons to enroll and support improvement in your own health and well-being.

We are excited for the upcoming National Volunteer Week April 15 – 21. During National Volunteer Week, we celebrate the impact volunteers have by coming together in support of our mission to improve the well-being of our community by providing outstanding and compassionate care to all. We are so fortunate at WakeMed Health & Hospitals to have such a dedicated and caring group of people willing to give of your time and talents to help others. We truly appreciate your contributions and look forward to continually improving how we are able to focus your efforts.

Sincerely,
Chris Perry, MBA,
Director, Guest Retail & Volunteer Services
919-350-8005
Meet the Staff of Volunteer Services

Chris Perry, Director
Guest Retail and Volunteer Services
919-350-8005
cgage@wakemed.org

Jackie Kennedy, Manager
Volunteer Services
919-350-8601
j kennedy@wakemed.org

Laura Riach, Specialist
Cary Hospital
919-350-4008
lriach@wakemed.org

Catherine Allen, Representative
Raleigh Campus
919-350-8293
ca allen@wakemed.org

Zee Graham, Representative
Cary Hospital
919-350-2363
z graham@wakemed.org
Happy Spring!

I trust you all survived one of the coldest winters, and also one of the worst flu seasons. It is after times like these, that a beautiful spring is appreciated even more!

Having lived in the Northeast, the West and now the South, I have to say I have never seen such beautiful flowering trees as we have here. One after another they bloom, each variety a different shape, height and color. Each one of you who serves by tirelessly volunteering at WakeMed Raleigh, reminds me of these beautiful trees. You have different purposes, different personalities, different gifts, are at different stages of life and are committed to your job without monetary reward. Like the trees, you act as a safe shelter to those who need it, you help to prevent crises and many of you may go unnoticed because you work in the background, but you are no less important. As I serve in several different areas of the hospital, and walk miles through the halls, it is always a joy to witness your smiling faces and the willingness with which you go the extra mile.

Some of you have very deep roots that have spread for many years, with thousands of hours of service. Some of you are just beginning on this journey with the rest of us. Thank you for blooming where you are planted, spreading your fragrance to others, being a blessing to WakeMed Raleigh.

I hope to see many of you at our Volunteer Luncheon on April 19th - a special time in honor of YOU - you don't want to miss it!

Respectfully yours,
Rosemary Driver
President, Raleigh Volunteer Board
Welcome to Spring!

Hopefully winter weather is behind us and we will be able to enjoy more hours of daylight and Carolina blue skies.

What better way to welcome Spring than by celebrating those who donate time and energy to helping others with National Volunteer Week and our Volunteer Appreciation Luncheon? Please join us on April 19, at 11:30 am at the Crabtree Marriott Hotel. Contact Zee to make your reservation and entree selection.

This is a great opportunity to relax and enjoy the company of fellow volunteers. We all share the commitment to improving the well-being of our community by providing outstanding and compassionate care to all who encounter our facilities. We may not always hear good news and “thank you”, so I wanted to share a recent story with a happy ending. A patient had suffered a severe stroke and was brought to WakeMed Cary. Because of the committed care of the hospital staff, the woman was soon on her way to being discharged when her sister took the time to share her gratitude with members of the staff and volunteers.

Thank you for all that you do and look forward to seeing you at our luncheon!

Respectfully Submitted,
Susan Alvey,
President, President, Cary Volunteer Board
Welcome to Cary

We would like to welcome Laura Riach, Volunteer Services Specialist to our Cary campus. We would like to thank Laura for the countless hours she dedicated to our Raleigh campus. If you have not taken the time to meet Laura please stop by the office for a meet and greet.

New Look

If you haven’t notice our new look; we would like to thank Becky Scolio and Leslie Keefe from Public Relations for all of their efforts and collaboration with Volunteer Services to produce our new Heartbeat Logo.

