




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

July 2015
InnerView

THE NEWSLETTER OF THE DEBBIE-RAND MEMORIAL SERVICE LEAGUE

Celebrating Longevity

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**INTERESTED IN
 VOLUNTEERING?
 CALL 561.955.4098**



It was movie star Bette Davis who, in answering a question on old age replied, "It ain't for sissies."

We can announce with certainty that there are no sissies among the Debbie-Rand Memorial Service League volunteers. This newsletter is a celebration

of the maturity, the wisdom, the courage and the humor that comes, more often than not, with longevity. As the fabulous Mae West said, "You only live once. If you do it right, once is enough."

This positive attitude is always on display. Our volunteers demonstrate every day that, as Mae West also said, "Growing old can be fun, if you do it with the right people."

Each day shared with our fellow volunteers, the patients, their families and the entire staff of our Hospital is reward enough for our endeavors. We are examples of the human spirit overcoming adversity and misfortune — physically, emotionally and financially — and yet, we come through it more whole, more generous, more compassionate and more complete.

No matter how old we become, we can enjoy the positive, beautiful aspects of aging. We know with certainty what only longevity can bring: that life is to be embraced and it is never too late to live it with gusto!

MEMBERS CORNER

MEMBERSHIP REPORT: JULY 2015

General: 842
Life: 191
Honorary: 2
Total: 1,035

HOURS REPORT:

TEENAGE VOLUNTEERS (TAV):
1,399.40 hours
131 TAVs

ADULT VOLUNTEERS:
10,173.20 hours
481 volunteers

TOTAL:
11,572.60 hours
612 total volunteers

Welcome, New Volunteers

MAY:

Michael Anderson
Michelle Chaban
Steve Estevez
Paula Goodnow
Colin Grabreski
Jaelle Hector
Alyssa Kern
Kelly Lynne Landry

Melissa Lipnick
Rose Loricchio
Mary McArthur
Madeleine Reich
Gene Schuberth
Kathy Toutloff
Timothy Viner
Racine Williams

JUNE:

Michelle Averkiou
Katerine Cardona
Huiyan Ding
Suzette Dispigna
Caroline Flinn
Judah Friedman
Alex Hedrick

Kayla Hower
Natalie Jones
Zachary Kutsche
Gabriella Penagos
Rachel Robinson
Daniel Rodriguez
Brittane Williams

July Volunteer of the Month



ROGER FARLEIGH

Roger joined D-RMSL in August 2013 in Volunteer Services and also works one day a week on the Tram. Working three days a week, he has logged 900 hours.

Roger moved to Boca Raton from Illinois in 1984. He earned his BA degree from Rippon College, his Master's degree in Management from the Kellogg School of Management at Northwestern University and his law degree from the University of Iowa.

From 1989–2013, Roger was a Trust Officer at Northern Trust in Boca. He spent his professional career in the financial services industry. His son, Thomas, and Thomas' wife, Julianna, live in Virginia with granddaughter, Glynis.

Roger has received high praise in Volunteer Services and the Tram, with this quote from a fellow volunteer saying it all: "He goes over and beyond anything that needs to be done with a happy, positive attitude."

D-RMSL and Boca Regional thank you. We are lucky to have such a dedicated volunteer.

IN REMEMBRANCE OF:

Mary-Lou Gardner

Bob Hunter

Volunteers in 'View — Lynn Cancer Institute



We have 35 volunteers at the Lynn Cancer Institute working in the Sandler Pavilion from 8:00am – 5:00pm every Monday through Friday. They can be found at the Reception Desk and the Imaging/Radiology/Oncology areas, doctor's offices and infusion rooms lending a helping hand. Some of these volunteers are cancer survivors and are glad to be giving back, especially after having been the beneficiary of these same services themselves.

