



**Chamine David**

**New Volunteer Services Manager**

YRMC’s President and CEO in 2013. I have spent the last two years in the YRMC Foundation office, which has been a tremendous learning experience and personal joy to learn and absorb philanthropy. That is a little bit about me. I am so thrilled, honored and grateful to work with you all beginning in January 2016! I have seen many of you over the years and look forward to working with each and every one of you in the years to come. Please be patient with me....it may take me a while to get to know and remember each of your names. Whew! Thank you and thank you all for all you do!

Hello!

If I may, let me introduce myself.... I was born in Los Angeles, California, and when I was 8 years old my parents decided to move to a small farm in rural Springfield, Oregon. I spent my growing up years in Oregon, went on to college at Oregon State and the University of Oregon. My mother and brother moved to Scottsdale, Arizona, in the mid 80’s and I followed a few months later. The economy was starting to boom in Arizona, so it was a good move for us all.

I moved to Prescott in the late nineties and I have been here ever since. I started working for YRMC in 2003 in Administration at the West Campus and then became the “first” employee hired for the “new” hospital...the East Campus. John Amos hired me to be his Administrative Assistant at the East Campus. I worked with John for 8 years at the East Campus and worked with him until he was promoted to

**WANTED**  
The Gift Shop is looking for donations of sewing spools, geodes and crystals for their displays. Thanks!

**Volunteer of the Year Voting begins NOW!**  
Please pick up a nomination form available at all kiosk locations.

**Save the Date**  
Our Annual Volunteer Recognition Luncheon will be held at the Prescott Resort on Thursday, April 14th  
*Invitations will be mailed mid-March*

*Thank You* **For your Holiday wishes your cards & your gifts**  
  
*Thank you all for your many kind gestures throughout the Holiday Season  
With sincere appreciation,  
Nancy, Maria, Rachel, Kevin & Victoria*

**- 2016 - HAPPY NEW YEAR**  
*“Hope smiles from the threshold of the year to come whispering, ‘It will be happier’ ....*  
- Alfred Lord Tennyson

## “What Volunteering has Given Me!”

*Stephanie Voss, a new volunteer, recently shared her inspiring story and submitted this article*

Over 20 years ago I dealt with alcohol and drug addiction. I attribute my victory over this, in part, to volunteering at my local hospital in California, where I grew up. I found that when you start to help others, it makes you feel good about yourself, you experience happiness; you begin to have a sense of purpose and higher insights. I joined the volunteer program at a local hospital and worked in transport for thirteen years. I appreciated and was grateful for my athletic strength and energy to be able to wheel people around, run errands, be a messenger, be an ambassador of goodwill, and mainly to just be "a part of" something larger than myself. What volunteering also did for me was to see people desperately trying to get back to health or just to stay alive, injured or ill through no fault of their own. I realized that for so many years I was injuring myself, without respect for my health and life. Learning to respect and help other people in difficult health circumstances, being kind and helpful to them and their family members, helped me to heal my own life. Volunteering, and especially wheelchair transport, brought me purpose, friends, and a stronger connection with God. Volunteering was a wonderful way to "give back" for me, and I'm sure it probably saved my life, giving me a way to be of service to others, and appreciate the life and health I've been given.



**Bob Wade**

### **Volunteer cart drivers dressing for the weather**

A visitor recently commented how impressed he was with this service and how much it lessened his anxiety before coming in to visit his wife.



**Chuck Eaton**



## Stay Safe — Fall Prevention Tips

While our Winter Wonderland is beautiful, it also presents added fall risks. Getting out of your car and walking to any building increases the risk of slipping and falling.



**Here's what you could do....**

- ä **THINK AHEAD.** What is the best route to your destination? Should you consider a different parking space? Allow extra time by leaving 5 minutes earlier.
- ä **AVOID having to rush** or take shortcuts over areas where snow or ice removal is incomplete.
- ä **WALK SLOWLY** and never run on icy ground.
- ä **CHOOSE YOUR FOOTWEAR WISELY.** Flat footwear with rubber soles provides better traction on ice and snow than leather-soled or high-heeled shoes. Wear snow boots.
- ä **USE HANDRAILS** where you can. Wearing gloves can make touching these cold surfaces a little easier!
- ä **BABY STEPS.** Take small steps to keep your balance.
- ä **AVOID CARRYING HEAVY LOADS.** Ask for help.
- ä **KEEP THOSE HANDS out of your pockets** to help with balance.
- ä **LOOK AROUND.** Some places will remain icy for longer than others. Areas that do not get the sun can remain icy for many days.
- ä **DANGER! DANGER!** Getting into and out of vehicles can be challenging. Hold onto the vehicle for support.

**Let's keep our FEET on the GROUND during icy conditions.**



### **One Dottie supporting another Dottie in the Surgery Waiting Room**

Dottie Zobitz (right) came in to sit with Dottie Souther (left) while her husband, Fred (also a volunteer), had surgery. This kind of heartwarming support extended among fellow volunteers is seen often - what a wonderful demonstration of friendship and community!



