

# AUXILIARIES IN ACTION

**2018-2019  
AHAA President**



Thank you for the prayers cards and concern you have expressed during my recent hospitalization and rehab. By the time I got out of ICU I had a big stack of cards to open and read. Mail delivery was my favorite part of the day. I am getting stronger and hope to be back to full speed before too long. Your continued prayers are appreciated.

I know it has been difficult with all the illness and bad weather we have had this winter to keep your stations covered but you have worked tirelessly and kept everything going. Thank you for your dedication to your hospitals.

Spring is always a busy time for us and I am sure this year will be no different and don't forget the flu will be around for another couple of months so take good care of yourself. Looking forward to seeing all of you next month at Spring District Meetings.

Suzanne Hackney



VOLUNTEERS HAVE A HEART OF GOLD.

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*Dorothy Clark*

**Norththwest**  
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**Southwest**  
MAGNOLIA REGIONAL MEDICAL CENTER  
*Mary Phillips*  
*Violet Eads*

**Valley**  
BAPTIST HEALTH – VAN BUREN  
*Lena Graves*



### 2019 SPRING DISTRICT MEETINGS

April 8, 2019	Northeast	NEA Baptist Memorial Hospital – Jonesboro
April 9, 2019	North Central	Baxter Regional Med Center – Mountain Home
April 10, 2019	Northwest	Northwest Med Center – Springdale
April 11, 2019	Valley	Johnson Regional Med Center – Clarksville
April 16, 2019	Metropolitan	Chi St. Vincent Infirmary – Little Rock
April 17, 2019	Southwest	Med Center of South AR – El Dorado
April 18, 2019	Southeast	Ashley County Medical Center - Crossett

### 2018 Administrator of the Year for Hospitals over 100 beds

This gentleman maintains an “open door” policy with the Auxiliary. Members are encouraged to stop by to discuss problems and to offer suggestions relating to the Auxiliary or the hospital. He meets with the Auxiliary President several times a year to discuss issues and ways he might be of further service to the Auxiliary. This year when the fate of the Auxiliary on both the local and state level was in jeopardy due to the lack of members who were willing to take on a leadership role, he showed his concern by sending a personal letter of encouragement to each member. He reminded volunteers that their Auxiliary was the first Auxiliary to be formed in Arkansas and he was proud that the members had carried the tradition forward for so many years. He asked the members to please consider serving as an officer for the coming year. The volunteers stepped up to the challenge and the problem was solved. This year’s award goes to Mr. Barry Davis, Arkansas Methodist Medical Center, Paragould.



FROM OUR GIFT SHOP CONSULTANT:

I attended both the Gift Market and Clothing Markets in January  
The only unusual items I discovered was a Christian jewelry line for both men and women.  
It is so difficult to find affordable men's gifts for our gift shops so I was excited.  
I would be happy to share the company name, let me see if it sells first.  
Clothing is a terrific seller in our gift shops.  
If you have any questions, or a great seller for the group  
Please let us know

**Susan Rima**

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METROPOLITAN

**CHI St. Vincent Little Rock /Sherwood**

*Betty Pullam*

The District president's meeting was held in January



Christ the King Catholic School made Valentines for each patient at both hospitals. Valentines were delivered by volunteers February 14.



Six gratuity baskets were delivered in January and February.

A uniform sale was held.



Linen sales were held at both hospitals.

Children's gifts, bookmarks, and state project materials are distributed in the surgical waiting

rooms

The Best Cellar volunteers delivered clothing in January to Dorcas House and the Compassion Center in Little Rock.

The auxiliary will set up on February 28 for the first Flash Sale to be held March 1. Items from the Best Cellar resale shop will be offered at this one day sale.

### **CHI St. Vincent Morrilton**

*Tammy Smith*

A Valentine Basket Drawing was held February 12.



A Beans & Cornbread Lunch with Mini Bake Sale was held February 28.



# NORTH CENTRAL DISTRICT

## **Baxter Regional Medical Center – Mountain Home**

*Becky Rose*

January 17th the auxiliary board and H.O.P.E. Committee had the annual all day strategic planning meeting. In addition to discussing possible new recruiting activities, we did our annual review of the by-laws and policy & procedures. A very productive day.

January 22nd the auxiliary had a new fundraising sale in the Lagerborg Dining Room. It is called the Mobile T-shirt Boutique. It was a very successful one day sale. We are trying to have them return in December when they will have many Christmas items, including kid's shirts.

