MARK YOUR CALENDAR!

You won’t want to miss these two new sales that the Auxiliary will be hosting at the Hospital.

“Bling It On” August 24

The Auxiliary will be hosting this new sale from 7 a.m. to 7 p.m. on Monday, Aug. 24, in the Harrison Room.

Bling It On 2 U, a company from Herrin, Ill., will bring us the fun, the glitz and the glam with these unique items that add sparkle and shine to your life. They promise to bring their boutique to us filled with embellished items full of team spirit and fun fashion touches.

Shop for clothing, jewelry, purses, wallets, phone cases, scarves and more! Bling It On 2 U can also customize with monograms, blings, glitter and screen printing for any special requests.

Please help us welcome this new vendor at this one-day sale!

Old Bag Sale September 23

by Julia Cook, Auxiliary President-Elect

Please note that I did not say, “Old Bags for Sale!” The Auxiliary is having a fundraiser on Wednesday, Sept. 23. Each year the president of MAHA (Missouri Association of Hospital Auxiliaries) has a project for all Auxiliaries to focus on for that one year. This year the project is Epilepsy Awareness and we intend to give the proceeds from our Old Bag Sale to this worthy cause.

Here is how YOU can help. Go through your closets and get out all your “gently used” handbags – you know – the ones you have not used for the last five years. Billfolds, coin purses, any container you have that could be used to carry “stuff” – we want them! Then, add to the pile all the scarves that you were given and have never worn. But wait, there’s more! We also want your old costume jewelry – and I know you have lots of that lying around. Jewelry makers and crafters love the stuff.

Feel free to ask friends for their old stuff, too.

We will have three donation drop-off Wednesdays – Sept. 2, 9 & 16 – from 8 a.m. to 12 noon at the Hospital prior to the sale.

On these dates you can bring all your “great stuff” to the parking garage link entrance nearest the Harrison Room. One of our Volunteers will transfer your “great stuff” from your car to ours. You won’t even have to leave your driver’s seat!

The Old Bag Sale will run from 7 a.m. to 7 p.m. in the Harrison Room on Wednesday, Sept. 23. Join us! Bring your friends! I’m sure that you will find some new treasures at very great prices.

And, we thank you very much.
Scholarships

Hip, hip, hooray for scholarships! This spring Dolly Jewel and her very hard working members of the Auxiliary’s Scholarship Committee interviewed nearly 50 candidates over a two-day period. From this group, 18 scholarships were awarded for a total of $17,000. Two scholarships of $1,300 each were given to candidates pursuing advanced degrees in nursing. Sixteen awards of $900 each were given to candidates pursuing degrees in Nursing or in health-care related fields. Seven of the scholarships were awarded to students at the SoutheastHEALTH College of Nursing and Health Sciences.

We are so proud to be able to help further the education of these students. Remember the good our money does when you read about a sale or other fundraising event the Auxiliary is having.

Building Blocks

This past January Barb Gleason, MSN, supervisor of Building Blocks, spoke to the Auxiliary at our annual luncheon. It was a “win-win” situation! Many in the Auxiliary knew very little about Building Blocks and learned that day what a wonderful program it is. Barb was pleased to make more people aware of what the program does and what their needs are. More avenues of support have opened up for the program – baby blankets, A&D ointment, baby wipes – lots of supplies have come their way. Remember that Barb can give her inspiring program to YOUR organization, too!

A mental health therapist is now part of the team and makes in-home visits. This service is currently paid for by a grant for Dunklin and Pemiscot counties and the therapist comes from the Family Counseling Center. Once established it is hoped that the service can continue for clients who need to be in therapy after they are discharged from our program.

Building Blocks is such a strong, positive program making a difference in the lives of mothers and their children – the effect ripples out to their friends and families!

Southeast Hospital Displays Art for the Health of It

Original artwork graces a Southeast Hospital hallway in the 22nd annual Art for the Health of It exhibition. Take time to look at the 33 paintings and photographs that brighten the Hospital and seek to provide a calming atmosphere.

The exhibition was formally unveiled at a reception in June. Jointly sponsored by SoutheastHEALTH and the Arts Council of Southeast Missouri, the exhibit is on display until Aug. 27 in the first-floor hallway between elevators A and C.

