

Secret to Happy Golden Years? *Volunteer!*

It may not be the fountain of youth, but older adults who volunteer just two to three hours a week are living happier and healthier lives, according to a study co-authored by a Florida State University researcher,

Jim Hinterlong, an assistant professor of social work and an affiliate at FSU's Pepper Institute on Aging and Public Policy, and a team of researchers found that the well being of elders improved with the amount of time they volunteered up to 100 hours a year, or two or three hours a week.

"Our findings support the perspective that volunteering is important in the larger context of successful aging," he said. "Engagement is the key, not necessarily the hours of engagement."

The study, which Hinterlong co-authored along with Nancy Morrow-Howell and Fengyan Tsng of Washington University in St. Louis, MO, and Phillip Rozario of Adelphi University in Garden City, NY, was published in the *Journal of Gerontology Social Sciences*. The researchers used data from the Americans' Changing Lives Study, which involved interviewing a representative sample of adults in the United States over an eight year period.

The findings show that volunteerism is common among older adults. In the study, 34.5 percent of adults over 60 volunteered for an average of 71.5 hours per year, or less than two hours per week. Those who volunteered were most likely to affiliate with programs sponsored by religious institutions, and, on average, they contributed unpaid time to 1.7 organizations.

Compared to those who did not volunteer, the study found the volunteers had better assessments on three measures of well being: functional status, self-rated health and depression. The

positive impact reached a maximum at 100 hours per year. Higher levels of involvement were not associated with significantly higher gains.

The findings underscore the point that elders do not have to volunteer a lot of hours to reap the benefits of better mental and physical health. Hinterlong said it also didn't matter how many organizations or the type of organizations for which the elders volunteered. The act of volunteering was the important thing.

Researchers have debated the reasons behind the connection between volunteering and improved health. Some have suggested that the connection can be traced to the social interaction that comes with volunteer work. However Hinterlong and his colleagues suggest that this is not the only explanation.

"Volunteering has an effect beyond increasing the number of friends," the researchers concluded. "From the role enhancement perspective, the volunteer role may augment power, prestige and resources, and it might heighten the sense of identity."

More research is needed to determine exactly what it is about volunteering that improves well being. In the meantime, social programs and policies should be developed to provide older adults with increased opportunities, incentives and supports for engaging in meaningful volunteer work, Hinterlong said.

"As a society, we tell people to plan for later life financially, but we don't encourage people to plan what they are going to do with their time, energy and experience," he said. "We need to be thinking about how we are going to invest ourselves as we grow older, and one option that has a lot of benefits is volunteer work."

“Life is not the way it is supposed to be, it’s the way it is. The way we cope with it, is what makes the difference.”

anon

“The Pulse”

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1003 Willow Creek Road
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MVV Winners. . .

The MVV Award (Mission, Vision, Values) has been instituted to recognize volunteers who demonstrate a special understanding of how the Mission, Vision and Values apply to the daily volunteer routines. Selection of the winners is made by the all volunteer Advisory Committee.

Ellen VonBrentano – was born and raised in Germany. After attending high school and business school she became an executive secretary for a machine tool corporation.

In 1994 she and her husband bought a home in Prescott. They spent the next several years living in Wiesbaden, Germany in the summer and spending their winters in Prescott. They moved to Prescott permanently in 1999. Ellen has many hobbies including charitable quilting with a local guild as well as knitting, crocheting and sewing. Ellen has been volunteering at YRMC since 1996. She started on the snack cart, then moved to Escorts. She greatly enjoys escorting and meeting new people. Her mission in life is to help people wherever needed. She looks forward to many more years of service to YRMC.



l to r - CEO Tim Barnett, Lola Ommen, Esther Houston with Rosie & Katie, Ellen Von Brentano & Katie Ware

“Ellen has donated more than 1900 hours to YRMC, and currently serves as Chairperson for the Escort volunteers. We are so grateful she chooses to share her time and talents with us!”

