

Cheerio CHATS

COMMENTS FROM THE PRESIDENT REFLECTION AND TRANSITION

November 2011

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Hello to all of you priceless
Volunteers,

I hope you are enjoying this Autumn weather after the sweltering summer we had. I told myself I would not complain about the cold this winter after being so hot this last summer, and I plan to do just that. I did hear a few of you make that same statement.

I want to thank you for adjusting to all the changes and disruptions that are due to the renovations at our hospitals. I sympathize with you when you have trouble finding a parking space and know it will eventually get better on both campuses. You are displaying such calmness and putting the patients and their families more at ease. You are making this growth process so much smoother.

When I have gone to volunteer meetings at other hospitals or conferences, I have noticed that very

few Auxiliaries have a newsletter. Our Auxiliary has been blessed to have Kathleen Craven and Donna Wilson compile all our submitted articles in an informative and entertaining newsletter that we all look forward to reading. I know you are as proud as I am of our Chats. My sincere gratitude for all the hours involved for Kathleen and Donna. You can even read it on-line or pick up a copy at sign in stations.

I liked this quote from Sister Teresa, "We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." You all are certainly filling the ocean with your compassion, your kind smiles and your caring spirit. My heartfelt thanks to each of you.

May God Bless and Keep
You Always,

Carol McCamish
Auxiliary President

AUXILIARY FUNDRAISING REPORT

Hooray!! We've had two sales since heading up Fundraising --- Dynamic Cookware and Books R Fun. Even though sales for the cookware wasn't quite as dynamic as we would have liked, we still made some money. Books R Fun is always a successful sale for us, and it is FUN. Thanks to all of you who stopped by to stock up on your reading material and kitchen items.

We are excited to again sale "The Adventures in Dining and Entertainment" coupon book. For only \$35, you receive over 80 buy-one-get-one-free coupons to include great restaurants and area attractions. You may purchase these books in the hospital gift shop on the Glenwood campus.

Just in time for Christmas is our "Masquerade \$5 Sale." The dates are December 14, Memorial Hixson, and December 15, 16 at Glenwood. Come on by and load up those bags with stocking gifts or maybe a little something for that special someone "YOU."

Kudos to Carol McCamish for her tireless efforts in heading up the fundraisers in years past, her shoes will no doubt be hard to fill. Also, thank you Carol for guiding us through this transition in our new role as fundraisers. We couldn't have done it without you.

Last but not least, a huge thank you to all the volunteers who work the sales. You are the success behind the sales, and we look forward to working with each and every one of you in our future fundraisers.

Here's to the remainder of 2011 and anticipating a prosperous 2012!

Pat Gilbert and Robbie Willmore

Memorial Health Care System Auxiliary Board

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Memorial Hixson Golf Cart/POB	Dale Eubanks

MEMBERSHIP

There have been a few opportunities to recruit volunteers for Memorial this year. The latest one being the “Life” Expo at the Chattanooga Convention and Trade Center. There were many companies there, and Memorial had a large presence. Tommie Hill, Sue Landers, and myself handed out several applications to interested prospective volunteers.

We have two other opportunities to recruit volunteers in October. I am hopeful that many people will realize what a wonderful thing it is to help other people. I volunteer on Sundays in the Emergency Room and have for over 10 years. It is so rewarding to put your arm around someone who is scared because a loved one is being brought in by an ambulance. People are so grateful when someone cares about how they are feeling. Not every time that I volunteer do I have a memorable experience, but there are many times when I do.

There are many opportunities to volunteer at all of our locations. If you know someone who needs to “get out of the house,” tell them what volunteering has meant for you. Once someone gets volunteering in their blood, they’ll be glad you mentioned it to them.

Memorial is the very best place to volunteer, and I’m glad you and I are here.

Karleen Dixon
Membership Chair

SCHOLARSHIP COMMITTEE REPORT

As I sit here writing this article, it is hard to believe that Fall is right around the corner. Of course these 90 plus degree days that have been with us all summer also make it difficult to accept the fact that before long the leaves will be falling along with the temperatures. (Hopefully).

Applications for participation in the Memorial Scholarship program are currently being accepted until September 30th for all those candidates meeting the eligibility requirements. The committee will meet in November to review all applications, and those candidates that are applying for the first time will be notified to attend an interview with the committee. The date and time for the November meeting will be announced shortly.

In other news, we are most happy to announce the addition of Robin Campbell to the committee. We all look forward to the addition of Robin’s positive “can do” attitude and thank her for her willingness to join.

Enjoy the remainder of our summer and pray for rain!

Sincerely,
Rich Kramer
Scholarship Chairperson, President Elect

CRACKER BARREL

Time flies like an
arrow...fruit flies like
a banana.

By: Shooter Peel



ADVENTURES IN DINING COUPON BOOKS ARE HERE!

STEP UP TO THE "PLATE" AND ENJOY EATING FOR HALF-PRICE!

