



April—June 2023

## Updates from the Director

Greeting WakeMed Volunteers,

We hope this summer edition finds you doing well and enjoying the sunshine when possible! It is that time of year when most of us are taking some much-needed vacation time so please remember to let us know if you are planning time away from your service. Also, a reminder to sign in and out for your service hours as this helps us ensure your service is tracked as closely as possible. We will be sending out the annual volunteer survey soon to gather your input and feedback so, please let us know your thoughts! We use this information to identify opportunities and improvements each year - and we really want to hear from each of you!

Please read on about all of the wonderful things WakeMed Volunteers and each of our Volunteer Board of Directors have been up to!

Thank you,

Chris Perry, MBA

Director

Guest, Retail & Volunteer Services

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### Quote of the Quarter

**Volunteer!**

**Start where you are.**

**Use what you have.**

**Do what you can.**

**—Arthur Ashe**

## RALEIGH'S CHAIR REPORT



As a Guest Ambassador, I have the privilege of meeting visitors and hospital staff and delivering mail or taking flowers to a patient. It's moving and frankly uplifting when you see patients leaving the hospital recovering from an ailment, so happy to return to their normal surroundings.

WakeMed has many volunteers of all ages, helping in numerous hospital departments serving 2-4 hour shifts and in some cases multiple days per week. And that does not include all those hundreds of volunteers working from home making babies hats, toys, blankets etc. for WakeMed patients.

Fund raising is an important component for the Board:

Volunteers Services organize and manage the fundraising sales at major department stores, such as Macy's, Dillard's, Belk etc, uniform and other virtual sales via the internet. Board members and volunteers are invited to help at these events (always very rewarding). As a result of these sale activities, the Board is able to provide the accrued funds to support various departments in the hospital. The work involved preparing these sale activities by Volunteer Services is no small task and takes many hours of preparation. Thank you, Volunteer Services!

It should be noted the WakeMed Volunteer Board is organized to operate exclusively for Charitable, Scientific and Educational purposes and is classified by the Internal Revenue Code 501©(3). In layman's terms, we are a Charity with tax exempt status.

### Funding Requests approved this year:

Rehab Clothing closet

Neonatology

WakeMed North Meditation Room

Rehab Cardiac Telemetry

WakeMed Foundation Trust

We are aware that many of our fellow volunteers may not know that a Volunteer Board exists or its functions. After all, most adult volunteers have families and have retired from their professional life and want to use their experience to help others. Whereas the younger volunteers have their professional life ahead of them and are studying at school or college and are giving their time to learn where they may contribute to society. With this in mind, the Board has recently formed a Communication Committee in an effort to bridge this gap and to include everybody in our activities. We plan to make ourselves through personal and written contact, verbal, and small group participation. Please, give us a little time but you will be hearing from us soon!

Enjoy the wonderful North Carolina weather this summer. We seem to avoid the extremes of the heat and severe cold conditions. As someone who lived in the UK half his life, I appreciate, and enjoy the climate here.

Keep safe.

Ken Harrison, Chair

Raleigh Campus Volunteer Board of Directors

## CARY'S CHAIR REPORT



I spent a few minutes looking over what I wrote for this publication last year at this time, and I had to laugh at a complaint about the “heat” of last July, worrying about what August was going to bring. Little did we know that a year later we would literally be boiling *all summer long!*

On June 22, our American Heart Association Training Center provided an instructor-led Heartsaver CPR AED course for WakeMed Cary volunteers in the Cary Conference Center.

More than a dozen Cary volunteers were joined by their volunteer counterparts from Raleigh for a joint session. The participants earned a course completion card which is valid for two years.

The session was coordinated by Cary Board Event Committee Chair Sharon Thomas. We extend our thanks to Education Resource Specialist Taylor Midgette from Nursing Education who organized the entire event. She brought with her two other nurses, Kate Phillips and Rebecca Jones who also helped coordinate this valuable learning experience for our volunteers. Because of the tremendous interest and the limited number of available positions in the session, we hope to schedule it again in the future.

