

MUR-MUR

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

President's Message:

When I think of our auxiliary members, a simple virtue comes to mind. That virtue is kindness. I see it in every member I encounter. Kindness is the act of extending a hand, a smile or a word of encouragement without expecting anything in return. It is the essence of what it means to be compassionate and empathetic. Kindness can manifest in countless ways, from small gestures like holding the door for a stranger to grand acts of selflessness, like dedicating one's life to helping others. Every act of kindness, regardless of its size, has a ripple effect that can touch countless lives.

To develop kindness, start by looking within yourself. Reflect on your thoughts, feelings and behaviors. Identify any moments when you may have acted unkindly or judgmentally. Awareness of our own unkind tendencies is the first step in making a change. You must practice empathy by actively listening to people without judgement and trying to put yourself in their shoes. This helps you connect with their humanity and needs. Cultivate a sense of gratitude for the people and experiences in your life. Recognize the kindness you receive and express your appreciation. Gratitude enhances your own well-being and encourages kindness toward others. Patience is also an essential component of kindness. When you encounter challenging situations or difficult people, take a deep breath, and respond with patience rather than frustration or anger. Refrain from making snap judgements about people based on their appearance, beliefs, or background. Recognize that everyone has a unique story, and kindness involves accepting and respecting these differences. Treat yourself with the same compassion and empathy that you offer to others. Self-care and self-compassion are essential for maintaining a kind and generous spirit.

There are many benefits to showing kindness. Acts of kindness trigger the release of "feel-good" hormones like oxytocin, a hormone that promotes feelings of love and connection. Engaging in kind behaviors promotes a sense of fulfillment and contentment. Kindness fosters stronger relationships with friends, family, and colleagues. It builds trust and strengthens bonds, creating a supportive network of individuals who care for one another. Improved mental health has been linked to practicing kindness. It enhances self-esteem and provides a sense of purpose. Increased resilience is another positive effect of kindness. It promotes a sense of community and support during challenging times, making it easier to overcome obstacles. Kindness is contagious. When you show kindness, it inspires others to do the same. This creates a positive ripple effect that can spread through communities and even across the world.

Kindness is not just a virtue but a way of life that enriches our existence and strengthens bonds that connect us as human beings. It reminds us that, regardless of our differences, we all share a common need for love, understanding, and support. By practicing kindness, we not only transform the lives of others but also cultivate our own inner peace and happiness. It is the simplest, yet most profound gift we can give to ourselves and the world.

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:

- 62 - Active
- 75 - Active/Life
- 6 - Junior
- 226 - Life
- 25 - Sustaining
- 1 - Leave of Absence
- 395 - Total

Welcome New Volunteers

Yaksh Patel- (A) Alorton
Barbara Marriott- (A) Lebanon

Sympathy

With our condolences to the family and friends, we acknowledge the passing of Sustaining member, Sallie Jo Munie, on Oct. 13, 2023.

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.

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.

Memorial Care Center

MCC is looking for weekend volunteers who would be interested in taking the book cart around room to room and, also run a table game with patients (like cards or dice) one to two Saturdays/or Sundays a month. This would only need to be 1-2 hours, depending on how long the activity would take. The book cart would only take an hour at the most. The specific weekend day would vary, depending on the needs for that month and the volunteers availability.

Humor Corner

A doctor making a house call was taken to his patient's room, but soon came downstairs and asked for a screwdriver. A few minutes later, he was back. This time asking for a can opener. After that, he requested a chisel and hammer.

The distraught wife exclaimed, "Doctor, what is wrong with my husband?"

"I don't know yet," the doctor answered. "I can't get my bag open!"

Who's never
hungry on
Thanksgiving?
The turkey.
He's always
stuffed.



Fundraising

Priester’s mammoth pecans have arrived and are ready for pick up in the Auxiliary Office. Curbside pick up is available. Call 257-5545 for a pick up. Pecans make great Christmas gifts, so purchase a few extra bags for the special people on your list. Just add a little bow, and you are good to go!

An assortment of short sleeve fundraising t-shirts is still available in the Auxiliary office. A few maroon, Peace, Love, Healthcare and a few of the pink, Breast Cancer HOPE t-shirts are left in size 2X. All sizes of the Yellow Inspirational t-shirts are remaining.

