



BOCA RATON
REGIONAL HOSPITAL
DEBBIE-RAND MEMORIAL
SERVICE LEAGUE, INC.

January 2016
InnerView

THE NEWSLETTER OF THE DEBBIE-RAND MEMORIAL SERVICE LEAGUE

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**INTERESTED IN
VOLUNTEERING?
CALL 561.955.4098**

What Will 2016 Bring?

Joan Gridley

I choose the word "hope," which is defined in the World Book Dictionary as "a feeling that what one desires will happen." Here is my definition:

H = Health, good health. We put healthy food in our bodies, we exercise to keep our bodies fit, we read and play games to keep our minds alert and we are kind and loving to keep our spiritual nature elevated. I will walk.

O = Optimism. We read from many sources these days that an optimistic nature will help you live longer. It seems it is catchy and if we build a ray of optimism around us, it will permeate those we come in contact with; that is a good thing. I will wake up each morning with a smile and a song in my heart.

P = People. As the song goes, "people who need people are the happiest people in the world." People are our connection to the physical world we live in. They are here in the form of family, friends and those who help us through this maze of ups and downs. A touch, a hug or a smile can make the difference between happiness and sadness in the giving and the receiving. I will contact an old friend and make a new one in 2016.

E = Eternal, or Everlasting. We all want to make a difference or leave a legacy. It can be in passing on something we have made; or by participating in a march to better humanity; or by writing a poem, letter, song; or by creating a painting that will serve a positive difference in someone's life; or by passing on a beautiful, intelligent or kind gene. I will strive to pass on something that is part of me that will last, at least, to the next generation.

Yes, that definition sounds right! Make good on your desires, my fellow volunteers, and be **hopeful**.

MEMBERS CORNER

MEMBERSHIP REPORT: NOVEMBER 2015

Active Members

General: 460
TAV: 116
Life: 17

Inactive Due-Paid Members

General: 207
Life: 169
Honorary: 2

Total: 971

HOURS REPORT:

TEENAGE VOLUNTEERS (TAV):

1,080.07 hours
117 TAVs

ADULT VOLUNTEERS:

9,836.76 hours
442 volunteers

TOTAL:

10,916.83 hours
559 total volunteers

Welcome, New Volunteers

Leyla Ali	Britany Alvarez	Hannah Monsour
Mariel Cartagena	Rachel Amaral	Yash Moondhai
Ryder Costa	Savio Bianchi	Kelsy Naranjo
Nivard Etienne	Bryan Carbone	Brandon Noland
Jonathan Foulds	Juliet Carminate	Luiz Ossellame
Carolina Jacob	Victoria Carmona	Anush Perera
Marie Justama	Andrea Carriles	Sophia Pisana
Emmanuel Kamel	Victoria Clair	Jikai Qin
Clifford Maddock	Jordan Clewner	Maximillian Rabil
Reily Mejia	Lara Dias	Meghan Ragonese
Nona Murphy	Nicole Gerlach	Ana Ramos
Frances Pepkowski	Talia Gritzman	Mariana Restrepo
Jazmine Shirley	Isabela Hernandez	Katia Saint-Felix
Jordan Spencer	Rachel Hines	Natalie Satter
Eileen Stapleton	Noah Johnson	Margarita Sinko
Marion Stotzer	Yasmine Karni	Thaira Sommer
Katherine Suero	Kakoun	Hailey Touzard
Tegveer Uppal	Taylor Knoll	Joanne Voltaire
Windee Veros	Adrienne Lott	Christina Wayt
TAVs:	Madison McAlister	Zachary Wood
Maja Aganovic	Hayden McGee	
Mohona Ahmed	Kenshaw Michaud	

January Volunteer of the Month



NONA GOLDSTEIN

Nona, her husband Bob, and son Joel moved to Boca Raton from Newton, Massachusetts in 1994. She has been volunteering in the Gift Shop on Tuesdays for the past eleven years. Recently she began working in Gloria's Gifts

in the Lynn Women's Health & Wellness Institute, and has spent countless hours knitting hundreds of baby caps for Boca Regional newborns. She has also served on the D-RMSL Board of Trustees.

Like their son and daughter-in-law Bree, Nona and Bob have rescue dogs: Coco is a retired Greyhound; Espresso is a Italian Greyhound; and Stella is a Aztec Dancing Dog.

Bob, who has been in the wholesale distribution business serving the convenience store industry, recently retired and has turned his business over to their son. Joel and his wife live in Orlando and are expecting their first child, a boy, in January.

Nona, D-RMSL and Boca Regional thank you for your outstanding volunteer service.

IN MEMORY OF:

Vonnie Gutzeit



Celebrating our Teenage Volunteers



As a Trustee and as President, interviewing teenage applicants who wish to become volunteers has been one of the most enlightening and rewarding experiences of my life. One cannot help but have confidence in them, in their maturity and what will be their contributions to the future of our country.

