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President's Message:

July is a time for baseball, hot dogs and family picnics. This month, we celebrate the birth of our nation. July 4 is not complete without parades and fireworks. The “dog days of summer” are from Monday, July 3 through August 11, 2023. These days are considered the hottest, most sultry days of the year. A little-known celebration occurs on July 7, Global Forgiveness Day. This month, I want to consider what it means to forgive, and the many benefits forgiveness can have.

Forgiveness is the act of letting go of feelings of anger, resentment or bitterness towards someone who has wronged us. Forgiveness is a transformative and liberating power that can heal deep wounds and mend broken relationships. It is a conscious choice to let go of resentment, anger and the desire for revenge, ultimately leading to personal growth, inner peace and emotional well-being. Forgiveness is not about forgetting or excusing the wrong that was done; instead, it is about accepting what has happened and choosing to move forward without holding on to the pain and anger. The act of forgiveness is not easy, but its rewards are immeasurable.

Forgiveness can be seen as the gift we give to ourselves rather than to the person who has wronged us. When we forgive, we release ourselves from the burden of anger, resentment and bitterness, which can be toxic and exhausting. Forgiveness allows us to take control of our emotions and reclaim our power, rather than allowing the person who hurt us to have power over us.

The benefits of forgiveness are numerous and far-reaching, impacting our emotional, mental, and physical wellbeing, as well as our relationships with others. Here are some of the ways forgiveness can benefit individuals:

- 1. Improved emotional wellbeing:** Holding onto anger, resentment and bitterness can be very damaging to our emotional health. These negative emotions can lead to depression, anxiety and other mental health issues. Forgiveness allows us to release these negative emotions and replace them with positive ones such as love, empathy and compassion.
- 2. Reduced stress:** When we hold onto anger and resentment, our bodies release stress hormones such as cortisol, which can negatively affect our physical health. Forgiveness can reduce stress and promote relaxation, leading to improved physical health.



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- 3. Better physical health:** Forgiveness has been linked to reduced blood pressure, lower levels of inflammation and improved immune function. These benefits can help reduce the risk of chronic health conditions such as heart disease, stroke and diabetes.
- 4. Improved relationships:** Holding on to anger and resentment can lead to conflict and damaged relationships, while forgiveness can promote empathy, understanding and compassion, leading to stronger, healthier relationships.

Forgiveness is not always easy, but it is a skill that can be cultivated with practice. Here are some tips for cultivating forgiveness:

- 1. Acknowledge your hurt:** This can be a painful process, but it is essential for moving forward
- 2. Choose to forgive:** Forgiveness is a choice, and it requires a willingness to let go of negative emotions and replace them with positive ones. It may take time, but choosing to forgive is a powerful step toward healing.
- 3. Practice empathy and compassion:** Practicing these can help us understand the person who has wronged us and see them as a human being with their own struggles and challenges.
- 4. Seek support:** Forgiveness can be a challenging process, and it is important to seek support from friends, family or a therapist.

Forgiveness possesses an immense power to heal and transform. It mends broken hearts and relationships, fosters personal growth and cultivates inner peace. It is a gift we give ourselves, freeing us from anger and resentment.

Ann Porter, Auxiliary President

Membership Meeting Minutes

June 6, 2023

President Ann Porter welcomed members and guests, then called on Rev. Doug Stewart for the invocation and to lead us in the Auxiliary Prayer and the Pledge of Allegiance.

Dinner was pork tenderloin, roasted potatoes, glazed carrots, green salad, roll and lemon torte for dessert. The main course was served buffet style.

The meeting was called to order at 6:45 p.m. by President Ann Porter.



Auxiliary Manager, Scott Bahan, reminded everyone that the Memorial Hospital Auxilians have donated 3 million hours of volunteer service and gave \$10.5 million to the hospital since their inception. Scott recognized the following

14 past Presidents who were in attendance: Jane Schwebke, Jean Joseph, Adele Theobald, Becky Olroyd, Lynn Blomberg, Mary Ann Silhavy, Barb Sutton, Rena Murphy, Janice Dorris, Pat Lanter, Kay Mehrstens, Dale Trinkka, Pearl Spies and Judie Loudon. He also recognized Myrtle West, who was unable to attend, as being the oldest past President and just celebrated her 99th birthday. The past Presidents were given a succulent plant.

Dr. Valerie Thaxton, Chairperson of Memorial Hospital-Shiloh Board, thanked all the members for their time, service and financial support for the hospital. To liven up the meeting, she asked questions pertaining to the Auxiliary and U.S. Presidents. The first to answer correctly, she gifted

the winners with prizes. Again, she thanked the Auxilians for their service to the hospitals.

