



Volume XXXXII, Number 1

January 2018

Greetings from the President – Diane Glasgow

Volunteers Give From the Heart

I hope each of you had a wonderful and blessed Thanksgiving and Christmas with your family and friends. It is hard to believe another year has passed and we are now into the year 2018.

Since most of you do not know who I am, I will give you a little background information. I have been a volunteer at Memorial Regional Medical Center in Mechanicsville, Va., for 19 years. I started out working evenings and some Saturdays at the Main Information Desk. After taking early retirement from my full-time job, I stopped the evening hours and started working at our Diagnostic Center on the second floor every Thursday and Friday. There was a need for volunteers for our Critical Care Waiting Room, so I now volunteer on Tuesdays in the Waiting Room. I am currently the Auxiliary President. I also hold the position of Capital District Chair, 2017 Conference Chair and your VAHAV President. I have enjoyed serving on the VAHAV Board and getting to know the other board members.

The 2017 Education Conference was held on October 9-11 at the Hotel Roanoke in Roanoke, Va. It was great seeing so many of you attending the conference. There is a significant amount of time involved in planning the conference, from finalizing the speakers, meals and entertainment. The overall comments from the conference ranged from fair to excellent.

I will be attending the five District meetings in the spring and look forward to seeing many of you at these events. If any of you would like for me to visit your hospital, attend a Board Meeting or install your officers at your annual meetings, all you need to do is ask. I will be more than happy to visit with each of you. With that being said, if any of you have any questions, suggestions or would like to serve on the VAHAV Board, do not hesitate to contact me at my email address president@vahav.org or you can contact me on my cellphone 804-839-7293.

Message from Past President – Patsy Garrett

I don't know about you, but it seems to me like once the Annual Conference was over, November and December flew by. I hope you all had a very blessed and happy holiday season with your family and friends.

I would like to thank each of you for volunteering and for supporting me as VAHAV President in 2016-2017. It was a rough year but also a good one. I had a wonderful time attending your District Meetings, seeing old friends and meeting new ones. I loved visiting the areas in which you live and seeing the places in which you volunteer. Thank you for making me feel so welcome.

As I told you at conference, I would be making an announcement in the January Connection, which I hoped would be pleasing to you all. In 2020, our Annual Conference will still be held in Roanoke but at a new place. We will meet at the Sheraton Roanoke Hotel and Conference Center. It is located off I-581 (Exit 3) near the airport and Valley View Mall. The rates are lower, the meeting rooms closer together and there is free parking. There are numerous other pluses. I know you will be pleased.

In October, I turned the gavel over to Diane Glasgow to become VAHAV President. Please join me in wishing her great success and be there for her whenever and wherever needed. Diane's theme for 2017-2018 is "Volunteers Give From the Heart." I thought this poem applied to us as well:

VOLUNTEERS

Volunteers have hearts of gold,
Helping people, young and old,
Always giving, always sharing,
Volunteers -----
Are always caring.

Best wishes to you in 2018 for many great blessings, good health and happy times. See you at your District Meetings in the spring and in October at the Doubletree Inn in Richmond for the 2018 Annual Conference, October 8-10.

Greetings From the President-Elect – Harry Russell

Greetings to the New Year – 2018. I wish the best for each of you and much success to this VAHAV Board.

My name is Harry Russell, whom probably most of you know. As you will see, I am not new to this board. I served my first two years as chair of the newly organized sponsorship committee. From my third to my eighth year, I served as the Treasurer.

I have been a volunteer at Fauquier Hospital in Warrenton, Va., since 2000 as well as serving a number of years on the Fauquier Hospital Auxiliary Board. During this time, I clocked in excess of 6,700 hours of volunteer service. I look forward to serving as your President-Elect. Thank you for giving me this opportunity. Remember...

“Imagine, Believe, Achieve...Your Gift of Time Is Priceless.”

Conference Sponsorship – Frank Ringquist, Chair

The VAHAV Board wishes to thank the following Auxiliaries for their generous support of our Education Conference in Roanoke during October 2017.

As the Committee designated: Augusta Health, Bon Secours Mary Immaculate Hospital, Bon Secours Regional Medical Center, Centra Bedford Memorial Hospital, Centra Health, Centra Lynchburg General Hospital, Fauquier Hospital, Inova Fair Oaks, Inova Mount Vernon, John Randolph Medical Center, Lonesome Pine Hospital, Mary Washington Hospital, Mt. View Regional Medical Center, Norton Community Hospital, Prince William Medical Center, Sentara Northern Virginia Medical Center, Sentara RMH Volunteer Auxiliary, Sentara Virginia Beach General Hospital, Stafford Hospital, VCU Community Hospital

President’s reception: Inova Fairfax, Virginia Hospital Center

Main speaker: Chesapeake Regional Medical Center

It is that time of year to plan next year’s budget, and I am asking each Auxiliary to consider adding a budget line item to support the 2018 VAHAV Conference in Richmond. We need your financial support to continue to provide you with these superb education conferences.