Lola Ommen- is a Registered Health Information Technician, and began working in hospitals in 1948 at Tucson Medical Center. She retired 52 years later after working in many places, including the Arizona Department of Health and Public Health Service in Arizona. Returning to YRMC was like coming home for Lola, she was employed here in 1962-1963. One of Lola’s hobbies was restoring carousels, one of which is in Lighthouse Point Park in New Haven, CT. It has 70 figures and is a very old machine that’s still running. She did that while working at a New Haven hospital for 19 years. Currently Lola serves in the clinical lab organizing the blood drives that occur every month. She answers phone lines and schedules clients for appointments to donate blood. Lola joined us in 2005 and has contributed over 750 hours. *Thank you, Lola!*

Katie Ware- was born in Warwick, NY. She met her husband, Rich, in high school and they will celebrate their 55th anniversary in August.

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Winners continued from page 2

Rich drives the courtesy carts at YRMC, one of the hardy golf cart drivers. Katie says she keeps telling him that the snack cart, where she works, is much more pleasant; not too hot, not too cold or wet, but he enjoys his outside job!

Katie is a former, and now current, chairperson for the Snack Cart volunteers. She says, "This job has enriched my life in many ways. #1, the team is made up of the nicest people. #2, the hospital staff we see regularly have become good friends, something this newcomer really appreciates, and #3, being able to cheer up or brighten the day of family and friends of patients contributes to a long list of benefits of being a volunteer at YRMC. "Katie joined us in January of 2009 and has contributed nearly 700 hours since then. Thanks, Katie!"

Esther Houston – was raised in Prescott, attended Prescott High School and is a retired RN. She was a charter member of our PAWS Pet Visitation program, coming every Thursday with Rosie, her wonderful Australian Shepherd, and for the past few years bringing Katie, her younger Aussie, on Fridays. She was there for the start of PAWS in 2003, and has also participated in every evaluation for new teams wanting to join our program. She and her dogs have been our most dependable team, we can always count on her. She and Rosie/Katie are also the teams we use to have new teams shadow to see how it's done, because novices will learn the best example from them. Their dedication to our PAWS program is exemplary. Esther has given over 950 hours to YRMC, Rosie well over 850, and Katie fills out the rest. We can't say thank you enough!

Also a winner is **Betty Newell**, whose bio will appear in a future issue. Congratulations, Betty!

Sincere Thanks

**It is with humble gratitude that we once again express our thanks for all that our volunteers did for us over the holidays – cards and gifts, well-wishes – all were so very appreciated and we're all overwhelmed at the generosity shown to us. Each of us wants to thank you from the bottom of our hearts – we all know how very blessed we are
Lynnel, Ann, Nancy, Sue & Sue**

Farewell Mardy

For almost 20 years, YRMC has benefitted from the vision, compassion and leadership of Mardy Taylor, our Chief Nursing Officer. Recently Mardy has decided its time to retire. During Mardy's tenure with YRMC she has guided the Nursing Division through many



Mardy Taylor

changes and advancements. Among Mardy's many notable contributions are her key role in developing the YRMC Vision and Values, her role in creating our Cardiovascular Surgery program, her involvement in the development and opening of the East Campus, and many other YRMC milestones. Mardy has not only demonstrated her leadership at YRMC but she is also recognized throughout our communities and our State for her involvement in Yavapai College, the Arizona Hospital and Healthcare Association and the Arizona Organization of Nurse Executives, to name a few.

Mardy will continue in her role as we search for a new Chief Nursing Officer, and will be an extremely tough act to follow.

For volunteers, Mardy has been our greatest advocate and supporter, being Lynnel's direct supervisor and having Volunteer Services as part of her division. But beyond that, she has a great affection and appreciation for the volunteers and it showed in all her interactions with them through the years. It will be very hard to say goodbye, but Mardy goes with all our best wishes for a wonderful future – we hope to welcome her back as a volunteer!

There will be a celebration to thank Mardy for her many years of dedicated service to YRMC at a later date and we will let you know when that has been set.

YRMC VOLUNTEERS 2011 HEALTH ASSESSMENTS

Free Benefit for Volunteers

The Health Assessment Blood Panel includes lipids (cholesterol, triglycerides, HDL, LDL) and fasting blood sugar. Also included will be pulse, blood pressure, and body mass index.

TO PARTICIPATE ON THE WEST CAMPUS

Please call the Volunteer Office at 771-5678 to sign up:
February 14 and 15 from noon - 4 pm ONLY

Blood draws will be done in the Bradshaw Room:
Feb 22 & 24 from 7:30 - 9 am

Counseling sessions will be held in the Bradshaw Room:
Mar 15 & 17 from 1:00 - 2:00 pm

TO PARTICIPATE ON THE EAST CAMPUS

Please call the Volunteer Office at 442-8678 to sign up:
February 14 - 18 ONLY

Blood draws will be done in the Quail Room:
Mar 1 & 2 from 7:30 - 9:00 am

DON'T MISS THIS ONCE A YEAR OPPORTUNITY!