January 8th and February 5th Dir. David Lipschitz did his final presentations for the Mruk house. He has been the medical director for the MFECA house and the Fairlamb clinic for **many years**. He has been driving to Mountain Home from Little Rock and finally decided it is time to retire. His presentations are always well attended and he will be missed.

The totally renovated and updated Acute Inpatient Rehab Unit celebrated the reopening with an open house. The BRMC auxiliary was the lead donor for this project. The unit is a state-of-the-art rehab unit including individual rooms, a full exercise facility, dining facilities, a driving ability testing machine, and two rooms set up as complete apartments that will allow patients to return home safely. The unit can help rehab patients who live alone.

The annual Masquerade Ball was held February 9th. The ball is held to support the community houses. The auxiliary is a donor to the event and just one of the ways we provide support for the houses.

The first auxiliary general meeting of the year was held February 13th. A proposed slate of board officers was presented and accepted. The proposed slate will be voted on at the March general meeting and the new board will be installed at the April auxiliary appreciation banquet. We will welcome several new board members and begin what we expect to be another successful year. We will also be welcoming our first couple of groups from our corporate volunteer program. We have gotten over the hurdles and believe we have solved the training issues with an online training program.

## **Stone County Medical Center - Mountain View**

*Frances Bullard*

We are anticipating exciting opportunities of making a difference in others' lives in 2019. Changes in our gift shop inventory system were implemented, and our appreciation is extended to Linda Ristenbatt for serving as our new gift shop manager.

We extend our heartfelt appreciation to WRHS Foundation for the fantastic luncheon at the Ozark Folk Center Skillet Restaurant on Thursday, February 28, in appreciation for our work

at the hospital. Mr. Kevin Spears, our hospital administrator, shared the exciting changes at our facility, and Mrs. Kathy Thomas shared a very heart-warming personal story of God's Perfect Work.

The check for \$8,032.92 for five more sleep chairs for our medical center was presented to White River Health System Foundation.



Pictured above are Amanda Roberts of WRHS and Kevin Spears and President Teresa Linden of SCMC.

Our volunteers are donating socks and underwear for Pre-K through Middle School students by bringing them to each monthly meeting or adding to the "Sock Donation Station" in our gift shop. We are working with other organizations to make sure our community has the items needed to prepare the children for the school year ahead. These items will be distributed during the health fair in September.

Congratulations to our \$500 scholarship recipient in January, Sandra Crone, RN. She works in our ER and is currently pursuing her BSN.

Our current fundraisers include a "No-Bake Sale" for March, where members donate money that would have been used for baked goods. This has proven to be successful in the past. We are also collecting Best Choice bar code labels (Harps name brand). One of our sustaining members recently donated \$100 by doing just that. These labels will be collected at our monthly meetings. Collective Goods has proven to be very successful; therefore, we will host sales in April and October.

## Unity Health Harris – Newport

*Margaret Goodman*

The Unity Health Harris Auxilians met and decided upon their “Community Project”. The volunteers choose one name from the local nursing home. Each month, every volunteer will be responsible for visiting their resident. Their job is to spend time with the resident, learning about their family, hobbies, birthday, etc. Spreading their joy and making new friends during this special time.



## NORTHEAST DISTRICT

### St. Bernards - Jonesboro

*Dean Rossa*

“Dependable” “Caring” “Competent” “Supportive” “Dedicated”

These positive adjectives, plus others, describe Dorothy Clark, a volunteer for St. Bernards Medical Center since 2002.



Dorothy Clark could be found every Monday, Wednesday, and Thursday at St. Bernards One-Day Surgery Volunteer Station. Her shift began at 5:00 AM and lasted from four to five hours each day. She served the same station, remaining “on the job” for seventeen years! That’s seventeen years as a VOLUNTEER at the same early morning station! Realistically, very few people would remain at a salaried job for that long, given the demanding schedule and the early reporting time.

*Tribute by Mary Nell Masterson.*

St. Bernards Auxiliary’s Light Up a Light campaign raised \$5,817 this year. This money helps reduce the cost of rooms for cancer patients treated at St Bernards. Patients and their families can now be housed at the Villa for low rates during treatment stays. About 2000 solicitation letters were mailed in October



## NORTHWEST DISTRICT

### **Mercy Hospital Berryville**

*Emma Jean Vance*

Mercy Hospital Berryville Auxiliary continues to be busy during the winter months.

The Spirit Cart manned by (left to right) Carolyn Bossardt, Twig McKinney, Joy McKinney and Neta Stamps (not pictured) rolled through the halls of Mercy Hospital Berryville January 4 in the afternoon to distribute goodies to the employees.



