

MUR-MUR

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

President's Message:

Last month, we discussed resilience and how it can positively affect our lives personally and professionally. This month, I would like to introduce the concept of mindfulness and its potential benefits. Mindfulness is defined as a mental practice and a form of meditation that involves being fully present in the moment, paying attention to your thoughts, feelings and sensations without judgement. It is a simple tool that can be used in your daily life, including volunteer work, to enhance your well-being and the overall hospital experience. Some of the key benefits of practicing mindfulness include:

1. **Stress reduction:** Mindfulness has been shown to reduce stress and anxiety, allowing you to better manage the demands of your volunteer work and personal life.
2. **Improved focus:** By practicing mindfulness, you can enhance your ability to concentrate on tasks, making your interactions with patients and their families more meaningful and attentive.
3. **Enhanced empathy:** Mindfulness cultivates compassion and empathy, helping you better understand the emotions and needs of patients and families, which can lead to more effective support and care.
4. **Resilience:** Developing mindfulness skills can increase your resilience, allowing you to bounce back from challenging situations with greater ease and grace.
5. **Better communication:** Mindfulness improves communication skills, helping you to convey information and provide comfort to patients and families more effectively.

To get started with mindfulness, consider these simple practices:

1. **Breathing exercises:** Take a few moments to focus on your breathing. Inhale deeply through your nose

and exhale slowly through your mouth. This can help you stay grounded in the present moment.

2. **Mindful walking:** When walking in the hospital or around its premises, pay attention to each step you take. Feel the sensation of your feet hitting the ground.

3. **Body Scan:** Every now and then, check in with your body. Lie on your back with your legs extended and your arms at your sides, palms up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body. Notice any areas of tension or discomfort, and consciously release the tension.

4. **Mindful Listening:** During conversations with patients or coworkers, practice active listening. Give your full attention without thinking about what to say next.

5. **Daily reflection:** At the end of your volunteering shift, take a few minutes to reflect on your experiences and how mindfulness may have influenced them.

Explore mindfulness at your own pace and integrate it into your volunteer work. You will likely discover its transformative effects not only on your own well-being but also on the lives of those you touch with your kindness and presence. Together, we can create a more compassionate and healing environment for everyone at our hospitals. Thank you again for your dedication and service.

Ann Porter, Auxiliary President

Membership Report

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.

2024 Membership Dues are Due

We are collecting annual membership dues for 2024 now through Dec. 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.

Membership Numbers:

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

Magazines

Gently used August 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.

Memorial Care Center Needs

- Packaged Snacks
- Cubed Kleenex
- Adult Coloring Books

Volunteers Needed

Radiology Assistant - Shiloh

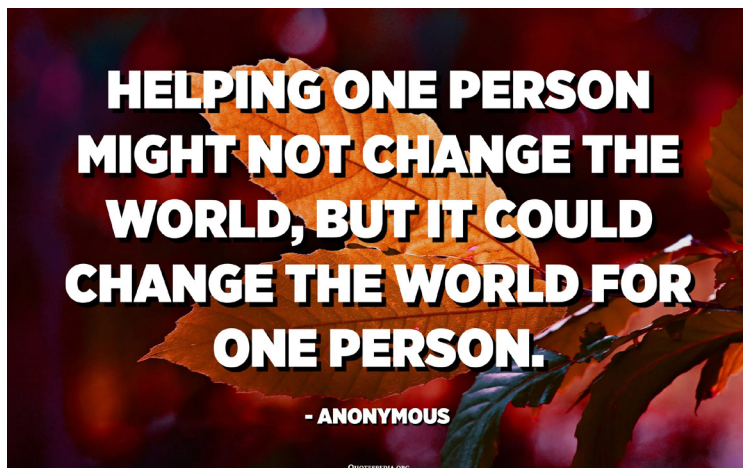
The Shiloh Radiology department is looking for assistance with walking patients to the dressing room and providing them with instructions on how to dress according to the outpatient procedure they are receiving (X-Ray, MRI, etc.) The hours of operation are 6am-6pm Monday-Friday. They will take any volunteer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

Patient/Visitor Information Desk

MHB Medical Buildings 1 & 3 MES 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.



Volunteer Appreciation Week Gift Certificates

If you haven't redeemed your Volunteer Appreciation Week gift certificate, please be aware that it will expire on December 31, 2023.

Humor Corner

A nurse registering a new patient asked, "When is your birthday?"
"October 22," the patient replied.
The nurse then asked, "What year?"
"Every year!"

Fundraising

Pre-orders for this season's fresh mammoth pecans from Priester's are being taken in the Auxiliary Office until Oct. 31.

The first shipment of maroon fundraising t-shirts has SOLD OUT, and the second shipment is expected to arrive soon. There are less than one hundred yellow inspirational available in the Auxiliary Office for \$15. October is "Breast Cancer Awareness" month, and the Auxiliary is selling pink breast cancer t-shirts for \$15 each. Wear your shirt to demonstrate your support for breast cancer survivors and those currently struggling with breast cancer.