This was the first of what we hope will be other joint efforts between the Cary and Raleigh Volunteer Boards.

Our most exciting news is that we have identified three potential new Cary Volunteer Board members and are in the process of getting these wonderful new folks signed, sealed and delivered. We hope to identify at least two additional candidates for this year which will give us one GREAT board slate to kick off 2023-24. Are you interested in joining this new, dynamic group? Please reach out to myself ([jcaa@nc.rr.com](mailto:jcaa@nc.rr.com)) or Jackie Kennedy ([jkennedy@wakemed.org](mailto:jkennedy@wakemed.org)) to learn more about it!

Finally, it's that time of year – yes, in the heat of the summer we are thick into the planning for October's Trunk or Treat. The 2023 event is looking good already, so mark your calendar for Friday, October 27! Do you know someone who would like to purchase one of our affordable and visible sponsorships (*Goblin, Ghost, Frankenstein, Count Dracula* or *Name-Your-Own* Sponsorship)? The sponsorships start at \$100 and proceeds will not only provide a safe and *free* Halloween experience for the children of Cary, but also help our Volunteer Board fund various in-hospital special projects. Perhaps you would like to create a themed-vehicle trunk to help pass out treats to the more-than 1,000 children expected to attend!

Our costumed nurses, doctors, administrative staff and volunteers have been such great supporters of this event in the past and, let's face it – you just never know WHO will turn up at WakeMed Cary's annual Trunk or Treat.

If you are part of a hospital department, know or own an outside business that wants to get in on this great event with a financial sponsorship or participate with a decorated trunk, *or*, if you are just an individual who wants to be part of a rollicking fun time ... well, put on your fright wig and join us! Contact myself or any WakeMed Cary Volunteer Board member for additional information!

Best wishes,

Joyce Aschenbrenner, Chair  
Cary Hospital Volunteer Board of Directors

## VOLUNTEER SERVICES UPDATES

### WakeMed Volunteer Education Reimbursement

Reimbursement of up to \$200 is available for Raleigh Campus and North Hospital Volunteers who take classes that support their current volunteer roles or prepare them for future volunteer roles.

Some examples:

- Heart Saver CPR/AED
- Medical terminology
- Notary Public
- Languages
- Computer Skills
- Team Building and other Leadership classes

Funding is provided through the Raleigh Hospital Volunteer Board of Directors.

For more information about the WakeMed Volunteer Education program, requirements and the online reimbursement request form please visit:

<https://www.wakemed.org/volunteer/volunteer-education-program>



Thank you to our veteran volunteer, Bob McAlister, for handmaking this sign and quilt rack from his scroll saw and quilt working expertise. We could not agree more that our volunteers are Love in Action!



Thank you to all our volunteers who also donated blood! College student and Surgical Services volunteer, Grace Bretius brought her mom to donate blood in June. Blood centers struggle to collect enough blood during the summer months. But the NEED for blood never takes a vacation. WakeMed hosts blood drives about once a quarter and to sign up, visit: <https://thebloodconnection.org/>.

## VOLUNTEER SERVICES UPDATES

### Capital Medical Reserve Corps

Capital Medical Reserve Corps (CMRC) comprises medical and non-medical volunteers who are interested in assisting CapRAC Regional Healthcare Preparedness Coalition partners during special events, public health emergencies, or disasters that have had a catastrophic impact on a community's healthcare infrastructure.

CMRC volunteers serve in many different ways when deployed during special events, emergencies, or disasters. A few of these roles include:

- Various medical provider roles
- Record keeping/patient intake and discharge
- Various logistical and/or planning roles when deployed with the State Medical Assistance Team 800
- Assist in maintaining situation awareness
- Assist with access control and site security
- Provide customer service and public information at medical tents or in a mobile field hospital .

