Volunteer Spotlight

Bob and Alene Matthews

by Mark Bliss, Marketing Staff

Bob and Alene Matthews enjoy volunteering together. Former high school sweethearts, they've been married for 67 years.

A Giving Way

Auxiliary members Bob and Alene Matthews joyfully donate time and money to support SoutheastHEALTH.

The Matthews feel right at home at Southeast Hospital. That's not surprising. Generous contributors to SoutheastHEALTH, they regularly volunteer as members of the Auxiliary and help fund Hospital projects.

Bob served as president of the Malone and Hyde Grocery and Wholesale Food Division in Sikeston for 25 years. After a successful career with the wholesale grocery company, first in Sikeston, Mo., and later in Tennessee, Bob and Alene moved to Cape Girardeau in 1990. It didn't take them long to start supporting Southeast Hospital.

‘A Chance to Serve’

Bob joined the Foundation board in 1991. Two years later, Bob and Alene signed up as Hospital Volunteers. “We like what we are doing,” Bob says with a smile. “We saw a chance to serve people.”

Bob, sporting his tan Auxiliary vest, and Alene, wearing the Auxiliary pink smock, are familiar faces to patients and staff at Southeast Hospital. They have a friendly word or smile for everyone they see.

Bob recently reached a milestone – 10,000 hours of volunteer service at the Hospital. Alene isn’t far behind. She’s provided almost 9,000 hours of service to Southeast. Bob says he has served in nearly every area of the Hospital. Bob and Alene currently assist patients and families in the Cardiothoracic and Surgery waiting rooms.

Alene says they regularly receive heart-felt thanks from patients and staff at the Hospital. “That’s our reward,” she observes.

Mark Your Calendar!

A special meeting of the SoutheastHEALTH Auxiliary has been called for 9 a.m. on Thursday, June 11, 2015, in the Harrison Room

All Auxilians/Volunteers are encouraged to attend. We need you there to approve the changes in our Bylaws that we had to postpone voting on in January.

We will also hear from President and CEO Ken Bateman and Lincoln Scott, Vice President of Human Resources. During a time of refreshments, we will also discuss our Auxiliary, its present and future. We look forward to hearing your thoughts and ideas!

Please join us! Let Volunteer Services know if you will be there. Call 651-5518 by June 8.
MAHA District Meeting Held This Month
The Missouri Association of Hospital Auxiliaries (MAHA) held its annual District VI meeting in Perryville, Mo., on Wednesday, May 13, 2015. Attending from SoutheastHEALTH were: Carolyn Brant, Judy Brown, Julie Cook, Dolly Jewel, Shirley Raines and Shirley Waterman.
MAHA’s current state project, Epilepsy Awareness, was the focus of the program. Darla Templeton, CEO of the Epilepsy Foundation for Missouri and Kansas, was the keynote speaker. She gave a very informative talk about the disease, its symptoms and the stigma that having epilepsy carries. She explained that the Foundation’s purpose is to educate people about epilepsy, what it is and what it isn’t, and how we can help.
In addition to education, the Foundation advocates for individual patients who are unable to get jobs or insurance because of this disease and provides socialization programs to help epilepsy patients and their families.
SoutheastHEALTH’s Auxiliary is going to hold a fundraiser later this year to raise funds for the Epilepsy Foundation. It will be a “Nice Old Sale.” We will have old bags, old jewelry and old books sold by pleasant old bags!

MAHA 2015 State Project
The Missouri Association of Hospital Auxiliaries (MAHA) has selected a very worthwhile project for us to support this year. It is Epilepsy; a neurological condition caused by seizures – recurring disruptions of electrical communication in the brain.
Epilepsy is currently ranked at the top of the list for the most common neurological disorders along with migraines, stroke and Alzheimer’s disease. Epilepsy affects people of all ages, races, and ethnic backgrounds. One in 26 people will be diagnosed with epilepsy, with most occurring during childhood or beyond age 55. Currently, over 2.8 million Americans have epilepsy.
Epilepsy is one of the world’s oldest known medical conditions, and yet too many people do not understand it. This misunderstanding has led to fear, discrimination and social isolation.
Over one-third of people with epilepsy have uncontrolled seizures, and a third of those people are not receiving the appropriate care to manage their condition. Some forms of childhood epilepsy are especially resistant to current treatments. Among older children and adults, epilepsy remains a formidable barrier to normal life, affecting educational opportunities, employment and personal fulfillment.
Epilepsy accounts for $15.5 billion in direct costs (medical) and indirect costs (lost or reduced earnings and productivity) each year. Delayed recognition of seizures and inadequate treatment, which may result from a lack of specialty care, increases a person’s risk of subsequent seizures, brain damage, disability, and death from injuries incurred during a seizure.
The Epilepsy Foundation, a national non-profit organization, is committed to providing effective advocacy programs on behalf of individuals and families impacted by epilepsy and seizures. The mission of the Epilepsy Foundation is to stop seizures and sudden unexpected death in epilepsy (SUDEP), find a cure and overcome the challenges created by epilepsy through better education, advocacy and research into new therapies.
We hope Southeast Volunteers/Auxiliaries will help support this project. Somewhere in each of our lives, we probably know or have known someone with this condition. Let’s determine how we can best help the Epilepsy Foundation and how our Auxiliary can support this state project.
If you have ideas and might be interested in helping the Auxiliary with this project, please contact Julie Cook who is our Auxiliary Vice President/President-elect. Call her at 335-3643 or email her at julieandgeorge1@sbcglobal.net.
From Auxiliary President Nancy Bray . . .

