




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

November 2015
InnerView

THE NEWSLETTER OF THE DEBBIE-RAND MEMORIAL SERVICE LEAGUE

Celebrating The Middle Years

Edmund Nasralla

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**INTERESTED IN
 VOLUNTEERING?
 CALL 561.955.4098**



This month of national Thanksgiving is an opportune time to pause and reflect on our journey through the decades of the forties, fifties, and sixties, our Middle Years, and recall discovering and celebrating the best of ourselves. Remembering the epiphany moments when the knowledge gained and lessons learned during those revealing years gave us a glimpse of the beauty of our humanity and the nobility with which I believe we are all endowed. Magical years, indeed!

We became the parents, grandparents, the priests and presidents, the healers and peacemakers, philosophers and poets, and for good measure, we visited the Moon. We were the strong threads of the fabric of the "greatest generation."

We discovered that our hearts can see what our eyes could not. We saw the minds of the artists as their gifted brushes put paint on canvas, we heard the heartbeat of the composer and musician as their beautiful music delighted us.

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MEMBERS CORNER

MEMBERSHIP REPORT: OCTOBER 2015

Active Members

General: 472
TAV: 93
Life: 15

Auxilians

General: 167
Life: 172
Honorary: 2

Total: 921

HOURS REPORT:

TEENAGE VOLUNTEERS (TAV):

1,225.35 hours
96 TAVs

ADULT VOLUNTEERS:

9,873.23 hours
454 volunteers

TOTAL:

11,098.58 hours
550 total volunteers

Welcome, New Volunteers

| | |
|-------------------------|-------------------|
| Mohammad Ahmed | Kathy Marsh |
| Matthew Altidore | Daine McCallum |
| Jan Marcos Andrade | Luxene Medastin |
| Sean Bacha | Shannon Meehan |
| Camila Bethes | Mary Ngo |
| Shirley Cohen | Liana Nguyen |
| Jose Delgado | Stephane Nothra |
| Bryan Drill | Paul Notley |
| Joselyn Falcones | Lizbeth O'Hara |
| Diane Finch | Chivante Powell |
| Daria Glazkova Glazboro | Robert Ramkissoon |
| Betty Goodman | Berthe Rand |
| Rackeela Gordon | Mary Ribourg |
| Kristina Greateon | Phyllis Robins |
| Emily Gurvitch | Samina Van Winkle |
| Diane Kramer | Kari Yaculak |
| Christopher Maliani | Morgan Zettwuch |

November Volunteer of the Month



JEAN ANTIN

Jean joined D-RMSL in 1989, three years after moving to Florida from White Plains, NY. She was a longtime volunteer at White Plains Hospital, including serving as the volunteer representative to the Hospital Board of Directors.

Jean's late husband, Arthur, was the Superintendent of the White Plains School System and later a Vice President of Pace University at the White Plains campus.

Jean lives in Delray Beach. She has two sons, Joseph and Bill, and a daughter, Ruth Leser. Joseph, a bone marrow transplant specialist, lives in Boston, MA with his wife, Jane, and their son and daughter. Bill resides in Patterson, NY with his wife, Kathy, and four daughters. Ruth, who is the Vice President of Human Resources at a bank, lives in Brewster, NY with her son and daughter.

Jean has spent the last 24 years in the Endoscopy Department working Mondays and Fridays. She also works on Sundays in Volunteer Services and has logged over 12,500 hours of service.

Thank you, Jean, from D-RSML, Boca Regional and Endoscopy for your service.

IN REMEMBRANCE OF:

Martha Bruederlin

Generosity... the Hallmark of Success for the D-RSML Thrift Shoppe

Robert Buss

Generosity is the virtue of "giving"... without expecting anything in return. A "generous" person is someone who genuinely cares about other people. For 53 years, the Debbie-Rand Memorial Service League Thrift Shoppe has been providing residents of the Greater Boca Raton area with extraordinary values in gently used, quality items including furniture, designer clothes, jewelry, household items, and much more.



Brooke Mateland, manager of the Thrift Shoppe, and Ken Philpart, Joe Taylor, Jerry Dean and Gabe Forero are the very hardworking and dedicated employees who pick up large household furnishings and goods from donors. This same team also makes minor repairs and creates the displays in the Shoppe to best showcase all "for sale" donations. Many times, shoppers do not have the strength or means to transport the items they have purchased. Therefore, Brooke's employee team makes deliveries to purchasers' homes.

But an equally integral part of the Shoppe are the more than 70 volunteers from D-RSML who routinely sort, price, display and sell the wide array of donated items (there are several "snowbird" volunteers who are "regulars" during the winter months). This is a seven-day-a-week operation! So, just think about the countless, unselfish hours that these volunteers are spending of their own time... away from their families, missing other more fun activities, and generally standing on their feet for their entire shift hours. Most of these volunteers are in their 70's or 80's and yet each religiously reports to the Shoppe in all sorts of weather as if it was a salaried job. Their "payment and rewards" are the satisfaction that they are helping very needy individuals in the Greater Boca Raton community. In fact, in sorting donated items, if it is determined that certain items are usable, but not in a suitable condition for resale, then the staff bags these items for donation to under-privileged migrant workers.

Please stop by the Thrift Shoppe and take advantage of all of its great deals. Wait until you see the quality of the items! There is even a separate "haute couture" boutique in the women's designer section. Most days, the Shoppe offers "even further discounts" from the prices shown...and all Boca Regional employees get an additional 10% discount! If you are interested in donating items to the Thrift Shoppe, please call 561.395.2208.