Mike McManus, President of Memorial Hospital, noted that Belleville Memorial is celebrating 65 years and the Auxiliary 66 years. He thanked everyone for their support. He noted that our hospital had its 4th Magnet rededication. Also, Memorial is in partnership with Washington University to provide doctors in various medical fields. He said that it is challenging keeping a work force. Also, he said that the hospitals are investing millions of dollars to keep the workplace safe. A highlight was that BJC and St. Luke's Hospital of Kansas City have merged. He believes that bigger is better and that challenges are not easy.

Membership Chairperson, Chris Hubert, read hour award names while Scott Bahan and Mike McManus presented hour pins:

- **100 Hours:** Terry Walther
- **500 Hours:** Don Hubert, Deborah Meyer, Carole Middendorf and Sheri Ohlendorf
- **1000 Hours:** Les Mehrstens
- **1500 Hours:** Ann Porter, Tami Schuette and Jane Schwebke
- **3500 Hours:** Betty Lehr
- **5000 Hours:** Adele Theobald



Hour Award Recipients:

Back Row: Adele Theobald, Jane Schwebke, Sheri Ohlendorf, Les Mehrstens, Debbie Meyer, Tami Schuette, Carole Middendorf

Front Row: Betty Lehr, Don Hubert, Ann Porter, Terry Walther

Not in attendance: LeeAnn Funk 100, Carolyn Wylie 100, Karen Dragich 1000, Denise Thomas 1000, Irene Hindman 1500, Nan Hoffman 3000, Ann Klemm 3000

Fundraising Chairperson, Judie Loudon, reported the T-shirt sales have raised \$4,986 thus far. Jewelry sales \$214, a quilt for \$100, and the Book Bazaar for \$33,906. She thanked Carole Schneider for the online sales. Upcoming sales are the Shoe Show this month and a Linen Show in July.

Attendance prizes were won by the following: Don Hubert, Ann Porter, Bobbie Knaus, Loreen Torigian, Pat Lanter, Kathy Kirchoff, Judy Tepen, Valerie Thaxton, Judy Brindley, Chris Hubert, Wayne Loudon, Karen Buehler, Judy Sutter, Dale Trinkka, Diane Herr, Gary Theobald, Don Feldott, Stella Baldwin, Charlotte Walther, Sr. Aquinas Kurtz, Carole Schneider, Kathy Bruss, Jean Joseph, Betty Lehr, Debbie Meyer, Adele Theobald, Mary Ann Silhavy, Pearl Spies, Lynn Blomberg and Kim Hubbard.

Rev. Doug Stewart offered the benediction.

The meeting was adjourned at 7:30 p.m.

75 people attended the meeting.

Charlotte Walther, Recording/Financial Secretary



More Membership Meeting Photos



Bob and Marge Giedeman, Adele Theobald and Judie Loudon



Dr. Valerie Thaxton



Mike McManus, President of Memorial Hospital



Judy Sutter, Judy Brindley, Karen Milton and Evelyn Hammel



Patsy Tarvin, Jane Bynum and Jean Eble



Membership Report

Welcome new volunteer:

- Sakhi Lil (J) – Ballwin, MO
- Jordan Black (J) - Belleville
- Kendal Clay (A) - Belleville

Sympathy

With our condolences to the family and friends, we acknowledge the passing of Life member, Delores Lang, on June 14, 2023, and Active member, Robert (Bob) Harms, on June 15, 2023.

Membership Numbers:

- 56 – Active
- 76 – Active/Life
- 4 – Junior
- 231 – Life
- 25 – Sustaining
- 2 – Leave of Absence
- 394 – Total

Volunteers Needed

Memorial Hospital - Belleville

Ultrasound/MRI Waiting Room – Volunteers needed to greet patients, hand out forms and handle incoming calls. No physical activity is required. Length of shift is up to the volunteer. MRI has openings on Saturdays from 2:30-6 p.m. and Sundays from 6 a.m.-6 p.m. Ultrasound has openings Monday through Friday from 4-9 p.m.

Memorial East Shiloh

Snack Cart Supply Room – One volunteer needed to assist in unboxing snacks and organizing the “snack shelf”. Light lifting required. This opportunity is on an “as-needed” basis, but likely no more than once a month for 2-3 hours.

Quilts

Another new baby quilt is on display in the Auxiliary Office and is priced at \$100. It has three embroidered sleeping bears with good night quotes around the edge trimmed in both bright pink and blue fabric and a polka dot back.

Still available is a baby quilt with an embroidered baby bear with the alphabet around the edge and a solid white back. It is also priced at \$100.

Our quilts are hand quilted by the Auxiliary Quilters.





Memorial Photo Contest Open Until August 21

New submission process this year!

YOUR PICTURE could appear in Memorial's 2024 calendar!

