



2026 Fall Edition

Quote of the Quarter

*If you see someone
without a smile, give
them one of yours.*

– Dolly Parton

Message from the Director

A Season of Change — and Gratitude

Fall is here, bringing cooler days, changing leaves and a season that reminds us that change can bring new opportunities. As we head into the final months of the year, I want to take a moment to thank each of you for the time, compassion and energy you continue to share with WakeMed. Our volunteers are an important part of the WakeMed family, and we truly appreciate all that you do.

Flu Shot Reminder - As a reminder, the annual flu vaccination is mandatory for WakeMed hospital volunteers, and the deadline is **November 2**. Please make sure you complete this requirement by the deadline. Additional information and instructions are available in the **Volunteer Vicnet portal** and in the email sent to volunteers regarding this year's flu vaccination requirement.



Thank You for Sharing Your Feedback - Thank you to everyone who took the time to complete our recent volunteer survey. Your feedback is important to us! The Volunteer Services team will be coming together to review the results and discuss opportunities to continue improving the volunteer experience at WakeMed. We appreciate your willingness to share your thoughts with us.

A New Chapter for WakeMed - You may have heard about the planned strategic combination between **WakeMed and Atrium Health**. This represents an exciting new chapter for WakeMed and our community. As the process continues, we know volunteers may have questions about what the future holds. We will continue to share information with you as it becomes available. For now, the most important thing for our volunteers is to continue doing what you do so well — supporting our patients, families and team members with the warmth and compassion that make WakeMed special.

Heartbeat Is Changing, Too! - This issue marks a transition for **Heartbeat**. With Microsoft Publisher going away, this will be our final newsletter produced in its current format. But don't worry — **Heartbeat isn't going away!**

Volunteer Services is exploring new and improved ways to provide our quarterly volunteer news and updates. Our regular monthly volunteer emails will continue, and we look forward to introducing a refreshed way of sharing Heartbeat with you in the future.

Because we needed to prepare this issue a little earlier than usual as we transition away from Publisher, some recent sewing and other volunteer donations may not appear in this edition. Please know that every donation is appreciated, and we are incredibly grateful for the continued generosity of our volunteers.

As we welcome fall and all the changes ahead, one thing remains the same — **our gratitude for you**. Thank you for choosing to volunteer at WakeMed and for the difference you make each and every day.

Wishing you a wonderful fall season!

Jackie Kennedy, CHVM, MPH
Director, Guest, Retail and Volunteer Services

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RALEIGH'S CHAIR REPORT

Happy Fall, everyone! We are now past the Fall (Autumnal, as my high school Earth Science teacher would insist) Equinox and while I am writing this, summer seems to be holding strong. I don't know about you, but I can't wait for the cooler weather to blow in.

October is also the new fiscal year for WakeMed Hospitals. Likewise, the WakeMed Raleigh Volunteers are starting a new and exciting year. I would like to welcome our newly installed Board Members: Sean Toomey, Marti Huisman and Joan Gurley. Sean has worked in IT professionally and is currently volunteering in the Ronald McDonald room. Marti Huisman worked in Special Education and volunteers in the Neonatal Intensive Care Unit. Joan Gurley was an Elementary Education teacher for 30 years and is a volunteer serving in Volunteer Services department. All three of these new members are eager to serve and help us help our patients and our volunteers. Welcome!



I also want to note the Board members that are continuing their terms in forthcoming fiscal year:

Karen Livingston
Sherman Driver
Skip Roy
Bonnie Altman
Danny Fanning
Matthew Rowe

It is through their continual efforts that the real work of the WakeMed Raleigh Volunteer Board happens. Thank you!

We have funded 22 projects this year with a total of over \$45,000 awarded. All these projects are initiatives that could not be funded through regular hospital means but still make wonderful contributions to our patient outcomes and help us achieve the goals outlined in the Wake Way. With in-person updates throughout the year, the funding recipients will be letting the Board know how YOUR funding is making an impact on their departments and patients.



The Raleigh Board meets every fourth Tuesday of the month (except for December). As volunteers, you are welcome to attend these meetings to see what we do and how we help the hospital and you. If you would like more details on these Board meeting, reach out to Volunteer Services or to me directly at lenticularus9@gmail.com.

I truly welcome you to our Board meetings and look forward to meeting you. Have a truly wonderful Fall (sorry, Mr. Hayes) season ahead!