Volunteer Appreciate Luncheon

It’s that time of year again! In appreciation for all your tireless efforts, the many hours spent on sewing items, the time devoted to the various departments within the hospital; it is our pleasure to show you how much we appreciate and value your efforts.

Our annual luncheon will be held on Thursday, April 19, 2018 from 11:30 am to 1:30 pm at the Raleigh Marriott Crabtree Valley, located at 4500 Marriott Drive, Raleigh.

As a friendly reminder when you receive your invitation please RSVP to your respective campuses to announce your attendance by April 13, 2018. If you have any questions, please contact Catherine Allen at 919-350-8293 or Zee Graham at 919-350-2363.

Recipe Of The Quarter

**Mexican Bean Burgers**

"These burgers can be baked, grilled, or fried. Great served on a bun with avocado, lettuce, sour cream, and cheese."

**Ingredients**
- 1 carrot, sliced
- 1 (15 ounce) can kidney beans
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 2 cups salsa
- 1 cup dried bread crumbs
- 1/2 cup whole wheat flour
- 1/2 teaspoon ground black pepper
- salt to taste
- 1 pinch chili powder

**Directions**
1. Place carrot into a bowl, and fill with about 1/4 inch of water. Cover with plastic wrap, and cook in the microwave for 2 minutes, or until soft. Drain.
2. Mash beans and steamed carrot in a large bowl. Mix in green pepper, onion, salsa, bread crumbs, and whole wheat flour. Season with salt, black pepper, and chili powder. Add flour to create a firmer mixture, or more salsa if the mixture is too stiff. Form mixture into 8 patties, and place on a greased baking sheet. Heat a large skillet over medium-high heat, and coat with cooking spray. Fry the patties for about 8 minutes on each side, or until browned and firm.
Our Thoughts . . .

Thinking of you

WakeMed Raleigh Campus
Lita Barr
Marti Brookie
Denise Rohr
Anita Booen

WakeMed Cary Campus
Audrey Addo
Benda Stutts
Darrell Anderson
Debbie Peedin
Ed Bradley
Elaine Nagle
John Grau
Larry Hemmings
Lois Dziedzic
Ed Bradley
Judy Rea

Our Sympathies to:

WakeMed Raleigh Campus
Steve Yee - loss of loved one

WakeMed Cary Hospital
Nancye Slagle - loss of a loved one
Susan Coulter - loss of a loved one

In Memory of Our Volunteers

Terri Gracy-Udoh passed away October 23, 2017. She volunteered with WakeMed Cary Hospital for one year. She offered a sweet loving spirit to everyone that she came across. Her smile would lighten up the entire room when she entered. Terri will truly be missed.

We express our deepest sympathy to the family. Those of us who had the privilege of knowing Terri will greatly miss her presence. Thank you for sharing your loved one with us.

If you would like for us to add your special remembrance, anniversary, births, etc., please call your Volunteer Services department.
WakeMed Raleigh Campus 919-350-8293
WakeMed Cary Hospital 919-350-2363
Congratulations goes out to the following:

We would like to recognize Phillip Greco for receiving The Healthcare Heroes Award.

In its 17th annual Health Care Heroes Awards program, Triangle Business Journal honors Triangle individuals and organizations for putting innovation and compassion to work to improve the human condition.

Congratulations to Phillip for being acknowledge for demonstrating compassion while working in the Ronald McDonald House. Thank you for a job well done.

Mended Heart Volunteers .... Give Back!

When Mended Hearts Chapter 394 received over $21,000, it was only right that they share the wealth. Michael & Son Services partnered with Mended Hearts Chapter 394 for the 2017 Joe Lomax Classic Golf Tournament Charity. The event honored Joe Lomax Jr., a Michael & Son Services employee who suffered and passed from a cardiac arrest while on a jobsite.

The monies were donated to cardiac patients in a number of ways. One way will shed light to cardiac families with the donation of 30 lamps with USB outlets. These lamps were donated to the Heart Center Inn located at WakeMed Raleigh Campus. Mended Heart board members Hazel Covington, Samuel Collins and Monique Rogers spent an afternoon putting the lamps together including a label showing guests who donated them. Not only will these lamps bring light to the hotel guests, but enable them to make phone calls without searching the room for a plug.