The annual photo contest is open to all Memorial Hospital, Memorial Care Center, Medical Staff members, Auxilians and Memorial's Shared Service employees.

Rules

Photos should be from one of the following categories: People, Health and Wellness, Landscape, Pets and Animals

You may enter one photo in each category.

Photo must be taken by the person submitting the photo.

Photo Submission & Rules

Digital Photo Submissions are preferred.

Click [HERE](#) to submit your photos.

Website password: Photos2024

- All photos must be an uploaded at a minimum size of 1MB.
- Photos should be submitted in Landscape (horizontal) format.
 - o Preferred method is to use the online photo submission below.
 - o The hard copy entries may be dropped off at the Marketing & Communications office (basement of the hospital under Administration)
Memorial Hospital
4500 Memorial Drive
Belleville, IL 62226



- By entering the contest, each entrant agrees to release all rights to the photo to Memorial Hospital BJC Healthcare in perpetuity for use in the calendar and promotional communications.
- All photos must include name, address, department, and extension with each photo submitted.

Voting

Three winners will be chosen from each of the four categories. In addition, one GRAND PRIZE winner will be selected, and his/her photo will be used as the calendar's cover. The winner will be notified in Mid-September.

To allow more people to showcase their artwork, entrants will not be awarded multiple prizes.

All entries must be submitted by August 21, 2023.

For more information, call Marketing and Communications at extension 75649.



Gift Shop

If you haven't had a chance to visit the Memorial Gift Shops, you're missing out. New items are added every day, so the selection is plentiful. Both gift shops have beautiful women's clothing, jewelry and purses that will make you the hit at your summer picnic or party. A large display of patriotic items can be gifted all summer long.

July will feature 25% off women's sandals.

Next "After Hours" sale is July 6 in the Main Belleville Gift Shop and July 13 in the Shiloh Gift Shop.

Gift Shop hours:

- **Belleville:**
Monday-Friday, 9 a.m.-5 p.m.
- **East:**
Monday-Friday, 9 a.m.-5 p.m.



Fundraising

A Linen Show by Luxury Linens will be held in the Auditorium on Tuesday, July 25 from 7 a.m.-3:30 p.m. and Wednesday, July 26 from 7 a.m.-2 p.m. in Belleville and in the Community Room on Thursday, July 27 from 7 a.m.-3 p.m. in Shiloh.

A Shoe Show by Shoe Roads productions was held in the Auditorium on Tuesday, June 13 and on Wednesday, June 14. A variety of brands were on display for purchase. Total commission on the show was \$2,679.45. The Shoe Show in the Community Room in Shiloh on Friday, June 23, made a total commission of \$984.26.

The Summer T-shirts designed by the Auxiliary did not pass new brand guidelines and will not be ready to sell by July 4. Four different styles have been offered that will be within brand standard. Once one of the styles is chosen, it will be updated with the correct BJC Memorial logo and then be ready for sale. In the meantime, there are about 200 yellow inspirational T-shirts still available in the Auxiliary Office for only \$15.

The "After Hours" sale held from 5 p.m.-9 p.m. in the Main Belleville Gift Shop on June 1 made \$260.69 and in the Shiloh Gift Shop held June 8 made \$437.62.



Palliative Care Unit

Donations needed for patients:

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



MCC Donations

- Summer Knick Knacks
- Packaged Snacks

Magazines

Gently used **June 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.



Dates to Remember

July 2023

Tuesday	04	Independence Day	Auxiliary & Gift Shops Closed	
Wednesday	05	Blood Drive - MHB	10 a.m.-4 p.m.	Auditorium
Thursday	06	"After Hours"	5-9 p.m.	Belleville Gift Shop
Thursday	13	"After Hours"	5-9 p.m.	Shiloh Gift Shop
Tuesday	25	Linen Show <i>New Vendor!</i>	7 a.m.-3:30 p.m.	Auditorium
Wednesday	26	Linen Show	7 a.m.-2 p.m.	Auditorium
Thursday	27	Linen Show – Shiloh	7 a.m.-2 p.m.	Community Room

August 2023

Tuesday	01	Blood Drive – MES	10 a.m.-4 p.m.	Shiloh Community Room
Thursday	03	"After Hours"	5-9 p.m.	Belleville Gift Shop
Thursday	10	"After Hours"	5-9 p.m.	Shiloh Gift Shop
Tuesday	15	1st Day of Book Drop Offs	8-11 a.m.	Warehouse

September 2023

Monday	04	Labor Day	Auxiliary & Gift Shops Closed	
Tuesday	05	Blood Drive - MHB	10 a.m.-4 p.m.	Auditorium
Thursday	07	"After Hours"	5-9 p.m.	Belleville Gift Shop
Thursday	14	"After Hours"	5-9 p.m.	Shiloh Gift Shop