

MUR-MUR

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President's Message:

Resilience refers to the ability to adapt, bounce back and recover from challenges, adversity and stressors. It involves maintaining a positive and productive mindset in the face of difficulties, setbacks or traumatic experiences. Resilience is not about avoiding stress or hardships. It is about building the capacity to navigate and cope with these challenges, ultimately leading to personal growth and improved well-being.

For hospital volunteers, resilience plays a crucial role in their ability to provide effective support to patients, families and medical staff. Resilience helps volunteers manage their own emotions and reactions. It allows them to stay composed and empathetic even in emotionally charged situations. This is essential when interacting with patients and families who might be going through difficult times. Healthcare environments can be unpredictable and fast-paced. Resilient volunteers can quickly adapt to changes, handle unexpected situations and remain flexible in their approach to assisting others.

Working in a hospital setting can be demanding and stressful. Resilience equips volunteers with coping strategies to manage their own stress, preventing burnout and ensuring they can continue to provide support consistently.

Resilience enhances communication skills, enabling volunteers to listen actively, offer encouragement and provide information in a clear and compassionate manner. Effective communication is vital for establishing rapport and trust with patients

and their families. Resilient individuals are skilled problem-solvers. Hospital volunteers with strong problem-solving abilities can help patients and families navigate challenges, whether it is giving directions or finding resources to meet their needs.

Resilience includes setting healthy boundaries. Volunteers who are resilient can recognize their limitations and prioritize self-care, ensuring they don't overextend themselves and can continue to provide support over the long term. Resilience fosters the development of meaningful connections. Volunteers who display resilience can build strong rapport with patients and families, creating a sense of comfort and trust that enhances the overall healthcare experience. Volunteers who embody resilience can inspire patients and families to face their own challenges with a more positive outlook and belief in their ability to overcome difficulties.

In essence, building resilience allows hospital volunteers to effectively manage their own well-being while providing valuable support to patients, families and the hospital community. Through resilience, volunteers can create a more compassionate and supportive environment, positively impacting the overall healthcare experience.

Ann Porter, Auxiliary President

Membership Report

Welcome new volunteer

- Dave Hempen (A)- Millstadt

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 Members, Jean Gough on July 3, 2023, Charles Kramer on July 30, 2023 and Mae "Winnie" Kane on August 17, 2023.

Membership Numbers:

- 61 - Active
- 76 - Active/Life
- 6 - Junior
- 225 - Life
- 24 - Sustaining
- 2 - Leave of Absence
- 394 - Total

HELP - HELP - HELP

Still seeking interested Auxiliary members to accept board positions starting January 1, 2024. Please contact, Les Mehrtens at 618-792-7955 or the Auxiliary Office at 618-257-5545.

Thanks-

Les Mehrtens, Auxiliary Vice President

Magazines

Gently used July 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. Thank you to Diane Herr and Alison O'Neal for distributing magazines last month.

Volunteers Needed

Radiology Assistant - Shiloh

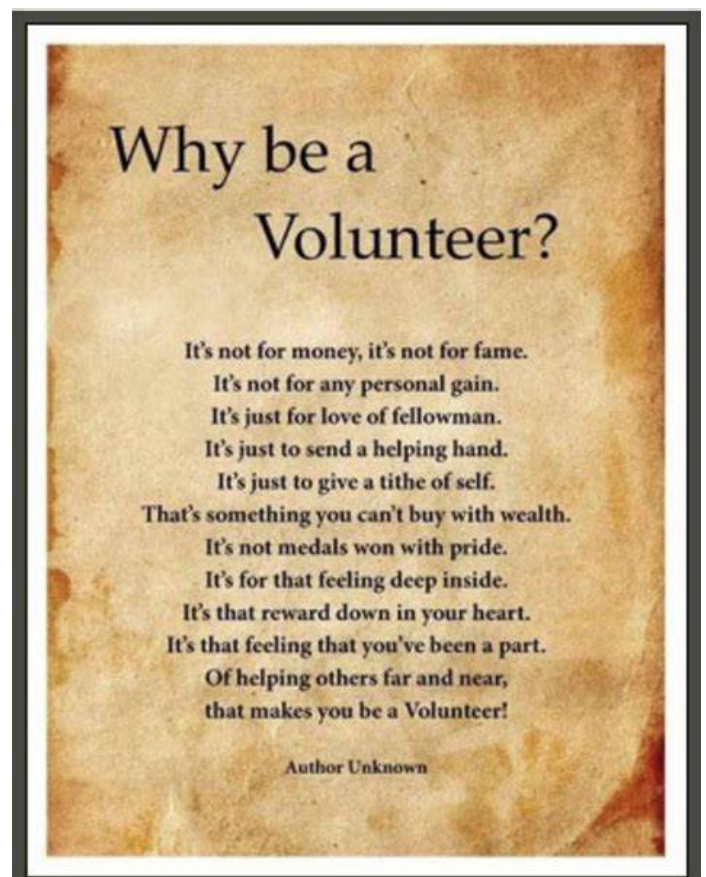
The Shiloh Radiology department is looking for assistance with walking patients to the dressing room and providing them with instructions on how to dress according to the outpatient procedure they are receiving (X-Ray, MRI, etc.) The hours of operation are 6am-6pm Monday-Friday. They will take any volunteer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

Patient/Visitor Information Desk

Belleville Medical Buildings 1 & 3
Shiloh Medical Building 2

Volunteers needed to greet and assist patients in finding their way around our Medical Office Buildings. Both morning and afternoon shifts available throughout the week. Training provided.