Dine and explore the city at half price while supporting the Memorial Auxiliary! Adventures 2012 Dining and Entertainment guide, bargain-priced at \$35, is valued at over \$1,100 and available for purchase in the Memorial Gift Shop at the Glenwood Campus daily and in front of the cafeterias on both campuses from 11am to 1pm during the week of November 14.

The Restaurant Sections in this guide are loaded with 2-for-1 coupons for entrees at Back Inn Café, Taco Mac, Salsaritas, Broad Street Grille, Sticky Fingers, Blue Orchid Bistro, Northshore Grille, Formosa Restaurant, River Street Deli, Nana's Frozen Custard, Marble Slab Creamery and many others.

Over 80 coupons, ALL BUY-ONE-GET-ONE FREE, are accompanied by full menu (or schedule), address, phone/fax number, description, full-color photos, and even directions to the venue!

The Entertainment section includes 2-for-1 coupons for admission to Chattanooga Symphony & Opera, Chattanooga Theatre Centre, Chattanooga Ghost Tours, Eagle Bluff Golf Club, Hunter Museum, Chattanooga Zoo and a host of others. The Groome Transportation coupon alone is a \$73 value!!!

Books are available in the Memorial Gift Shop at the Glenwood Campus for immediate purchase and available to use now. They are great birthday and holiday gifts to you or those you love.

Your support is appreciated for the Memorial Health Care System Auxiliary with this easy fundraiser! We will earn \$10-12 for each book sold, based on total sales!

LET'S TALK ABOUT
"HONEY" AGAIN

INDIGESTION:
CINNAMON POWDER
SPRINKLED ON TWO TABLESPOONS OF
HONEY TAKEN
BEFORE FOOD RELIEVES ACIDITY AND
DIGESTS THE HEAVIEST OF MEALS.

Listen to This!!

Knock, Knock
Who's there?
Norma Lee
Norma Lee who?
Normally, I don't tell
Knock, Knock jokes.

From The Foundation

By: Jennifer Nicely, Foundation President and Chief Development Officer

Several months ago we received a big surprise in the Foundation Office. A local attorney called to tell us a client of his has passed away and left a sizeable portion of her estate to Memorial. Well you can imagine what was going through our minds – who was this woman and why had she chosen Memorial?

Unfortunately, she had no close family, having never married with no children or other relatives. However, we were able to find a long-time family friend who was willing to shed some light and help answer some questions.

We learned that her sister and parents were taken care of at Memorial during their lives and she was always grateful for the care. We also learned that she was a kind, quiet, unassuming woman who worked her entire life for TVA.

I have shared this story with many of the staff at the hospital and share it with you now for this reason – someone many years ago took very special care of our donor and her family. It could have been a nurse, a housekeeper, even a volunteer. Because of that kindness, wonderful things will be able to happen at Memorial to improve care for so many.

Every day you, as volunteers representing Memorial, take very special care of many patients and family members. You do this because it is the way we do things at Memorial – we go above and beyond to make sure everyone is taken care of and made to feel comfortable in what often is a very difficult and stressful time.

Most of those patients will be very appreciative and you never know, one of them may be touched so deeply by your care that they too decide to go beyond a simple thank you and do something amazing.

In the next several months, we will look forward to sharing this story with everyone in the community as we publically recognize Ms. Marguerite Lehman for her gift of almost \$1 million to Memorial! Ms. Lehman’s gift will have a huge impact, all because of the care we gave her family decades ago. The work we do today has the potential to do the same decades from now, so remember Ms. Lehman and we will make sure every patient has the same wonderful experience she did at Memorial!

HISTORY LESSON

This first lady was committed to a mental institution. Do you know her name?

It was Mary Todd Lincoln – wife of Abraham Lincoln.

Class dismissed.

A Gift is waiting for...

John Joralemon

This special season gives us a chance to renew bonds with those we love. Have a wonderful holiday season. See Donna Wilson in Volunteer Services to receive your gift.

“BETTER LATE THAN NEVER?”

It's been a very busy few weeks prior to my sitting down to write. The deadline for sending an article to our *Cheerio Chats* Editors has come and gone. Now that I had some time to concentrate on an article, I found myself asking the question, “Is being late better than never writing the piece?” Since I'm writing, you can see how I answered the question.

The question lingered in my mind and then extended to our Lifeline service. I thought of the many times I have suggested Lifeline to a prospect, some even in wheelchairs or using four-pronged canes, and been told, “I don't need it yet,” or “maybe later...,” or “I haven't fallen yet.” I've even heard the same responses from some who have had serious falls and been hospitalized. Certainly, you, my readers, have never made a comment like that!