HELP WANTED: ACTIVE AUXILIANS

“The Auxiliary’s Purpose is to further the mission of SoutheastHEALTH through Southeast Auxiliary members who donate gifts of their time, talents and financial resources.”

Recently, I completed an online survey for my national college sorority about my views, as an alumna, on philanthropy and volunteering. As I worked my way through that survey, I kept thinking about our Auxiliary’s Purpose and the many opportunities the Auxiliary offers for us to donate our time, talents and monetary gifts. So in this column, I am reminding us of all the ways we each can be an involved Auxilian and help the Auxiliary accomplish its purpose of making a difference for those SoutheastHEALTH serves.

TIME AND TALENTS NEEDED

The most obvious way is through volunteer service in the Hospital in the many areas where the time and talents of Volunteers are needed. However, if for a variety of reasons, you are unable to do that or want to try something else, you might consider serving as an Auxiliary officer, committee chairperson or committee member. If that interests you, contact Nominating Committee Chairperson Judy Brown or me. Either of us would be glad to acquaint you with the committee and Board service opportunities. You can reach Judy in the Gift Shop at 331-6639 or reach me at 335-3176.

Assisting with the Auxiliary’s different fundraising sales might appeal to some of you, and our Fundraising Chairperson Pat Robert would be glad to hear from you and talk with you about the dates and types of Auxiliary sales coming up the rest of this year and about the duties involved. You may reach Pat at 335-0288.

FINANCIAL GIFTS NEEDED

Your financial support would be welcome for the following special projects of the Auxiliary. Our newest project to support through funding and/or the donation of books is REACH OUT AND READ. This national program has been brought to SoutheastHEALTH by Southeast’s pediatricians. Reach Out and Read trains medical providers who give books to their youngest patients at well-baby check-ups along with advice to the parents about the importance of reading aloud to their children. Our pediatricians target children ages 6 months through 5 years to receive new books (age and content appropriate) during their appointments. Research shows that when physicians promote literacy, according to the Reach Out and Read model, there’s a significant positive effect on parents reading aloud and on children’s language scores and school readiness. Not only are funds and books needed, but so is an Auxilian to chair this new project! Anyone interested?

Another Southeast program that the Auxiliary has sponsored since the program’s inception in 1999 is BUILDING BLOCKS/NURSE FAMILY PARTNERSHIP of the Southeast Region. Building Blocks is for first-time, low income mothers and their infants until their second birthday. From one nurse and 25 clients, Southeast’s program now has eight nurses and 200 clients in a 10-county service area that stretches from Perryville to the Arkansas border. Our Auxiliary’s funding support helps provide books for children and educational materials for the mothers, breast-feeding kits, clothing, blankets and other essential supplies. Auxiliary chairperson for Building Blocks is Rhonda Parenteau who may be reached at 243-8729 if you want to learn more or offer your support.

Our SCHOLARSHIP PROGRAM is the Auxiliary project we have funded the longest. In 1962, the Auxiliary began awarding one or several nursing scholarships a year. Now the program has expanded to include scholarships for students pursuing a variety of careers in direct patient care, and this past year 22 scholarships were awarded. Since 1962, almost 250 scholarships totaling over $230,000 have been awarded by our Auxiliary. To learn more about the Auxiliary Scholarship program, contact Auxilian Dolly Jewel at 335-7129 and to learn about Scholarship funding, contact Auxilian Sue Balsamo at 335-9383 or Treasurer Betty Heisserer at 243-8303.