At this time of the year when giving and receiving is in full bloom, they pledge the most precious gift of all, as do all

who wear the blue jacket — the singular, precious and incomparable gift of time. We thank them all for that.

They exude an energy and enthusiasm exemplified in the phrase “carpe diem” — “seize the day,” as they are ready to unselfishly make each day their own. To quote Pope Francis, “they have an appetite for life.” May this hunger be always theirs.



So, it is with joy and pride that we welcome the new teenage volunteer applicants and celebrate all our TAVs who happily give their time every day in service to our Hospital. They are committed to demonstrate, without reservation, that wherever there is a human being, there is an opportunity for kindness.

My prayer for them is that they always generously share their time and abundance, that they enjoy and bless each other.

- Edmund Nasralla

Donations Needed for the Debbie-Rand Thrift Shoppe

Please donate your gently used clothing, shoes, linens, children’s items and books. Furniture pick-up and packing is available. Itemized tax receipts are provided for donations. The Thrift Shoppe is located at 903 Meadows Road, Boca Raton, FL 33486. Open Monday – Saturday 9:00am – 4:00pm and Sunday 12:00pm – 4:00pm. Call 561.395.2208 with any questions.



Announcement

Coffee, Crumpets and Conversation a D-RMSL Discussion Group

Come meet fellow volunteers and share your comments on questions of current interest or suggestions to improve and expand our already excellent service.

When: January 12 from 3:00pm to 4:30pm | January 26 from 3:00pm to 4:30pm

Where: Lynn Women’s Health & Wellness Institute, First Floor Conference Room, 690 Meadows Road, Boca Raton, Florida 33486

RSVP: Call 561.955.4098 or email volunteer1@brrh.com

Annual Holiday Open House Held on Dec. 8



The Debbie-Rand Memorial Service League celebrated the 2015 Holiday Season with the Annual Open House on December 8. Many thanks to our wonderful volunteers who baked delicious cookies, to our own cafeteria staff who provided first-rate sweets, and to the D-RMSL Past Presidents who joined us in serving them.

St. Paul Lutheran Middle School students provided musical entertainment under the direction of Ms. Nancy LeBlanc; Boca

Raton Middle School students under the direction of Joshua Tay; and the Lynn University Employee Carolers under the direction of Ms. Morgan O'Sullivan.



Present was The Honorable Mayor of Boca Raton, Susan Haynie, Boca Raton Council Member Scott Singer, Hospital President and CEO Jerry Fedele, Santa, and our therapy dogs to help us with the lighting of the tree. Thank you, Debbie-Rand Board of Trustees and everyone who joined us at this wonderful event.

Vonnie Gutzeit *June 25, 1933 – November 25, 2015*



There will be a celebration of life for Vonnie on January 10, 2016 at 2:00pm at the Lynn Cancer Institute.

We would like to recognize Vonnie Gutzeit, known as Boca Raton Regional Hospital's (then Boca Raton Community Hospital) "First Employee." Vonnie joined the Hospital in January of 1964, over three years before the Hospital opened its doors to patients in 1967. Vonnie served as the executive assistant to Frank Dawson, the Hospital's first president. She later served as the Director of Medical Staff Services, eventually retiring in June of 1999.

Vonnie never truly left the Hospital, as she continued serving the organization for another 16 years. Vonnie took Board of Trustee minutes and later served as secretary for the Medical Staff Review Committee, a role she held until November 2015. She was an active member of the Debbie-Rand Memorial Service League, serving as Historian and working very closely with Joan Wargo on numerous projects. Joan shared with us that Vonnie and Joan's husband, Dr. Donald Wargo, hand-wrote the first bylaws for the Medical Staff.

In all, Vonnie served our organization for 51 years. Vonnie, we thank you for all that you did for Boca Raton Regional Hospital and the Debbie-Rand Memorial Service League.

What's Your Story?

This is a new feature geared towards allowing the volunteers to learn more about one another in a fun and interesting manner. A different question will be asked each month. Please submit answers to your President, Edmund Nasralla, at enasralla@brrh.com.

Q: What would you like most, if you could really have it?

A: It's so important to appreciate what you *do* have, and to realize how many people don't have much at all. My answer would have to be a guarantee of excellent health, or enough money to afford to take care of myself and my family, with plenty left to give away.

- Submitted by Lois Ackner

A: To live in the future. To see through my grandchildren's eyes. To see the world at peace. To see cancer and Alzheimer's diseases cured. I would like to see no more hunger — anywhere.

- Submitted by Ellen Carroll

A: I would like to see peace on earth and happiness and health for my family and friends. I'd like to see no more pain or sickness in the world.

- Submitted by Pamela Hillenbrand

Question for next month: Why is it important to have hope?