Chris Clarke, Chair
Raleigh Volunteer Board

CARY'S CHAIR REPORT

Welcoming Our New Board Members

Please join me in extending a warm welcome to our three new board members who are joining the WakeMed Cary Hospital leadership team this month. They bring a wealth of hands-on experience, diverse perspectives, and a shared passion for our hospital's mission:

- **Nedda Seif:** Bringing valuable frontline insight to the board, Nedda has been a dedicated volunteer in our Emergency Department.
- **Michelle Lane:** Also joining us from the Emergency Department, Michelle's firsthand volunteer experience will be vital in guiding our patient-centered care initiatives.
- **Bob Reimer:** A familiar face in Surgical Services, Bob brings deep volunteer experience and a strong commitment to supporting our surgical care teams.

We are incredibly fortunate to have their leadership and community-focused insight as we guide the hospital into its next chapter of growth and excellence.



Fall Fundraising Spotlight

The Culinary Care Cookbook

We are officially launching the Culinary Care Cookbook project this month! This special collection features nutritious, comforting, and delicious recipes contributed by our very own WakeMed family and local culinary partners. All proceeds from the cookbook directly support patient care initiatives.

First-Ever Trunk-or-Treat at Koka Booth Amphitheatre

We are taking our annual Halloween celebration to the next level! For the first time ever, our Trunk-or-Treat event will be held at the iconic Koka Booth Amphitheatre. We are incredibly excited about the momentum building for this event, and we want to ensure it is our safest, most successful gathering yet.

Event Highlights & Logistics:

- **Date & Time:** Friday, October 23, 2026, from 6:00 PM to 8:00 PM
- **Trunk Lineup:** We already have 30 community trunks signed up and ready to hand out treats!
- **Entertainment & Activities:** Families can enjoy a live DJ, delicious local food trucks, a photo booth to capture your costumes, and a special pumpkin patch where kids can pick and decorate their own pumpkins.
- **Special Guests:** A Cary fire truck will be parked on-site for the kids to explore.
- **Raffles & Shopping:** We will be raffling off spectacular gift baskets throughout the night, and copies of our brand new Culinary Care Cookbook will be available for purchase at the event.
- **Thank you all** for your continued commitment to making WakeMed Cary Hospital a beacon of health, hope, and community spirit. I look forward to seeing many of you at Koka Booth Amphitheatre next month!



Warm regards, **Dave Koch** Chair, WakeMed Cary Hospital

WakeMed 
Volunteer Services

Trunk or Treat

Small Treats. Big Impact.



Volunteer Update

ON TRUNK OR TREAT



We have ~**30 trunks** signed up so far!



Event is 10/23/2026, 6–8pm
at Koka Booth Amphitheatre



Koka Booth's DJ Bri will be spinning spooky tunes
and MC'ing the event for us!



RBL Taco Trunk and Chick-Fil-A Food Trucks
will be serving up delicious food and drinks.



Read's Uniforms is sponsoring a **Pumpkin Patch**
so you can pick out the perfect pumpkin!



Welcome Newborn will be taking professional
photos at our "I was born here" photo booth.



We have ~**10 gift baskets** to raffle.



Our **Culinary Care Cookbooks** with more than
100 recipes are available **for purchase**.
Staff Members will be on sale at the event for just
\$20 or \$25 including a full-color digital version.



There will be a **Cary fire truck** on site.



*You can help us make this event
a success by volunteering here!*



COMMUNITY • COMPASSION • CARE FOR A BRIGHTER TOMORROW

VOLUNTEER SERVICES UPDATES

Megan Champ Award Winner

The Megan Champ Morgan Scholarship Fund was established in January 2022 by former WakeMed President & CEO Ray Champ and his wife Meredyth. The fund honors and remembers their daughter, Megan Champ Morgan, who lived a life full of compassion, caring and respect for others. The scholarships benefit WakeMed employees by providing funding for eligible dependents who plan to pursue post-secondary education and training.

The fund provides scholarships of up to \$10,000 for dependents of WakeMed employees seeking to complete a higher education degree at an accredited not-for-profit institution or attain certification or training in the areas of health sciences, elementary or secondary education, computer sciences or information technology.

This year's applicant pool was highly competitive with a total of 50 applications and the largest awarded class to date with 13 total scholars. We are pleased to share that WakeMed Cary Junior Volunteer was one of the 2026 recipients of the Megan Champ Morgan Scholarship Fund.

