

# Mur—Mur



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## ***President's Message:***

Sympathy and empathy are two emotions that play a crucial role in our relationships with others. While they may seem similar on the surface, they have distinct differences that are important to understand. Sympathy is when we feel sorry for someone else's situation and offer comfort, while empathy is when we put ourselves in someone else's shoes and understand their feelings. Empathy allows us to feel what the other person is feeling such as joy, pain, frustration or any other emotion. It requires us to be fully present in the moment and tune in to the other person's emotions without judgment. When we show empathy, we can provide genuine comfort and support to the person in need. Cheryl Courtway, RN, ICU, a recent recipient of the Daisy Award for excellence is an example of someone who knows how to be empathetic to others. The patient who nominated her said, "Cheryl took the time to let us know about her life and listened to our life as well. She is truly one of the best, caring people ever. She even held my hand through a brain MRI. She let me cry on her shoulder and was so comforting. I just don't think I could have made it without her." Empathy helps build relationships and foster understanding.

On the other hand, sympathy is a more surface-level emotion where we acknowledge someone else's distress but don't necessarily feel it ourselves. When we offer sympathy, we might say things like, "I'm sorry for what you are going through" or "that must be tough," but it is not the same as actually feeling the other person's emotions. Sympathy can be comforting in a difficult situation. Just remember

that too much sympathy can sometimes come across as insincere or pitying, while too little can seem uncaring.

Empathy and sympathy are two different emotions that serve different purposes. Empathy allows us to connect with others on a deeper level, while sympathy allows us to show concern and support from a distance. Both are important, but it's essential to understand the differences and use them appropriately.

For more information on this topic, check out this short video by Brenee Brown:

<https://youtube.com/watch?v=KZBTYViDPIQ&si=EnSikaIECMiOmarE>

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*Ann Porter, Auxiliary President*

## ***Fundraising***

Spring T-Shirts are on their way. They will be available in the Auxiliary Office and in both the Shiloh and Belleville Gift Shops. They will be priced at \$15 each.

The "After Hours" sale held from 5 p.m. – 9 p.m. in the Main Belleville Gift Shop in February made \$233.42 and in the Shiloh Gift Shop held February 9 made \$256.72.

The Uniform Show by MPGTandem held on February 20-21 in Belleville and February 22 in Shiloh made a total commission of \$1,581.54.



## Welcome Aboard Scott Bahan

Starting March 6, 2023, the Auxiliary will have a new manager, Scott J. Bahan. Scott comes to us with over 13 years of experience building, mobilizing, leading and developing volunteer programs in the nonprofit sector. Since 2015, he has been the manager of the volunteer program at the Missouri Botanical Gardens.



*Scott Bahan*

He obtained his Master of Science in Nonprofit Management from Fontbonne University in 2014. Scott lives in Columbia with his wife and two children. Please help us welcome him on Tuesday, March 14 from 10 a.m. – Noon in the Belleville Auditorium. Coffee, punch and pastries will be served.

## Behind the Scenes

In every organization there are those people who manage and are at the forefront. Everyone recognizes them as the individuals who are responsible for the reputation and success of their organization. In most cases that's appropriate, but what happens when that individual is absent for an extended period of time? This is what has transpired in the Memorial Auxiliary since April 2022 (the last 10 months). We will welcome a new manager in March 2023. He will, I assure you, become an asset to our organization. But he is not the reason for my article.

This article will focus on the two women who have for the last 11 plus years been the backbone of our organization by overseeing our activities, shows, events, finances, hours, membership orientations, ordering supplies, running the office, printing/editing our documents, updating every imaginable record on the Auxiliary and so much more. We have been recognizing the Executive Board Members each month in the Mur Mur, and now I'd like to highlight these remarkable, dedicated, efficient and very exceptional women.

## Nancy Flahan

Nancy was born at Belleville Memorial Hospital. She and her husband Paul were married in 1984 and live in Mascoutah. Their son, Paul Aaron, and his wife, Meredith, have four boys and live in O'Fallon, IL. Their son, Christopher and his wife Megan, have one girl and three boys and live in Lake St. Louis, MO. Their daughter, Lauren, and her husband, Brennan, have one girl and one boy and live in Glendale, AZ.



