From Diana’s Desk

Volunteering and its Surprising Benefits

Volunteering is good for your mind and body.

Volunteering provides many benefits to both mental and physical health.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Tom Bell
President and CEO

Hospitals Are a Cornerstone in Keeping Kansas Healthy and Economically Strong

The Kansas Hospital Association has worked again with the Office of Local Government, K-State Research and Extension, to produce The Importance of the Health Care Sector to the Kansas Economy. New data confirms the health care sector is among the fastest growing in the economy. National employment in health care services increased by 92 percent from 1990 to 2015, and by almost 400 percent since 1970. The entire health sector in Kansas employs about 222,500 people and is the fourth largest aggregate employer in Kansas.
Kansas hospitals alone employ 86,324 people, or 4.4 percent of all job holders in the state. These jobs are essential to serve our communities, but also have a ripple effect on the Kansas economy. For every job in a Kansas hospital, another .88 jobs were supported in other businesses and industries in the state. Kansas hospitals have a total impact of approximately 162,000 jobs.

According to the report, hospitals generated approximately $6 billion in total income. For every $1 of income generated by hospitals, another $.56 is generated in other business and industries in the state’s economy. Thus, hospitals have an estimated total impact on income throughout all business and industry of nearly $9.4 billion. Funds spent to buy goods and services flow from hospitals to business and ripple throughout the economy. The impact on area retail sales generates nearly $3.2 billion in the Kansas economy each year. Additionally, the hospital sector generates more than $205 million in state sales tax. The state uses these critical funds for important programs such as education and transportation.

This report documented the importance of hospitals and the health care sector to the Kansas economy. While the estimates of economic impact are substantial, they are only a partial accounting of the benefits that health care in general, and community hospitals in particular, provide to the state. Kansas community hospitals help to not only stabilize the population base, but also invigorate their communities and significantly contribute to the quality of life. It would be careless not to reflect on the additional impact expanding KanCare would have on the Kansas economy. The impact of health care services in Kansas grows even more if Kansas can expand the KanCare program. Expanding KanCare will add needed dollars that will assist in growing the economy, creating jobs and supporting the state’s budget through increased revenues and cost savings.

Kansas community hospitals are major employers and business partners throughout the state. As we continue to look for opportunities to enhance our state's economy and stabilize our population, a strong health care system, anchored by well-supported community hospitals, is essential.

In addition to this new statewide report, county economic impact reports (released in October) are linked on the home page of the KHA website.

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**Great Truths That Little Children Have Learned**

When your mom is mad at your Dad, don’t let her comb your hair.

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### 2018 HAK Board Members

President………………………….Diana Holloway, McPherson
President Elect …………………...Linda Staiger, Liberal
Immediate Past President……….Pat Martin, Fredonia
Recording Secretary ………….Kathy Norris, Garnett
Membership Secretary ………Rose Stroud, Wichita
Treasurer ………….Dottie Letellier, Chapman

District Coordinators:

- District 1……………………….Ginny Lancaster, Ottawa
- District 2……………………….Sally Emerson, Garnett
- District 3……………………….Jeannette Butler, Salina
- District 4……………………….Roy White, Wichita
- District 5……………………….Diane McReynolds, Woodston
- District 6……………………….Connie Richmeier, Liberal
- Counselor ………….Pat Martin, Fredonia
- Historian ………….Gwen Gately, McPherson
- Parliamentarian ………….Floyd Joliette, Gerard
- Sunflower Auxilian Editor ……….Diana Holloway, McPherson
- Legislative Chairman ………….Pat Martin, Fredonia
- Nominating Chairman ………….Pat Martin, Fredonia
- Convention Chairman ………….Peggy Ogle, Fredonia
- Convention Co-Chair ………….Pat Bruce, McPherson
- Convention Co-Chair ………….Sally Emerson

Send Auxiliary News Items to:

Diana Holloway
536 Oaklane
McPherson, KS 67460
phone: 620-242-8296
EMAIL: shyannie@cox.net
*(Please email if at all possible.)*

The deadlines for the 2018 HAK Sunflower Auxilian are:

- May 15, 2018
- August 15, 2018
- November 15, 2018

Please send all of your news to the HAK Historian.
Gwen Gately.
1448 Plum Ave
Windom, Kansas 67491
Email: billgwengately@gmail.com.
If you have questions please contact Gwen at 620-755-1944
**Address Corrections**

Did this newsletter go to the wrong address or person? If so, please notify the HAK Membership Secretary.

Rose Stroud  
2525 Beacon Hill Street  
Wichita, KS  
Phone: 316-993-2467  
Email: mossrose1947@hotmail.com

**New Associate Members**

Cari Redden  
Director of Foundation & Volunteer Services  
Coffeyville Regional Medical Center  
314 Centennial  
Coffeyville KS 67337

**New Presidents and Other Auxiliary Leaders**

Any time during the year that your auxiliary has a new president, don’t forget to send in a new Form 1 to the President Elect and Membership Secretary and your District Coordinator, so we can be sure to keep in touch with your auxiliary.