This project by MHBA was featured at the State Convention last October. Following is a portion of the submission.

A cart once a quarter the year round loaded with goodies travels its rounds throughout every department in the hospital. We deliver tasty treats (forget the calories just once) and a dose of spiritual uplifting. Everyone is told how much their dedication is valued, we lift spirits! Since the hospital is open twenty four hours a day, we do two rounds. Once at 2 PM and repeat again in the evening to make sure both shifts are acknowledged. Also, our physical therapy department is off site, so we take the treats to them off site!

The SPIRIT CART program is just a unique uplifting way for MHBA to let all employees know, year round, we appreciate their dedication. Employees look forward to SPIRIT CART day. Health care is a twenty four hour a day seven days a week, year round profession. We want these hard working dedicated individuals to know their contributions are recognized year round. We want to, as a former AHAA President once said “bring a ray of sunshine on a cloudy day.”

On January 31, President Jean Vance, left, and President Elect Pat Armer attended the Northwest District Presidents Meeting at North Arkansas Regional Medical Center in Harrison, AR.



The auxiliary sponsored two tables at the annual Mercy Foundation Black and White Gala held February 9 at the Inn of the Ozarks Convention Center.



The scheduled blood draw Wednesday, February 20 was great considering the weather the day before.



25 pints were collected for Community Blood Center of the Ozarks as well as 2 deferrals. Many faithful donors contributed to the success. Auxiliary members donated cookies, brownies and other goodies to reward the donors.

### **North Arkansas Regional Medical Center – Harrison**

*Robby Scucchi*

The NARMC Auxiliary Thrift Store held its Ribbon Cutting on Wednesday, January 23rd.



Once the project was started in the summer of 2018, it took the better part of the year to finish. The 6000 sq. ft. building was redone. **164** gallons of paint, **1,766.25** man hours, **and 10** walls removed, **2,000** feet of ceiling tile installed, **75** new LED light fixtures, **6,000** square feet of flooring replaced, not to mention the extensive amount of brick laid on the exterior.

“The NARMC Engineering Team did an amazing job with this project and was very accommodating to the fact that we needed to keep the store open during the renovations. This was challenging, but with the help of the staff, volunteers and the Engineering Department, it was done”, says Manager of Volunteer Services & Gold Club, Robby Scucchi.



## SOUTHEAST DISTRICT

**Delta Memorial**  
*Shirley Sandlin*

Revving up for Valentine's Day



In late January 8 auxiliaries gathered at the Delta Memorial Hospital to assemble Valentine gifts. Shown below from left to right are Sybil Tanner, Olene Ferguson, Patty Posey, chair, Karen Donaldson, Sandy Patterson and Joyce Smith. Not pictured were Shirley Sandlin and Maedene Weser. It was a very successful fund raising event.



In a congenial spirit of saving lives and giving for Valentine's Day, numerous local residents came from Dumas and surrounding areas to give 23 blood products.

Our community blood supply could not exist without such volunteers, who truly display the spirit of giving.

A successful blood drive involves dedication and must be a true team effort. Thanks to a team of hospitable volunteers, the February drive exceeded the minimum quota. Life Share donated a t-shirt and light snacks to each donor.

Delta Memorial Hospital Auxiliary donated a \$25.00 gift certificate to Dorene Dean, winner of the February incentive award.



## Drew Memorial - Monticello

*Heather Harper and Barbara Brown*

### Drew Memorial Hospital Welcomes First Baby of the New Year

CeAaron Plummer Jr. was born at Drew Memorial Health System on January 2 at 7:50 a.m., making him the first baby born at the hospital in 2019. Dr. Nicholson delivered the 19 inch long, 7 lb. 8 oz. baby boy. Along with parents CeAaron Plummer and Moesha Jordan big sister CaMya welcomed baby CeAaron. The hospital's volunteer Auxiliary provides the parents of the first baby born at Drew Memorial each year with a basket of gifts to celebrate their new arrival. This year's basket included a baby blanket, socks, outfits, toys, socks, washcloths, and many more items. Auxilian Linda Barber presented the gift basket on behalf of the organization. Barber's duties as a member of the Auxiliary include assisting the nursery with paperwork and working in the hospital gift shop. The Auxiliary provides thousands of hours of volunteer service each year to the hospital in most departments and holds fundraisers to support the hospital's mission of providing quality health care in the region.