Membership – Rae C. Martel, Chair

As we embrace a new year, we look forward to experiencing an increase in our ranks! It has been said before but bears repeating that “VAHAV is the only organization of its kind in the state which specifically serves healthcare Auxiliaries and volunteer organizations.” We are unique! However, there is plenty of room for growth beyond our current 53 healthcare Auxiliaries and volunteer member organizations. Notwithstanding the trend of consolidation and acquisition among hospital ownership groups, VAHAV remains committed to membership growth and retention. Our volunteers help shape the direction of VAHAV so we welcome any of your new ideas for growth and retention.

Since its founding in 1949, VAHAV has worked to better serve and support its institutions. VAHAV offers leadership support, gift and thrift shops support, fundraising and volunteer program ideas, current healthcare information, healthcare advocacy education, liaison with other state Auxiliary and

volunteer leaders and much more. Since every member of VAHAV is also a part of the “membership team,” you are encouraged to be active and excited about promoting membership benefits to ANY NON-MEMBER HOSPITAL or HEALTHCARE FACILITY.

Webmaster – Theda Foster, Chair

The 68th VAHAV Annual Meeting and Education Conference is now history, but the theme “No Mountain Too High” resounds. Of the 53 VAHAV member hospitals and healthcare facilities and the Virginia Hospital and Healthcare Association (VHHA), 31 were represented by 133 attendees.

The large Northern District had the biggest representation of the five VAHAV districts as shown below.

VAHAV District	District Representation	Number of Attendees
Capital	6/9	31
Hampton Roads	3/9	9
Northern	8/14	41
Piedmont	9/10	30
Southwestern	5/11	22
TOTAL	31/53	133

The VAHAV website (www.vahav.org) captures the monetary “value” breakdown of our volunteers based on the survey information returned by all but one facility. VAHAV surveys reported more than 8,400 adult volunteers and more than 1,600 teens. Donations to hospital facilities totaled over \$2.6 million; over \$495,000 for scholarships, and over \$230,000 to other community needs. Wow! Impressive!

As VAHAV continues its work in providing and developing effective leadership, support and education to member organizations of Virginia healthcare facilities, we thank each of you for your contribution to society and encourage even more participation at the 2018 Conference to be held October 8-10 at the Double Tree by Hilton in Richmond.

Legislative – Bill Foster, Chair

As your new VAHAV Legislative Chair, I am recording the "Battle for Control of Virginia" for our Auxiliaries and volunteers. On November 7, Virginia voters overwhelmingly elected Lt. Governor Ralph Northam to a four-year term as the 73rd Governor of Virginia. Governor-elect Northam was part of a clean sweep of statewide officers for Democrats. Attorney Justin Fairfax was elected Lt. Governor, and incumbent Attorney General Mark Herring was re-elected. The Republican lead in the house has shrunk from 66-34 to 51-49. The results represent a seismic shift in the partisan composition of the House of

Delegates. Republicans continue to control the uncontested Virginia Senate by 21-19. Wow, everything is so close now!

Democrats, with increased power, can be expected to continue to push hard for their agenda of Medicaid enhancement, \$15 minimum wage proposals and gun control measures. Also, exit polls showed that healthcare was, by far, the top priority for Virginia voters. Redrawing district boundaries may also be a big issue now that the House is practically equal. The majority party with 51 or more delegates will have power over the legislative agenda and speakership. Hold on for a lot of power fights until the next election, because power-sharing does not seem to resonate with our politicians.

The Virginia Hospital and Healthcare Association (VHHA) will host the annual Lobby Day in Richmond on January 17. Lobby Day is a day of advocacy on behalf of our hospitals and healthcare systems. The day includes legislative briefings, legislator visits, a view of the House of Delegates and Senate in session and an evening reception with legislators and staff. Auxiliary legislative representatives and the VAHAV legislative representative (Bill Foster) are invited to attend and discuss the needs of our hospitals with legislators. This will be a great opportunity to address issues and hospital problems.

Your Auxiliary Legislative Representative (if you have one) or your Auxiliary President are invited to join the VHHA Hospital Grassroots Network. Doing so will provide information beneficial to those advocating for healthcare. After joining, subscribers receive updates on healthcare issues in monthly newsletters and action alerts. You can contact me via the VAHAV website (vahav.org) by sending an email to Legislative@vahav.org for more information about joining the network.