If interested, please contact Scott Bahan for next steps.



Fundraising

The Shiloh Luxury Linen Show that was originally scheduled for July and was postponed until Thursday, August 31, made a commission for the Auxiliary of \$802.34.

Orders for this season's fresh mammoth pecans from Priester's are being taken in the Auxiliary Office and in the Shiloh Gift Shop. More information available on the enclosed flyer.

2024-2025 two-year pocket calendars are in the Auxiliary Office and in both Gift Shops for \$5. Several new designs are available.

2024 Book Bazaar Donations

Book donations are underway for the 2024 Book Bazaar. We are now accepting donations, books, puzzles, etc., at the warehouse. We will be open every Tuesday and the 1st and 3rd Saturdays from 8 a.m. to 11 a.m. The last collection day for 2023 will be December 12. Collection will resume on January 9, 2024.



There are about 130 yellow inspirational and 30 red penguin t-shirts still available in the Auxiliary Office only for \$15. A new t-shirt has been ordered and will be available soon.

A total of 32 people came to the "After Hours" sale held in the Main Belleville Gift Shop on August 3 with sales of \$352.95. Shiloh Gift Shop reported 30 guests on July 13 with sales of \$245. Both shops featured an end of summer sale with an additional 30% off clearance items.

SAVE THE DATE for the 2024 Book Bazaar scheduled for Wednesday, April 3 through Saturday, April 6 at the Belle-Clair Fairgrounds and Expo Hall. Looking forward to another great year.



Quilts

There are no baby quilts ready at this time, but 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.

The Auxiliary Quilters are hard at work every Monday in the Auxiliary Warehouse hand quilting quilts for fundraising.



Gift Shop

The seasons are changing and so are things in the Gift Shops. Fall and Halloween are beginning to appear. Small glimpses of Thanksgiving and Christmas can also be found. It is an exciting time of year for gift giving, and there is no better place to discover unique items for those on your list.



Next “After Hours” sale is September 7 in the Main Belleville Gift Shop and September 14 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.



Rock & Roll Trivia Night with Silent Auction & 50/50

All proceeds are being donated to the Memorial Hospital Auxiliary

If interested in participating, see the flyer insert.



Kendal Clay

Kendal volunteered on 1 South during the summer months accumulating over 90 hours in the “Nursing Services” service area. She has now returned to Purdue University pursuing a career in the medical field.

Below is the “shout out” that was given to Kendal

on her last day along with a picture of her and the 1 South team.

“Kendal has been an amazing part of our team. We will miss her. She is always welcome to come back”.

Mary Marlen, MSN, RN-BC
2 South, Patient Care Manager



Memorial Earns High Performing Status, Barnes-Jewish Hospital Leads Multiple BJC Hospitals in High Rankings by U.S. News & World Report

Memorial earns “High Performing” status in Heart Failure, COPD and Diabetes care. Barnes-Jewish Hospital marks 30 years on the national Honor Roll, and Missouri Baptist Medical Center and Christian Hospital rank among the top local and regional hospitals.



Dates to Remember

September 2023

Thursday	14	“After Hours” Sale	5 – 9 p.m.	Shiloh Gift Shop
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October 2023

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

November 2023

Thursday	02	“After Hour” Sale	5- 9 p.m.	Belleville Gift Shop
Tuesday	07	Blood Drive-MHB	10 a.m.- 4 p.m.	Auditorium
Thursday	09	“After Hours” Sale	5- 9 p.m.	Shiloh Gift Shop
Monday	20	Shoe Show	10 a.m. – 3 p.m.	Auditorium
Tuesday	21	Shoe Show	7 a.m. – 3 p.m.	Auditorium
Thursday	23	Thanksgiving Holiday	Auxiliary & Gift Shops Closed	
Friday	24	Low Census Day	Auxiliary Closed	

Evolve Weapons Detection System Installation

To further promote the BJC value of Safety, Memorial has installed an Evolv Weapons Detection System at its Shiloh Campus Emergency Department entrance. Installation of this system took place Tuesday, August 1. All staff members who enter through the Shiloh ED entrance are required to go through the weapons detection device along with our patients and visitors. There are no exceptions.

The implementation of this advanced security technology is part of our ongoing commitment to upgrade our systems and advance the safety and security of our employees and patients. The weapons detection system will be installed later this year at the Belleville Campus Emergency Department.



Fall 2023 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)

Friday, October 6

Tuesday, October 31

Tuesday, November 21

Memorial Belleville (MOB 1 Suite 480) Occupational Health Office

Tuesday, October 3

Thursday, October 5

Tuesday, October 10

Thursday, October 12

Tuesday, October 17

Tuesday, October 24

Thursday, November 2

Thursday, November 9

Thursday, November 16

Wednesday, November 22

Past President Brunch

On Tuesday, August 8, the Past President's Brunch was held at the Carrington Place Clubhouse.

The nine Past Presidents in attendance were:

Shirley Wehrenberg, Susan Bowers, Barb Sutton, Jean Joseph, Kay Mehrtens, Pat Lanter, Jane Schwebke, Becky Olroyd and Adele Theobald. Also in attendance was Vice-President, Les Mehrtens.

The guests enjoyed a day of food and fellowship, remembering the past, talking about the present and planning for the future.