More than a third of those over the age of 65 have fallen at least once. I have known some who have lain hours or, in a few instances, days before they were found. Falls are the most frequent reason why our subscribers use their medical alarm service. In fact, more than 50% of our Lifeline calls are generated from falls. An increasing amount of research is being devoted to both fall prevention and to the impact of falls on the health and wellness of the victims of falls. The risk of falls increases with age and disability. Multiple circumstances contribute to that risk. Some illnesses, such as stroke or seizures, can cause sudden collapse. Poorly managed multiple medications, or failure to regularly take prescribed medications, or poor eating habits can cause dizziness or worse. A more sedentary lifestyle and loss of muscle tone

can cause loss of balance. Often, someone who would benefit from Lifeline has not recognized (or been willing to admit) that some of these factors are placing them more at risk. Research has also been conducted into the physical and psychological impact of falls that result in the victim being unable to get up or to move for several hours or longer. For many who have experienced a “long lie” time, their health is permanently damaged. Often, weeks-to-months of time in a rehabilitation facility are required before the victim is able to return home. A certain percentage of those victims lose their independence and must move to a nursing home. For some, the incident precipitates a progressive deterioration of their bodily systems to the point of death. If the person has been injured in a fall, has been rehabilitated to a satisfactory level of physical activity and has then chosen to install Lifeline, “better late than never,” is probably an acceptable conclusion. For those who are at risk due to a variety of circumstances, or just because he/she lives alone, the old adage of “an ounce of prevention...” would be a better guide. Lifeline provides the link to the “outside world” when the person is home alone, even for those who are very active and in good health. Unexpected incidents can occur without warning. Pressing the help button quickly rather than crawling to the phone can speed the arrival of help and the beginning of medical treatment. Potential “long lie” situations can be avoided. The small cost of Lifeline service may eliminate the enormous costs of recovery at a later time. Philips Lifeline has created a number of educational materials addressing fall prevention. Marty Schuster, our Lifeline marketing volunteer, reports that our handout, “How To Get Up

From a Fall” has been extremely popular at health fairs. We have a brochure on “fall-proofing” a home to eliminate some of the everyday hazards that can cause a fall. Philips Lifeline has produced a brochure on fitness for senior adults, complete with a series of exercises that can be done from a chair. An educational program for those who work with senior adults offers suggestions for evaluating clients’ fall risks and for initiating positive steps such as managing multiple medications and developing a more active lifestyle.

“Better late than never...” may be a philosophy that has a positive outcome some of the time. However, I suggest the adages of “an ounce of prevention...” or “Do it now” offer better assurance for future good health outcomes. Choosing Lifeline now, before a crisis event occurs, may be one of those positive events. I invite you to call us: 495-8774.

To Your Health

SHOES MADE FOR WALKING

Your footwear may contribute to the risk of falling says the American Geriatrics Society. So avoid footwear that fits poorly. Ideally, shoes should have low heels and a high surface contact area and always lace up or buckle up.

Wear shoes with a firm sole and interior, shoes with soft soles and interiors such as athletic shoes may provide too much sway and may not promote good balance.

Choose “high collar” shoes that provide ankle support.

Wear firmer footwear designated as “walking shoes.”

Avoid typical house slippers, especially the flip flop variety or those without heel support.

Foot assessment should be part of your visit to your doctor.

Walk, Walk, Walk Grab Yourself a Partner

Once you have mastered the 10 minute in place and the 15 minute mall walk, it’s time to push yourself. There’s no better way to do that than finding a walking partner who shares your goals. Schedule a regular meeting time and a place at home, at the mall, at the Riverwalk, sidewalk, nature trail, etc. Agree to walk for 30 minutes (about two miles) five times a week.

Go get ready, get set, get a partner,
GO!!!

Jean's

a

Z

Z

Faith is taking the first step even when you don't see the whole staircase.

--- Martin Luther King

When you came to volunteer with Memorial, I am thinking it could be considered a "leap of faith" because I am guessing that most of you had no idea of what all you would be doing other than sharing your time and talents in serving others. I am so very thankful you took that "leap" because you all have richly blessed us at Memorial and those we serve in countless ways.

I thought this quote was a good one as Memorial's expansion plan is underway. It is both an exciting time for us, yet a challenging time in some ways, as we face changes with this growth. Right now it may be difficult to "see the whole staircase," but we have faith in our leaders, planners and construction team knowing the end result will enhance our ability to provide the best of healthcare.

A recent change at Memorial Hixson has been the growing pains and space constraints on their campus resulting in plans for the pharmacy to temporarily relocate to the space occupied by the gift shop. This is due to a medication safety initiative with a new medications carousel being installed and due to safety and security concerns this pharmacy renovation cannot

take place with staff and supplies present. Deb Moore, VP and Administrator of Memorial Hixson has shared a detailed letter about this change in our Chats and know she and her team are evaluating alternatives to have a gift shop presence in Hixson again as soon as possible. We are also experiencing other "growing pains" at Hixson and on the Glenwood campus, and we so appreciate your patience and positive attitude as we all "grow" together. At the Glenwood campus some of the building projects underway include the new energy plant on the corner of Derby and Citico, the demolition of the old TB hospital to prepare for building of a new patient tower and parking on the north side, a new Children's Learning Center and a new Clinical Decision Unit being constructed on top of the Emergency Room.

