

Mur—Mur



4500 Memorial Drive • Belleville, IL 62226 • 618.257.5545 • MEMauxiliary@bjc.org

President's Message:

As I mentioned last month in my article in the Mur Mur, I have the blessing of being positive in most situations. I recently read a quote by L.P. Jacks. It goes like this: *"The pessimist sees the difficulty in every opportunity; the optimist sees the opportunity in every difficulty."* As we reach the final quarter of my Auxiliary Presidency, my Vice President, Ann Porter, and I have been discussing some changes that will happen in December 2022. Primarily, the transitioning of Auxiliary Board members who have met their term of office and must step down, so others can serve. We know of five individuals who have or will complete their service on the board this year. Ann will be asking for nominations for the following positions: Community Service Chair, Gift Shop Chair, Support Services Chair, Junior Volunteer Chair, and Membership/Newsletter Chair. If you are called or you desire to serve in any of these areas, I am imploring you to consider the opportunity not the difficulty each of these Chairperson positions opens to you as an Auxiliary Member. Call the office if you would like more information or would like to put your name in the hat. The Auxiliary is here to serve the hospitals and medical buildings, but in order for us to accomplish our mission, we must have those in our organization willing to step up and oversee all the various areas in which we serve.

The first Tuesday, **December 6**, is a very special day for us! It is our Annual Membership Meeting. We are still in the process of making arrangements, but please put it on your calendars for 6:00 p.m. December 6th. Location to be confirmed next

month. This is a dinner meeting with presentations and awards, a short business meeting, installation of officers for 2023, and door prizes for the lucky winners. Looking forward to this evening for good food, friends (old and new) and best of all being able to meet after two and a half years of COVID separation. More details and an invitation will be coming soon.

So, until I see you on December 6th, take care of You and enjoy the beautiful fall leaves and flowers.

Jane Schwebke, Auxiliary President

Quilts

Baby quilts are on display in the Auxiliary Office, hand quilted and machine quilted by the Auxiliary Quilters. Prices range from \$50 - \$125. "Loops of Love" and burp clothes for babies made by the "Snips and Stiches" group of volunteers are also available and are priced at \$8 each.





Dues for 2023

We are collecting annual membership dues for 2023 now through December 31. Dues may be paid by mailing a check to the Auxiliary Office, Memorial Hospital, 4500 Memorial Drive, Belleville, IL 62226 or credit/debit card over the phone or in the office.

- Active or Junior Volunteer Membership = \$5.00
- Sustaining Membership = \$8.00 (member but not actively volunteering)
- Life Membership = \$100.00 used to maintain the Auxiliary Educational Assistance Programs.

A Life Membership is open to anyone who makes a one-time contribution of \$100. This money is used to maintain the Memorial Hospital Auxiliary Educational Assistance Programs. Life Members may choose to be either an active or sustaining member without further payment of dues.

Fundraising

“After Hours” Sale in the Gift Shop was held Thursday, September 1 from 7 p.m. – 11 p.m. in the Belleville Gift Shop. Forty-seven guests made purchases totaling \$697.56 in sales. In the Shiloh Gift Shop, Thursday, September 8, sales totaled \$301.40.

Fall T-Shirts are here and are available now in the Auxiliary Office, Belleville and Shiloh Gift Shops for \$15 each on a first come first served basis. All that remain are size 2X.

October is Breast Cancer Awareness month. Get a pink embroidered logo t-shirt in the Auxiliary Office for \$20 each to show your support.

2023-2024 Two Year Pocket Calendars are available for \$5 each in the Auxiliary Office and the Gift Shop.

Membership Report

Welcome New Volunteers:

Carolyn Wylie (A) – Swansea

Sympathy

With our condolences to the family and friends, we acknowledge the passing of Life member, Ramah Batchelder, on July 4 2022 and sustaining member, Lois Coppotelli, on September 10, 2022.

Membership Numbers:

- 56-Active
- 75-Active/Life
- 2-Junior
- 235-Life
- 24-Sustaining
- 11-Leave of Absence
- 403-Total





18th Annual
Memorial Hospital Auxiliary

Pecan Sale



\$13 Per Pound

Please order before October 29

Please Note:

- Payment must accompany order.
Cash, check, credit/debit, and payroll deduction accepted.
- Orders can be taken over the phone with credit card.
- Pecans should be available mid to late November.
- Pecans are this year's crop from the same supplier as previous years.