Nancy has worked in the Auxiliary Office as an Administrative Assistant since 2011. From 1980-1985, she worked part-time in the Laboratory as secretary for Collection and Dispatch while attending SIU-E

accomplishing her BA degree. From 1985 to 1994 she took a leave of absence to care for her family. In 1994 she returned to the work force in the hospital Radiology Department and then transferred to Patient Accounts as a full-time cashier. In 2011, upon the arrival of her grandson and her grandma duties, she moved to a part-time position in the Auxiliary Office. Nancy's duties include but are not limited to handling petty cash, preparing weekly deposits, ordering and processing office merchandise, preparing reports from Micros POS system, keeping track of Auxiliary dues payments and various other data involving membership and participating in fundraising activities and events.

Nancy and Paul rehab houses in their spare time, mostly for themselves and family. However, during the pandemic, they did flip a house in Shiloh. Nancy teaches kindergarten Sunday school and sings in the church choir. She volunteers for R3, a program that teaches trades to teens and is also a clean-up program in East St. Louis. She enjoys biking and scrapbooking.





## Emily Morris

Emily was raised on a dairy and grain farm in Millstadt where she enjoyed the outdoors and caring for an assortment of animals, including her heifer, Ivy. Emily now lives in Belleville and has 2 children. Joe is 23 years old and lives in Ft. Walton Beach. He works for the USPS as a mail carrier. Joe is in the Army Reserves and is anticipating a 6-month deployment to Kuwait in August. Her daughter, Ella, is 18 years old and a senior at Belleville West High School. She has been accepted by her top college choices and is currently taking tours to narrow down her options.



Emily has worked in the Auxiliary Office for the past 10 years. She started as a part-time Clerk and then became an Administrative Assistant. The past year she was appointed Interim Manager while the Manager position was vacant. Emily is involved in every aspect of the Auxiliary from

conducting volunteer orientations and placement, compiling financial information for the Auxiliary Executive Board, processing Gift Shop invoices, creating flyers for the gift shops and is actively involved in all fundraising events. As her family has always been active in volunteerism throughout the years, Emily was excited to be a part of the Auxiliary. Her grandmother was a past president of the Auxiliary at St. Elizabeth's Hospital.

Before working at Memorial Hospital, Emily worked 6 years for Plastic Surgery Consultants in St. Louis, 3 years at the former Cancer Treatment Center in Swansea and 12 years for AFLAC Insurance.

In her spare time, Emily enjoys walking, hiking, reading and watching old movies with her daughter. She makes frequent "get-away" trips to Grafton where her mother and stepfather reside. Emily has 2 "rescue mutts" who are enjoying their senior years.

Both of these women have done an outstanding job holding everything together during the absence of an Auxiliary Manager. We owe them the greatest show of appreciation and gratitude. So, THANK YOU!!! Emily and Nancy. You are the best of the best.

## Gift Shop

Spring decorations and Easter bunnies are starting to appear in the Gift Shops. Hints of spring are bright and cheerful and are a welcomed break from winter. Don't forget St. Patrick's Day. The Gift Shops have signs, shamrocks and attire to celebrate the day.

The next "After Hours" sale is March 2 in the Belleville Gift Shop and March 9 in the Shiloh Gift Shop.

### Gift Shop hours:

#### Belleville:

- Monday – Friday, 9 a.m. - 5 p.m.

#### Shiloh:

- Monday – Friday, 9 a.m. - 5 p.m.





## Membership Report

### Sympathy

With our condolences to the family and friends, we acknowledge the passing of Charter Life member, Elizabeth Kamm, on January 28, 2023.

### Membership Numbers:

- 54-Active
- 73-Active/Life
- 2-Junior
- 234-Life
- 23-Sustaining
- 1-Leave of Absence
- 387-Total

## Quilts

Baby quilts are on display in the Auxiliary Office and the Shiloh Gift Shop, hand quilted by the Auxiliary Quilters. Prices range from \$75 - \$100.

One baby afghan crocheted in a pale green and white is available for \$35.



## Magazines

Gently used **January 2023** or newer magazines are needed for our waiting rooms. Children's magazines are also needed. Please do not include catalogs. Please bring your donations to the Auxiliary Office.



## Book Bazaar

Just a reminder to everyone – Book Bazaar is fast approaching, and there is still a need for help especially on Thursday, Friday and Saturday at the Fairgrounds, April 6, 7 and 8. Please call the office to be scheduled.