Maggie Gottschall is currently pursuing a degree in Health Sciences at Western Carolina University. Maggie volunteered in Endoscopy department and a Friendly Face. We wish Maggie all the best on the next chapter of her life.



Pictured here is Ray Champ, Maggie Gottschall, and WakeMed President & CEO, Donald R. Gintzig.



A HUGE CONGRATULATIONS!

Hazel Covington, RN, a long-time member of the WakeMed family, received the Mended Hearts Mid-Atlantic Region Sydney & Helen Shuman Nurse Recognition Award.

We all want to wish Hazel a HUGE CONGRATULATIONS on your award. Thank you for being a leader and a great Volunteer Site Supervisor for the Mended Heart Program.

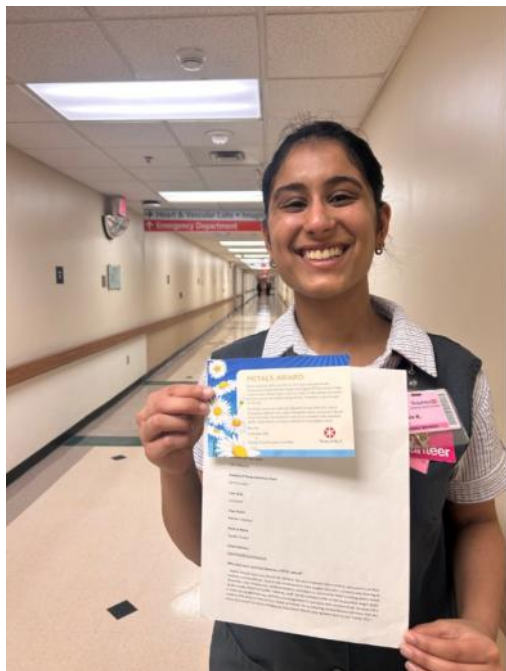
We appreciate you!



VOLUNTEER SERVICES UPDATES

PETALS Nomination for WakeMed Volunteers

PETALS are Professional Extraordinaires That Always Lend Support



Volunteer, Sophie Khullar, recently received a Petal Award nomination by her site supervisor, Marlean Shelton. Sophie has volunteered at WakeMed Cary for over 4 years in various departments including Surgical Services, Endoscopy and the WPB. She currently volunteers in the Emergency Department on Tuesday afternoons and is also applying to medical school soon.

Pet Therapy Team, Gene & Bruno was nominated by the Night Shift Committee. They both have been volunteering for over a year and brighten may days and nights for WakeMed patients and staff.

At WakeMed, our PETALS are our colleagues that do super-human work every day.



The PETALS award was created by WakeMed's Nursing Work Life Council to recognize those who support WakeMed's mission and nurses in the art of care and caring. We are proud to have our volunteers as a member of the WakeMed Family!

**Congratulations to Sophie,
Gene and Bruno!**

VOLUNTEER SERVICES UPDATES

Welcome New SVP At WakeMed Cary

WakeMed is pleased to announce that Nat'e Guyton, DM, MSN, RN, NE-BC, CPHIMS, joined WakeMed as senior vice president and administrator for WakeMed Cary Hospital on June 22. Dr. Guyton joins us after having served as president of Saint Alphonsus Regional Medical Center in Boise, Idaho, which is part of the Trinity Health System, a not-for-profit, faith-based multi-hospital healthcare system serving Idaho, eastern Oregon and northern Nevada.

Outside of work, Dr. Guyton enjoys spending time with family, mentoring young athletes and emerging healthcare leaders, and supporting her sons in their collegiate football and healthcare professional journeys. She is passionate about leadership, community engagement, and creating environments where individuals and teams can thrive both personally and professionally.



"My family and I are excited to relocate to the Triangle and join the WakeMed family during such an exciting time for the organization and the region," said Dr. Guyton. "WakeMed's focus on quality, innovation and community impact strongly aligns with my values as a leader. I'm looking forward to partnering with the team to continue delivering exceptional care and strengthening the health of the communities we serve."

Please join us in welcoming Dr. Guyton to WakeMed Cary Hospital and the WakeMed system.



Pictured here is our new SVP, Dr. Nat'e Guyton, with volunteer, Larry Ellis. She is volunteering monthly at WakeMed Cardiac Rehab.