Mended Hearts Chapter 394 is blessed to assist cardiac patients in their community. And by donating the lamps, people for generations will see these blessings.

If you would like for us to add your special remembrance, anniversary, births, etc., please call your Volunteer Services department.
WakeMed Raleigh Campus
919-350-8293
WakeMed Cary Hospital
919-350-2363
The efforts of our talented sewing volunteers benefit WakeMed Health & Hospitals by providing us with beautiful handmade items made especially for our patients. These gifts, made with such love and attention to detail, adds a dimension of care and comfort that is second to none.

**WakeMed Raleigh Campus**

Bonnie Hodges  
Brittany House  
Cary Senior Center  
Deb Lambert (Heart2Heart Pillow Ministry)  
Diane Keely  
Hannah Moyles (From Ewe to You)  
Hazel Neugebaer (daughter of Prudence)  
Isiah Gaspar (Zebulon Nat'l Jr Honor Society)  
Janet Jennings  
Joan Pei  
Kingdom Crafters  
Kraft Family YMCA  
Louann Hill (NRCC)  
Merrilyn Allen  
Ms. Packett  
(Athens Drive High School HOSA)  
Pearl Fowler  
Project Linus  
Prudence Neugebauer (Informatica)  
Rhonda Lapinski  
Shelby Fields (Wake County Library)  
Shirley Preston (Threads of Love)  
Threads of Love  
Trish Lesslie (Relief Society of Church of Jest Christ of Latter Day Saints)  
Vinetta Bell

**WakeMed Cary Hospital**

Anne Foster Group  
Barbara Williams  
Carolina Preserve Piecemakers  
Carolina Preserve Yarn Spinners  
Cindy Larsen  
Colonial Baptist  
Comfort Circle  
Crafting Blessings  
NH Baptist  
Doris Sears  
Diane Slaughter  
Elegant Stitches  
Garner on the Mend  
HSNC Seniors  
Jane Mendez  
Juli Cuccurullo  
Kay Maynard  
Maglen Morris  
Marilyn Knittel  
Marilyn Mitchell  
Nancy Brearey  
Reedy Creek  
Spring Arbor

Please help us keep your group current. If there has been a change in membership of your particular group, please inform your respective offices. For the Raleigh Campus, please call 919-350-8293. For the Cary Hospital, please call 919-350-2363. Thank you.
### Fundraisers: Thank you to the following

<table>
<thead>
<tr>
<th>WakeMed Raleigh Campus</th>
<th>WakeMed Cary Hospital</th>
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<tbody>
<tr>
<td>Thank you to the following individuals who assisted with The Volunteers at WakeMed Raleigh Campus 1st Uniform fundraising event on February 7, 2018.</td>
<td>Thank you to the following individuals who assisted with The Volunteers at WakeMed Cary Campus 1st Uniform fundraising event on February 27, 2018.</td>
</tr>
<tr>
<td>Mana Aoi</td>
<td>Annette Edeburn</td>
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<td>Geraldine Bivens</td>
<td>Beth Turner</td>
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<td>Anita Boonen</td>
<td>Denise Galloway</td>
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<td>Linda Butler</td>
<td>Ivy Lynn</td>
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<td>John Cherian</td>
<td>June Synder</td>
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<td>Danna Freeman</td>
<td>Nancye Slagle</td>
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<td>Maggie Gill</td>
<td>Nisha Mehta</td>
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<td>Ken Harrison</td>
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<td>Hilda McCullers</td>
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<td>Valerie Perry</td>
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<td>Ganesh Tangella</td>
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Over 500 employees visited the sale and sold over $42,522 in merchandise and raised $8,510 in profits.