Hope you all enjoyed the 2017 Education Conference and are looking forward to the October 8-10 Conference to be held in Richmond. Stay tuned for more information.

Anne Lewis Leadership Development Fund – Bettie Moores, Chair

Happy New Year! As we begin the new year, let's take a moment to review the old one. VAHAV wrapped up 2017 with its Annual Conference at the Hotel Roanoke. The speakers were interesting, the workshops were informative, and the auction was fun. Add to that there were some new vendors and a good time was had by all. The Anne Lewis Leadership Development Committee was honored to have supported the attendance of two people from two different Auxiliaries as well as two first-time presidents.

With 2018 in mind, the committee is looking for ways to continue supporting our Auxiliaries and volunteers in a less costly manner. Think about this and bring your thoughts and suggestions to your District Meeting. There will be plenty of time between that and the October meeting.

In the meantime, spend time with your families, work hard in your hospital, and plan to attend your District Meeting.

Nominating – Debbie Sammler

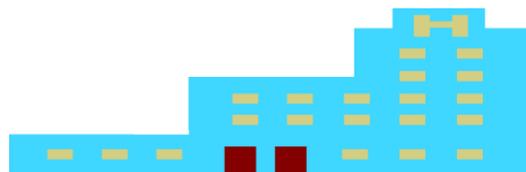
For those of you who were not able to attend the 2017 VAHAV Education Conference, the following persons were elected at our business meeting to be your 2017-2018 VAHAV Executive Board officers. You can go to the VAHAV website at any time to send them a note if you have any questions and/or concerns that you would like addressed.

President:	Diane Glasgow	president@vahav.org
President-Elect:	Harry Russell	presidentelect@vahav.org
Recording Secretary:	Carolyn Johnson	recordingsecretary@vahav.org
Treasurer:	Barney Barnwell	treasurer@vahav.org
2018 Conference Co-Chairs:	Rae Martel	conferencecoordinator@vahav.org
	Sharon Younger	“ “

Thank you for volunteering to serve as an Executive Board officer of the VAHAV.



Hospital Auxiliary News



Northern District

For those of you who did not attend the VAHAV Conference in October, I wish to introduce myself as the new Northern District Chair. My name is George Souza, and I am from INOVA Mount Vernon Hospital. Several issues ago, I provided a bio. which you can read by accessing the April 2017 edition of The Connection on vahav.org. To update that information, I volunteer at INOVA Mount Vernon as a pre-op coordinator in the Joint Replacement Clinic as well as a substitute at the OR desk as liaison between the patient's family and the OR and Recovery Room. I have been on the VAHAV Board as the Parliamentarian for one year and Legislative Chair for two years as well as an Interim President-elect during 2017. Any Northern District Auxilian who has questions for me or anyone in the district, I can be reached via email through the VAHAV website or called at [571-216-4245](tel:571-216-4245). If I don't have an answer for you, I'm certain I can find the right person to address your question.

Submitted by George Souza, Northern District Chair

Winchester Medical Center Auxiliary

December 1 marked the 30th anniversary for the Lights of Love Celebration at Winchester Medical Center. This annual event, sponsored by the Winchester Medical Center Auxiliary, has offered visitors and

members of our community a special way to honor the people they love and to remember those they have lost.

For a small donation, a light was placed on an evergreen tree in honor of designees on the southwest campus of the Winchester Medical Center. Letters acknowledging the donations were sent to the families of honorees by a cadre of volunteers. The co-chairs of the event, Trice Cesnick and Kim Riordan, are not only sisters but have taken on the same service their mom did for the Auxiliary during her days as a volunteer.

A lighting ceremony takes place every year on December 1 to mark the occasion and kick off the holiday season. The public was invited to the lighting and the reception that followed.

The Lights of Love celebration began as a service project for the Auxiliary in 1987. Funds received from the project have gone to support a variety of needs at the Medical Center. Last year, Blue Ridge Hospice and the Winchester Medical Center Cancer Center each received \$25,000 as a result of donations to Lights of Love. The popularity of this 30-year celebration shows no sign of waning as more and more people discover the simple joy of thousands of white lights sparkling in the winter darkness for loved ones.

The Winchester Medical Center Auxiliary opened “The Attic Thrift Shop” to raise funds for special projects in 2002. This year, on November 22, the thrift shop will celebrate 15 years of service to the community and the Auxiliary.