While we are experiencing many changes, one thing doesn't change and that is taking the time to celebrate YOU and our many blessings. We are looking forward to a couple of special events, and we want you to make sure and mark your calendar. On Sunday, December 4 from 12noon to 2pm, we plan to honor you at our Annual Christmas Reception. This is a festive holiday event with delicious food and treats with staff present to serve you and thank you for all you do. Due to construction, this year our event will be held at Notre Dame High School in the Varallo Center. Your invitation will arrive soon.

Also on December 9 from 2pm to 4pm, you are invited to the Simulation Learn-

ing Center Open House located in the Memorial Annex (formerly known as Buster Brown) featuring the IStan which the Auxiliary help to fund by pledging \$104,371. The IStan is the most advanced wireless human patient simulator in today's market and is a key component to the Simulation Learning Center to train and educate nursing technicians, nursing assistants and graduate nurses to realistic clinical challenges through the use of this life-like mannequin allowing participants to experience in real-time the consequences of their decisions and actions. At this Open House you will see the fruits of your donation at work!

As I close, I wish you all a wonderful Thanksgiving which is just around the corner. Know I am ever thankful and grateful for YOU and all the blessings you bring to me and all of us here at Memorial and to those we serve. Your faithful service is amazing, and you are always taking steps to help others no matter where they lead you...I know you have been up and down countless "staircases" throughout your continued and dedicated service.

VOLUNTEERS AND THE SAILBOAT

The sailboat represents that place everyone is trying to reach where you can relax and enjoy life.

When is that time? When will my ship be coming in, you wonder? The time is now. It is always now. No matter what time it is. So now is the time to relax and enjoy life. Life is wonderful! Don't forget it! It is full of wonder in all of its forms. Not just sailboats - whatever activities you are engaged in. Wherever you are, whatever you are doing, and that includes volunteering, devise a game plan. Make it a part of life and therefore, worthy of great enjoyment. Jump in! Enjoy yourself! Enjoy Life!

Think of your life today, wherever you may be. Whatever you may be doing and just enjoy!

Life is wonderful - volunteering is wonderful. Never forget it! Be happy today and always!

The Happy Book
by Sally Huss



“Memorial Hospital Trivia”

Let's See What You Know

Who was the first Administrator of Memorial Hospital?
IT IS WRITTEN SOMEWHERE IN THIS CHATS. LOOK FOR THE ANSWER...

Laughter in Appalachia

These two Tennessee boys were in New York, and they said, Let's don't let these New Yorkers know we are from Tennessee - "Let's talk real proper."

They went into a store and one said, "I'd like a pound of po-tat-oes, please." The other one said, "Yes, and make that another pound of to-mat-oes."

The man said to them, "You guys are from Tennessee, aren't you?"

They said, "How'd you know that?"

He said, "Well, this is a hardware store!"

Chinquapin Jones

Gravel Switch, Kentucky

Apple N Cinnamon

What side of an apple is left?

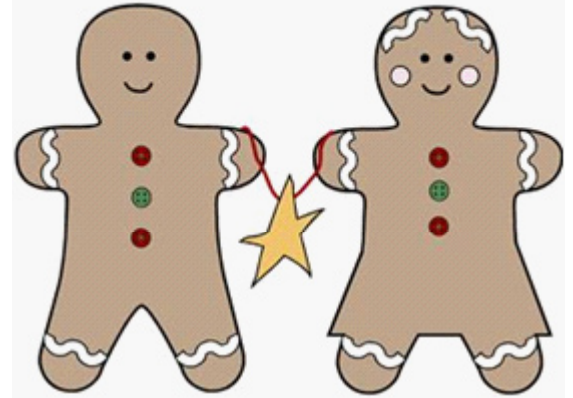
The part that you don't eat!



FILLOSOPHY

FRIENDSHIP IS
NEVER WASTED.
BY:
MISS WASTE NOT

Volunteers
Bounce this along!
Sheets of Bounce
Bounce repels
mosquitoes.
Tie a sheet of
bounce through
a belt loop when
outdoors during
mosquito season.



Happy Holidays!

Holidays are times of tradition, times of celebration and the perfect opportunity to reach out to all of you Memorial Volunteers.

This special season gives us a chance to renew our bonds with those we love. Have a wonderful holiday season!

The Editor and Staff of
Cheerio Chats



HIDDEN TENNESSEE

Splash, Splash...

The southeastern corner of Tennessee, specifically the Ocoee River, made a big splash in the 1996 Summer Olympics. The torrent of water near the town of Copperhill is so challenging that the Olympic Committee chose it as the site of the first Olympic Whitewater Course ever offered on a natural river.

People come from afar to enjoy the scenery and the whitewater of this area right here at our door.

Do You Know???

Pat Gilbert

Ooltewah, TN

When Pat is not spending time volunteering and helping with the fundraising, she is playing golf, keeping her grandchildren, cooking and traveling. Going to Florida is a place she really likes to go but also would like to go to a place she has never been and that is Ireland. She also belongs to a bowling league and bowls mostly in the winter months.