Curbside pickup available!

MEMORIAL HOSPITAL AUXILIARY

4500 Memorial Drive Belleville, IL 62226
(618) 257-5545 • MEMAUXILIARY@BJC.ORG



Meet the Board

Name: Rena Murphy

Board Position:

Fundraising Chairperson

Term: January 1, 2022 through December 31, 2022. The Chairperson has the option of renewing their position for up to three consecutive terms.



Duties: Rena serves as the liaison for volunteers assisting with fundraisers for the Auxiliary which include but are not limited to : Book Bazaar, jewelry sales, new book sales, pecan sales, quilting, shoe sales, uniform sales, linen sales, candy sales, and the very popular T-shirt sales.

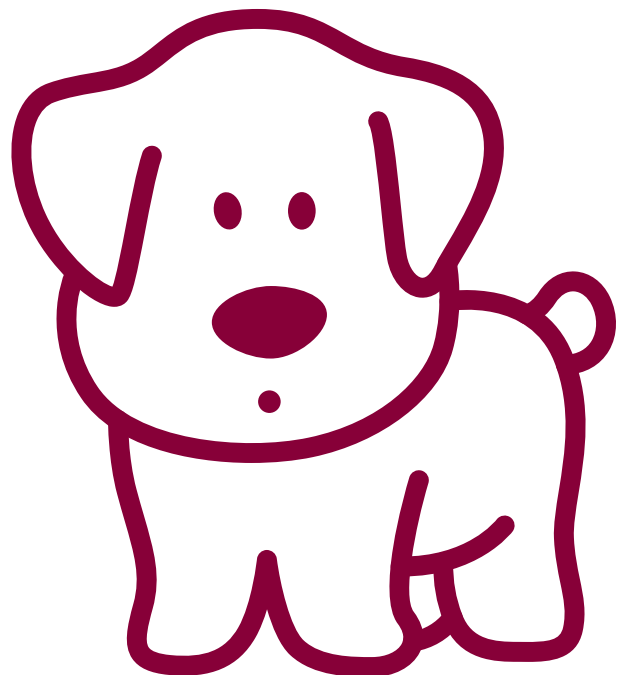
Why Give Back Through Volunteering: After her husband passed away, she found she had extra time on her hands. She states her husband thought so highly of Memorial Hospital, its staff, and its feeling of family, she decided to join the Auxiliary.

Rena was born in Glasgow, Scotland. She states her father's family moved to Michigan when he was a child. He graduated high school just as the Depression started. He decided to move back to Scotland to be near his sister. While there, he met Rena's mom. They lived in Scotland until Rena was 8 years old then decided to move back to Michigan. While in Michigan, Rena attended a 3-year hospital school of nursing program. She then received a Fellowship to attend St Louis University School of Nursing where she obtained her bachelor's degree in nursing. She met her husband, Mike Murphy, while attending SLU. Rena has two children, a daughter who is a teacher and lives close to her, and a son who has lived in Hong Kong for the past

28 years. In her free time, Rena likes gardening, reading, quilting, sewing, and embroidery. Rena does not have pets, but she frequently provides sitter service for her "grand dog" who is a rescue believed to be part poodle, part Lhasa Apso, and part who knows what!

Fast Five:

1. Coke or Pepsi: Neither
2. Coffee or Tea: Both
3. Asian, Italian, or Mexican Cuisine: All three
4. Butter or margarine: Butter
5. Cats or Dogs: Dogs





Meet the Board

Name: Lynn Blomberg

Executive Board Position:
Gift Shop Chairperson

Term: January 1, 2022 through December 31, 2022. The Chairperson has the option of renewing their position for up to three consecutive terms.



Duties: As the Gift Shop Chairperson, Lynn serves as the liaison for the volunteers who work in the Gift Shop. She consults with and directly assists the Gift Shop Managers as needed. She is also a past president of the Auxiliary.