Special projects that have received funds from the thrift shop include the Courtesy vans that carry patients and visitors around campus, the CAD Mammography Center, the Cancer Center, the Hurst Hospitality House, the Wellness Center Rehab pool and the Mobile Health Coach vehicle. Funds raised through the Attic have served critical needs for residents and visitors alike. Volunteers are the backbone of the Attic. They sort, tag and display all the donations. Leslie Tucker, the manager of The Attic, trains volunteers to care for inventory and customers alike. She has created an atmosphere that welcomes shoppers as if they were in a high-end retail shop rather than a thrift store. The result are happy shoppers, scoring great bargains and having fun at the same time.

The lower floor of the building houses the Bargain Basement of the Attic. This is where the word “bargain” takes on a whole new meaning. Linens, housewares, clothes - you name it - are displayed at the lowest possible prices. Volunteers and donations are always welcome. Help us kick off the next 15 years of service and enjoy some great savings!

Submitted by Pam Pampe, Publicity Chair, WMC Auxiliary

Inova Fairfax Medical Campus

Members of the Auxiliary of Inova Fairfax Medical Campus met for breakfast at the November 4 Auxiliary Fall Education meeting. In addition to approving the new bylaws, they heard from Dr. Kelly Armstrong, Director of Clinical and Organizational Ethics at Inova Fairfax. Presentations were made to

Suchitra Sudarshan, the first Student Volunteer of the Year, and to Lennie Goldman, Adult Volunteer of the Year. They were given a framed certificate, gift certificate, patch of honor, and their names will be added to the plaques in the Volunteer Room.



Decisions were made on \$226,000 worth of annual grants to the hospital. Grants included, among others, renovation of the chapel, a Lucas chest compression system for the ER in Fairfax City and in Reston/Herndon, an AccuVein for Oncology, sonography training for women's Obstetrics & Gynecology as well as Cardiac sonography table replacement.

The budget for 2018 was also reviewed and passed at a December Executive Board meeting. Board members then met for lunch at Inova's new Center for Personalized Health on the old Exxon Mobil headquarters. Dr. Donald Trump spoke about the future of cancer care at the new Schar Cancer Center. The Auxiliary was asked to pledge \$1.5 million toward this new facility.

Submitted by Judy Shapleigh, Publications Chair

Inova Fair Oaks Hospital

In January, I will be ending my term as Auxiliary President and passing the baton to John Morrissey, our current Vice President. I hope you all had a happy holiday season with family and friends!

Here is a bit of trivia for you....do you have "Volunesia"? "This is the moment when you forget you are volunteering to help change lives because it is changing yours."

Our Auxiliary is ending 2017 with a bang! We recently remodeled our Gift Shop to make it brighter and more welcoming. Our official ribbon cutting was held on September 15. Everyone seems to like the "new look."





Our retail news does not end here. At the same time of the remodel, our Thrift Shop was going through its seasonal changeover. Erma Ryan, our retail manager, was ecstatic to announce that the shop produced the highest dollar amount ever for the five-day sales week, which included a \$15 bag sale on Thursday, a \$10 bag sale on Friday and a \$5 bag sale on Saturday. The shop generated a little over \$11,000. When the shop re-opened on Tuesday, September 12, it had another record sales day of about \$6,950.

Our non-capital funding donations for the year totaled a little over \$63,000. We supported the Annual Golf Tournament, the VAHAV Conference, eight Scholarships, Nurses Week; the Arts & Integrative Healing Fund, which is our Auxiliary's named fund; and the purchase of Art Work for the Cancer Center. Our Capital Funding donations totaled \$234,273 and included four Bladder Scanners; one Blood Bank Refrigerator; two EKG machines; five OR Surgical Lights; four Wireless Patch Fetal Monitors and our Gift Shop Renovations.



Presenting check for Art Work to Life with Cancer

We all enjoyed the Auxiliary's Annual Fall Luncheon and Officer Installation, which was held on October 16 at the Marriott Fairfax at Fair Oaks. Our new officers for 2018 are: John Morrissey, President; Debbie Sammler, Vice President; Sai Singh, Recording Secretary; Diane Druyor, Corresponding Secretary; and Catherine Scheiman, Treasurer.

The Auxiliary's fundraising efforts in the last quarter of 2017 included a handbag/luggage sale in October; Collective Goods in November and finally our \$5 Masquerade Sale in December.

Four of our Auxiliary members attended the VAHAV Annual Education Conference in October. Our VAHAV Board member, Debbie Sammler, was accompanied by Erma Ryan, who helped with the Gift Shop Workshop, Carolyn Witek and Pat Reilly.