A total of 69 people came to the “After Hours” sale held in the Belleville Gift Shop on Oct. 5 with sales of \$685. Shiloh Gift Shop reported \$543 in sales with 37 guests entering the shop on Oct. 12. Both shops featured 20% discounts on Halloween and Fall merchandise as well as on women’s clothing.

“Midwest Book Fairs” formally called “Collective Goods” held in Belleville on Oct. 9-10 had total sales of \$2,195 and a commission of \$439. The fair held in Shiloh on Oct. 23 had a total sale of \$987.95 and a commission of \$197.59.

Candy Sales held in Shiloh and Belleville by D & D Fundraising featured 65 varieties of gourmet chocolates, award winning salsa, hot sauces, relishes, barbeque sauces, jams, jellies, preserves, deluxe mixed nuts, gourmet popcorn and more! Shiloh total sale was \$3202.51 with a commission of \$480.38, and the Belleville total sale was \$5,015.97 with a commission of \$691.45.

A Shoe Show with “Shoe Roads Productions” is scheduled for Nov. 20-21 in the Auditorium from 10 a.m. – 3 p.m. on Monday and 7 a.m. – 3 p.m. on Tuesday.

2024 Book Bazaar Donations

The Auxiliary Warehouse is open every Tuesday and the 1st and 3rd Saturdays from 8-11 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. KEEP YOUR CALENDARS OPEN for April 3 through 6.

Gift Shop

The Gift Shop staff are all busy preparing for “the most wonderful time of the year” with holiday décor and attire.

One of the newest items is the Santa’s Kindness Ornament by Demdaco. It enhances the magic of Christmas by allowing children to hear directly from Santa. Capture special moments in the Kindness Journal and establish a new tradition.

Volunteer, Millie Courtney, was given high praise from a customer who visited the Main Gift Shop. Millie runs the register in the shop on Wednesdays. After the customer left the Gift Shop, she made a call to the Auxiliary Office to let us know what a “gem” we have with Millie. Way to go Millie! Thank you for your great customer service.

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



Nominating Committee Report

The 2023 Nominating Committee consisting of Anna Richardson, Joan Green, Chris Hubert, Carole Middendorf and Jane Schwebke is recommending the following slate of officers for the 2024 Executive and Nominating Committees. The new slate of officers is being presented and will be voted on at the December Membership Meeting on Tuesday, December 5, 2023.

2024 Executive Committee Slate of Officers

President-Les Mehtens

Vice-President-Becky Olroyd

Recording/Financial Secretary-Charlotte Walther

Corresponding Secretary-Peggy Harris

2024 Nominating Committee

Chris Hubert 2023-2024

Carole Middendorf 2023-2024

Marilyn Hummert 2024-2025

Alison O'Neal 2024-2025

Ann Porter, Immediate Past President

Membership Meeting Reservations

Please make your reservations for the Tuesday, December 5 Membership Meeting at 6 p.m. in the Auditorium by November 20th. Call the Auxiliary Office at 257-5545. The dinner menu will include roast beef, mashed potatoes, vegetable medley, salad, rolls, dessert, coffee and iced tea. Free to members and guests are \$5.00 at the door.

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.

Quilts

A new baby quilt has been completed. It features an embroidered bear holding heart balloons, surrounded by a ring of embroidered hearts with flowers. It has pink backing and pink and white point edging. It is priced at \$100.

A new twin sized quilt is also ready. It is done in yellow, green, red, and blue with "holly hobby" boy and girl patches. The backing is white with points around three of the edges. It is priced at \$300.

A "vintage" full sized quilt is now complete and on display in the Auxiliary Office. It is white with brown embroidery and edged in brown with white embroidery and is priced at \$400.

A queen-sized quilt is also 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.

All of our quilts are hand quilted by the Auxiliary Quilters on Mondays in the Auxiliary Warehouse.



Remaining Fall 2023 Flu Clinic Dates

Walk-in flu clinics are still available at both MHB and MHS for the upcoming flu season from 7 a.m. – 3 p.m.

Memorial Shiloh (Community room)

Tuesday, November 21

Memorial Belleville (MOB 1 Suite 480) Occupational Health Office

Thursday, November 16

Wednesday, November 22

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



Dates to Remember

November 2023

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	