

# The Pulse

**Yavapai  
Regional  
Medical  
Center**

**Volunteer Services Newsletter**

**December, 2017**

## **Volunteers Often Don't Need to Add "Getting More Exercise" to Their New Year's Resolutions**

We know that many of you track your steps with pedometers, fit bits or other devices and it's been interesting to hear of your mileage while volunteering.

This is another testimony to why volunteering is good for your health!

Which brings up an idea ... do you know of friends, neighbors, relatives who could benefit by increasing their health through volunteering? Have them call us for more information. Make sure they mention your name so that we can send you a thank you and a gift certificate.

Pictured below are volunteers who shared that they average between 2 and 5 miles per shift while performing their tasks



Joe Hubbs  
Escort



Sandy Sawyer  
Escort



Sandy Perriera  
Emergency Dept.



Stella Haggis  
Endoscopy



### **Submit Your Nominations For This Year's Volunteer of the Year!**

Please see insert in this newsletter

Additional forms are available at volunteer kiosk sign-in locations

"At the end of the day it's not about what you have or even what you've accomplished ... It's about who you've lifted up, who you've made better. It's about what you've given back."  
- Denzel Washington

*As volunteers, as often the first point of contact for our patients and visitors, you have the opportunity to make someone's day or even just a moment better and we appreciate that greatly!*

### **Staff Thanks ...**

For your many gifts, cards and well wishes over the holidays. So gracious of you and so appreciated from us,

*Nancy, Victoria, Chamine, Kevin,  
Jenny & Susan*

**- Save the Dates -**

**Celebrate Life Expo**  
Saturday, March 3rd  
9 a.m. - 1 p.m.  
Prescott Valley  
Event Center

**Our Annual Volunteer  
Recognition Luncheon**  
Thursday, April 12th  
11 a.m. - 1:30 p.m.  
Prescott Resort

*Invitations will be mailed  
in mid-March*

**JUST IN...**



**YRMC Gift Cards are now available!** They are a perfect gift and are available in any amount over \$10\*.

*\*Discounts are applied at time of redemption,  
NOT at the time of gift card purchase.*

**Just like the lyrics ... "We're Going to the Chapel  
and We're Going to Get Married"**



Two of our chaplains, Nannette Oatley Johnson and Dora Carter had the distinct honor of officiating a wedding in the YRMC Chapel in September for a patient and his bride. While we've had weddings occur in the chapel previously, this one was especially noteworthy because of all the *extras* that our chaplains arranged for this couple in less than 24 hours:

- A borrowed wedding dress for the bride
- A bright and beautiful shirt and tie for the groom
- A matching bouquet and boutonniere
- A photographer and videographer
- The couple's favorite song was played
- A cake was decorated with pictures of the Grand Canyon since the couple's wedding would have included flying in a helicopter over the Grand Canyon.

Nannette and Dora shared that it was a very meaningful and joyful day. A photo book was delivered to the couple the following week, along with a CD and video. What a beautiful gesture for this couple and a tremendous example of "going above and beyond the call of duty."

***Our sincere thanks to Nannette and Dora!***



A young girl was visiting recently and was sure she saw Mrs. Claus here. It was actually one of our volunteers, Mary Jane, all dressed up with her holiday apparel. The girl was adamant and her Mom couldn't dissuade her. Finally she conceded that Mom might be right since Mrs. Claus would be busy helping Santa; therefore, this lady must be Mrs. Claus's sister! Very nice to have a "celebrity" among us!