She would like for us to know that she has two sons and four grandchildren, and is retired from Bellsouth with 30 years of service.

There are favorite TV shows and "Dancing with the Stars" and "American Idol" are amongst them. She also likes to watch old movies on TCM.

If she could change something about herself, it would be to have more patience and compassion toward others. A good lesson for all of us - think before you speak.

If Pat calls you to help with our fundraisers, be compassionate and tell her you will help!

WHY, WHY, WHY....

If you shoot a mime with a weapon, should you use a silencer?

What was the "Best Thing" before sliced bread?

Why doesn't glue stick to the inside of the bottle?

Why, Why, Why???

Gift time for...

Donna Garner - hoping your New Year shines with peace, love, and happiness.

See Donna Wilson in Volunteer Services to receive your prize.

RECIPE TIME

With Frances Thurman
Chattanooga, TN

“Serving Our Best” cookbook is edited by our very own Memorial Health Care System Auxiliary. This “delicious” cookbook is available in Lori’s Gift Shop at the Glenwood campus. You will find the following recipe in this cookbook. Christmas will be here soon. What better gift could you find? None other than our very own “Serving Your Best” cookbook and in buying this book, it will help our fundraising efforts for the Auxiliary.

Frances has a daughter named Karen and two granddaughters and one son. She graduated from Red Bank High School and is retired from USPS.

In volunteering, she spends her time in the gift shop at Memorial Hixson Hospital waiting on people who are visiting their loved ones or being of help to the people who are employed there at the hospital.

Chicken Casserole

2 cups of cooked chicken breasts
1 cup herb dressing mix
1 cup cornbread dressing mix
1 can cream of chicken soup
1 can cream of celery soup
1 large onion - diced
2 cups diced celery
2 t. lemon juice
1/2 cup slivered almonds
1 cup mayonnaise
potato chips, crushed

Saute onion and celery in butter. Mix all ingredients together and pour in buttered 13 by 9 inch baking dish. Sprinkle crushed potato chips on top. Bake at 350 degrees for 30 minutes. This is a good dish for a large group and can be made the day before. Bake when ready to serve.

When not volunteering, she likes to read and lately she has read “Spoken From The Heart” and “The Help.” When shopping, do not leave your shopping cart in the parking lot. Put it in place designed for the carts to be put when not in use. This is a pet peeve for Frances.

Do you like peach cobbler? She says, she likes most foods but peach cobbler is her favorite.

If you want to call her, use her cell phone - she is never without it. Enjoy her recipe. With the holidays just around the corner, this recipe would fit right in.

THE PRIZE WAS A REAL ANTIQUE

BY PAT AND CAROLYN ROBINSON



As all of you who live in the area or were visiting know, our Summer months this year would set records due to the heat. We did not realize at the time but six months prior we booked a 35-day cruise that would take us away from the heat. The cruise was called "The Voyage of the Vikings" and sailed out of Boston. The day we left the temperature was 104 degrees and little relief in sight. Our first port of call was Quebec, Canada and from there on to Newfoundland, Greenland, five ports of Iceland, Scotland, Holland, England, France, Ireland, The Arctic Circle, Nova Scotia and back to Boston. We were surprised before long we began to see snow caps, floating ice fields, and massive icebergs as well as whales and dolphins swimming near the ship.

We have been sailing for over 40 years and have made friends all over the world. While we were docked in Amsterdam, Holland, for 2 days, we met some friends we had sailed with on previous cruises. One couple was from Belgium and the other from Delft, Holland. They arrived in Amsterdam by train to come aboard the ship as our guests and have lunch with us and exchange gifts. Have you ever tasted fresh Belgium Chocolates? It was delightful. The other gift was a beautiful hand-made Blue Delft bowl which will bring back many fond memories. It will be proudly displayed in our home for many years to come. The day passed very fast, and it was soon time to bid them a safe train trip back to their homes.

On our return leg of our voyage we met another couple we knew from Halifax, Nova Scotia, and also had them aboard for lunch. That afternoon they took us to one of the famous areas Halifax, Peggy's Cove. This is where Swissair Flight 111 from New York to Geneva, Switzerland, crashed on September 2, 1998. There were 229 people onboard the flight and all of them perished including 132 Americans. Peggy's Cove was the staging area for the recovery and investigation of the crash. We remember seeing the incident on the news but visiting the area made it more meaningful. Again, the time passed very fast, and we would have to say farewell to our delightful friends and "tour guides" for the day.

As our cruise was drawing to an end and the packing had begun, everyone was asked to complete an evaluation

survey of the cruise. This was nothing new to us, and it was announced that one lucky survey would be drawn and the winner would be given a piece of Holland America Cruise Line Memorabilia. Carolyn's survey was drawn and her prize was a real antique. It was a silver bread plate and butter bowl inscribed with the company's logo that had been used for many years onboard Holland America's Flagship the SS Rotterdam V that had been launched in 1958. This happened to be very meaningful to us since we had been on the ship in 1997 for the last World Cruise that it would make before being retired and sold. It is now permanently docked in Rotterdam, Holland, and is a restaurant and tourist attraction, a wonderful piece of history.