# Volunteers Enjoying the Holidays at YRMC

Chaplains and their spouses enjoying the annual Christmas gathering



East and West Campus volunteers assisting with the Family Resources Department's party given for the children and parents in their program



Gift Shop volunteers gathered for Holiday Pot luck lunches. West Campus volunteers pictured above; East Campus volunteers pictured to the left.





## AWARDS LIST

### Volunteers Awarded During October, November, and December, 2015

#### 100 Hour Patch

Tom Bettcher  
Phillip Bird  
Nartha Case  
Arlene DeBroske  
Mark Deppen  
Cheyanne Elmer  
Dennis Ferrara  
Shirley Ferrara  
Carole Hancey  
Bob Hanson  
Burt Harms  
Ronald Harvey  
Donald Hesson  
Bonnie Hobday  
Beatrice Jensen  
Alan Jensen  
Steve Joannes  
Allison Kreutzer  
Don Laupp  
Ted Lee  
Suzanne Miller  
Nannette Oatley-Johnson  
Carolyn Rammel  
Del Rosenwasser  
Harold Rosenwasser  
Heather Sands  
Launa Stan  
Kaye Sullivan  
Dan Todsen  
Dave Wilson

#### 200 Hour Pin

Martha Beckham  
Carol Berray  
Marilyn Brower  
Helen Catlin  
Brianna D'Angelo  
Lyn Egenberger  
Dennis Filiger  
Charlotte Frola  
Lynda Matakovich  
Richard McBride  
Nannette Oatley-Johnson  
Barbara Rohr  
Susan Sazbo  
Joy Stolzmann  
David Stolzmann  
Marie Traynor  
Lucinda White  
Nancy Wilson

#### 350 Hour Bar

Sandy Hanratty  
Carol Henson  
Bill Johnson  
Jesse Liles  
Roberta Petrocci  
Alexandra Rentz  
Judi Rochford  
Jarie Roe  
Charmaine Santema  
Harvey Smith  
Anne Twente  
Joyce Webber  
Robert Williams  
Laura Zimmer

#### 500 Hour Bar

Anna Marie Ansbach  
Jeanne Berry  
David Daehler  
Bob Darnell  
John DeBroske  
Dorinda Hanna  
Delores Harrold  
Ed Imbierowicz  
Steve Kahne  
Jan Luke  
Mary Marher  
Erma Narwold  
Gary Roberts  
Carol Sammarone

#### 850 Hour Bar

Theresa Acacia-Carara  
Mitzi Edwards  
Jutta Fornaro  
Penny Hill  
Annemarie Kenney  
Augie Martone  
Jim Messerschmitt  
JoAn Oberg  
Karen Scalia  
Fran Tully  
Jackie Wardlow  
Sara Williman  
Ann Yurkiewicz

#### 1000 Hour Bar

Delores Abalos  
John Brunett  
Peggy Craig  
Ron Everist  
Bob Hill  
John Maldonado  
Wanda Schlange  
Claudia Starr  
Bob Wade  
Joyce Whitman

#### 1500 Hour Bar

JoAnn Burkholder  
Dan Burt  
Norma Edwards  
Jamie Fox  
Althea Friedman  
Esther Houston  
Lena Leung  
Connie Lyon  
Jan VanDaalen  
Dottie Zobitz

#### 2000 Hour Bar

Mikole Benally  
Liz Briggs  
Mary Jo Hulse

#### 2500 Hour Bar

Carol Bielick  
Linda Davidson  
Lindy Knochell  
Dan Leung

#### 3000 Hour Bar

Freddi Davis

#### 3500 Hour Bar

Richard Bozeat  
Peggy Hyslop

#### 5000 Hour Bar

Mary Lou James

#### 7000 Hour Bar

Fred Poppe

#### 5 Year Pin

Charlene Guderian  
Deacon Tony Humphrey  
Diane Greenough  
Ed Imbierowicz  
Jan Strecher  
Jean Bacon  
Judi Sheppard  
Judy Dicker  
Junelda Schmucker  
Kathleen Williams  
Lita Pacheco  
Bunny Troup  
Marilyn Phillips  
Mike Fogel  
Pasty Oliver  
Rita Haugh  
Rose Rosenberg  
Shirley Perryman  
Sue Baty

#### 10 Year Pin

Joe Clyne  
Sue Clyne  
Norm Delucchi  
Jean Dennison  
Gail Montierth  
Judith Nielsen  
Rosanna Singleton

#### 15 Year Pin

Dale Cooper

#### 20 Year Pin

Valda Bryant  
Jody Evans  
Mary Lou James  
Pat Paterik  
Vlasta Phillips  
Fred Poppe  
Marcy Raney  
Roger Weaver

***Congratulations and Thank You!***

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