Why Give Back Through Volunteering:

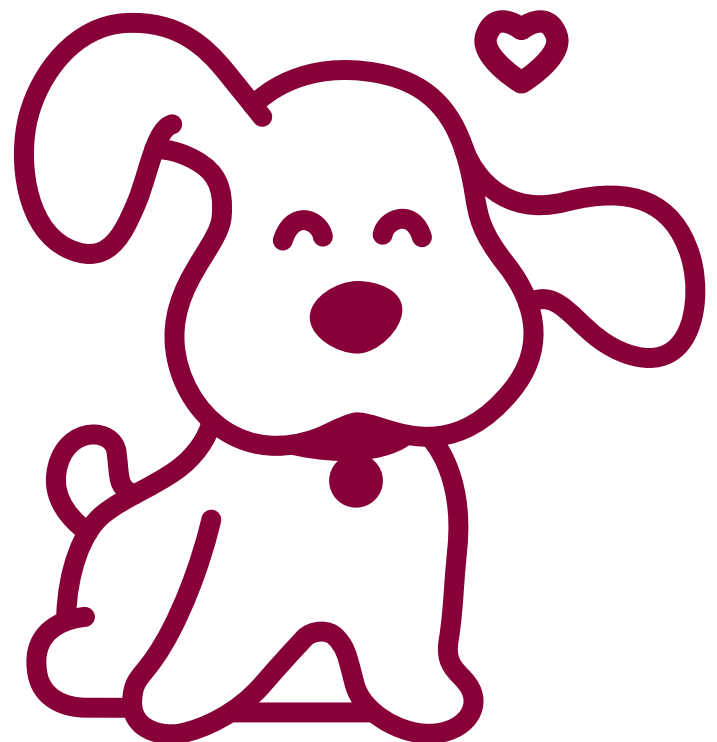
About 6 months after Lynn retired from SWIC (Southwestern Illinois College), she went to the PSOP (Programs and Services for Older People) office to investigate ways to volunteer within our community. She found a book containing 5 pages of volunteer opportunities. She chose to volunteer in a hospital because of the excellent care family members had received over the years. She wanted to return that excellent care to others.

Lynn was born and raised in Pittsburgh, PA. She lived there until she left for college in Washington DC, where she studied medical technology. From college, she was employed by the CIA for 1 year. She returned to Pittsburgh and began working for United Airlines. Her husband of 56 years, Earl, was in the Air Force for 20 years. During that time, they lived in 9 states and Spain. When it was time to retire, they decided to move back to the Scott Air Force Base area to be closer to their 3 sons and 4 grandchildren. After moving to this

area, Lynn worked with SWIC for 17 years. In her free time, Lynn likes to play pickle ball, complete word search puzzles, and play golf. She enjoys reading and going on "Girl Trips." Lynn lives with her husband and their dog, JJ. When she is not volunteering at Memorial Hospital Belleville or Memorial Hospital Shiloh, she can be found volunteering at the Violence Prevention Shelter Shop and at the annual Art on The Square.

Fast Five:

1. Coke or Pepsi: Pepsi
2. Coffee or Tea: Coffee
3. Asian, Italian, or Mexican Cuisine: Italian
4. Butter or margarine: Butter
5. Cats or Dogs: Dogs





Gift Shop

A new POS system with an inventory control feature called “Yellow Dog” is currently being installed in the Belleville and Shiloh Gift shops. The Belleville Gift Shop renovation/modernization project is ongoing in the Main Lobby, but the pop-up shop in the Surgical Waiting Lobby near Entrance D is open from 9 a.m. – 5 p.m. The shop is expected to re-open in October back in the Main Lobby.

Next “After Hours” Sale in the Belleville Gift Shop is scheduled for October 6 and in the Shiloh Gift Shop on October 13 from 7-11 p.m.

Volunteers are needed to work the Belleville Gift Shop. If you are interested in this service area, please give us a call in the Auxiliary Office at 618.257.5545.

Gift Shop hours:

Belleville:

- Monday – Friday, 9 a.m. - 5 p.m.

Shiloh:

- Monday – Friday, 9 a.m. - 5 p.m.



Volunteers, Marilyn Hummert and Karen Juenger participate in the selfie booth with Emily Morris, during BJC HealthCare's Diversity Week held September 19-23.