MEET THE ROBINSONS

Pat and Carolyn Robinson, are World Travelers, having visited all seven continents and have circumnavigated the globe three times by cruise ship. Pat retired from TVA in 1988 and Carolyn retired from the University of Tennessee at Chattanooga in 1994. They are both Auxiliary volunteers for Memorial Hospital. They have over 1200 days sailing on cruise ships all over the World and enjoy sharing their interesting and sometimes funny travel experiences. In the past, they have written a column for the Hixson Community News in the Chattanooga Times Free Press called "World Traveling with the Robinsons." They celebrated their 43rd wedding anniversary this past year, and it just happened to be on a cruise ship. They have a program called "See The World From A To Z" which they present to civic clubs, senior groups, and churches. They do not charge for their talks but do ask for a donation for the MaryEllen Locher Breast Center at Memorial. If you need speakers for your next meeting, please give them a call at 843-2762 or by calling the Foundation Office at Memorial Hospital.

Do You Know???

Robbie Willmore

Chattanooga, TN

Birthday: October 15

Robbie volunteers at Patient Entrance, as well as, being Fundraiser Co-Chairman. Besides being at the hospital, she likes being at church and finding new places to travel. And if she struck it rich, she would cruise around the world.

There is spare time and you will find her playing golf, reading, lunching with friends, and traveling, cooking and relaxing on the back porch. And maybe on that back porch, you might find her eating dark chocolate and engrossed in crossword puzzles. She is happiest when she is with family or playing golf, and singing in church and fishing.

A good trait in a person is being a good listener, and she hopes she is one. The best advice that she has been given is to always keep good company. This is good advice for all of us.

She likes the 70's and 80's music, mostly classic rock. When she looks back on her life, she wishes she could have been a travel guide or a classical pianist.

And what else do you want to know about Robbie? She likes the color

red, and is very dependable, loves to see the ocean while in Florida and the mountains in Tennessee.

Her favorite piece of clothing is her jeans. They are acceptable anywhere.

She loves her volunteer work and the people that she works with. Remember to help Robbie out with the fundraiser sales. When she calls you to help out, tell her you will.

FYI

You know you are living in 2011 when...

You accidentally enter your pin on the microwave.

You haven't played solitaire with real cards in years.

You have a list of 15 phone numbers to reach your family of three.

Sister Marie Victoria Fitzsimmons was the first Administrator of Memorial Hospital. She served from 1952 - 1966.

Answer to Memorial Trivia

Santiago Poncho “Jim” Boyle, BSN, RN

University of Tennessee at Chattanooga
Auxiliary Scholarship Recipient

My interest in the medical field started in August of 1990. My father broke his neck, and at age 17 my life changed forever. My father was paralyzed from the chest down, and his injury made life hard for everyone. He was very bitter about the injury, and he pushed everyone away including my stepmother. She left about six months after the accident, and I found myself caring for my father and my two younger brothers. In addition to these responsibilities, I had to finish high school. My father required around-the-clock care, and I missed many school days because there was no one to stay with him. This difficult time set the foundation for my nursing career.

Looking after my father was often an overwhelming task. I soon found myself bonding with the home health professionals as if they were an extended family. I respected their work ethic. I was always impressed with the care they provided. They exhibited professionalism and compassion. They were my role models. I followed their example in caring for my father until he finally succumbed to complications on September 5, 2001.

Caring for my father provided me with limited opportunities for achieving a post-secondary education. I married and began working in the local textile industry. In the summer of 2003, a series of layoffs required me to move from salaried employment back to an hourly position on night shift. Realizing the instability of the textile industry, I began to reevaluate my career options. I wanted a new career that would provide security, stability, and fulfillment. Nursing was my first choice. Nursing was a field that always interested me, and it seemed like the logical choice because I like helping people. I believe that the time I spent with the home health nurses had a great influence on my decision to become a registered nurse.

I am very happy working as a registered nurse. I have been with Memorial since November 2006, and I have been working as a registered nurse since June of 2007. I worked on a surgical telemetry unit that specializes in vascular, gastric bypass, colorectal, and cardiovascular surgeries until about six months ago. Working in this area for over four years has given me a great deal of experience because I

care for patients with a wide variety of diagnoses. This floor serves as a step-down unit receiving new postoperative patients as well as patients directly from the intensive care areas. As a Core Charge Nurse, I had responsibility for the entire unit. I was responsible for making assignments, managing staff, giving guidance to less experienced nurses, and dealing with any other issue that arose. This leadership role reinforced my experience as a registered nurse. My new position is the Divisional Educator for the Memorial Admissions Center and Clinical Resource Team. Both of these areas will triple in size over the next year, and I will manage the training needs for both areas. I am excited about the new position. This transition will be difficult, but these challenges will strengthen me as a nurse and a leader.