PROUD PARENTS Moesha Jordan, CeAaron Plummer and big sister CaMya receive a gift basket from Drew Memorial Health system Auxilian Linda Barber in celebration of their son CeAaron Plummer Jr. the first baby born at Drew Memorial in 2019.



Auxiliary President Barbara Brown spoke to the Monticello Kiwanis Club about all the things the Auxiliary does for the Hospital.

Auxiliary members visited Grand Manor on February 7 and had a GRAND time! We were warmly welcomed and loved visiting with the residents. Members were also served a meal.



**Jefferson Regional Medical Center**  
*Eula M. Liddell*

2019 Officers with Volunteer Coordinator



Left, Georgia Grigsby, Auxilian of the Year and President Eula M. Liddell



## SOUTHWEST DISTRICT

### **Medical Center of South Arkansas – El Dorado**

*Peggy Plummer*

The MCSA Auxiliary participated in the hospital and community's safety drill. The hospital worked with local law enforcement and paramedics to have a full scale active shooter drill. The hospital went under full lockdown in all areas including the Auxiliary Gift Shop and volunteer stations. The Auxilians learned valuable lessons in preparing for an active shooter

The MCSA Auxiliary participated in MCSA's Heart Health Luncheon on February 14th. President Peggy Plummer and Director of Volunteers Virginia Meador served on the luncheon's committee. Members also volunteered for the event by manning the silent auction, health fair check in and more. Proceeds from the event benefited the Auxiliary.



Auxiliary member, Sharolyn Givens supervises the silent auction at the MCSA Heart Health Luncheon. Sharolyn helped answer questions about the silent auction items to guests and helped encourage attendees to bid on items.



Auxiliary member, Pat Smith helps clean up after the event and catches the Keynote speaker, El Dorado Fire Chief, Chad Mosby for a quick word expressing gratitude for his participation in the event.

When MCSA changed their dress code to standard black scrubs the MCSA Auxiliary donated their remaining scrubs from the uniform shop to the Salvation Army. These scrubs can be used by those in need for many professions.

The MCSA Auxiliary Gift Shop was in need of an update and revamp. MCSA CEO Scott Street provided the perfect opportunity when he proposed an expansion of the hospital lobby and relocation of the Auxiliary Gift Shop. The gift shop was relocated just down the hall to a large conference room and was given a much needed facelift with a newly remodeled space, flooring and furnishings

Director of Volunteers, Virginia Meador and Auxiliary member, Jean Coleman man the cash register after the completed move and renovation of the new MCSA Auxiliary Gift Shop. The Auxiliary is planning to have a Grand Opening for the community in April.



The MCSA Auxiliary is making some exciting changes to hopefully give the auxiliary a new image and spark energy within the organization. We are restructuring the board to be more of a working board and making fun changes like changing the color of our uniforms. We hope that all of these positive changes will have an impact on recruitment and make the auxiliary look more attractive as a volunteer opportunity.

Service hours Reported: 874

Service Awards: Neva Chang: 2,028; Peggy Plummer: 16,149

The MCSA Auxiliary continues their ongoing monthly sponsorship to Hope Landing. Hope Landing is a non-profit whose mission is to bring hope and purpose to the lives of children with disabilities by helping them achieve their God-given potential through occupational, physical, speech-language, equine and aquatic therapies. Over the years, MCSA Auxiliary has donated over \$70,000 dollars to Hope Landing. In a time where many community sponsorships have been cut or dissolved, MCSA Auxiliary's continues support of Hope Landing has been unwavering.

The Auxiliary's Helen Wright Scholarship continues to be active. The Auxiliary contributes \$1,000 a month to the scholarship fund. The scholarship has paid for the schooling of over 75 healthcare professionals totaling over \$279,000. The scholarship fund is currently paying for three future nurses' education. The program is now accepting applications for the summer semester.

## **National Park Medical Center**

*Dorothy Stringer*

The National Park Medical Center Auxiliary has purchased 12 wheelchairs for the hospital. The wheelchairs have an anti-theft bar, (8 feet tall), locks on the legs so they can't be removed, and we have locators on every wheelchair. They will also be locked up during off hours. The hospital has given the NPMC Auxiliary a locked room to put them in. We hope this will help keep our wheelchairs in the hospital for our patients and not disappearing.

We had our first President's meeting February 1, 2019 at NPMC in the Kass room and went over our state forms, reviewing them for the new presidents and going over the changes from last year. Most of the Southwest District attended. The hospital furnished lunch and provided a fantastic meal for everyone.