Orientation training will be conducted within a three hour time frame and will cover the following topic areas:

- What is the CapRAC Healthcare Preparedness Coalition
- History of the Medical Reserve Corps
- Notification and Activation Procedures
- Preparing for Deployment
- Personal Preparedness

WakeMed staff member, Katrina Shearin is the Capital Medical Reserve Corps Coordinator. If you are interested in more information, see please email Katrina at [kashearin@wakemed.org](mailto:kashearin@wakemed.org) or 919.810.2261.



## VOLUNTEER SERVICES UPDATES

Volunteer Services was invited to be a guest at the Cary Campus Farmer's Market.



Heartsaver CPR Class held at Cary WakeMed for Volunteers on 6/22/2023.



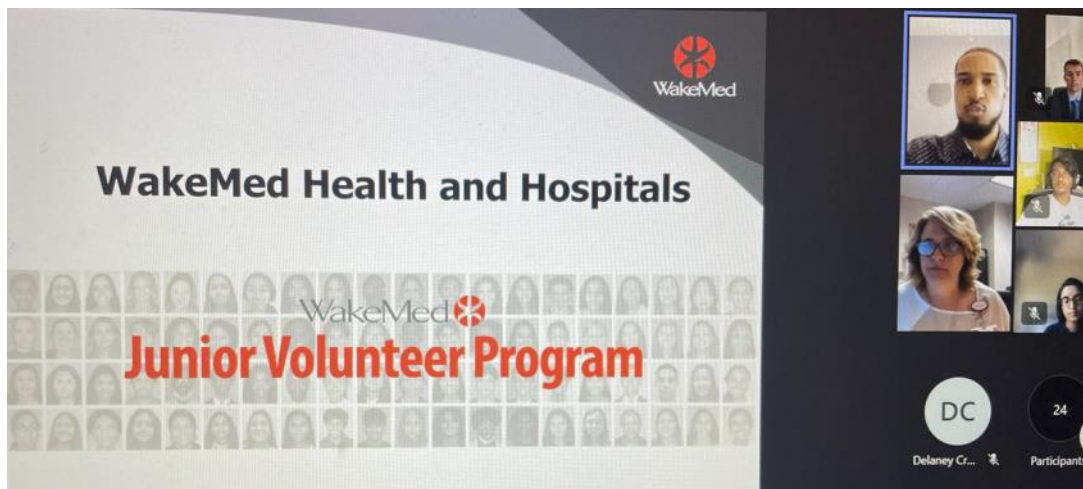
**Heartsaver**



## VOLUNTEER SERVICES UPDATES

### Junior Volunteer Program

We have welcomed 107 Junior Volunteers to WakeMed this year. Thank you for volunteering along side many of our high school volunteers and giving them a glimpse into their future careers in healthcare! Volunteer Services is now conducting many applicant interview virtually now and LuMar and Jennifer recently did a group interview with our junior volunteers.



### Summer 2023 Juniors Guest Ambassador



*Attendees not pictured : Harika Medikonda, McCrea Jones, Michael Meza, Sarah Rahhal, Delaney Cromity & Yasin Abubakar*

## VOLUNTEER SPOTLIGHT

### Liisa Davis



#### **Name, Role, Scheduled Days of Service:**

Liisa Marie Davis. I am a Cuddler in the NICU and Children's Emergency Department. I am at WakeMed every Wednesday.

#### **Tell me a little bit about yourself outside of WakeMed?**

My family is Canadian, but I grew up in Mystic Ct. I loved being part of my combination Québécois/ American experience. As a result, I speak Frenglish well!!! I was a Hairstylist & Esthetician for 38 years.

We moved to NC 9 years ago because we liked the weather and the beauty of the area. My husband & I have 3 sons, 4 grandsons and 2 granddaughters! My husband & I love getting together with our friends, traveling and being with our family.