The Cape Girardeau Area Medical Society and its Alliance also sponsor awards for the juried exhibit. Taking Best of Show honors was William Nace’s “Edisto Island” photo. Second place went to Diane Shaw for her “Lake Front” painting. Juror’s awards went to Janet Bixler, Mary Ann Hartman, Jamie Leming and Vicki Outman. A total of 72 pieces of artwork were entered.

Wendy Kurka Rust of Cape Girardeau served as this year’s juror. A special thanks to Auxilian Joyce Miller for helping hang the exhibit and host the reception.
Dear Auxilians:

In this column, I am following up on our June 11 Special Meeting that was held to vote on our New and Amended Auxiliary Bylaws. By the way, after we approved them that day, within a week, the designated Hospital Board of Trustees officers signed off on them too so they are officially the Bylaws under which we are operating.

My thanks to those of you who attended that meeting and stayed to participate in small group discussion sessions afterwards. Your input was much appreciated and will be quite valuable and helpful as the Auxiliary Board plans for growth of the Auxiliary and new ways to involve Auxilians in committees, offices and projects. In this column, I’m going to share with you some of what we learned that day from those who participated.

How did you become involved in the Auxiliary?

From answers to this question, we learned that almost everyone had been invited by a friend, a relative, a neighbor to join and become involved as an Auxilian and Volunteer. We also learned that former Hospital employees, former Junior Volunteers, and newly retired folks make good prospects for new Auxilians/Volunteers as well as satisfied former patients and their family members.

Why are you involved in the Auxiliary and what do you enjoy about that involvement?

In response to those questions, we heard the following comments:

• It’s uplifting, worthwhile, rewarding.
• I need to stay active and feel better when I do.
• I need to be around people.
• I see needs that I can help meet.
• I love people and love listening to them, helping them.
• I’ve been blessed and want to give to others in gratitude.
• It’s a healthy habit that helps me forget my problems for awhile.
• A great way to make new friends.
• The “thank yous” mean a lot!
• I like learning about the Hospital.
• I like helping and getting to know Southeast employees.

What makes you proud of the SoutheastHEALTH Auxiliary?

Participant responses included the following:

• The Auxiliary’s historical accomplishments and significant financial contributions to the Hospital.
• The thousands of hours of service donated annually by individual members.
• The thousands of dollars (since 1962) in scholarships awarded by the Auxiliary to area health care students.
• The Auxiliary’s role in the Hospital family and in the community.
• The Auxiliary leaders and their outstanding records of service locally, regionally and at the state level.
• Our role as a connecting link between patients/families and the Hospital staff.
• Our role as Southeast’s good will ambassadors in the community.

What are ways to be actively involved in the Auxiliary?

From discussion participants, we learned involvement can include:

• Holding an Auxiliary office, chairing an Auxiliary committee or serving on the Auxiliary Board.
• Serving on an Auxiliary committee.
• Helping with Auxiliary fundraising events.
• Making items at home for patients.
• Donating money and raising money, endowing an Auxiliary scholarship.
• Promoting the Auxiliary, talking about it, recruiting members.
• Being a customer at Auxiliary sales and in the Gift Shop.
• Helping with blood drives and participating in community events sponsored by the Hospital.
• Volunteering and inviting others to be Southeast Volunteers.

In conclusion, the groups all agreed the time is now that we MUST recruit more Auxiliary members of all ages from throughout the region and then get them involved and keep them interested or there will be no Auxiliary in the future. Remember, someone can support the Auxiliary without being an active Volunteer in the Hospital, but there is a critical need for both Auxilians and Volunteers.

Reach out, recruit and invite those you know to attend the September 3 recruitment event Cathy Goodman and Volunteer Services will be hosting. Tell your friends, family and neighbors that being a Southeast Auxilian/Volunteer is not only a gift of yourself to share with others but is also a gift to yourself as well!
A Conversation with Cathy

Summer is a busy time in our office between scheduling the career shadowing students and the Junior Volunteers. This year we had 21 Junior Volunteers assisting in various areas at SoutheastHEALTH from the laboratory to Kids’ Camps at Healthpoint Fitness. These 21 Junior Volunteers provided over 360 hours of service during June and July.

As fall approaches we will not be slowing down. In September we will welcome back the SEMO students and hopefully we will have more students signing up to volunteer. We also cannot forget about our adult volunteers. On September 3rd we have scheduled an informational/social geared to recruiting more adult volunteers. If you know someone who would be interested in volunteering I hope you will pick up an invitation and personally invite them to the event. Remember volunteering not only benefits the organization but also the individually physically, socially and psychologically.