Thanks to Patsy Garrett, the outgoing VAHAV President, for her leadership in 2017. Her theme, “Volunteering: No Mountain Too High; No Challenge Too Great,” was evident throughout the conference. We are looking forward to next year’s conference.

Submitted by Debbie Sammler, Auxiliary President

The Ladies Board of Inova Loudoun Hospital

* Meet most of the The Ladies Board via this photo taken in September by one of our members, professional photographer Joylyn Hannahs. It is quite an adventure to coordinate such a photo opportunity. Even the weather cooperated!



* The 79th Annual Ladies Board Rummage Sale is now history, and we made history with a new record of over \$305,000 in sales on October 14 and 15! Congratulations to Barbara McNeil and Alice DiGiovanni and their committee! Ms. McNeil is quick to emphasize that the Rummage Sale is an enormous team effort throughout Loudoun County and beyond! With trailers full of new and gently used donations collected throughout the year, hundreds of volunteers and thousands of shoppers, there is once again evidence of how it often “takes a village” to achieve success. Proceeds will support specific patient services at Inova Loudoun Hospital and nursing scholarships. We are already anticipating Rummage Sale #80, so mark your calendars for October 20 and 21, 2018!

* For the first time, Inova Loudoun Hospital has a new staff member with only one name! Everyone has welcomed Jeremiah, a beautiful golden retriever who is working hard as a full-time facility dog. Jeremiah invests most of his time in the Children’s Emergency Department and the Pediatric Inpatient Unit. He has brought many smiles and lots of comfort to all who meet him! The volunteers in the Gift Shop are hoping that Jeremiah will make an appearance in the near future!

* Our CEO, Deborah Addo, was the guest speaker at the monthly Ladies Board meeting in November. Her informative presentation about the growth of Inova Loudoun Hospital also included a tribute to the recent Rummage Sale success. “So I had the opportunity to attend my first Rummage Sale. I was supposed to be working the Silent Auction, but with so much to see and buy, I was easily distracted. I can’t wait until next year now that I know the layout and have a strategy! Thank you for all you do and how

well you do it, ladies! Nothing compares!” Adding to the “sweetness” of her visit, Ms. Addo brought an enormous, decorated cake to further recognize the Rummage Sale endeavor.



* The Lights of Love ceremony was held on December 3. This annual tradition provides the opportunity to contribute a light for the special tree in honor of someone or in memory of a loved one. Donations are received throughout the year, and all contributions are dedicated to the nursing scholarship fund. The Chamber Choir from Loudoun County High School performed for an appreciative audience.

* Volunteers at our thrift shop, Twice Is Nice, and the Gift Shop at the hospital were busy with enthusiastic shoppers throughout the fall. Both locations looked very festive with tempting inventories for Halloween, Thanksgiving, Christmas, and other seasonal celebrations – along with items for every occasion.

* When we gathered for the annual holiday lunch in December, the ladies brought contributions for a local non-profit, Mobile Hope. This organization, established in 2011, serves “to support children and young adults (24 years of age and younger) who are precariously housed, homeless, or at risk, living in Loudoun County.” Gifts such as food, clothing and cleaning supplies were supplied. Mobile Hope has been recognized for providing a wide range of services, including housing and employment referrals.

* We wish to pay tribute to the memory of Dr. Lisa Dugan, who served our hospital most recently as the Chief Nursing Officer until her death in May. “Through each of her roles, Lisa elevated nursing at Inova Loudoun Hospital, further developing the culture of compassion, safety and quality that exists today,” said Dr. Marissa Jamarik. Dr. Dugan was respected by all who had the privilege of knowing her. Our hospital chapel is being renamed the Lisa Dugan Memorial Chapel. The Ladies Board recently voted to provide a generous donation to its renovation. The chapel continues to be a serene place of quiet prayer, reflection and meditation for guests of all faiths.

* For more information about The Ladies Board, visit ladiesboard.org. We are delighted to note that when you visit this site, you will be seeing the updated version! Our thanks to Lisa Cromwell, who chairs the Public Relations Committee, for her leadership and many hours invested in this project!

* Best wishes for 2018 from The Ladies Board of Inova Loudoun Hospital!

Submitted by Gerri Hill

Capital District

Memorial Regional Medical Center

Memorial Regional Medical Center Auxiliary Board was very busy during 2017. We held four vendor sales: Silver Events, Ultimate Linens, Masquerade and In the Bag. We made a total profit of a little

over \$10,500. We held our 6th annual Good Help Fund, raising \$2,400 to help pay for prescriptions for patients who cannot afford their medication upon discharge. Volunteer Week was celebrated the first week in May with the hospital providing a luncheon for the volunteers. The Auxiliary Board hosted our annual Christmas Luncheon on December 6 at Church of the Redeemer. We are looking forward to another successful year in 2018.