You also express your financial support of the Auxiliary whenever you are a customer in the Auxiliary Gift Shop or purchase items at the Auxiliary’s special fundraising sales held in the Hospital.

To make a financial gift at any time, you may write a check to the SoutheastHEALTH Auxiliary and write on the check or in a note enclosed with it which Auxiliary project you are supporting. In addition, you may donate to the Auxiliary in memory of someone or in tribute to someone. Mail all checks to the attention of the . . .

Auxiliary Treasurer
c/o Volunteer Services
SoutheastHEALTH
1701 Lacey
Cape Girardeau, MO 63701

Every type of support is needed and appreciated! Please keep in mind these many ways you can be an active, contributing member of our Auxiliary and help further the mission of SoutheastHEALTH.

Nancy
A Conversation with Cathy

In our last newsletter, I included this quote by Sir Winston Churchill, "To improve is to change: to be perfect is to change often."

Over the last year we have made and will continue to make some changes in Volunteer Services to keep up with regulations, the changing environment of the healthcare industry and personal lives.

In the fall I made some changes to the Student Volunteer program. Students are now required to provide me with a statement explaining why they want to volunteer and two reference letters. They also must sign a commitment to work at least 60 hours for two semesters and attend an orientation class. Although we only averaged five college students per month, they were all very responsible and dependable. In the past I have had college students sign up and come one or two times and then never return. We were thankful for this responsible group of Volunteers, and hopefully some of them will return in the fall.

We are gearing up for the summer with our Junior Volunteer program. This program will start with orientation on June 2 and 3. They, too, will have similar requirements as the college students as far as reference letters and an explanation as to why they would like to volunteer. This year I have worked with Nursing Administration to create a Junior Volunteer Hospitality Assistant position. These individuals will work on the nursing units with a specific task list designed to assist the nurses and nurse aides while providing some extra attention and TLC to our patients and visitors. Please help us welcome our youngest group of Volunteers.

Volunteer Services welcomes two new part-time staff members who will mainly work at the Lobby Desk: Sharon McNeely and Annie Morozko. These two women are filling the fulltime position which was vacant after Linda Train retired. Sharon graciously helped us out on a temporarily basis.

You will see another new face in the office in the coming months, we just don’t know who at this point. Becky Riney is transferring to a part time sitter position so she will have more free time to spend with her family. She will certainly be missed by all and has agreed to help transition the new person and be available when we need assistance. She is a wealth of knowledge when it comes to this office and the history of the Volunteers. Please wish Becky well and thank her for the years of service. She certainly will be missed!

Cathy Goodman
Director of Volunteer Services

On the Light Side

Time to fire up the grill!

Grecian Pork Tenderloin

¾ cup fresh lime juice
3 tbsp olive oil
4 cloves garlic, crushed
4 tbsp dried oregano
2 (1 pound) pork tenderloins

Place lime juice, olive oil, garlic and oregano in a large resealable plastic bag. Shake sealed bag until ingredients are well mixed. Place tenderloins in the bag, seal, and turn to coat. Marinate in the refrigerator for 2-5 hours. Preheat grill for medium heat or oven at 350 degrees. Place tenderloins on grill for 20 to 30 minutes, turning once until done OR place tenderloins in a baking dish and place in oven, do not cover, roast for 5 to 60 minutes until well done.

Nutrition Facts

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Vitamin A: 4%   Vitamin C: 15%
Calcium: 4%     Iron: 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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This recipe is just one of many delicious, healthy recipes compiled by Southeast dietitians for the Kohl’s Youth Diabetes Care Network’s “Taste on the Light Side” 2nd edition cookbook. Contact the Southeast Diabetes Center for more information.
Shop Our Wishing Well Gift Shop!

There are so many unique items in the Gift Shop right now. If you’ve wanted to be a pet owner without the hassles and expense, you should “adopt” one of the Perfect Petzzz puppies. The lifelike Yorkie (see above) and Beagle actually breathe while they sleep in their cute little beds!

Also new to the Gift Shop are beautiful angels that will embrace your photos and greeting cards. Prayer Angel Embrace figurines, above right, will also make great gifts for patients and friends.

The alphabet letters at right are a popular item right now. They make a fun addition to any home or office decor.

We also have a colorful selection of breezy summer clothes, beautiful beach bags, purses, scarves and of course – jewelry!

All merchandise on the tables in the Lobby, including pillows and lamps, are now 40% off. And don’t forget your discount as a Volunteer!