ADULT HANDS-ONLY



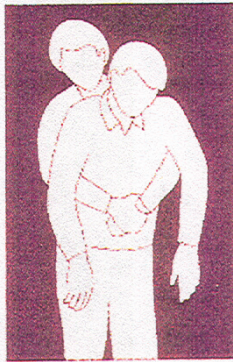
*Come join us and
learn how to save
lives*

*The third Saturday of
every month in 2011*

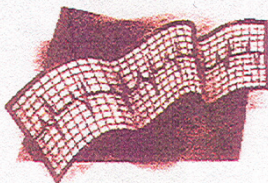


Where: YRMC Community Education Room
(Wellness/Pendleton Center, West Campus)

Time: 0930-1100 or 1300-1430



When: January 15
February 19
March 19
April 16
May 21
June 18
July 16
August 20
September 17
October 15
November 19
December 17



Cost: General Public (any age): \$5.00 ea

Free for YRMC Volunteers

Please call 771-5683 to register

T.E.A.M. Awards — Special Recognition

T.E.A.M. Awards go to volunteers and others who do something special that makes a difference at YRMC. Special recognition goes to the following volunteers:

Susan Anderson (from staff) Susan updated our telephone directory recently, This document is so helpful at the information desk (and in the Volunteer Services office) and her research to keep it current is much appreciated.

Compliments are also extended to Susan for taking on another area of service. She added the Gift Shop several months ago and we appreciate her willingness to extend her talents in another area of service.

Thanks for all you do, Susan!

Marlene Beasley (from staff) Marlene is one of the most reliable volunteers working in the Gift Shop. She works several shifts, is always ready to fill in and sub. She recently worked a special event shift as she is always ready to do.

Marlene is a West Campus volunteer but when East Campus had their ground breaking for the new Breast Cancer Center, there was no volunteer available to run their Gift Shop so Marlene came over and kept it open. Thank you, Marlene, we so appreciate you!

Sue Cholewa, (from staff) Thank you so much for your help with bingo at this year's picnic. I so appreciate you bringing your own bingo set and cards. You rock Bingo Sue!!

Chuck Eaton (from staff) Chuck, one of our courtesy cart drivers, recently took the initiative to move the mirrors in the cart so that riders wouldn't hit their heads as they enter. He often offers solutions to concerns and we appreciate his assistance in this way.

Thanks for always thinking of our visitor..

Kris Foulkes (from staff) Kris elected to stay past her scheduled time to comfort a critically ill patient's

wife. She showed compassion and caring that did not go unnoticed. Thank you, Kris, you really make a difference.

Jeanne Frederiksen (from staff) This is in appreciation for Jeanne coming in extra for Paula's Bags Sale. Jeanne came in early so that the sale could start at 7:00 a.m. so the night shift could take advantage of the sale. Jeanne is always willing to help above and beyond expectations

Lorilla Hook (family member) Extremely helpful and very kind are words to describe Mrs. Hook. She was very welcoming during a difficult time for me and she was a joy to talk with,

Mariann Ohlson (from staff) Mariann recently agreed to volunteer in another area of service. She is assisting staff on the Fourth floor in addition to her volunteer service in the Emergency Department and Chaplain Services. Mariann, we appreciate your commitment to all three departments. Thanks for all that you do!

Emma Paradise (from staff) Emma came in and worked our Special Events sale in addition to working her regular Monday morning shift. Emma also subs for us. She makes a big difference in the Gift Shop with her positive attitude and attention to details.

Margaret Rhodes (family member) Mrs. Rhodes was very helpful and a delight to meet. She took the time to find a box and wrap a gift for my mother who was entering surgery.

Randi Suppes (from staff) Randi recently came in for our Paula's

Bags special sale. at the early 7:00 a.m. shift – even after working her regular shift the day before. Randi makes a big difference in the Gift Shop with her good work ethic and industrious nature.

New YRMC Volunteers

We welcome you all you to our volunteer family!