Submitted by Diane Glasgow, President

Southern Virginia Regional Medical Center
Emporia, Virginia

As we fast approached the end of another successful year, our Auxiliary was still hard at work. Some of our members have had some health issues, but the others have filled in when needed.

We had a very nice fall luncheon on October 30. The food, prepared by the hospital cafeteria staff, was delicious. The two Auxiliary members who attended the VAHAV Conference gave a brief report on the workshops. The conference was very informative and FUN!! After all the talks and eating, we had drawings for door prizes, which is always a hit.

On November 6, everyone in the Auxiliary and the hospital employees were excited that we sponsored the Collective Goods sale here in the classrooms. This is one of our favorite vendors because of all the different gift items they bring and the most fabulous books. There are books that are ideal for all ages. Reading is such a great hobby. It opens the world to you.

We had our Lobby Sale, which we used to call our 2nd Santa Sale. We changed the name because we have gently used items of all kinds. It was a big hit. Since then, we decided to keep one display unit in the Gift Shop and have it listed as Lobby items which we sell all the time. The Auxiliary members bring us items, and we put them on this display. So, this is something new we are trying rather than waiting for a sale just once a year. The Auxiliary members liked the idea because they can bring a few items at a time rather than having to let them pile up before donating them.

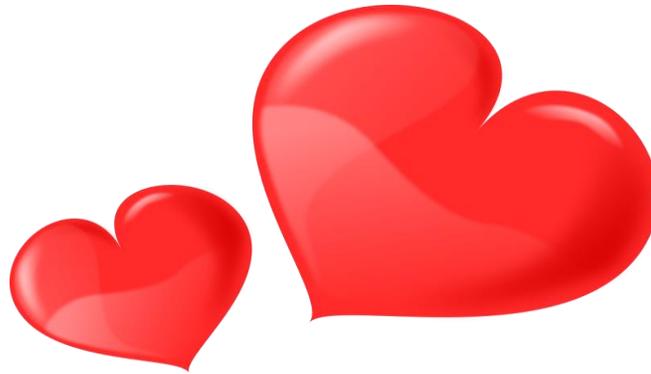
The Gift Shop was all decorated for fall with those beautiful colors of autumn. But before you could blink, it was time to change to Christmas colors of red and green. Garlands went up along with the tree and a few snowflakes (*even though we were not wishing for snow, shhh, we didn't tell anyone*).

On December 21, we had our final vendor sale of the year, just in time for a special gift for someone special. Silver Events was there on that day. It was a little late for a sale, but some folks like to shop at the last minute, so we decided to try it.

Like our new theme for this coming year, "Volunteers Give From the Heart," we are trying to make sure everyone feels our heartwarming presence in the hospital. We come to work with a smile and a pleasant attitude and do all we can to offer the warm feeling to all whom we meet in the hospital.

We hope everyone had a great holiday season and are looking forward to a great year.

“VOLUNTEERS GIVE FROM THE HEART”



Submitted by Dot Woodruff, Gift Shop Buyer/Secretary

Hampton Roads District

As I take on this role as Hampton Roads District Chair, I am looking forward to introducing myself to as many of you as possible on a personal basis rather than just through emails. So please feel free to contact me if you would like me to attend one of your Auxiliary meetings either as a guest or to do an installation of officers. It is hard to get to know everyone when we only meet as a group two times a year...once at the Spring District Meeting and once at the Annual Educational Conference.

As I held the Hampton Roads District meeting at our 2017 Annual Conference, I was dismayed to have representation from only two of the Hampton Roads hospitals. Not only is this meeting used to relay information from the VAHAV, but the sharing that goes on among the hospital Auxiliaries is vital. Maybe your hospital has an event or fundraiser that other hospitals might want to try. During the business meeting of the conference, the 2017-2018 VAHAV Executive Board officers were elected. They are Diane Glasgow as President; Harry Russell as President-elect; Carolyn Johnson as Recording Secretary; Barney Barnwell as Treasurer; and our 2018 Conference Co-Chairs are Rae Martel and Sharon Younger. Revisions to the VAHAV Bylaws were also approved by a unanimous vote. Please go to the VAHAV website to download these revised bylaws and insert them in your Leadership Manual. If you do not have a Leadership Manual in your hospital, or if you do not know where it is, please ask your DVS to print you off a copy from the website.