Even in Disagreement There is Plenty to be Learned

Edmund Nasralla

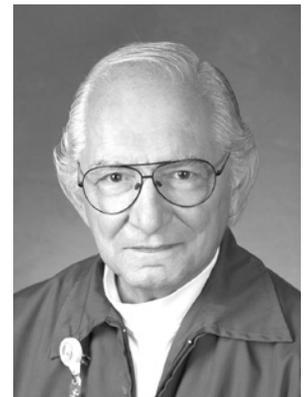
As a consequence of being witness and arbiter of a small disagreement recently, I have some thoughts I would like to share with you. This is not meant to elicit further discussion and hopefully, it will be the last word on the matter. If it seems to be a commentary on the obvious, it bears repeating and I ask for your indulgence.

We come here each week because we find the time we spend with patients, their families and each other informative and rewarding.

When we are in disagreement it is most often due to a minor differing of opinions, or, at best, a celebration of opinions. To be more accurate, it's really a celebration of differing opinions! For some of us, expressing an opinion in words comes easily. For others that expression comes haltingly. Either way, we glean knowledge and sometimes great wisdom, hopefully with humor, from what a fellow volunteer shares with us.

If this is true, then it follows that when we disagree with an opinion, we are, I believe, obliged to express our disagreement with thoughtful restraint. To do so will inflict as little discomfort as possible onto the person we disagree with.

I respectfully submit that, by the end of the day, we all gain by our discourse, even in disagreement!



Teenage Volunteer (TAV) Scholarship Winners

On behalf of the Debbie-Rand Memorial Service League, I would like to recognize and congratulate the following students who have been recipients of our scholarships in 2015:

Joshua August
Armand Behzadi
Jeffrey Blume
Sara Han
Katarzyna Lewandowska
Kaitlyn Osorio
Bella Polley

We wish you nothing but the best as you begin your college endeavors.

D-RMSL scholarships are awarded based upon the recommendation of the Scholarship Committee, with the final approval left up to the Board of Trustees of the Debbie-Rand Memorial Service League. Scholarship funds are awarded directly to the school the TAV will attend and the number of scholarships awarded each year is based upon the number of applications/recommendations of the Scholarship Committee.

Our gratitude goes out to our donors, The Schmidt and Barton Family Fund, for their generosity in making these scholarships possible.

Please note that the D-RMSL Board of Trustees has revised one of the scholarship application criteria. It now states, "Only active (at time of application) high school senior TAV's in good standing are eligible to apply. Previous recipients now attending college are eligible to re-apply if they are still active and volunteer a minimum of 160 hours per year."

Any additional requirements are listed on the application, which can be picked up in the Volunteer Office this fall and must be postmarked on or before March 18, 2016.

Congratulations again to our outstanding graduates!

Mary Watts, Chairman
Scholarship Committee

Our Shining Stars

"Robert Rostron keeps Endoscopy orderly and tidy. He runs errands, stocks supplies and cleans the stretchers to perfection. He works weekends to "ready" the department for Monday morning. He comes in early and leaves late. He comes in with a smile and leaves with a smile. He is a most dedicated and responsible individual. As a very important part of the Endo family, the department is dependent on his hard work."

- Terie Davisson, Clinical Coordinator

Do you know of or have you witnessed a volunteer going above and beyond to help a patient? Or maybe someone who is simply deserving of recognition for displaying an exceptional level of volunteerism? If so, let us know and we will feature them in an upcoming issue.

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 new President, Edmund Nasralla, at enasralla@brrh.com.

Q: Why is old age not for sissies?

A: As we are all living longer, older folks are doing more and feeling better than ever before. Now in my 50s, I've raised my family and have time to travel, as well as giving back to the community through volunteering. Volunteering at Boca Regional in the newborn nursery is one of the most fun and rewarding volunteer activities I do. As we get older we bring life's experiences with us to make us better. Old age is not for sissies, it's for the young at heart!

- Pamela Reuter

A: I never say the two words "old age" — I spell them! The "golden years" — do you remember when you first heard those words?! No one who is not old would know how one feels, thinks, sleeps, worries, cries, laughs... Sissies should give up at 55 and say that life is wonderful and it can't get any better — and they might be right! However, we forge ahead — one day at a time, one hour at a time, one pain at a time. Just do the best you can, my fellow "senior citizens." Thanks for holding on.

- Heather Jurist

Question for next month: What's love got to do with it?



