

Mur—Mur



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President's Message:

Last month, we talked about forgiveness and its healing powers. This month, I would like to talk about compassion. Compassion is a fundamental human quality that involves recognizing the suffering of others and having a genuine desire to alleviate it. It goes beyond sympathy or empathy and includes an active intention to help and show kindness. Compassion involves understanding, connecting with, and feeling for, the experiences and emotions of others. Compassion is not just an emotion; it is a force that can heal wounds, both physical and emotional, and instill hope in even the darkest moments. In a world where we often encounter pain, suffering and uncertainty, your acts of compassion create a place of comfort and solace within the hospital walls. Compassion goes beyond simply feeling sympathy; it motivates us to act and help others in need.

When patients and their loved ones experience compassion during their time of need, it can alleviate their fears, lessen their burdens and provide them with a sense of belonging. Compassion is a reminder that they are not alone on their journey, that there are people who genuinely care about their well-being and that their struggles matter. Your kind words, warm smiles and comforting gestures have the power to uplift spirits, inspire resilience and foster a positive healing environment.

To develop compassion, cultivate self-compassion. Treat yourself with kindness and understanding, recognizing your own suffering, and learning to be gentle with yourself. Practice empathy by trying to put yourself in the shoes of others and understand

their perspectives, feelings and experiences. Listen actively by being present and attentive when others share their experiences and struggles. Listen without judgement or the need to offer immediate solutions. Imagine how it would feel to be in someone else's situation. Remember to engage in acts of kindness. Actively seek opportunities to help others, and show kindness from lending a listening ear, offering support or performing acts of service for those in need.

The impact of compassion extends beyond the recipients themselves. By embodying compassion in your interactions, you create a ripple effect that spreads throughout the entire hospital community. You inspire your colleagues from nurses and doctors to administrators and support staff to approach their work with empathy and kindness. The power of compassion fosters a culture of collaboration, understanding and teamwork, leading to improved patient outcomes and overall well-being. In a time when technology often dominates our lives, the human touch and genuine connection that you provide are invaluable. Your presence reminds all of us that healthcare is not solely about treating symptoms and curing diseases; it is about recognizing the inherent worth and dignity of every individual. By embracing compassion as core value, you help to restore the humanity that lies at the heart of our healthcare profession.

Ann Porter, Auxiliary President



Executive Board Membership

As your current Vice President and incoming President for 2024, I have the opportunity of filling open positions on the Executive Board. Currently there are two openings. These include Bylaws and Care Center. Both have a three-year term.

If you are interested in joining me effective January 1, 2024, you may contact me directly at 618-702-7955 or by leaving your information with Nancy or Emily in the Auxiliary office, and they will forward to me. This a great opportunity to expand your knowledge and share your experience with the Auxiliary.

Les Mebrtens, Vice President

Quilts

A beautiful queen-sized quilt is on display in the Auxiliary Office. It is pink and white with a floral applique and points around the boarder. It is available for \$350.

Our quilts are hand quilted by the Auxiliary Quilters.



Membership Report

Welcome new volunteer:

- Abby Grohmann (A) – Waterloo
- Brittany McKinnie (A) - Swansea
- Trisha Patel (J) – Belleville

Life Memberships

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.

Sympathy

With our condolences to family and friends, we acknowledge the passing of Life Member, Carol Walz, on June 28, 2023, and Life Members and Past Presidents, Arlene Freeark on July 1, 2023 and Patricia Schroeder on July 24, 2023.

Membership Numbers:

- 57 – Active
- 76 – Active/Life
- 5 – Junior
- 227 – Life
- 25 – Sustaining
- 2 – Leave of Absence
- 392 – Total

MCC Donations

- Summer Knick Knacks
- Packaged Snacks



Memorial Colleagues,

For the past four years, I've had the honor of serving as the president of Memorial Hospital. It's been an amazing opportunity, and today I'm ready to share with you my plans for my next chapter – retirement.

I've shared with our BJC Group President, Joan Magruder, that I will retire in April next year. Joan has been incredibly supportive of my decision, and we will work together as the date gets closer to focus on the transition. In addition, knowing the significance of this role, Joan will immediately begin the search for the next president of Memorial Hospital.

Over the past four years, I've shared many personal stories with you that reflect how blessed I have been to serve in this role. Today, my story is one of gratitude. I have worked in health care for 37 years. I have met some truly wonderful people along the way, and I've experienced challenges, successes, and even some failures along the way.

And while I will remember the first 26 years of my career fondly, the past 11 years at Memorial, seven of which have been with BJC HealthCare, are certainly the highlight of my career. My time with



all of you has been a gift, one for which I will be forever grateful. Thank you for this incredible gift.

We have an amazing team here at Memorial, and I know you will all continue to do great things for our patients, our community, and each other. And I am personally grateful that my family and I will continue to have access to the extraordinary care you provide.

While I'm not going anywhere for a while, and we'll have lots of opportunities over the next several months to say goodbye, please know that each and every one of you will always have a special place in my heart.

Michael McManus, President
Memorial Hospital

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.





Fundraising

Keep your busy life organized with a new 2024–2025 two-year pocket calendar. They are in the Auxiliary Office and in both Gift Shops for \$5. Several new designs are available.



The Linen Show by Luxury Linens was held in the Belleville Auditorium on July 25 and 26 and raised \$1212.10 for the Auxiliary. The Linen Show in the Shiloh Community Room scheduled for Thursday, July 27 had to be postponed until Thursday, August 31.