***Exceptions to our Uniform Policy***

Thanks to everyone who wore festive apparel during the month of December! We heard, more than once, how much you enjoyed the break from your "volunteer-blues." Over the next few months, here is a list of special occasions for you to choose something else from your closet while volunteering:

**Super Bowl**                      **January 29 - February 4th**  
Wear your favorite team's jersey even *if* they *don't* make the super bowl



**Valentine's Day**                      **February 12 - 18th**  
Wear pink or red

**St. Patrick's Day**                      **March 12 - 18th**  
Wear green



**PAWS in the Prescott Christmas Parade**

# Volunteers Making the Holidays Festive!



One of our volunteers made a holiday quilt for the Family Birthing Center to give to a new baby born during the holidays



Volunteers assisting at a Family Resource Party



While we always enjoy our musicians and their music, it was a special treat to hear Martha and Reva perform holiday music together



## AWARDS LIST

### Volunteers Awarded During October, November, December 2017

#### **100 Hour Pin**

Carol Amedeo  
Shirley Atencio  
Steve Baker  
Debbie Behrends  
Bill Bielfeldt  
James Budd  
Kelly Burkitt  
Robert Charette  
Teresa Charette  
Betty Cholewinski  
Shirley Clark  
Lisa Dontes  
Bonnie Everett  
Wayne Freeman  
Caroline Golden  
Ernie Gonzales  
Debra Granger  
Adrianna Hernandez  
Jerry Jackson  
Kirk Johnson  
Ron Karn  
Helen Kaufman  
Oralia Kaufman  
Tammy Kempton  
Joy Kirkpatrick  
Bob Krause  
Rhonda Kremer  
Andy Leach  
Hailey Maier  
Pat Owings  
Rosalie Pzenny  
Staci Robbins  
Gayle Scott  
Cheryl St. Charles  
Robyn Tilton  
Gail Walters  
Joan Woods

#### **200 Hour Pin**

Diana Ashby  
Brona Freeman  
Juaketa Hancock  
Gary Jenkins  
Max Kincade  
Lex Mundell  
Dan Olsen  
Rick Smith  
Debbie Zdanowicz  
Rachelle Sullivan

#### **350 Hour Bar**

Dora Carter  
Linda Carter  
Madelon Cianfrani  
Marianne Creighton  
Lana Fielding  
Vicki Foley  
Dan McGrew  
Patty Stempkowski

#### **500 Hour Bar**

Linda Bush  
Gloria Edens  
Judith Greenwald  
Burt Harms  
Clara Jarmow  
Alan Larson  
Max MacGuinness  
Nancy MacGuinness  
Bette Matero  
Connie Palmrose  
Lois Peck  
Charles Rosenberg  
Del Rosenwasser  
Mary Rae Seaman  
Sylvia Simmons

#### **850 Hour Bar**

Kathy Avery  
Jeanne Berry  
Kim Haugen  
Kay Jones  
LeeAnn Kipp  
Carl Shulak  
Lynn Swetel

#### **1000 Hour Bar**

Helen Catlin  
Cathy Conklin  
Marcia DeVries  
Bob Hanson  
Lynda Matakovich  
Nadine Pierce  
Andrew Prezioso  
Randy Reynolds  
Martha Sanchez  
Merilyn Snyder  
Patty Stamp  
Yavapai Toymakers  
Marie Traynor

#### **1500 Hour Bar**

Richard Drake  
Nancy Garzone

#### **2000 Hour Bar**

Bob Hill  
Mary Roberts  
Judy Sulu  
Beverly Williams

#### **2500 Hour Bar**

Susan Cholewa  
Rich Schoen

#### **3000 Hour Bar**

Liz Briggs  
Joe Hubbs  
Mariann Ohlson  
Jan VanDaalen

#### **3500 Hour Bar**

Mikole Benally  
Freddi Davis  
Gunnar Ohlson  
Dottie Souther

#### **4500 Hour Bar**

Susan Anderson

#### **6500 Hour Bar**

Sarah Franklin

#### **7500 Hour Bar**

Milt Dalson

#### **5 Year Pin**

Cathy Conklin  
Sandy Kukol  
Joan Meyers  
David Stoltzmann  
Joy Stoltzmann  
Bev Turner  
Jackie Wardlow

#### **10 Year Pin**

Sue Casey  
Carol Jackson  
Mariann Ohlson  
Gunnar Ohlson  
Beverly Williams

#### **15 Year Pin**

Norma Bauer  
Patti Blackwood  
Peggy Moore  
Jan VanDaalen

## ***Congratulations and Thank You!***

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