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.

July 21

Boca Raton Regional Hospital Again Listed by *U.S. News & World Report* as a Top-Ranking Hospital

July 20

Boca Raton Regional Hospital has 62 Physicians Recognized as "Top Doctors"

July 16

Boca Raton Regional Hospital Kicks Off Partnership with Shepherd Center

July 1

Boca Raton Regional Hospital Listed by *U.S. News & World Report* Among Nation's High Performing Hospitals in Common Care

JULY

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		

Upcoming

AUGUST 2015

Meetings & Events:

THRIFT SHOPPE MEETING

MONDAY, AUGUST 10

ADULT ORIENTATION

TUESDAY, AUGUST 11

BOARD MEETING

WEDNESDAY, AUGUST 26

Save the Date:

Go Pink Luncheon

WEDNESDAY, OCTOBER 21

Anniversary Luncheon

TUESDAY, OCTOBER 27

Holiday Open House

TUESDAY, DECEMBER 8

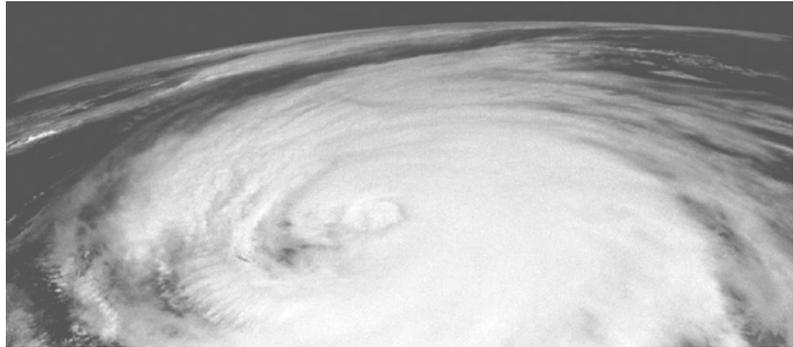
Hospital Ball

SATURDAY, JANUARY 23, 2016

Allianz Golf Tournament

FEBRUARY 1 – 7, 2016

Hurricane Preparedness Checklist



Home:

- Properly secure your home with hurricane shutters.
- Have non-perishable food items available.
- Maintain an adequate water supply. Fill the bathtub to use for dishwashing and to flush toilets.
- Be sure to follow the "96-Hour Rule" — have enough supplies to last four days, should the power go out.
- Have a battery-operated light, TV or radio and sufficient batteries.
- Stay away from windows once a storm begins. In a severe situation, place yourself in a room closest to the center of your home that does not have windows. Remain there until all is clear.
- Have an extra gas cylinder available for grilling, if necessary.
- Place generators away from doors and windows and outside of your home to avoid any toxic fumes from entering your residence.

Personal:

- Prior to any storm, ensure you have enough cash on hand in case power outages impact ATMs.
- Fill up your car's gas tank.
- Place personal papers in a secure, waterproof file box.
- Maintain a list of emergency numbers and know where it is.
- If you evacuate, let someone know where you are.

Medical:

- Maintain at least two weeks of your medications.
- If you are insulin-dependent, have backup electrical capabilities to keep insulin refrigerated.
- If oxygen-dependent, ask your vendor what their preparedness plans are. Have backup O₂ available.

It is important to remember that hospitals are not an option for general sheltering during a hurricane and that they are not able to dispense medication to the public.



**BOCA RATON
REGIONAL HOSPITAL**

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 **Alina Alba**, who correctly answered last month's questions: **Part 1: PHI stands for Protected Health Information. True or False? Part 2: HIPAA stands for Health Insurance Patient and Access Act. True or False?** The answers are **1: True and 2: False**. Contact Aimee Yahn-Carmichael for your prize!

July's trivia question: **The Health Insurance Portability and Accountability Act is a federal law that sets rules to protect patient information. HIPAA allows us to only share patient information for TPO purposes. What does TPO stand for?** Whomever emails the correct answer to Aimee at ayahn-carmichael@brrh.com will win two Cinemark Platinum Supersaver movie tickets. Best of 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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