- Jason Baftley
- Veronika Bayer
- Dorothy Berry
- Richard Butts
- Debra Carnes
- Gregory Clark
- Sue Hoagberg
- Marilu Hubbard
- Sherri Jean
- Stacia Kurcz
- Luana Mangold
- Amber Marvin
- Lynn Phillips
- Robert Shull
- Samantha Stelmasek
- Margaret Troup

Many Thanks!

"Alone, we can do little. Together we can do so much."

Hellen Keller

Blast from the Past

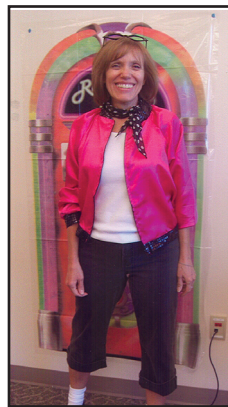
Volunteer Services kicked off the holiday season with a celebration right out of the 1950's that included poodle skirts, malt shop food menus, sock hop décor and name that 50's tune contests. We had a great time in our saddle shoes, Pink lady jacket, ponytails, cat eye glasses, rolled up jeans, etc. and the 50's music made everyone want to "do the stroll"! On the menu were corn dogs, hot dogs, hamburgers and fries, black cows and root beer floats. (We also did offer fruit and veggie trays and cheese and crackers for those more health minded folks!) To top it off, there was a Sundae Bar -Vanilla Ice Cream with Toppings: Chocolate, Caramel, Strawberry, Chopped Nuts, Whipped Topping, and Maraschino Cherries, with our own soda fountain attendants, Sue and Ann dishing up the treats. 50's trivia lined the tables and there was a contest for that, too. People must have good memories of the 1950's because they did a great job of remembering the songs and trivia of the day.

Tim and Mardy and several other ADCO members were in attendance; Tim did his usual great job of speaking to the group and letting them know once again how valued the YRMC volunteers are. On a sad note, he also announced to the volunteers that Mardy will be retiring in early 2011 after 20 years as YRMC's CNO. (See more on that elsewhere in this newsletter).

All in all it was great fun and we had a great turnout. Next year will be even better since we now have word that there is a PA system that will allow everyone in the room to hear better what's going on – yahoo! Thanks to everyone who came and helped make the Open House a success!



Sue and Lynnel in their poodle skirts



Nancy in Pink Lady Uniform



Sue & Ann at the Soda Fountain



Some of the crowd enjoying the event

But old is good in some things – old songs – old movies – and best of all, old friends!

anon

Black and White

(Under age 40? You won't understand.)

You could hardly see for all the snow, spread the rabbit ears as far as they'll go. Pull a chair up to the TV set, "Good night, David. Good night, Chet.

Depending on the channel you tuned, you got Bob and Laura, or Ward and June. It felt so good. It felt so right. Life looked better in black and white.

I Love Lucy, The Real McCoys, Dennis the Menace, the Cleaver boys, Rawhide, Gunsmoke, Wagon Train. Superman, Jimmy and Lois Lane, Father Knows Best, Patty Duke, Rin Tin Tin and Lassie, too. Donna Reed on Thursday night! Life looked better in black and white.

I wanna go back to black and white. Everything always turned out right. Simple people, simple lives. . . good guys always won the fights.

Now nothing is the way it seems. in living color on the TV screen. Too many murders, too many fights, I wanna go back to black and white.

In God they trusted, alone in bed they slept. A promise made was a promise kept.

They never cursed or broke their vows. They'd never make the network now. But if I could, I'd rather be in a TV town in "53.

I felt so good, it felt so right. Life was better in black and white.

Author unknown

This issue's fun feature: *Great Truths*

(with thanks to Vanie Vanderpoel)

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED

- 1) No matter how hard you try you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge... mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toys.



GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) Its frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

Kids In the Fifties . . .

Were you a kid in the Fiftys or so? Everybody makes fun of our childhood. Comedians joke. Grandkids snicker. Twenty somethings "Eeeeew!" But was our childhood really all that bad? Judge for yourself:

In 1953 the US population was less than 150 million--yet you knew more people then and you knew them better--and that was good!

•The average salary was under \$3000--yet our parents could put some of it away for a rainy day--and that was good!

A loaf of bread cost about 15 cents_ but it was safe for a five-year old to skate to the store and buy one--and that was good!