Thanks to all who submitted their suggestions for the theme for the recruitment campaign. What a creative group! There were so many good ideas that actually instead of picking one we are going to incorporate several of the suggestions. Congratulations to Gary Gaines, winner of the gift certificate to the Gift Shop. His name was randomly drawn from all of the names of those who made campaign theme suggestions.

Mark your calendars for October 1 for the Volunteer Appreciation Dinner at Drury Lodge. This is always a great evening to visit with fellow Volunteers and to recognize all our volunteers for the many hours donated to SoutheastHEALTH.

Cathy adds . . .

Meet Amber Topping

I hope you have had an opportunity to come by the Volunteer Services office to meet Amber Topping. Amber joined Volunteer Services the end of June. She transferred from the Business Office where she had been employed the last 2 years. If you have not met her, please stop by the office and introduce yourself. She is doing a great job!

Marketing Staff Recognized for Auxiliary Support!

Congratulations to the SoutheastHEALTH Marketing Department, which received statewide recognition for three SoutheastHEALTH publication and marketing projects at the recent Show-Me Excellence Awards.

Southeast’s Marketing team won first-place awards for Healthier Look magazine in the External Publications category and in the Writing category for the “6,478 Baby Caps and Counting” article in last winter’s issue of our Healthier Look magazine. The feature, written by Sally Owen, was about Auxilian Anna Mae Rigdon and her phenomenal contribution of handmade baby caps to the Hospital. Sadly, Mrs. Rigdon passed away last March.

Our Marketing team also won a third-place award for all of its promotional efforts in support of the SoutheastHEALTH Auxiliary Festival of Holiday Trees in the Special Marketing or Public Relations Projects category.

The Missouri Association for Healthcare Public Relations and Marketing presented the awards at its annual meeting this summer in Osage Beach, Mo. Renee Shandy, a member of the Marketing team and our Auxiliary, accepted the awards.
Gift Shop Gearing Up for Fall

The Gift Shop has been looking a little bare lately but we are in between seasons. However, fall items have been arriving, so please stop by and visit us soon for the best selection of autumn and Halloween items for your home or as gifts.

The “breathing” cats and dogs are here again. They are quite realistic and, best of all, require no care!

New jewelry has arrived, so think of us when you need a great gift or just want to treat yourself.

We always have lovely flowers arranged by Edna Ruth Fisher and Julie Parsons. And Gift Shop assistant Virginia McCormack will always stop and make a candy bouquet for you if none are available. All make great gifts for patients, birthdays, anniversaries or just because!

Remember, no tax is charged in the Gift Shop and Volunteers get a 15% discount on most gift items.

Best of all, proceeds benefit the important projects of our Auxiliary!

On the Light Side

Low-fat Peach Crisp

Filling:
5 cups fresh or frozen peach slices
2 Tbsp Splenda
1 Tbsp all-purpose flour

Preheat oven to 350 degrees. Thaw peaches, if frozen. Drain and discard any juice from peaches and place them in a round 8 x 1½ inch baking dish. In a custard cup or small bowl, stir together the Splenda and all purpose flour. Sprinkle the mixture over the peaches. Toss until the peaches are coated.

In a small bowl, combine the oats, brown sugar, whole wheat flour, walnuts, cereal and nutmeg. Drizzle the buttermilk over the mixture, then use a fork to combine the mixture until it resembles coarse crumbs.

Sprinkle the mixture on top of the filling. Bake for 30-35 minutes or until the topping is golden brown.

Topping:
⅓ cup rolled oats
⅓ cup firmly packed brown sugar
¼ cup whole wheat flour
2 Tbsp chopped walnuts
2 Tbsp Grape Nuts cereal
¼ tsp ground nutmeg
¼ cup low-fat buttermilk

Oven Fried Chicken Strips

1 lb chicken breasts, boneless, skinless (4 breasts)
½ cup Italian seasoned breadcrumbs
¾ cup fat-free Parmesan cheese
½ tsp garlic powder
2 egg whites, beaten
¼ tsp ground nutmeg
2 Tbsp chopped walnuts
¼ cup whole wheat flour
½ cup firmly packed brown sugar

Fry chicken until golden brown.

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.
**Why Not Give It a Shot?**
**ENTER THE PHOTO CONTEST!**
SoutheastHEALTH's annual Photo Calendar Contest is underway and we'd love to have Volunteer representation again this year! Twelve winners will be chosen—one to represent each month of the year. The contest is open to all SoutheastHEALTH employees, Volunteers, physicians and trustees.