## Palliative Care Unit

Donations needed for patients:

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

## MCC Donations

- Packaged Snacks
- Spring Knick Knacks

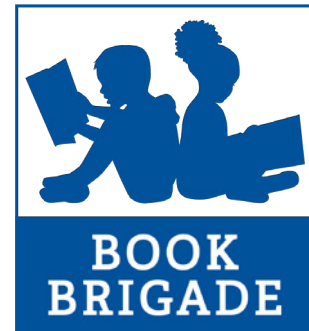






**2023 BJC Book Brigade kicks off Feb. 13**  
**For only \$4 you can make a positive impact in a child's life**

The BJC Book Brigade is back for 2023. From Feb. 13-March 31, BJC will collect online book donations to give every graduating second-grader attending public school in the communities BJC serves a new book to read for the summer.



**BJC HealthCare**

BJC has provided more than 181,000 second graders with a new book to read during their summer vacations since the program began eight years ago. This year, BJC is expected to provide more than 25,000 books to nearly 400 elementary schools throughout the communities BJC serves, including the City of St. Louis, St. Louis County, St. Charles County, Sullivan, and Farmington in Missouri, and Alton, Belleville and Shiloh in Illinois.

Studies have shown that a third-grader's reading proficiency can improve the likelihood they will graduate from high school and live a healthier life, which is why all BJC-donated books will go to graduating second-graders.

"Developing strong reading skills at an early age are critical in supporting lifelong learning and wellbeing," says Doneisha Bohannon, BJC director of community health partnerships and collaborations. "Our dedicated team of BJC caregivers continue to make investments in the futures of our communities, knowing our donations go a long way for many children and their families."

"Many students disproportionately face challenges with building these skills," Bohannon adds. "To address these inequities, BJC also collaborates with community organizations working to address the root causes of literacy barriers to help support reading proficiency."

Starting Feb. 13, everyone is invited to visit [BJCBooks.org](https://BJCBooks.org) to purchase your book donation online. All books are selected and vetted by curriculum specialists. Each book costs \$4, thanks to BJC's ongoing partnership with Scholastic books and St. Louis Black Authors of Children's Literature.

Email [bookbrigade@bjc.org](mailto:bookbrigade@bjc.org) with any questions.

**Make your BJC Book Brigade online donation before March 31.**



## Community Services

Join Oasis and AgeSmart to their Housewarming in O'Fallon, Illinois. Help us celebrate the opening of their new, permanent Oasis center in partnership with AgeSmart! This event will have a few mini-sessions, food and fun! Bring a friend or two, and we'll see you there.

Event: **Welcome to the Metro East!**

Date: **4-14-2023**

Time: **1 to 2:30 p.m.**

Location: **AgeSmart  
801 West State Street  
O'Fallon, IL 62269**

Contact: **Erin Burton 618.222.2561 ext 138**

RSVP at <https://st-louis.oasisnet.org/>

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## Dates to Remember

### March 2023

|       |    |                  |                  |                       |
|-------|----|------------------|------------------|-----------------------|
| Tues. | 07 | Blood Drive      | 10 a.m. - 4 p.m. | Belleville Auditorium |
| Mon.  | 13 | Collective Goods | 9 a.m. - 3 p.m.  | Belleville Auditorium |
| Tues. | 14 | Collective Goods | 7 a.m. - 3 p.m.  | Belleville Auditorium |

### April 2023

|        |    |                    |                  |                         |
|--------|----|--------------------|------------------|-------------------------|
| Mon.   | 03 | Book Bazaar Set-up |                  | Auxiliary Warehouse     |
| Tues.  | 04 | Blood Drive        | 10 a.m. - 4 p.m. | Community Room Shiloh   |
| Tues.  | 04 | Book Bazaar Set-up |                  | Belle Clair Fairgrounds |
| Wed.   | 05 | Book Bazaar        |                  | Belle Clair Fairgrounds |
| Thurs. | 06 | Book Bazaar        |                  | Belle Clair Fairgrounds |
| Fri.   | 07 | Book Bazaar        |                  | Belle Clair Fairgrounds |
| Sat.   | 08 | Book Bazaar        |                  | Belle Clair Fairgrounds |