VOLUNTEER SERVICES UPDATES

A Good Catch!

One of our volunteer who drives the Courtesy (golf) Cart throughout the parking lot at WakeMed Cary Hospital, Tim, reported the sewer grate was missing in the drive up to the main entrance of the hospital. The grate was seen at the bottom of the hole to the sewer and was likely broken by a vehicle driving over it. This hole was large enough for a person to fall into. Tim immediately notified Campus Security, and they blocked the area until Facilities could cover the hole.

WakeMed recognizes a Good Catch and Near Misses. What is a Good Catch and Near Miss? Most preventable harm is preceded by a string of related near misses. That's why reporting your Good Catches and Near Misses is so important! They offer valuable insight into our vulnerabilities and opportunities for improvement.



A GOOD CATCH is a potentially negative event or circumstance that's caught or corrected before it ever reaches a patient or a person.

A NEAR MISS is a situation that has the potential to cause harm to person(s) or property but does not -- thanks to good timing or another fortunate happenstance.

Good Catches occur about 100 times more frequently than Serious Events. Please report all Good Catches and Near Misses to your department immediately and/or Volunteer Services. **Thank you Tim!**

What Happens When Things Change?

Join us for the seminar, ***Navigating Through Change*** to better understand what to expect during times of change and how to move through it with greater confidence, resilience, and clarity.

In this course, participants will explore the predictable patterns people experience during change, often referred to as the change curve. By understanding common reactions—such as uncertainty, frustration, and gradual acceptance—learners will gain insight into their own responses and recognize that these experiences are normal.

This complementary, interactive seminar is presented by the WakeMed Organizational Development Department. Please contact Ann Brown, Volunteer Engagement Liaison, with questions: annbrown@wakemed.org

Register here: [WakeMed Volunteers: Navigating Through Change](#)

Date: November 5, 2026 Time: 9:00 - 11:00 am

Location: Classroom 2, Raleigh Campus Medical Office Building

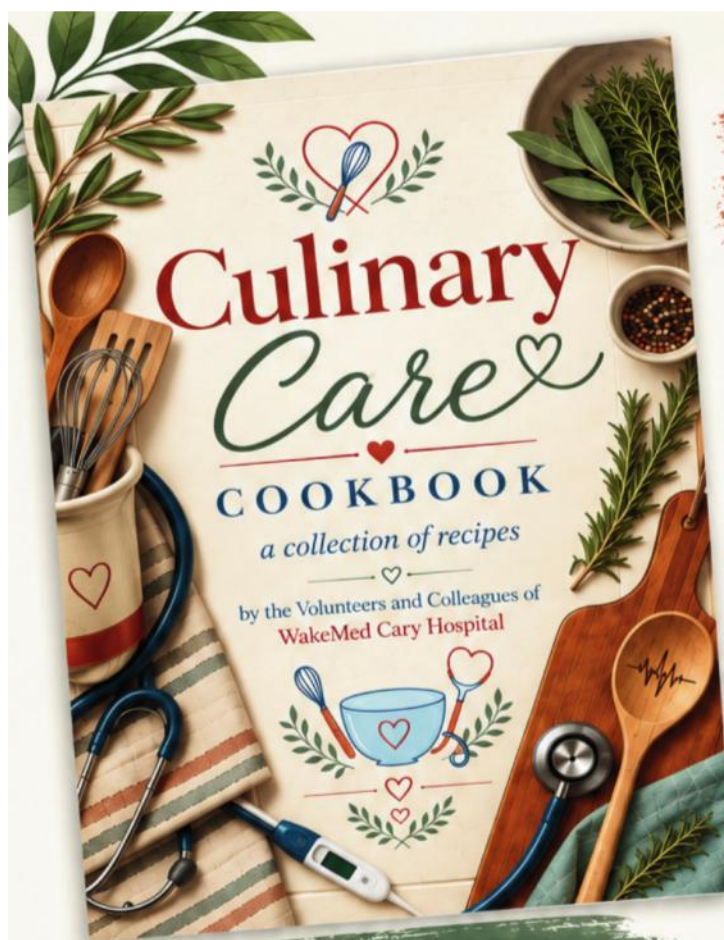
Early Registration Deadline: October 31, 2026

Registration Deadline: November 4, 2026

Class Minimum: 8 registered by October 31, 2026

Class Maximum: 25 people





*More than a Cookbook...
A Brighter Tomorrow* ♥

Every purchase helps fund
programs that bring comfort,
care, and hope to patients,
families, and staff at
WakeMed Cary Hospital.