New Year's Resolutions

Promises that you make to yourself are often like the Japanese plum tree — they bear no fruit.

- Francis Marion

The resolve to fulfill commitments we make to ourselves and to others may be lacking until we learn to rely on the wisdom and strength offered by our higher power — strength that will make us confident in any situation and wisdom that will ensure our right actions. What is difficult alone is always eased in partnership. We promise ourselves changed behavior, new habits, perhaps, or a positive attitude. But then we proceed to focus on our liabilities, giving them even more power, a greater hold over us.

We can practice our assets, and they'll foster the promise we want to keep. No longer should we shame ourselves over unfulfilled promises. Whatever our desires, whatever our commitments, if for the good of others and ourselves, they will come to fruition. We can ask for direction and for resolve, and each worthy hope and unrealized promise will become reality.



Making Headlines

Making Headlines is an effort to keep all of our employees, physicians and volunteers informed about news regarding the Hospital.

This section provides you with a list of recent press releases that have been submitted to the media, as well as to our local civic leaders and government representatives.

To review any of our press releases online, visit BRRH.com. You'll find all of our current announcements on the home page.

December 16

Boca Raton Regional Hospital Becomes Only Second Site in U.S. to Offer New Radiation Oncology Technology

December 10

Boca Raton Regional Hospital's Marcus Neuroscience Institute Names Director of Neurology

JANUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2015

Meetings & Events:

ADULT ORIENTATION

TUESDAY, JANUARY 12

BOARD MEETING

THURSDAY, JANUARY 21

HOSPITAL BALL

SATURDAY, JANUARY 23

Save the Date:

Allianz Golf Tournament

FEBRUARY 1 – 7, 2016

Volunteer Recognition Luncheon

FRIDAY, APRIL 8, 2016

Stitches from the Heart



Here at the Debbie-Rand Memorial Service League we are so thrilled and excited when we see our ladies from *Stitches from the Heart*!

Gail Davis has been presenting baby hats to us through the summer and now Anita Taffee is back from her summer retreat. Anita brought in 175 baby hats, along with 25 Christmas/Hanukkah hats, and two blankets to help us with the holidays. All of our newborns' parents are offered a handmade hat. A majority of babies

go home with one! These are such a wonderful memory to hold on to.

We send a wholehearted "thank you" to all the *Stitches from the Heart* ladies. Their precious time and efforts are so appreciated by our staff and volunteers!

Stitches from the Heart is a ladies group that meets weekly at the Yogurt Emporium. The group is made up with 52 knitters who have made 4,300 hats in 2015. We have been blessed to receive 1200+ hats from them, along with baby blankets this year.

2016 Reorientation Schedule

Time to Prepare for The Joint Commission Compliance

As in past years, we will have **mandatory orientation for all D-RMSL volunteers**. In order to remain in active status, you **must attend** this important presentation. Kathy Davis, ARNP, Employee Health Nurse, will be on hand ten minutes prior to each orientation to administer Tuberculosis (TB) tests to volunteers who have patient contact and who require the screenings. Each session will last approximately 60 to 90 minutes. Light refreshments will be served. Classes are available on the following dates in **Dawson Theater**:

Wednesday, February 24 at 10:00am

Wednesday, February 24 at 4:00pm

Thursday, February 25 at 4:00pm

Monday, February 29 at 10:00am

Please call the Volunteer Office at 561.955.4098 to sign up for an orientation class. For those who are unable to attend a session, you will have the option of watching the orientation online and then completing a quiz. If you wish to do this, please stop by the Volunteer Office to pick up the quiz and instructions. Thank you for your support and adherence to this requirement. **The deadline for completion is May 2, 2016.**



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GIFT SHOP

561.955.4100

Safety Matters: Volunteer Trivia

D-RMSL is committed to ensuring our volunteers have the knowledge needed to keep themselves and our patients safe. As part of this commitment, we will provide a monthly safety question in this newsletter. These questions represent what a volunteer may be asked by The Joint Commission surveyor during a visit.

Congratulations to **Jan Marcos Andrade**, who correctly answered last month's question: **What is the number one safety measure when using a wheelchair? The answer is to make sure the brakes are applied before a patient gets out of or in the wheelchair.** Contact Aimee Yahn-Carmichael for your prize!

January's multi-part trivia question: **What number(s) would you dial for an emergency if you were in the main hospital? What number would you dial if you were in a department outside of the main hospital? Where can you find these numbers?** The first person who emails Aimee at ayahn-carmichael@brrh.com the correct answer will win Cinemark Platinum Supersaver movie tickets. Good luck!



You'll Celebrate the Treasures You Find

Stop by the **Debbie-Rand Thrift Shoppe** for all the sales and to take advantage of great deals.

Monday – Saturday: 9am – 4pm
Sunday: 12pm – 4pm

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