#### **How long have you been volunteering at WakeMed?**

I started volunteering at WakeMed in 2018. First in Children's Emergency Department then a few weeks later, got into the NICU Cuddlers Department.

#### **What does this experience mean to you?**

I have volunteered since I was in Elementary School. From crossing guard & kindergarten help, up to cheerleading coach after High School. I love to be part of a community. and enjoy giving back.

#### **Can you describe a particular time you felt you were making a difference in the lives of others at WakeMed?**

It was early in my time at WakeMed in the CED, when there was a car accident involving 4 children. I was asked by the head of Child Life at the time if I would stay later and go to the Adult ED and assist with keeping the children calm and cared for as the parents were take care of by the doctors and nurses. I was happy to help in any way I could. In the end, I was nominated for a Petal Award, which I didn't know what that was at the time. I was just doing my "job"! I am proud to be part of the Team!

***Thank you for all you do Liisa, and for serving as a WakeMed Volunteer!***





## VOLUNTEER SPOTLIGHT

### Dawn Brethour

We would like to introduce you to Dawn Brethour. She has been Community Sewing Volunteer since 2019 working with the local sewing group – Cary Stitchers. Dawn also volunteers in the Cary office once a week. She brings her sewing expertise to checking in, folding, and preparing the sewing donations. Dawn had stopped crocheting until she found out there was a place her handmade items could go. While she has fun creating items, she also enjoys seeing how the blankets are given out to our patients and hearing firsthand the stories about the impact the blankets make for our patients. While she is sorting the donations, she gets to see all the wonderful talent we receive from our community sewing volunteers. Seeing all the beautiful donations inspire her and gives her new ideas. When Dawn is not volunteering, she is a grandma of two, an avid reader, loves to garden and travel, and working on all kinds of crafts. We are so grateful for Dawn and her expertise as a community sewing volunteer. If interested in Cary Stitchers sewing group, they meet at Cary Senior Center on Mondays, from 9 – 11 am. A big shout out to Dawn! We appreciate you!



## VOLUNTEER SERVICES “LIKES TO KNOW”



ROBERT KIHARA ITOTIA



We wish you a speedy recovery and hope you get well soon!

Bill Ayars  
Susan Legatowivz  
Elliana Gracias  
John Vanmeter-Kirk  
Mary Hill



### Volunteer Services Upcoming Event and 3rd Quarter Contributions

#### Upcoming Sale

#### First Uniform SALE ONSITE:

**North Campus:** August 2nd  
7 AM - 4 PM - Conference Room

**Cary Hospital:** August 3rd -  
7 AM - 4 PM - Conference Room B & C

**Raleigh Campus:** August  
31st - 7AM - 4 PM - Andrews Center



*Proceeds from the sales allow the Volunteer Boards to provide funding to support programs and services at WakeMed Health & Hospitals.*

#### Contributions

#### Cary & Raleigh Macy's Sale:

Raleigh \$4687.66  
Cary \$1847.49

**Grand total contribution this quarter:**  
**\$6535.145**

## SPREAD THE WORD ABOUT VOLUNTEERING

We have some volunteer opportunities in the following areas. We ask that volunteers complete at least 6 months in their current placement before moving to another area. If you are interested in adding or changing to one of these placement areas, in Cary contact Jennifer Gibbs at [jegibbs@wakemed.org](mailto:jegibbs@wakemed.org) and in Raleigh & North contact LuMar Bennett at [lubennett@wakemed.org](mailto:lubennett@wakemed.org).