When I think about my future in the field of nursing, I get excited. The Memorial Auxiliary Scholarship made it possible for me to attain my BSN degree which led me to my new position as a nurse educator. I love my new position because it allows me to follow my passion which is training nurses. I want to continue my education, and I plan to pursue an MSN degree.

I am proud to be making a difference in my field, thanks in

part to the Memorial Auxiliary Scholarship. I am married, and I have four children. The cost of post-secondary education has been overwhelming and very difficult to manage. The Memorial Auxiliary Scholarship helped ease that financial burden. Without this support, I might not have been able to advance my education in nursing. I want to express my deepest gratitude to the Memorial Auxiliary for all they have done to help me and my family. The Auxiliary Scholarship has put me one step closer to achieving all my dreams.

Thank you for everything,

Santiago Poncho Boyle (Jim),
BSN, RN





Our Mystery Person

IF YOU KNOW WHO THIS “MYSTERY PERSON” IS, CALL DONNA AT 495-4148. THE FIRST CALLER WITH THE RIGHT ANSWER WILL WIN A PRIZE, SO TRY, TRY, TRY!! ARE YOU READY?? HERE WE GO!!

BIRTHDAY: DECEMBER 8

This volunteer enjoys her volunteer work so much and loves working at the hospital or in a nursing home. She labels charts in Pre-Testing Surgery. Does this give you a hint?

If she struck it rich, she would feed all the hungry children of the world. The words “spare time” are not in her dictionary. She does not like spare time. She would rather fill up her time with work, doing for others. She was asked, What is your guilty pleasure? She replied, “work.”

Being honest is a trait that she wants people to remember her by, and she wants to see this trait in all people. The best advice that has been given to her is “tell it like it is.” Do you work with this person in volunteering, do you know who it is?

Don't let this surprise you - Her favorite piece of clothing is her Auxiliary uniform, and she is the happiest when she is at the hospital doing her volunteer work.

Now the following might help you.... She loves music of any kind but her favorite is music made by the late Glenn Miller and his orchestra.

She doesn't need anything exciting in her life, just prefers to help people in their walk of life. If she were a clown for a day, she would like to bring joy into children's lives that have cancer. We all agree that there is one word that describes this mystery and that is dedication in helping through her volunteer work. She says, “It is good to help, watch, and see people recover from their illnesses.”

And this says it all, “I volunteer because I love my work, and I love to take care of sick people.”

Call Donna if you know who this caring volunteer is - 495-4148.

Hixson Highlights

Deb Moore, Vice President and Administrator of Memorial Hixson

Dear Volunteers,

Thank you for your dedicated volunteer service to patients, visitors and staff. Your support of our Mission has helped Memorial become the regional healthcare provider of choice.

Memorial Hixson has been blessed with much growth in recent years. As a result, we have experienced some growing pains and space constraints.

Memorial is continually working to improve patient safety including a medication safety initiative. New medication carousels are being installed in the pharmacies at Memorial Hixson and Memorial Hospital. The carousels are integrated with a bar code system to enhance bedside charting and patient safety. The Memorial Hixson Pharmacy must be renovated to accommodate the carousel. Renovations cannot take place with staff and supplies present because of infection prevention, safety and security concerns. The pharmacy must temporarily relocate to the space currently occupied by the gift shop.

Lori's Gift Shop at Memorial Hospital Hixson will remain open with normal business hours through October 22 and with limited hours October 24-26. We are evaluating alternatives to have a gift shop presence in the hospital, and we hope to offer the most commonly purchased items available in an alternate location in the interim. We will announce those plans as they are developed.

Again, thank you for your continued services to Memorial. If you have any questions or concerns, please feel free to contact me at (423) 495-7103.

Sincerely,

Debra L. Moore
Senior Vice President/Administrator

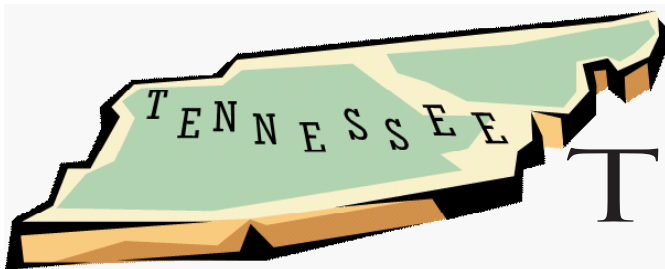
PUZZLE TIME

Find the “Commonym”

What’s a commonym you ask? You won’t find the word in the Merriam-Webster’s Dictionary, but according to those who craft and solve word puzzles, commonyms are a group of words that all have a common trait. For example the words: car, tree, elephant. What do they all have in common? They all have trunks! See if you can decipher the commonyms below. They’ll make you think!