You may submit up to three 8”X10” glossy photos or slides for consideration.

Photos taken with a digital camera are preferred—but plan to submit your digital files on a disk along with a printed copy of each photo on glossy paper.

There is no entry fee, and prizes and extra calendar copies are awarded to the winners. Calendars hang in homes and offices all over the region—so here's your chance to be a recognized photographer!

Look for an entry form with complete rules in the Volunteer Services office. Use the one form to enter up to three photos. Please read the rules carefully and closely follow the entry procedure guidelines.

Please send your photos and completed entry forms to the Marketing Department at 60 Doctors' Park (lower level) no later than 4:30 p.m. on Friday, Sept. 11. If you have questions about the contest, please call Renee Shandy in Marketing at 519-4905.

**UPCOMING EVENTS**

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Aug. 24</td>
<td>Bling It On Sale, 7 am – 7 pm, Harrison Room</td>
<td>Harrison Room</td>
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<tr>
<td>Aug. 26</td>
<td>Blood Drive, 8 am – 4 pm, Harrison Room</td>
<td>Harrison Room</td>
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<td>Sept. 14–18</td>
<td>SEMO District Fair TBA</td>
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<td>Sept. 22</td>
<td>Board of Directors Meeting, 9am, Room 106</td>
<td>Room 106</td>
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<tr>
<td>Sept. 23</td>
<td>Old Bag Sale—Epilepsy Fundraiser, 7am – 7pm, Harrison Room</td>
<td>Harrison Room</td>
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<td>Sept. 25</td>
<td>Shoe Road Productions, 7am – 5pm, Room 106</td>
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<td>Oct. 1</td>
<td>Volunteer Appreciation Dinner, 6pm, Drury Lodge</td>
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<td>Oct. 23</td>
<td>Professional Fashion Uniforms, 7am – 4pm, Harrison Room</td>
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<td>Oct. 29</td>
<td>Halloween Cookie Cart, 8am – 10am, Room 107</td>
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<tr>
<td>Oct. 29</td>
<td>Blood Drive, 8am – 4pm, Harrison Room</td>
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<td>Nov. 4–6</td>
<td>MHA/MAHA Convention, Tan-Tar-A</td>
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<td>Nov. 14</td>
<td>Scrapbook Crop for MAHA Project, 8am – 5pm, Harrison Room</td>
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<td>Nov. 17</td>
<td>Board of Directors Meeting, 9am, Room 106</td>
<td>Room 106</td>
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<tr>
<td>Nov. 23–24</td>
<td>Masquerade $5 Jewelry, 7am – 5pm/7am – 3pm, Harrison Room</td>
<td>Harrison Room</td>
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-- PLEASE HELP US RECRUIT --

Do You Know Any Potential Volunteers?

Please stop by the Volunteer Services Office to pick up invitations to hand out about our Recruitment Meeting & Breakfast on Sept. 3. Or give us a call at 651-5518 and we'll send some to you!
Note from Pearla
Big thanks go out to all of you who attended the Spirit of '45 event held at the Missouri Veterans Home on Saturday, Aug. 15. It was a bit busy for me, but each of you took on a job and made Southeast Hospice look good. All of those purple shirts really stood out in the crowd.

I know many of you are aware already, but this generation changed the world as we know it today. The end of the Depression saw the beginning of rationing for our soldiers, and then to Victory Gardens. Inventions on behalf of the war effort grew, including radar for the bombers and the atom bomb for defense. Women moved from “homecare” to “workforce.” Since thousands of men were off to war, workers were needed. Women began securing jobs as welders, electricians and riveters in defense plants. Non-war related jobs were also available. Radio and entertainment became important to those Americans at home. The war effort was reported in living rooms all over the U.S. and incorporated into radio programs and in the movie theater.

You took the time to show your respect to those brave men and women who, 70 years ago plus, served their country. Those who made it home after their service and are no longer with us, those who remain oceans away, and those still with us today, all have important stories that need to be told.

Thank you for what you did to help make this event the perfect time for the WW2 Veterans and their families. I knew it would be a super event as long as the Southeast Hospice Volunteers were there to help!

Hospice Volunteer Carolyn Pickens visits with a WWII Vet and resident of the Veterans Home during the Spirit of '45 event.