If you are thinking of becoming a Thrift Shoppe volunteer, call 561.955.4098 or apply on our website at www.brrh.com. Click on the Volunteering link.

Celebrating The Middle Years, *continued from page 1*

This may have been when our biology and spirituality were met, Woman was in her prime, tall, beautiful and proud, filled with knowingness and generous in sharing it. Man too was in his prime, strong, self-assured, accomplished and optimistic in his hope that woman would look kindly upon him. If he had listened to her, he then knew that loving her was not science but an art.

It may have been then that we discovered our spirituality and were awed by the peace it gave us, that forgiveness is a gift we gave ourselves and to others, that we survived success and failure and are better for it, and that we may have been in battle and became reluctant heroes. The journey was not painful, it was beautiful and today, I am filled with gratitude for each new day, each new encounter.

For most of us, the following decades have been just as enlightening and fulfilling, and in our songs of Thanksgiving, we pray for more of those magical years in good health.

Hoffman Chocolates to Offer Holiday Gift Deals

Hoffman's Chocolates is pleased to display a holiday kiosk benefiting the Debbie Rand Memorial Service League on December 8, from 10:00am to 3:00pm, in The Bistro. Hoffman's Chocolates will offer a wide variety of beautifully designed gift baskets, chocolate assortments and platters that make perfect gifts for the holidays. For pre-orders, please contact Tammy Mannarino at 561.523.8215 or at tmannarino@hoffmans.com. A portion of the proceeds will benefit D-RSML. Mark your calendar for December 8!



Announcement

Coffee, Crumpets and Conversation a D-RSML 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. To be held in January 2016. RSVP to Joan Gridley at 561.955.4098 or at volunteer1@brrh.com.

Veterans Day Celebration



"Authentic freedom is an exceptional sign of the Divine Image within us."

- Vatican II

Thank you for keeping the Image bright.

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: Did life really begin at 40?

A: My life didn't begin at 40, it changed in my 40's and I learned how to accept the new normal. In my 40's, my children were growing up, moving out to college and I got divorced. In my younger days my children were my passion, so I volunteered at schools where they attended. I came to realize that this new normal was my time to do what I wanted. It was time to volunteer to fulfill my own passions and that's what brings me to my volunteering today, in the newborn nursery at Boca Raton Regional Hospital, as well as at other places around town. I'm past 40 now and think of each decade as a chapter. We are the authors of our own stories and it's up to us to make them worthwhile.

- Submitted by Pamela Reuter

A: In our younger years, many of us worried about what others thought of us and what they thought we should do. Turning 40 often means each of us having achieved greater self-acceptance, being less self-conscious and less reluctant to offer our opinions. We take more ownership of our lives and begin following our true passions in life. Often we start to value good health and happiness over wealth and achievements.

- Submitted by Bob Buss

Question for next month: What jingles your bell?



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.

October 5

Marcus Neuroscience Institute
First in Florida to Implement New
Therapy for Back and Leg Pain

NOVEMBER

| 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 | | | | | |

NOVEMBER 2015 Meetings & Events:

ADULT ORIENTATION
TUESDAY, NOVEMBER 10

VETERANS DAY
WEDNESDAY, NOVEMBER 11

BOARD MEETING
WEDNESDAY, NOVEMBER 18

THANKSGIVING DAY
THURSDAY, NOVEMBER 26

Save the Date:

Holiday Open House
TUESDAY, DECEMBER 8

Hospital Ball
SATURDAY, JANUARY 23, 2016

Allianz Golf Tournament
FEBRUARY 1 – 7, 2016

Volunteer Recognition Luncheon
FRIDAY, APRIL 8, 2016

Mandatory Flu Shots



Boca Raton Regional Hospital's policy states that flu shots are mandatory for all Hospital employees and volunteers. The Centers for Disease Control and Prevention recommends annual influenza vaccination for all individuals six months of age and older, and mandatory healthcare worker vaccination is endorsed by several national medical societies.

Volunteers who choose not to receive a flu shot for religious or medical reasons must complete an exemption form, which can be obtained from the Volunteer Office. Volunteers who work in patient-care areas who are granted an exemption will be required to wear a mask while performing their duties throughout the entire flu season (December 1 through March 31).

Flu shots are covered by most health insurers and Medicare and are generally available at physicians' offices and pharmacies. Shots will be administered at the Hospital on a limited basis for volunteers who are unable to obtain them elsewhere. All volunteers must submit to the Volunteer Office either proof of receiving a current flu shot or a signed exemption form no later than December 1, 2015.

Upon submitting proof of receiving the flu shot, volunteers will have a designation sticker affixed to their Hospital identification badge. Thank you for your cooperation in adhering to our important policy.

Help Prevent Illness — Wash Your Hands

Guidelines from national and international infection prevention and control organizations have repeatedly acknowledged that handwashing is the single most important procedure for preventing infections.

The components of good handwashing include using an adequate amount of soap, rubbing the hands together to create some friction and rinsing under running water. The mechanical action of washing and drying your hands removes most of the transient bacteria present.



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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 **Nona Goldstein**, who correctly answered last month's question: **True or False? In the event that you are discharging a patient in a wheelchair and their ride has not yet arrived, you should offer to bring the patient inside and wait with them next to the rotunda.** The correct answer is **True**. Contact Aimee Yahn-Carmichael for your prize!

November's trivia question: **What do these three acronyms stand for — H.O.B.S.; P.A.S.S.; E.A.R.?** The first person to email Aimee the correct answer at ayahn-carmichael@brrh.com will win two 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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