1. A Ball - A Fish - A Cold: _____
2. A Ball - A Salad - A Coin: _____
3. A Cork - A Question - A Balloon: _____
4. A Bottle - A Baseball Player - A Mushroom: _____
5. A Bell - Mouth - A Shoe: _____
6. A Tug of War - The Nightly News - A Boat: _____
7. Seventeen - Time - People: _____
8. A Basketball Court - A Highway - A Bowling Alley: _____
9. Fog - A Jack - A Body Builder: _____
10. A Hockey Game - A Restaurant - A Bank: _____



TRIVIA

1. Which two black religious publishing houses are located in Nashville?
2. What country music performer spent almost ten years in Nashville trying to make it in the entertainment business, only to become a star after returning to Texas?
3. What was the method of reading music that was popular in Tennessee through the first half of the 20th century that had its origins in England during the time of Shakespeare?
4. In the early 1920s, what Negro national League baseball team was formed in Nashville by Tom T. Wilson?
5. What mineral that sold for \$10 a bushel was in great demand for preserving and seasoning food in the pioneer days of Tennessee?

ANNOUNCEMENTS & IMPORTANT DATES

UPCOMING FUNDRAISERS

MASQUERADE \$5.00 SALE
 DECEMBER 12, MHH
 DECEMBER 13 & 14,
 GLENWOOD

ADVENTURES IN
 DINING AND
 ENTERTAINMENT
 BOOKS ON SALE
 NOW IN THE
 MEMORIAL
 GIFT SHOP
 \$35 EACH

Upcoming Board Meetings

November 11, 2011
Executive Board Meeting
8:30 a.m.
Full Auxiliary Board Meeting
9:30 a.m.

See you there!!

Annual Christmas Reception
Varalla Center at Notre Dame School
December 4th
12:00 p - 2:00 p

Ever Wonder Why?

Each square inch of human skin consists of twenty feet of blood vessels.

The average person uses the bathroom six times per day.

Babies are born with 300 bones, but by adulthood, we have only 206 in our bodies. Do you ever wonder why?

- | | |
|----|-----------------------------------|
| 5. | Salt |
| 4. | The Nashville elite Giants |
| 3. | Shaped notes |
| 2. | Willie Nelson |
| 1. | Episcopal Church Publishing House |
| | House and the African Methodist |
| | The National Publishing |

ANSWERS - TENNESSEE TRIVIA



*You are cordially invited to join the
Memorial Health Care System Foundation
and
the Clinical Education Department
in celebrating the generosity of the
Memorial Health Care System Auxiliary
at an Open House featuring the
Simulation Learning Center
and
I Stan*

*Friday, December 9, 2011
2:00 until 4:00 PM*

*Clinical Education Department
Memorial Annex
Chattanooga, Tennessee*



Memorial's New Social Media Policy

Memorial now has a new social media policy for the entire system, and we want to make certain to share with our volunteers since many of you have social media accounts. Social media includes, but is not limited to, Twitter, Facebook, MySpace, YouTube, blogs or other Internet-based sites and applications intended for sharing personal information, photographs or video.

About the social media policy:

This policy is intended to ensure consistency with our Core Values and brand, and compliance with our Standards of Conduct, other appropriate policies and state and federal laws and regulations across the system; and that social media use supports Memorial's strategic objectives. This policy takes into account that other existing policies may apply as well, so if you can't do it, say it, write it, email it, or talk to the media about it, you can't do it via social media either.

The policy applies to employees, contracted or temporary employees, volunteers or trainees and covers the use of social media at work or away from work when an individual's relationship to Memorial is known, identified or presumed. The highlights of the policy are:

- Social media use must comply with our Standards of Conduct, core values, all other policies and cannot interfere with work or violate any laws.
- Social media may not be used to disclose confidential information, post non-protected statements or engage in activity that is illegal or inconsistent with our Standards of Conduct or Core Values.
- Memorial issued email accounts may not be used for non-work-related social media activities.
- An employee or volunteer cannot use social media to speak on behalf Memorial unless the employee or volunteer is an authorized spokesperson.
- Employees and volunteers must obtain written approval to use Memorial photos or videos in social media.
- Social media may be used for appropriate, business-related purposes per policies and procedures.
- The creation of any CHI or Memorial Health Care System social media sites must be approved by the Vice President of Marketing.
- Posts made to Memorial social media sites become the property of Memorial. Any violations of this policy will be investigated in conjunction with applicable policies and procedures and will follow our existing disciplinary policies.

WOULD YOU DO THIS???

Sharpen your scissors with SOS pads. Cut your box of SOS pads into halves. It is much more economical. They last a lot longer. Usually we have to toss the unused, rusted, and smelly pads away, and this way, your scissors get sharpened too.

- Commonym Answers from Page 6:**
1. They are caught
 2. They are tossed
 3. They are popped
 4. They have caps
 5. They have tongues
 6. They have anchors
 7. They are magazines
 8. They have lanes
 9. They lift
 10. They have checks

Answers to Puzzle Time



CHATS produced and edited by

Ms. Kathleen Craven, Editor
Ms. Donna Wilson, Layout Editor