### Cary Hospital Volunteer Placement Areas:

Courtesy Cart Driver - especially on Thursdays and Friday mornings

Endoscopy - especially on Wednesday and Friday mornings

### Raleigh & North Hospital Volunteer Placement Areas:

Trauma Services—Monday, Thursday and Friday mornings or afternoons

Patient Service—Pediatric Diversionary—Recreation—Saturday and Sunday mornings and afternoons

Rehab: Healthpark—Monday, Wednesday, Thursday and Friday mornings and afternoons



### Other Locations:

Medical Park of Cary building (210 Asheville Avenue) - Guest Ambassador on Tues, Thurs, and Fri mornings

Brier Creek Healthplex - Emergency Department in the mornings

Friends and family that are interested in applying or just learning more can visit [www.wakemed.org/volunteer](http://www.wakemed.org/volunteer)

## 3rd Quarter Sewing Donations

### Raleigh Campus

Andrea Smith	Patt Crissmann
Anna Bennett	Patty Kribbs
Anna Doggett	Pearl Fowler
Avery Campbell	Piper Marshburn
Barbara Dickerson	Project Linus
Betty Whitley	Quilts for Kids
Capital Quilters	Randa Maher
Cary Stitches	Rolesville Baptist Church
Chris Bowyer	Rosemarie Gattuso
Creative Threads Sewing	Sharon Barrow
Cynthia Jordan	Sheila Henderson
Dawn TarziaEmily Mathew	Sherri Ingersoll
Glenda Poulter	Sherrill Boyce
Jan Holt	St. Catherine of Suna Church
Jared Boxes	Sujitra Martin
Joy Young	Sumiyah Enayet
Karen Gainey	Susan Griffith
Kathryn Clarke	Susan Nelson
Kathy Turner	Suzie Franzheim
Kristin Blythe	Thread of Love

***Raleigh Community Sewing Groups contact Pennie Graham at [pegrham@wakemed.org](mailto:pegrham@wakemed.org) or 919-350-8293 to update member status.***



Lynne Lye  
Meredith McKinney  
Merrilyn Allen  
Michele Boyce  
Mickey Strong  
Needling Around @ Creekside  
Nina Honeycutt  
Oliva Poole  
Pamela Adcock  
Pamela Ponton  
PaperPie  
Patricia Kribbs

### Cary Hospital

Abhikriuthi Sudula	Karen Castle
Adriana Jurjeric	Karen George
All Saints Knitting Group	Katarina Dorosky
Amy Baldakas	Kavya Rajesh
Ann Scherma	Linda Stander
Anna Gilman	Liz Plane
Anna Regina Viola	Loops of Love
Annette Lew	Maria Blewitt
Ashlyn Scruggs	Material Girls
Barbara Allen	Nancy Kalish
Carolina Preserve Yarn Spinners	Nancy Ramano
Caroline French	NC Chapter Quilts for Kids
Caroline Richard	Ranchel Dango
Cary Blanketeers	Randolyn Emerson
Cary Quilting	Regina Chavez
Cary Stitches	Rose Byrd
Catharine Griffis	Rosemary Dahkberg
Cindy Larsen	Sarah Moon
Compassion Knit Hearts	Sewing Seeds in Hearts
Deanna Babyack	Sharon Pike
Debbie Egbert	Shepherds Church
Debbie Henry	Stitch Together
Delores Hall	Sue Terjesen
Donna Grau	Susan Tapp
Ebony Baylis	Templeton Threads
Elizabeth Hicks	Terry Schaible
Faith Kennedy	The Caring Crafters
Garner on the Mend	Wanda Constantino
Gayle Marko	William Welborn
Gerri Osenga	Windsor Point Group
Harika Petchetti	Woodland Terrace KnitWits
Harriet Kelner Group	Yvonne Raswell
Hindu Society	
Janee Dunmore	
Jeanette Jones	
Jerralie Peterson	
Judy Latham	
Karen Casian	

***Cary Community Sewing Groups contact Suzanne Regan at [surgan@wakemed.org](mailto:surgan@wakemed.org) or 919-350-2363 to update member status.***

# VOLUNTEERS DOING WHAT THEY LOVE





**Department of Volunteer Services  
3000 New Bern Avenue  
Raleigh, NC 27610-4465**