Stop by when you have a minute and let us help you find something special. Proceeds benefit our Auxiliary projects.
Volunteer Birthdays

May
- 24 Iffat Khan
- 25 Karen Sturms
- 26 Pat Robert
- 28 Cathy Goodman
- 31 Margaret Needels

August
- 3 Pat Stehr
- 5 Karen Ervin
- 6 Julia Cook
- 8 Becky Wachter
- 10 Germaine Robert
- 13 Mary Lee Bishop
- 14 Peggy Medlock
- 16 Ilena Aslin
- 16 Pat Mungle
- 18 Shirley Raines
- 21 Judy Buford
- 21 Jeanette Patterson
- 27 Margaret Sanders
- 28 Sue Balsamo
- 29 Madeline Hente
- 31 Charlie Balsamo

Upcoming Events

May 26  Board of Directors Meeting, 9 am, Meeting Room 106
June 2    Junior Volunteer Orientation, 9:30 am, Meeting Room 106
June 3    Junior Volunteer Orientation, 1:30 pm, Meeting Room 106
June 11   Auxiliary Bylaws Meeting, 9 am, Harrison Room
June 18   Heavenly Sheets, 8 am – 5 pm, Harrison Room
June 19   Heavenly Sheets, 7 am – 3 pm, Harrison Room
July 1    Blood Drive, 8 am – 4 pm, Harrison Room
July 3    July 4th Cookie Cart, 8 am – 10 am
July 28   Board of Directors Meeting, 9 am, Meeting Room 106
July 30   Books Are Fun, 9 am – 5 pm, Lobby
July 31   Books Are Fun, 7 am – 3 pm, Lobby
August 1  Scrapbook Crop, 8 am - 5 pm, Harrison Room
August 6  Jr. Volunteer Appreciation Luncheon, 11:30 am – 1 pm, Room 106
August 24 Bling It On Sale, 7 am – 7 pm, Harrison Room
August 26 Blood Drive, 8 am – 4 pm, Harrison Room

Registration deadline is Friday, May 22!

Junior Volunteer Sign-Up

Do you know any young people between 14 and 18, looking for something worthwhile to do this summer? Junior Volunteering provides a first-hand look at healthcare careers and may earn a positive reference for future employers and college admission. Orientation sessions will be held on June 2 and June 3. Volunteer Services is accepting applications for Junior Volunteers on a first-come, first-serve basis. For more information, call the Volunteer office at 651-5518 or access the application online at SEhealth.org.

Contest Begins Next Month!

SoutheastHEALTH’s annual Photo Calendar Contest will get under way this summer, so you’ll want to be ready with your best shots! Twelve winners will be chosen – one to represent each month of the year. The contest will be open to all SoutheastHEALTH employees, Volunteers, physicians and trustees. The call for entries will be announced in June and the contest will continue through late August. Call Renee Shandy in Marketing at 986-6605 for more information. We’d love to have Volunteer representation again this year!

New Faces

Adult Volunteers
- Christine Boone
- Michael Chandonait
- Vickie Hutcheson
- Karen Sturms
- Becky Wachter

Student Volunteers
- Karlie Dennis

Welcome
Note from Pearla

What happened? Just settling in for a smooth, restful and mellow spring and something dreadful happened. My nose got clogged up. It never came unclogged. Seems the older I get, the worse my allergies are. I know many of you have been suffering the same this year and all I can say is keep those allergy pills handy or make sure your doctor has ordered something that will get you on the road to recovery.

Plus during this time, let’s keep mindful of our patients. Don’t visit your assigned patient if you do not feel well. Any of our Hospice patients can be in a compromised immune state with their illness. None of us want to be the Volunteer who takes what looks like allergies to a patient and find out later that it was a cold or flu (good reason for flu shots, right?).

And The Winner Is...

It took a month and help from everyone, but we drew a winning ticket for the “Iris Quilt.” The winner was Hospice Volunteer Dixie Hopkins, shown holding the quilt. The staff of Southeast Hospice is very proud that one of our own was drawn as the “keeper of the quilt.” Dixie was thrilled to win the quilt.

Thanks go out to all the Hospice Volunteers who spent time selling tickets or bought tickets. We especially thank the Wishing Well Gift Shop for letting us place the quilt on display for the month of April and for selling tickets. Also, thanks go out to the following Hospice Volunteers who spent part of their day selling tickets at Chateau Health Center:

- Tina Bles
- Mark Kibling<br>
- Phyllis Lee
- Carolyn Pickens
- Helen Hunt
- Dixie Hopkins
- Jean Mueller
- Carrie Skelton

The total income for the quilt raffle was $880! WOW. You are all awesome.