We have also received the size range for us to order new jackets for the auxiliaries. Some of our jackets look a bit rough and we want to put our best foot forward. Once we order all the jackets, Lou English will sew the patches on for us.

We approved \$5,400.00 in scholarships for the spring semester. This is the most we have approved in one semester. All the applicants were qualified to receive one. We are extremely proud to be able to help people to improve their academic knowledge to enable them to advance their medical career.

## **Ouachita County Medical Center – Camden**

*Daphne Bennett*

We are participating in two community outreach programs--at Christmas we contributed toys to our local police program "Toys for Tots" and we will bring non-perishable food items to our March meeting which will be given to a local food bank.

Receipts from our annual Tree of Life in Lights were \$1,496.

Valentine was a big day in our gift shop. A large number of gift boxes were sold, and a total of 170 red roses. Needless to say, several of our volunteers worked 'overtime'.

We are delighted to see our hospital grow and expand. OCMC now has a new care option for increasing our community's quality of life and progressiveness. A large range of cardiac and vascular needs can now be fulfilled locally by the addition of a catheterization laboratory. This is an examination room with diagnostic imaging equipment which visualizes the arteries and chambers of the heart and treats any stenosis or abnormality found. At the present time, patients are being treated in a portable Cath lab set up on the hospital campus. Plans call for a soon-to-be permanent Cath lab which will be located in the hospital's former intensive care unit.

South Arkansas Cardiovascular and Vein Center will be renovating the former Family Dollar building and opening full time cardiology and vein clinic in Camden. Currently, Dr. Sadeem Mahmood and Dr. Havinder Dod are seeing patients in the former intensive care unit of the hospital.



## VALLEY DISTRICT

### **Baptist Health – Fort Smith**

*Alice Swain*

As we begin a new year, the Auxiliary is busy trying to get all our ducks in a row while getting to know our new owners, Baptist-Health, Fort Smith. We are re-doing our By-laws, smocks, stationery, handbook, etc. Lots to think about and it takes time.

Liz Martin, one of our members who is with Heart of Hospice, formerly Peachtree Hospice, was speaker at our January meeting and luncheon. She did a great job explaining their wide range of services.

February started out with our annual "Valentine Bake Sale". All members are asked to contribute whichever they choose something either baked themselves or purchased. We had a wide assortment of "goodies", including fresh baked breads, cookies, candy, cupcakes, pies, cakes, and chocolate covered strawberries. We had lots and lots of goodies which our Hospital employees really enjoy and they support us so loyally each year. This was done on Valentine Day and we felt was a huge success, total of \$975.00 approximate, plus or minus a little.

Our guest speakers at the February meeting and luncheon were Harrison Dean our new President of Baptist-Health Fort Smith and Van Buren and our COO, Brandon Bullard. We were very anxious to meet our President and have him share any new plans he might have for our Hospital. Both gentlemen were very happy to share immediate as well as long range plans for our Hospital. Brandon has been with us for a while.

Then, this was followed with a uniform sale which was very well attended by our employees. We had been waiting to find out new colors if any, etc. before doing a sale which would have originally been scheduled for later last year. Everyone was ready for new uniforms. This ended February with a bang.

March will be our District President's meeting in Van Buren hosted by Pam Henderson, our District Chair.

Our slate of officers for the New Year will be presented in March.

March/April: We have invited the River Valley Master Gardeners as our special guests at our regular meeting and lunch. I'm told they have exciting new plans for planting in the spring in our Hospital Healing Garden. We are anxious to hear about those plans. We are very blessed to have them care for our Garden.

**Baptist Health Van Buren**

*Pam Henderson*

January was a very quiet month for us this year. Baptist Health took over our hospital on November 1, 2018 and we are still trying to get everything together. Our guest speaker this month was Sterling Rowell, Special Events and Development Officer for Baptist Health Foundation. She was very pleasant and promised to answer what questions she could and to get back with us on anything she couldn't answer. She stayed for our entire meeting and seemed very impressed with the operation of the auxiliary and our accomplishments.

Our February fundraiser for Valentine's Day was a cookie and candy sale. We also sold raffle tickets for a box of chocolates from Kopper Kettle and two boxes of peanut brittle.

Several of our volunteers have been out sick this month. We miss them and hope they get better soon.

**Mena Regional Health System**

*Sharon Jewell*

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Kathy Boone and Sue Powell, Mena Regional Auxiliary volunteers, served popcorn to MRHS employees January 23. A heartfelt "thank you" to these ladies and our Auxiliary for all that you do for MRHS! We appreciate you!