There are only a few 2024-2025 two-year pocket calendars left in the Auxiliary Office and in both Gift Shops for \$5.

A total of 24 people came to the "After Hours" sale held in the Main Belleville Gift Shop on Sept. 7 with sales of \$287.41. Shiloh Gift Shop reported \$222.17 in sales on Sept.14. Both shops featured discounts on Halloween and Fall merchandise.



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.

Lots of help is needed at the Fairgrounds the week of the event. MARK YOUR CALENDARS for Apr. 3-6.

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.

Gift Shop

Fall has officially arrived and is evident in the Gift Shops. Fall and Halloween items have been discounted. Christmas items are becoming more prominate. There is no better place to discover unique items for those on your shopping list during this most wonderful time of the year. A collection of warmer clothing selections are on display. Sweaters and dresses can be accessorized with unique jewelry styles. Gift items are added daily, so stop in often and recommend our Gift Shops to your friends.

Next "After Hours" sale is Oct. 5 in the Main Belleville Gift Shop and Oct. 12 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.

Quilts

A queen-sized quilt is available in the Auxiliary Office. It is pink and white with a floral applique and points around the boarder. It is available for \$350. All of our quilts are hand quilted by the Auxiliary Quilters on Mondays in the Auxiliary Warehouse.



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 am – 3 pm.

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

If you receive your immunization outside of Memorial Hospital Occupational Health Office, please e-mail or forward documentation of your 2023 flu vaccination to the Auxiliary Office at memauxiliary@bjc.org.

Standardized, Simplified Non-Clinical Emergency Response Notifications Now Live

With core Values of Safety and Excellence, BJC continuously looks for more effective ways to keep staff and patients safe at all our hospitals.

To simplify messaging and create consistency across BJC hospitals, a new systemwide policy will institute standardized non-clinical emergency notifications in clear, plain language across BJC hospitals. The policy will be implemented Sept. 18 systemwide, in conjunction with National Preparedness Month and BJC's "Healthcare Emergency Management Week."

Currently BJC hospitals frequently use different words, terms or color codes to describe non-clinical emergencies, such as "code red" for a fire or "code white" for trained security assistance needed. This lack of clarity and consistency creates additional burdens that can contribute to confusion for employees who work at multiple BJC hospitals.

Standardizing notification messaging for non-clinical emergencies will provide consistency to increase readiness, reduce confusion, promote rapid action across all stakeholder groups, and ease transitions between campuses. Under the new policy, BJC will initiate the use of plain language messaging that conveys the situation requiring a response.

"These standard, plain-language terms are easier for staff to understand and respond to during non-clinical emergencies such as a fire, utility interruption, patient elopement, hazardous weather, crime, mass casualty and more," says Mike Lauer, BJC executive director of emergency preparedness, environmental safety and security. "Using standard, plain language across all our hospitals will give all staff a better understanding of when a situation arises and what that situation is. There will be no need for a quick mental process to translate 'code silver' into what the event is and what kind of response is needed."

New Plain Language, Non-Clinical Notifications Effective Sept. 18, 2023



Auxiliary Volunteer Parking

The Auxiliary warehouse parking lot has been repainted with designating spots for only Auxiliary volunteers. All active volunteers are encouraged to update their auto information with the Auxiliary Office in order to utilize this parking lot.



Dates to Remember

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
Tuesday	17	Candy Fundraiser	9 a.m - 3 p.m.	Community Room
Wed.	18	Candy Fundraiser	9 a.m.- 3:30 p.m.	Community Room
Monday	23	Collective Goods Shiloh	9 a.m.- 3:30 p.m.	Community Room
Wed.	25	Candy Fundraiser	9 a.m.- 3 p.m.	Auditorium G&H
Thursday	26	Candy Fundraiser	9 a.m.- 3 p.m.	Auditorium G&H

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	

December 2023

Tuesday	05	Blood Drive-MES	10 a.m.- 4 p.m.	MES Community Room
Tuesday	05	Membership Dinner	6 p.m.	Auditorium
Thursday	07	"After Hours" Sale	5 - 9 p.m.	Belleville Gift Shop
Monday	11	Shoe Show	10 a.m. – 3 p.m.	MES Community Room
Thursday	14	"After Hours" Sale	5 - 9 p.m.	Shiloh Gift Shop
Monday	25	Christmas Holiday	Auxiliary & Gift Shops Closed	



19th Annual
Memorial Hospital Auxiliary

Pecan Sale



\$13 Per Pound

Please order before October 31

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 November.
- Pecans are this year's crop from the same supplier as previous years.



Curbside pickup available!

MEMORIAL HOSPITAL AUXILIARY

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