Your teacher was either Miss Mathews or Mrs Logan or Mr. Adkins, but not Ms Becky or Mr. Dan--and that was good!

The only hazardous material you knew about was the patch of grassburrs around the light pole on the corner--and that was good!

You loved to climb into a fresh bed because the sheets were dried on the clothes line--and that was good!

Parents were respected and their rules were law. Children did not talk back--and that was good!

Were those days really that long ago?

anon

Recap - Volunteer Services

The numbers are in! About 906 of you (numbers change constantly) contributed 100,412 hours during 2010! Very impressive, as you all continue to amaze us with the dedication and sense of commitment you display in your service to your community and YRMC. The totals are slightly down from last year, primarily due to no longer having hospice in house, but you topped 100,000 once again and we are so grateful to each and every one of you! Congratulations and THANK YOU!

Cardiac Services:

We are close to performing our 500th open heart case. Additionally, we have performed another 500 thoracic cases.

Breast Care Center:

The construction for this new center is on schedule.

Medical Services Organization:

YRMC Physician Care has added several physicians recently including Cardiologist, Dr. Rizk. A new Interventional Cardiologist, Dr. Hassan will be joining soon. There are almost 20 employed physicians at this time.

Music Program:

A volunteer harpist has been recruited for WC and has been serving for the past several months. We have not lost Luana, though, as she will be back as a volunteer!

East & West Campus

Gift Shops

10% OFF COUPON
any single non-sale item

Valid through March 31, 2011
One coupon per person please

There is no sales tax on gift shop items!

Calendar: February - March and April 2011

February 14 - Happy Valentines Day!



February 14 - Health Assessment Sign ups begin. Please see flyer for specific campus dates

February 21 - West Campus New volunteer orientation - Spruce Room - 8:45 a.m.

March 8 - West Campus Meeting
4 p.m. - Spruce Room

March 17 - Happy St. Patrick's Day!



March 20 - Happy Spring!

March 21 - West Campus New volunteer orientation - Spruce Room - 8:45 a.m.

April 5 - West Campus Reorientation - Spruce Room - Anytime between 10 and 1

April 10 to 16 - National Volunteer Week!

April 18 - West Campus New Volunteer Orientation - Spruce Room - 8:45 a.m.

April 24 - Happy Easter!



April 25 - Annual Recognition Luncheon
11 a.m. - Prescott Resort

Orientations and annual reorientations for East Campus will be scheduled as needed by Ann Monroe

*Yesterday is history, tomorrow
is a mystery, today is a gift,
That's why it's called: The Present.*

anon

Special pricing also applies to volunteers!

Massage Therapy Now Offered

In support of our Vision of a Total Healing Environment, our Preventive Medicine and Physical Rehabilitation Departments have added a massage therapy program with 15, 30 and 60-minute massages by a Licensed Massage Therapist. Employee rates start as low as \$15!

Appointments are available Monday – Friday at our West campus in Prescott. For low introductory pricing, information on gift certificates, or to schedule an appointment, please call (928)771-5794.



YAVAPAI REGIONAL
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In Memoriam

We were greatly saddened at the passing of Jackie Miller this past September. Jackie was Director of Volunteer Services for four years beginning in 1995 and ending when her health forced her retirement in 1999. Many longtime volunteers remember Jackie and began their volunteer service under her tenure. Jackie continued to be involved in Volunteer Services by advising Lynnel and other staff when we drew on her experience and asked her advice, and for a while she served as a Caring Calls volunteer, making calls from her home and submitting reports to the office electronically. She always remained closely tied to YRMC's volunteer department, and she remained a personal friend to Lynnel and both Sues, as well. She and Vard had moved to Sun City only a few months before her passing, in hopes that that location would be better for her health, but sadly, she didn't get to enjoy her new home very long. We are grateful to Jackie for helping to build Volunteer Services and we will miss her.



Jackie Miller

Save the day!!!!

Annual
YRMC
Volunteer
Recognition
Luncheon

Monday, April 25
11:00 a.m.
Prescott Resort



Volunteer Services
Yavapai Regional
Medical Center
1003 Willow Creek Rd.
Prescott AZ 86301

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Please join YRMC Volunteer Services

for our Annual

Volunteer Recognition Luncheon

Monday, April 25, 2011

11 a.m.

The Prescott Resort

Come see what we have planned for you this year!

Invitations to follow. . . .