February is Heart Month and MRHS employees are pictured below:

Because we come together, there's nothing we can't do! MRHS employees wear red to raise awareness about cardiovascular disease in women. Nearly 80% of cardiac events can be prevented! On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. The American Heart Association's "Go Red for Women" is a comprehensive platform designed to increase awareness and serve as a catalyst for change to improve lives globally. Talk with your provider about your cardiac health!

WEARING RED TODAY??? In honor of National Wear Red for Women's Health Day, the Mena Regional Gift Shop offered 20% off any purchase to those wearing red February 1st!

### Tiny Red Caps for Big Hearts!

Mena Regional Health System is providing small red knit caps to their newborns, thanks to the American Heart Association's Little Hats for Big Hearts program. Along with the knit cap for the new baby, parents will receive information about the importance of starting healthy habits at a young age. The initiative is in connection with the Children's Heart Foundation and locally sponsored by Delta Dental of Arkansas. We hope to raise awareness of heart disease in our local community, starting with the smallest among us.



Auxiliary members Sue Wigger & Treva Sawatski served popcorn to MRHS employees February 14



### Up Coming Events:

The Mena Regional Auxiliary will be awarding a spring scholarship(s) in the amount of \$1,000 to a student(s) enrolled in a program for a Registered Nursing degree, LPN degree, Bachelor of Science in Nursing, or any other degree in the medical field.

The auxiliary voted to spend around \$6,000.00 to help purchase items for the hospital in the upcoming months. A committee will review funding requests submitted from hospital staff.

Jewelry sale in gift shop- March 4-8  
National Healthcare Volunteer Week- April 7-13  
Volunteer Luncheon- April 10  
Valley Spring District Meeting- April 11 at Clarksville, AR  
Uniform sales fundraiser April 25-26

*“Life is like riding a bicycle ... to keep your balance, you must keep moving”* Albert Einstein

## **St. Mary’s Regional Medical Center – Russellville**

*Janet Thurber*

Volunteers kicked off 2019 by presenting Saint Mary’s New Year’s baby with a gift of hand-made baby items made by volunteers. A crocheted duck, knitted baby blanket and wash cloths were a few of the items presented to the new mom and baby. The picture of the New Year’s baby (wrapped in a baby blanket knitted by one of the volunteers) and her parents was featured on the front of the local newspaper.

Right:  
2019 New Year’s Baby Adilyn Grace Hogue  
with her parents Marlya and Hunter Hogue.



Kathleen Pursell, the director for Arkansas Medicare Patrol (SMP) spoke at the January Auxiliary Meeting. Kathleen educated volunteers on healthcare fraud prevention.

From left: Kathleen Pursell, Director of Arkansas SMP  
Volunteers Kathy Palmer & Vicki High

In February, Volunteers brought Hershey Kisses to the Auxiliary meeting and worked afterwards to stuff Valentine bags with candy in preparation for our Balloons & Kisses Fundraiser. The day before the sale, we loaded over 250 balloons into our cars and took

them back to the hospital to tie to the Valentine bags. In total we sold 259 Balloons & Kisses at \$5.00 each and netted enough after expenses for two \$500 scholarships

Volunteers stuffed Valentine bags with Kisses and prepare balloons for the Valentine Sale.



Evelyn, Sheila, Jane & David



Beth, Pat and Amparo



Kathy Palmer



Kathy Palmer

Volunteers knitted and crocheted over 100 small, red hats for newborns at Saint Mary's as part of the American Heart Association's Little Hats-Big Hearts program. The hats were presented to babies born during February – Heart Month. Parents also received information about the importance of starting healthy habits for their children at a young age. The initiative is in connection with the Children's Heart Foundation and sponsored by Delta Dental of Arkansas.



Barbara Boeh, Kathy Palmer and Janet Thurber

We elect a new slate of officers in March and celebrate our doctors with home-made trail mix placed in the doctors' lounge.

In April, we will attend the District meeting at Johnson Regional Medical Center.



Articles for May/June newsletter should be submitted by April 30. Please report what you did in March and April and what you have planned for May and June. Pictures are most welcome! If possible please send jpeg format and actual size – not reduced size and give information on the occasion and the names of those in the picture. Please use Word or Office format whenever possible.

Neta Stamps, Editor

Sometimes you don't need the fancy stuff,  
and all of the gadgets of the world.

Sometimes it's just good to just get out  
in nature, take a stroll, take it easy,  
and take some deep breaths.

Just relax and leave all of the cares  
and the situations of the world behind.