Over 125 employees visited the sale and we sold $13,539.00 in merchandise and raised $2,2525 in profits.
## Calendar of Events

### Events For Both Campuses

**National Volunteer**  
April 15 - 22, 2018

**Annual Volunteer Appreciation Luncheon**  
Thursday, April 19, 2018  
Raleigh Marriott Crabtree Valley  
11:30 am - 1:30 pm

- **Administrative Assistant Day**  
  Wednesday, April 25, 2018

- **Hospitality Pet Month**  
  May 1 - 31, 2018

- **Memorial Holiday**  
  May 28, 2018 - Office Closed

### Events For WakeMed Raleigh Campus

**Dillard’s Sale**  
Tuesday, April 24, 2018  
Andrews Center, 7 am - 4 pm

**Professional Shoe Sale**  
Thursday, June 14, 2018  
Andrews Conference, 7 am - 4 pm

**Volunteer Board Meetings**  
- Tuesday, April 10, 2018  
  Conference Dining Room, 10 am - 12 pm
- Tuesday, May 8, 2018  
  Conference Dining Room, 10 am - 12 pm
- Tuesday, June 12, 2018  
  Conference Dining Room, 10 am - 12 pm

**WakeMed Raleigh Campus Tour Dates**  
- Tuesday, April 24, 2018  
  Volunteer Services, 1 pm
- Tuesday, May 15, 2018  
  Volunteer Services, 1 pm
- Tuesday, June 19, 2018  
  Volunteer Services, 1 pm

### Events For WakeMed Cary Campus

**Professional Shoe Sale**  
Thursday, June 13, 2018  
Conference Center, 7 am - 4 pm

**Volunteer Board Meetings**  
- Wednesday, April 25, 2018  
  Conference Center, 10 am - 12 pm
- Wednesday, May 23, 2018  
  Conference Center, 10 am - 12 pm
- Wednesday, June 27, 2018  
  Conference Center, 10 am - 12 pm

**WakeMed Cary Hospital Tour Dates**  
- Thursday, April 26, 2018  
  Volunteer Services, 10 am
- Monday, May 7, 2018  
  Volunteer Services, 10 am
- Thursday, May 17, 2018  
  Volunteer Services, 6 pm
- Monday, June 11, 2018  
  Volunteer Services, 6 pm
- Thursday, June 21, 2018  
  Volunteer Services, 10 am
Happy Birthday!
WakeMed Volunteers

**Raleigh Campus**

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
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<tr>
<td>Harriet Nausch</td>
<td>Isabella Nicholson</td>
<td>Donna Daniels</td>
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<td>Kamel Alachraf</td>
<td>Jasmine Taft</td>
<td>Colette Hudgins</td>
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<td>Hannah Moyles</td>
<td>Rosemary Driver</td>
<td>Emily Groesbeck</td>
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<td>Yusrah Oyewole</td>
<td>Wendy Norman</td>
<td>Troi Dixon</td>
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<td>Robert (Bob) Smith</td>
<td>Hannah Lugiano</td>
<td>Joshua Holland</td>
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<td>Bettie Taylor</td>
<td>Karen Stowe</td>
<td>Madeleine Murray</td>
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<td>Emma Voigt</td>
<td>Joana Mendez</td>
<td>Roger Sachan</td>
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<td>Erica Neibaur</td>
<td>Christina Rupert</td>
<td>Moriah Zarzar</td>
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<td>Rebal Goetz</td>
<td>Michael Kelmel</td>
<td>Diane Lewis</td>
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<td>Sara Kirk</td>
<td>Holly Martin</td>
<td>Alison Ismail</td>
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<td>Jesus Vargas</td>
<td>Reid Craft</td>
<td>Joseph Taffe</td>
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<td>James Clarke</td>
<td>Patrick Ralph</td>
<td>John Boggess</td>
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<td>Margaret Haigler</td>
<td>Alma Gill</td>
<td>Deborah Lambert</td>
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<td>Vernon Burkhart</td>
<td>Rosemarie Sholl</td>
<td>Barb Davis</td>
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<td>Albert Choi</td>
<td>Betty Whitley</td>
<td>Eduardo Hernandez</td>
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<td>Georgetta Paskoff</td>
<td>Regan Lane</td>
<td>Patricia Hobbs</td>
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<td>Carol Kunkel</td>
<td>David Cottengim</td>
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<td>Kelly Ross</td>
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<td>Sarah Stewart</td>
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<td>Christopher Ruggeri</td>
<td>Kristina Abarca</td>
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<td>Oluwole Thompson</td>
<td>David Meyer</td>
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<td>Brenda Yarbrough</td>
<td>Ida Young</td>
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<td>Katherine Cole</td>
<td>Madeline O'Reilly</td>
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<td>Carolyn Page</td>
<td>Virginia Cammarata</td>
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<td>Wade Burnette</td>
<td>Isatia Kebbeh</td>
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<td>Latoshia Rouse</td>
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<td>Catherine Mason</td>
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<td>Linda Lapp</td>
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<td>Karie Palfiy</td>
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*Page 11*
# Happy Birthday!