Here are two very important dates that I would like for you to share with your Auxiliary. The Hampton Roads Spring District Meeting will be held on Thursday, April 5, at Sentara Williamsburg Regional Medical Center. More details will be shared as the time gets closer. These meetings are open to any member of your Auxiliary and not just your officers, so please spread the word.

Our 2018 Annual Educational Meeting will be held October 8-10 at the Double Tree by Hilton on Koger Center Blvd. in Richmond. This is the VAHAV's 69th Annual Conference. How many have you attended? Our President's theme for this year is "Volunteers Give From the Heart." Let's try to remember

this phrase as we volunteer at our individual hospitals because we know that volunteers do not necessarily have the time, but they have the heart!

On an administrative note...please send me any changes that occur to your officers. This is the only way we can keep our Membership Directory up-to-date. Dues letters will be mailed out in January, and the deadline to submit your dues is May 1. It would be appreciated if you could mail the dues back ASAP so that I don't have to call you in May with a reminder.

All of the above information is available on the VAHAV website that you can access by going to www.vahav.org

Submitted by Debbie Sammler, Hampton Roads District Chair

Piedmont District

UVA Hospital Auxiliary

Every year the UVA Hospital Auxiliary is pleased and proud to provide funding for Special Projects. The total amount of funding varies from year to year, depending on the number of requests and the available money. But we always plan for it with a line item in the annual budget. We are able to do this because of our Hospital Gift Shop, the annual "Lights of Love" Christmas tree light-up, profits from vendor sales, and other, smaller fundraisers.

This year we funded a total of \$39,000 for one-time requests, ranging from \$200 to \$19,000. Approved projects include: First Year Premie Baby Books for parents of Neonatal ICU babies, funding for the Grief Support Group held in the UVA Cancer Center, ESL (English as a Second Language) classes for Environmental Services team members, a Vascular Access Simulator Mannequin for NICU/PICU patients/family members, Art Supplies for the Cancer Center Art Therapy Pilot Program, Communication Boards for Laryngectomy patients following surgery, Outdoor Twinkle Lights for patient windows at the Transitional Care Hospital, Care packages for recently discharged Stem Cell Transplant patients, Breast Models for the Breast Care Center and Breast Cancer Awareness mementos for patients receiving mammograms.

The largest contribution was the funding of Cell Phone Charging Stations in both the Emergency Department and the lobby of the UVA Battle Building. Both stations have been very well received.

Submitted by Martha Weiss

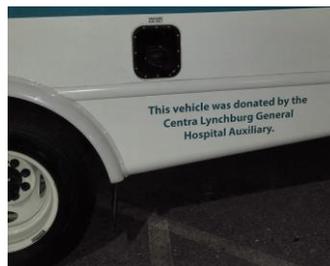
Centra Lynchburg General Hospital

In 2017, our 649 volunteers donated 84,560 hours to Lynchburg General Hospital. Some of the areas LGH volunteers work in other than the hospital are the Pearson Cancer Center, Stroobant's Cardiac Treatment Center, the Jamerson Y Cardiac Rehab Center, the Dawson Inn, Gretna Medical Center, Mended

Hearts and Pace. We held many fundraisers to support our hospital and community. Some of the things our Auxiliary did were to complete our pledge of \$260,000 to the Centra Simulation Center at the School of Nursing and \$40,000 to renovate the chapel at Lynchburg General Hospital.

Our Auxiliary donated to the Harris Health System in Houston, Texas, after Hurricane Harvey, the American Cancer Society, American Heart Association and to the fund to help mammogram and prostate screening for uninsured or underinsured women and men. LGH Auxiliary also helped to pay for overnight stays at the Dawson Inn for patient families and awarded eight scholarships to our teen volunteers. We also gave \$100 each to the Shriner's Golf Tournament, Meals on Wheels Golf Tournament and Mended Hearts Golf Tournament to support them. We were also pleased to be able to make a donation toward the VAHAV Conference.

The Auxiliary's last commitment in 2017 was to pledge \$59,000 for the purchase of a transport bus to bring Centra patients from Farmville and Gretna to the Pearson Cancer Center for treatment. At our general meeting in January 2018 that bus will be presented to Centra.



One special task the volunteers did at the hospital in 2017 was to take a unit each month and fix a large bowl with various snacks and other goodies for the doctors, nurses and workers in those areas, thanking them for being so helpful to the volunteers. The gesture was much appreciated by the employees in each unit. Some of the remarks were "For us?" "Are you sure this is for us?" It was our way of saying thank you for helping us, the volunteers, give Centra patients and their families the best care.



A Centra Lynchburg Auxiliary volunteer delivers a basket of goodies to the Cath Lab.