Volunteers of
WakeMed Cary Hospital

*Good Food
Brighter Days* ♥

SUPPORT A HEALTHIER,
HAPPIER COMMUNITY

Enjoy delicious recipes and support the
Volunteers of WakeMed Cary Hospital
with your purchase of the

Culinary Care Cookbook.



\$10

DIGITAL
COOKBOOK (PDF)

Full-color, emailed to you



\$20

PRINTED
COOKBOOK

Available today!



\$25

BOTH DIGITAL
& PRINTED
Best value!



*Scan to
Purchase!* ♥

*Thank you
for your support* ♥

PEOPLE • PURPOSE • A HEALTHIER TOMORROW

SEW MUCH LOVE UPDATE

Did you know.....there is a group of volunteers that help the patients at WakeMed without even stepping foot in the hospital? They are our community sewing volunteers known as Sew Much Love. These selfless people knit, crochet and sew items needed for all our patients.

They make quilts, baby hats, blankets, and specialty requested items by the staff. All items come to volunteer services to be processed and then distributed as needed.

It is amazing the talent, time, and generosity of people that give to WakeMed. We even have people donate items from out of state whose family members may have received care at WakeMed!

We are so very, very grateful to all our volunteers!

If you are interested in learning more information about the Community Sewing Program, click here—[Community Sewing Volunteer | WakeMed](#)



4th Quarter Sewing Donations

Raleigh Campus

Ann Kebabian
Barbara Dickerson
Brenda Murdough
Capital Quilters
Cary Stitchers
Celeste Zippetelli
Columbiettes
Dysheada Reid
Elizabeth McCary
Gloria Lee
Gwen Pope
Isabel George
Jeanette Gray
Jenny Hong
Jo-Ann Williams
Jody Atherton
Joy Young
Karen Gainey
Karen Klagge
Kathy Turner
Kelsey Nash
Kent Nguyen
Khadijah Baloch
Kristie Jones
Laura Stiles
Lynn Lye
Margaret Rowe
Mary Linda McBride
Masiat Ejire
Mei Ling Yu
Michele Boyce
Oliva Poole
Pamela Ponton
Patty Kribbs
Pearl Fowler
Project Linus
Quilts for Kids

Robin Valle
Rolesville Baptist
Church
Rosemarie Gattuso
Sheila Henderson
Sherrill Boyce
Stephanie Shipman
Stephanie Watkins
Susan Katz
Susan Wallace
Susie Wise
Suzie Franzheim
Threads of Love
Trina Bagley
Xenia Pigford



**Raleigh Community
Sewing Groups
contact Pennie Graham -
pegraham@wakemed.org
or 919-350-8293 to
update member status.**

Cary Hospital

Angela Williams
Annie DeFour
Ann's Huggables
Apex Senior Center
Stitch & Hook
Atchyuta Srikala
Gollapudi
Carolina Preserve
Yarn Spinners
Cary Blanketeers
Cary Quilting
Cary Stitchers
Catherine Blalock
Compassion Knit
Hearts
Connection with
Threads
Dawn Brethour
Debbie Egbert
Debbie Henry
Debe DeAngelo
Denise Walker
Donna Rudy
Gale DeBinder
Garner on the Mend
Gayle Marko
Gurmit Rai
Hindu Society NC
Jane Tamplen
Joan Janak
Jody Cefola
Joyce Lloyd
Karen George
Krista Fuentes
Laura Tolbert
Leanna Bensinger
Leda Lunardi

Leigh Moore
Linda Jandura
Linh Nguyen
Liz Plane
Lori Clark
Margaret Boesch
Mary Lou Hodges
Michelle Lane
Mlkayla Allen
Natalie Kraft
Nathan Weatherly
Norma Keyes
Pine Tree Quilters
Quilts for Kids
Riko Maekawa
Rosemary Dahlberg
Sue ReCorr
Sue Terjesen
The Caring Crafters
The Shepherd's
Church
The Templeton
Threads
Yvonne Braswell



**Cary Community
Sewing Groups contact
Suzanne Disher -
sdisher@wakemed.org
or 919-350-2363 to
update member status.**



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