## WakeMed Volunteers

### Cary Campus

#### April
- Jane Mendez 4/1
- Stephanie Harrelson 4/3
- Sheela George 4/3
- Banu Krishnamurthy 4/5
- Cameron Barber 4/7
- Lorraine Dibble 4/8
- Robert Rafferty 4/11
- Teresa Koeppen 4/11
- Connie Pymento 4/12
- Lavonne Kramer 4/13
- Kathryn Cox 4/14
- Nancy Messina 4/14
- Vivian Collins 4/15
- Luanne Jeffery 4/15
- Jennifer Clark 4/16
- Suzanna Kafer 4/18
- Jane Warner 4/18
- Jeannie Smith 4/21
- Richard Carson 4/21
- Risa Mody 4/21
- Norma Cerron 4/22
- Harriet Kelner 4/22
- Brenda Yarbrough 4/23
- Fran Blumenkrantz 4/23
- Jim Ryals 4/25
- Linda Tuffey 4/28
- Euna Cho 4/29
- Barbara Scher 4/29
- Heidi Fiedler 4/30
- Nora Platania 4/30

#### May
- Tanmay Joshi 5/3
- Alberta Freund 5/3
- Gayle Keen 5/4
- Margaret Rapp 5/5
- Catherine Scocca 5/6
- Christine Roath 5/6
- Kiya Amerson 5/7
- Christine Fields 5/8
- Regina Brest 5/9
- Christina Rupert 5/10
- Padmakalyani Vasudevan 5/10
- Joshua Slaydon 5/10
- Barbara Williams 5/10
- Charles Schabel 5/10
- Annie Holloway 5/11
- Nancy Brearey 5/11
- Beth Ayers 5/14
- Bethel Bullock 5/15
- Catherine Diop 5/16
- Joan Morelen 5/17
- Carol Breckheimer 5/19
- Megan Tunley 5/19
- Aileen Webster 5/19
- Helen Cotton 5/21
- David Moore 5/22
- June Snyder 5/23
- Sarah Elzbair 5/25
- Charlyn Dougherty 5/25
- Ana Vargo 5/26
- Janice Coates 5/26
- Jack Gomperts 5/28
- Cheryl Brugler 5/29
- Breanne Burgess 5/30
- Allison Jones 5/30
- John Miller 5/30
- Elizabeth George 5/31
- Julie Auble 5/31