Volunteers Vern and Carmen Castle made a tree of White House ornaments that was posted on the White House Historical Society's website.

Our wish from Lynchburg General Hospital auxiliary is that 2018 will be a blessed, healthy and productive year for each of you. Remember -- **VOLUNTEERS GIVE FROM THE HEART**

Submitted by Patsy Garrett, Recording Secretary

Sentara RMH Medical Center

In September, we held our Annual Volunteer Service Appreciation Banquet and Meeting and had a great turnout. We elected officers for 2018: Diane Trobaugh, President; Kathy Hanger-Hall, Vice President; Evie Showalter, Secretary; and Jenny Meadows, Treasurer. Service pins were awarded for one year and increments of five years up to 35 years.

The Auxiliary presented the RMH Foundation with a gift in the amount of \$140,028. The Auxiliary is excited that we have an opportunity to play a leadership role through its annual gift to the Foundation in an upcoming project at the Sentara Hahn Cancer Center. The project, still under development, will be announced later this fall. Until then, the Auxiliary Board has decided to wait to officially designate this year's gift. This will keep open the opportunity for the Auxiliary to get in on the ground floor of this exciting endeavor.

Our Auxiliary funded our Comfort Toy Project by distributing over 8,620 toys and 3,652 coloring book packets for our youngest patients and visitors. Pete, who distributes the toys throughout the hospital, does so by going around as a "Cat in the Hat" on his motorized chair. Pete attracts the attention of all the patients as he goes through the hospital and brings a lot of joy to each.

Our Pet Therapy has become very popular among our patients and nurses. We now have 16 dogs and 10 handlers. They are now allowed to go anywhere in the hospital with the exception of sterile areas. They have regular times to go to different floors, but they also get a lot of requests from nurses and families for certain patients who would benefit by a visit from the dogs. Even the ER has the dogs help calm patients. We have Shelties, labs, Bernice mountain dogs, golden retrievers and Yorkie pugs in the program. Each dog and handler must pass a class administered in the Pet Therapy program. Halloween was a special time, as the dogs and handlers paraded through the hospital dressed in costumes.

Submitted by Pat Shoemaker, President

Southwestern District

Norton Community Hospital

First of all, HAPPY NEW YEAR, and kudos to our VAHAV President Diane Glasgow. She "wore many hats" during the VAHAV Conference in October 2017 and will continue to do so this year as well. Norton Community Hospital Auxiliary and Volunteers may be small, but we are mighty! We have purchased coats for children in the county schools, presented scholarships and sponsored fundraisers to earn money for our community's needs and hospital. We purchased tables and chairs for the remodeled Education Room and contributed to the NCH educational fund team members.

Our many thanks to our DVS (who also wears many hats) Misty Myers. She's like the Energizer Bunny. She just keeps going and going. Special thanks to all our members.



Far left: DVS Misty Myers as Jackie O in a hospital Halloween costume contest. The annual Jack O'Lantern contest. Volunteer Holly Hamilton decorated a pumpkin to look like a popcorn bag. The pumpkin was filled with popcorn, and volunteers' names are on the little flags.

We send warm wishes and blessings to all during the winter of 2018.

Submitted by Alane Lovern

VAHAV Officers for 2018

PRESIDENT: *Diane Glasgow*
PRESIDENT ELECT: *Harry Russell*
CONFERENCE CHAIRS: *Rae Martel, Sharon Younger*
TREASURER: *Marion Barnwell*
RECORDING SECRETARY: *Carolyn Johnson*

VAHAV CONTACT INFORMATION

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Southwestern District Chairman, Donna Raines, SouthwestDistrict@vahav.org
VHHA Liaison, Jennifer M. Wicker, jwicker@vhha.com



EDITOR'S REMINDER!

**Connection Deadlines are
December 1, March 1, June 1 and September 1!**

Please forward your newsletter articles to: newsletter@vahav.org

It's not for the money, nor for the fame,
It's not for any personal gain.
It's just for the love of fellow man,
It's just to lend a helping hand.

It's just to give a little of self,
It's something you can't buy with wealth.
It's not for the medals worn with pride,
It's just for the feeling deep inside.

It's that reward deep in your heart,
It's the feeling you have been a part
Of helping others far and near,
That makes you a volunteer.

VAHAV VOLUNTEER NEEDED

VAHAV is looking for a volunteer, technical person with skills in HTML5, SQL, and Microsoft Access (MS Office Professional) to shadow and support the official VAHAV Board duties delegated to the VAHAV Webmaster. If interested, please contact the VAHAV President at president@vahav.org.



Photos from 2017 Education Conference at the Hotel Roanoke