Volunteer Appreciation Luncheon
The Jackson Area Chamber of Commerce and the Non-Profit Alliance hosted their annual Volunteer Appreciation Luncheon on June 4 at Bent Creek Golf Course in Jackson. Along with the 13 volunteers to be recognized as Volunteers of the Year, our own Tina Bles, Southeast Hospice Volunteer, was honored.

Tina has volunteered with Southeast Hospice since March 2005 and helps in a variety of ways. She comforts dying patients and assists with fundraising, office/clerical work and is very instrumental in the Recollections video program. In 2014 alone, Tina donated 405 hours of service and traveled 329 miles for the patients and staff of Southeast Hospice. Thank you, Tina. Well deserved!

Is Your Evaluation Due?
If your evaluation is overdue, I need your help. We are so overdue ourselves on an inspection through the “state” and really do expect them anytime. We do not get a heads up when they come knocking (or ringing) at the front door. If you are a direct volunteer and your evaluation is not complete, I will have to list you as “inactive.” As a direct volunteer, taking call or currently with a patient, you will have to be removed. None of this is my idea of a good time, so please come in and see me if I call or e-mail you that your evaluation is due. I need you all too much to lose you to some paperwork! Thank you folks, I appreciate all you do for us.
A Warm Welcome to Our Newest Volunteer
We want to welcome another new Volunteer. Maci Daniel is a first-year Nursing student attending the University of Missouri in Columbia. She hails from Cape Girardeau and, when not in school, she returns home.

Maci is very active in St. Andrew Lutheran Church and with children’s activities there. I have heard that Maci is a very good singer along with other family members -- even though she won’t admit it! If you meet Maci at any of our meetings or events, please make her feel welcome.

DATES TO REMEMBER

TUESDAY, SEPTEMBER 22 – Death and Dying: End of Life Care. Teal Biri, RN, Hospice Nurse Manager, will discuss End of Life Care with a review and changes noted. RSVP for this 2 p.m. inservice to be held at the Hospice office.

TUESDAY, OCTOBER 27 – Coping With the Holidays. Crystal Montgomery, BSW, Bereavement Coordinator, will review with us tips on helping our patients, families and ourselves in dealing with the holidays and end of life care. The inservice begins at 5 p.m. at the Southeast Hospice office. RSVP to Pearla.

THURSDAY, NOVEMBER 12 – Hospice Volunteer Appreciation Banquet. Be looking for more information to come in the form of an invitation. Save the date!

Picture Yourself a Winner!
SoutheastHEALTH’s annual Photo Calendar Contest is under way! Twelve winners will be chosen – one to represent each month of the year. The contest is open to all SoutheastHEALTH employees, Volunteers, physicians and trustees.

You may submit up to three 8”X10” glossy photos or slides for consideration.

Deadline for entry is Sept. 11. Contact Pearla for an entry form with complete rules or call Renee Shandy in Marketing at 519-4905.

Senior Matters Expo
The Senior Matters Expo is scheduled for Saturday, Aug. 29 at the Osage Center. This event runs from 10 a.m. to 2 p.m. and is focused on services offered to seniors (adults age 55+ and high school seniors).

This event will be unique in that it also offers a blood drive and canned food drive. Student scholarships also will be awarded. Both groups may register for many doorprizes that include $500 in Rhodes 101 gift certificates.

Put the date on your calendar – Southeast Hospice will be there, and so will I. Hope you can join us.

McCombs Tour in Jackson
Thursday, July 16, many of us representing Southeast Hospice were welcomed by the owners and staff of McCombs Funeral Home and Cremation Center in Jackson, Mo. The staff showed us the cremation center and family waiting room and Funeral Director Mark Seesing explained the embalming process. We also were given a tour of the new addition in the back of the funeral home. This addition will house one of the largest funeral home chapels in this section of the state.

The tour was topped off with dinner provided by McCombs. The staff joined us as we dined and continued asking questions. Not only are the McCombs staff generous in their support of the Hospice Volunteer Appreciation Banquet every fall, they welcome our questions and graciously share their facility. A big thank you to McCombs for having us.

Birthdays

AUGUST:
3 Jean Mueller
18 Sue Martin
SEPTEMBER:
6 Max Harris
10 Katherine Webster
13 Amber Buchheit
16 Roxanne Davenport

OCTOBER:
5 Pat Hohenadel
13 Iris Likens
24 Betty Hardy

NOVEMBER:
12 Amber Pierce
14 Helen Hunt