New Volunteers

Welcome our four new Southeast Hospice Volunteers. Pictured from left: Gina Hefner, Cindy Moore, Erika Kropp and Jim Day.

Gina is from the Delta area and works for Isle Casino while Cindy works for SEMO Alliance for Disability Independence. Erika is a student at Southeast Missouri University and Jim works for Academy Sports and is an active member of Stephens Ministry through St. Andrew Lutheran Church.

Please introduce yourself if you should meet them at an inservice or Hospice event.

Take the time to enjoy the season. Remember that allergies too will pass. Soon the flowers will smell good and you may even want to be able to give your patient a ride in the wheelchair around the yard or the nursing home garden. With so many of our patients being elderly, they loved being outside and they loved having a garden. Give them that chance again. In the meantime, ask them about their garden. So many stories are trapped in their minds, just begging for a new audience. A smile on their faces during one of those story tellings says it all.

Don’t forget to read the little “blurb” about the “Spirit of ’45” event coming in August. More info will come to you soon. We may need your help. Until then, enjoy your summer. Remember, it could be 10 degrees outside!
**To Be a Volunteer**

To be a volunteer, it takes...

- **Generosity**, a willingness to give your time to others
- **Understanding**, because their lives might be very different from your own
- **Empathy**, an ability to put yourself in someone else’s shoes and feel what they must feel
- **Compassion**, to truly care about making someone else’s life better
- **Patience**, because the process doesn’t always go as smoothly as it might
- **Dedication**, to stick with the project and see it through

You’ve shown these qualities and so much more, so thank you for all that you do.

- Anonymous

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**Roller Girls Do It Again!**

An exciting “Derby Bout” by the Cape Girardeau Roller Girls on Saturday, April 4, raised money for our Hospice program. On Saturday, May 2, the ladies presented me with a $450 check for the Southeast Hospice Patient Care Fund. This is the fourth year the Cape Girardeau Roller Girls have supported us.

Thanks goes out to **Amber Buchheit** for attending the April Bout and representing the Volunteers. If you are interested in showing support to the Roller Girls, go to their Facebook page (CGRG: Cape Girardeau Roller Girls) to check out their schedule. The Roller Girls give proceeds from each home bout to a not-for-profit organization. If the public support is not there, money will not be available to donate to Hospice and other programs.

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**Dates to Remember:**

**WEDNESDAY, JUNE 17**

– The inservice for the month of June is the road trip to Bloomfield, Mo., where we will tour the Stars and Stripes Museum. The Hospital van will leave the lower parking lot (down from Texas Road House, on the same side of the street) at 9:30 a.m. The van will hold six Volunteers. Since this road trip is closer to home, personal cars can follow. Sign-up will be first come, first served on seating. We will tour the museum (admission is free but donations are accepted) from about 10:30 a.m. to noon and then drive to Dexter, Mo., for barbecue. Food will be on your own. We plan to be back home before 4 p.m.

**THURSDAY, JULY 16**

– Tour of McCombs Funeral Home and Cremation Center in Jackson, Mo. This is a repeat inservice from last year, but gives you a chance to see some of the behind-the-scenes operations of a funeral home. We will meet at McCombs in Jackson at 5 p.m. RSVPs are important for this event.

**SATURDAY, AUGUST 15**

– The Spirit of 45 Celebration will be held at the Cape Girardeau Veterans Home. This outside ceremony will start at 2 p.m. A family event, it will celebrate the 70th anniversary of the end of World War II. Further information will come to you as we determine the need and placement of Volunteers for the event. Questions? Please contact Pearla.

**THURSDAY, AUGUST 20**

– The Cape Girardeau Fire Department will present the August inservice on fire safety at Southeast Hospice at 3 p.m. Fire Inspector Ivan LaGrand will discuss fire safety “dos and don’ts,” especially when in a patient’s home.

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**Birthdays**

**MAY**

- 1 Jamie Haertling
- 14 Nancy Hoff
- 18 Sue Clippard
- 20 Dixie Hopkins
- 26 Dorothy Dees
- 29 Jim Day

**JUNE**

- 8 Jane Hargraves
- 11 Amanda Lynn
- 27 Joy Galentine

**JULY**

- 3 Debbi Goodier
- 8 Tina Bles
- 9 Glenda Quinn
- 9 Linnie Harris
- 19 Erika Kropp
- 20 Carolyn Pickens
- 23 Gina Hefner
- 26 Pearla Smith
- 28 Nancy Kester
- 29 Cathy Magas

**AUGUST**

- 3 Jean Mueller
- 18 Sue Martin

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