#### June
- Cecelia Roundy 6/1
- Wendy Pedraza 6/2
- Cathy Kasten 6/2
- Yasmin Khan 6/4
- Elvira Knoll 6/5
- Evon Elaine Sanders 6/5
- Patrica Hoffman 6/6
- Marilyn Wienand 6/6
- Patricia McCarthy 6/7
- Shielala Braun 6/8
- Susan Streeter 6/9
- Charles White 6/10
- Joann Martin 6/10
- Jacqueline Winston 6/11
- Meghana Ganapathiraju 6/12
- Elizabeth Lake 6/13
- Charlotte Ward 6/14
- Kevin Gaffney 6/15
- Debbie Berland 6/16
- Susan Gould 6/18
- Ann Buenconsejo 6/19
- Kay-Ellen Ayscue 6/20
- Diane Boyer 6/21
- Charmell Griffis 6/22
- Constance Sinha 6/23
- Betty Howes 6/26
- Cheryl Thompson 6/28
- John Langham 6/28
- Judith Rea 6/29
- Jan Koret 6/29
- Katharine Beck 6/30
- Lynne Benson 6/30

#### WMN Birthdays
- Ann Amorossi 4/24
- Nancy Terbeck 5/08
- Holly Fryman 5/16
- Sophia Khan 6/12
- Kristine Adamson 6/18
- Carol Cox 6/25
Welcome New Volunteers

**Raleigh Campus**

Abdulaziz Norbekov  
Alisha Burkhardt  
Ana Casas  
Anadil Siddiqi  
Asil Abuhammoud  
Barbara Thorsson  
Batool Khadri  
Brandon Karimian  
Cali Wentworth  
Christina Spiotto  
Christopher Morgan  
Christopher Page  
Elisabeth McIntosh  
Emily Groesbeck  
Emily Ice  
Erica Neibaur  
Haley Cunningham  
Heidi Fiedler  
Irie Squire  
Jennie Vo  
Jesse Wei  
Katie Lowek  
Kelly Ross  
Kim Wentworth  
Kirthi Kaushik  
Kyle Friend  
LaKeshia Bond  
Lucy Dowdle  
Lynn Swanson  
Mahogany Frazier  
Malaak Mohammad  
Mansi Sura  
Marsai Miller  
Mary Cox  
Melat Lemma  
Milan Mistry  
Milo Wylie  
Mitchell Cook  
Peter Hurst  
Razan Fayyad  
Rosalina James  
Ryan Sappington  
Sam Sexton  
Samit Thawani

**Cary Campus**

Sarah Mckenzie  
Sasank Sivadanam  
Sophie Hughes  
Terri Frazer  
Tom Dominic  
Troi Dixon  
William Gleason  
Zara Ansari  
Zoe Vestal  
Cameron Barber  
Teresa Boyd  
Michael Bukowski  
Patrick Peterson  
Cheryl Rogers
HAVE YOUR ADDRESS OR EMAIL CHANGED?

________________________________________________________________________
Name
________________________________________________________________________
Home address or Email address

PLEASE REMEMBER TO ADD US TO YOUR CONTACT LISTS!

Mail to: WakeMed Raleigh Campus, Volunteer Services – 3000 New Bern Avenue, Raleigh, NC 27610
Or
WakeMed Cary Hospital, Volunteer Services – 1900 Kildaire Farm Road, Cary, NC 27518

KEEP MAILING ME THE HEARTBEAT!
Complete the form below & return to your Volunteer Services department

I prefer to continue to receive the HeartBeat by US Mail

________________________________________________________________________
Name
________________________________________________________________________

Mail to: WakeMed Raleigh Campus, Volunteer Services – 3000 New Bern Avenue, Raleigh, NC 27610
Or
WakeMed Cary Hospital, Volunteer Services – 1900 Kildaire Farm Road, Cary, NC 27518

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 & events. Recognition of the Blossoms for Life donors, memorials & honoraria are on display in the Cary Hospital Conference Center. All gifts received by Blossoms for Life are used to fund programs & services throughout the hospital. If you are interested in making a contribution, please complete the form below & return to the Volunteer Services department at Cary Hospital.

BLOSSOMS FOR LIFE CONTRIBUTION OPPORTUNITY

Donor Name
Address

AMOUNT OF DONATION: ___________________ In Memory/Honor of: __________________________

Acknowledgment 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, 1900 Kildaire Farm Road, Cary, NC 27518