Fall 2022 Flu Clinic Dates Scheduled

Walk-in flu clinics will be available at both MHB and MHS for the upcoming flu season from 7 a.m. – 3 p.m.

Memorial Shiloh (Community Room)

- October 6
- October 7
- November 15

Memorial Belleville (MOB 1 Suite 480) Occupational Health Office

- | | |
|--------------|---------------|
| • October 11 | • November 1 |
| • October 13 | • November 9 |
| • October 18 | • November 17 |
| • October 20 | • November 18 |





LSVT BIG and LSVT Loud

These Lee Silverman Voice Treatment programs have been created for patients with Parkinson's and other neurological conditions. Memorial Hospital is one of the only hospitals in the area to offer both programs together.

LSVT BIG is an exercise program, while LSVT LOUD is a speech treatment. The LSVT® Programs have been developed and scientifically researched over the past 20 years with funding from the National Institutes of Health.

LSVT BIG

LSVT BIG is standardized treatment protocol. Treatment consists of:

- 16 sessions: four consecutive days a week for four weeks
- Individual one-hour sessions
- Daily homework practice
- Daily carryover exercises

The Treatment:

- Trains a single target of amplitude (bigger movements)
- Drives intensive and high-effort practice
- Teaches the amount of effort required to produce normal movements
- Translates bigger movements into real-world everyday activities
- Empowers people with Parkinson's disease with their potential to improve



LSVT LOUD

This program helps boost vocal loudness using exercises that stimulate the voice box muscles. In addition to being a treatment for Parkinson's patients, LSVT LOUD may help with disordered articulation, diminished facial expression, and impaired swallowing.

Research shows patients can maintain results of the treatment for up to two years.

The Treatment:

The LSVT LOUD has one goal: "speak LOUD!" It enhances how respiratory, laryngeal, and articulatory areas work to improve speech intelligibility.

LSVT LOUD is not teaching patients to yell, but it is teaching them to understand that their voice is too soft and how to speak louder, yet still in a normal speaking tone.

Each patient has 16 one-hour individual sessions: four consecutive days a week for four weeks.

Visit: ortho-neurocenter.org/big-loud



Dates to Remember

October 2022

Tues.	04	Blood Drive	10 a.m. – 4 p.m.	Community Room Shiloh
Thurs.	06	After Hours Sale	7 p.m. – 11 p.m.	Belleville Gift Shop
Thurs.	13	After Hours Sale	7 p.m. – 11 p.m.	Shiloh Gift Shop

November 2022

Tues.	01	Blood Drive	10 a.m. – 4 p.m.	Belleville Auditorium
Thurs.	03	After Hours Sale	7 p.m. – 11 p.m.	Belleville Gift Shop
Tues.	08	Shoe Show	10 a.m. – 3 p.m.	Belleville Auditorium
Wed.	09	Shoe Show	7 a.m. – 3 p.m.	Belleville Auditorium
Thurs.	10	After Hours Sale	7 p.m. – 11 p.m.	Shiloh Gift Shop

December 2022

Tues.	06	Blood Drive	10 a.m. – 4 p.m.	Community Room Shiloh
Tues.	06	Membership Meeting	6 p.m.	Belleville Auditorium
Thurs.	15	Shoe Show	7 a.m. – 3 p.m.	Community Room Shiloh

Magazines

Gently used **July 2022** or newer magazines are needed for our waiting rooms. Children's magazines are also needed. Do not include catalogs. Please bring your donations to the Auxiliary Office.

If you would be interested in sorting, labeling, and distributing magazines to the hospital waiting rooms, please contact the Auxiliary Office at 618.257.5545.



2023 Book Bazaar! Donations

We have started collecting books in the warehouse every Tuesday through December 13. Donations are also being accepted on the 1st and 3rd Saturdays of the month ending Saturday, December 3. The hours will be 8 -11 a.m. all workdays.

Lots of help is needed at the Fairgrounds the week of the event, MARK YOUR CALENDARS for April 3 through 8.

Palliative Care Unit

Donations needed for patients:

- Nail Polish
- Small Hairbrushes
- Pop-It Fidget Toys