There are about 180 yellow inspirational t-shirts still available in the Auxiliary Office for only \$15.

The “After Hours” sale held from 5–9 p.m. in the Main Belleville Gift Shop on July 6 made \$210.56 and in the Shiloh Gift Shop held July 13 made \$266.27.

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.

Building 3 Information Desk – Volunteers needed to greet and assist patients in finding their way around the Orthopedic and Neurosciences Center. Morning and afternoon shifts are available throughout the week. Training provided.

Memorial East Shiloh

Radiology Assistant – The Shiloh Radiology department is looking for assistance with walking patients to the dressing room and providing them with instructions on how to dress according to the outpatient procedure they are receiving (X-Ray, MRI, etc.). The hours of operation are 6 a.m. – 6 p.m. Monday-Friday. They will take any volunteer support that you can provide between those hours. Training provided.

Please contact Scott Bahan, if interested, for next steps.



Memorial is Giving Back to Our Community with School Supply Drive



**DROP OFF
DONATIONS IN THE
ADMINISTRATION
OFFICE IN BELLEVILLE
OR SHILOH**

All supplies will be donated to local schools. More information to follow.



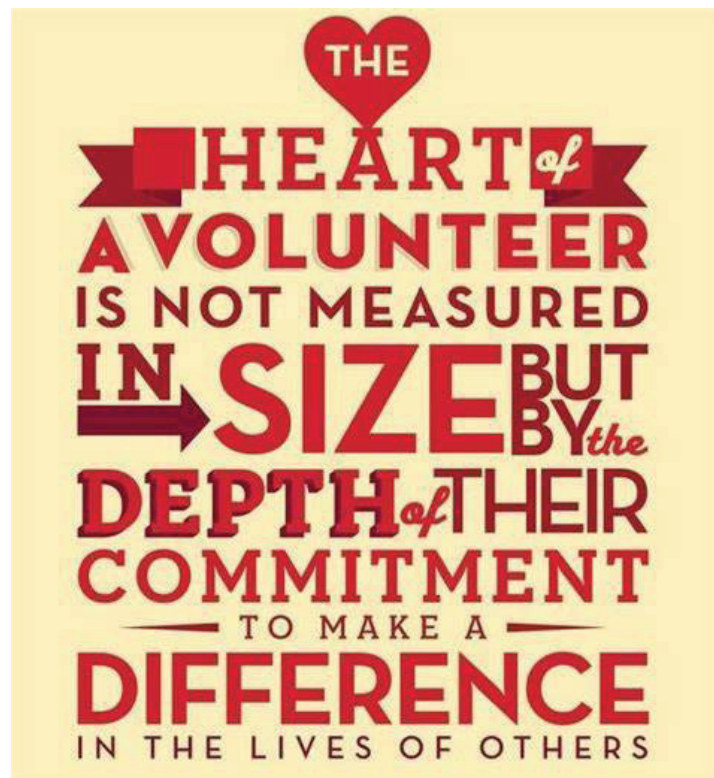
Memorial Photo Contest Open Until August 21

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.

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



See Something, Say Something Campaign

"See Something. SAY Something."

is an initiative to help raise situational awareness and educate our team in what to do if they see something that appears to be out of the ordinary. Silicone wristbands were handed out with Security's phone number. We also recommend you place this number in your mobile phone for quick access in the case of an out of the ordinary event. 618-257-5502 or extension 75502

We all play a part in keeping Memorial safe. Remember, if you SEE something, SAY something.





Gift Shop

Next “After Hours” sale is August 3 in the Main Belleville Gift Shop and August 10 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.





Dates to Remember

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

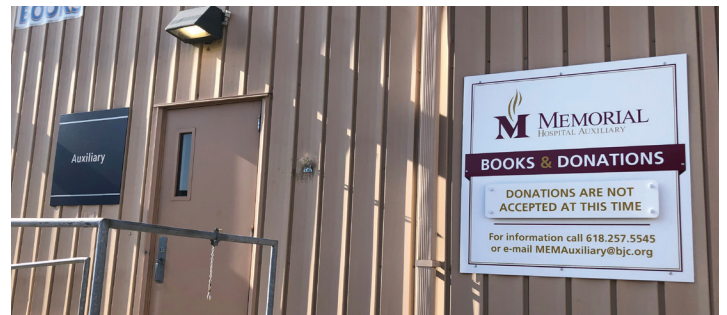
October 2023

Tuesday	03	Blood Drive – MES	10 a.m.–4 p.m.	Shiloh Community Room
Thursday	05	"After Hours"	5–9 p.m.	Belleville Gift Shop
Monday	09	Collective Goods	9 a.m.–3 p.m.	Belleville Auditorium
Tuesday	10	Collective Goods	7 a.m.–3 p.m.	Belleville Auditorium
Thursday	12	"After Hours"	5–9 p.m.	Shiloh Gift Shop
Monday	23	Collective Goods	9 a.m.–3:30 p.m.	Shiloh Community Room

Book Bazaar Donations

Tuesday, August 15, will be the first day accepting donations of books, puzzles, etc., at the warehouse. We will be open every Tuesday and the first and third Saturday from 8 to 11 a.m. The last collection day for 2023 will be December 12. Collection will resume on January 9, 2024

Pass the word to your friends and family. Looking forward to another great year.



A new informational sign has been purchased and installed on the Auxiliary warehouse to display the days and hours of operation.