**Auxiliary President Changes**

**District 2**  
Via Christi - Pittsburg Mt. Carmel Auxiliary  
Judith Hunt, President  
506 N. Linn  
Frontenac, KS 66763  
Cell: 620-24-7483  
Email: jhunt506@yahoo.com

**District 4**  
Marion - St. Luke Hospital & Living Center Auxiliary  
Mary Griffith, President  
509 N. Cedar  
Marion, KS 66861  
Cell: 620-382-6589  
Email: mamagmary@gmail.com

**2018 Dates to remember**

**District Meetings for 2018**

<table>
<thead>
<tr>
<th>Date</th>
<th>District</th>
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<tbody>
<tr>
<td>Tuesday, April 3</td>
<td>District 1 Sabetha</td>
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<tr>
<td>Wednesday, April 4</td>
<td>District 2 Pittsburg</td>
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<td>Thursday, April 10</td>
<td>District 3 Abilene</td>
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<td>District 5 Quinter</td>
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<tr>
<td>Wednesday, April 11</td>
<td>District 4 Hoisington</td>
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<tr>
<td>Thursday, April 12</td>
<td>District 6 Ulysses</td>
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**2018 HAK State Convention**

September 5 - 6 - 7, 2018  
DoubleTree by Hilton  
10100 College Boulevard  
Overland Park, KS

Host for the State Convention is District 2

**Gratitude for Volunteers**

When everyday challenges had me down,  
Your beaming smile erased my frown.  
When I was hurting, you were there,  
With a warm hug and a quiet prayer.  
When I had surgery and it took its toll,  
You were there with a casserole.  
When I couldn’t drive to the doc or store,  
You were there knocking on my door.  
When I lost my cherished loved one,  
You were there with a shoulder to cry on.  
When my car slid off the road in the snow,  
You were there with a rope and a tow.  
When I was disabled by an accident,  
You saved me from my predicament.  
When my home was touched by a fire’s blaze,  
You were there coming through the haze.  
When life’s storms threatened to disrupt,  
You were there to buoy me up.

Thank you my friend, neighbor, volunteer,  
You rescued me from despair and fear.  
Your love and caring is most dear,  
And my world’s a better place…because you’re here!

**Points to Ponder**

Every thought is a seed. If you plant crab apples, don’t count on harvesting Golden Delicious. Bill Meyer

The only disability in life is a bad attitude. Scott Hamilton
**Bits And Pieces**

**Greensburg - Kiowa County Memorial Hospital Auxiliary**

**ORGANIZATION GATHERS FOR FINAL MEETING**

The KCMH Auxiliary met for its regular and final meeting on Tuesday, December 05, 2017 in the Forest Lee EinSEL Conference Room. There were 13 members and one guest to enjoy the deliciously prepared meal by the hospital dietary staff. Following the meal, President, Carolyn Irvin, opened the meeting with prayer. Secretary, Garrett Irvin, read the minutes of the previous meeting. Treasurer, Roberta Seiler, presented the account balance as of this date. She indicated money to be collected for the Dillon’s Gift cards and other expenses to be paid. The organization will ensure payment of second half of scholarship money. Recipients remember to send proof of enrollment to our Treasurer for timely payment to your school. She will also discuss the transition with those who purchase the gift cards.

President, Carolyn Irvin, welcomed HAK State President, Diana Holloway. She thanked the organization for their many years of service and commitment to the hospital. Carolyn then read a letter from HAK President-Elect, Linda Staiger. Topics for discussion included the date of the Santa Store will be Saturday, December 16th from 9 a.m. to 12 noon at the hospital. This is the organization’s ongoing service project and members were encouraged to assist as they chose. This is the final activity to be completed for the submission of the HAK Award of Excellence. Following completion, it will be sent to the HAK board for review. Even though organization dues will not be paid, representatives can still attend the annual meeting in September 2018. Carolyn informed the group and Diana elaborated on HAK Associate membership. Anyone can be an Associate Member to the HAK; call Carolyn for more details. The last day of the organization will be December 31, 2017.

At the conclusion of the regular meeting, Jane Oborny, CFO, on behalf of the KCMH Administrator and the auxiliary membership, presented an award to Carolyn her service to the auxiliary and 15 years being president. To the auxiliary members both charter and one day, thank you so very much for the loyalty serving this organization and the commitment given to helping patients and their families. When someone is ill, injured or someone has departed this life, we look to those who stand, or sit, with us sharing a smile or a gentle touch. In the years that follow, those are the moments we remember and appreciate. It has been my honor to be a part of a diverse group and even holding up for ten years following a disaster. That in itself is a great achievement and the perseverance of the people of Kiowa County. Maybe a new organization can begin, but in the meantime, thank you very much.

"Making the Difference’ awarded to Carolyn Irvin for your loyal dedication and unwavering commitment. Thank you for your outstanding contributions toward our goals, and for making our organization stand above the rest.” KCMH Auxiliary President 15 years

Pictured from the left: Auxiliary President, Carolyn Irvin, Charter Members, Jackie Sherer, Barbara Hubert and HAK President, Diana Holloway

With gratitude and respect,
Carolyn Irvin, President
KCMH Auxiliary

**Larned - Pawnee Valley Community Hospital Auxiliary**

**“Gift Market Mania”**

I just returned from a physically demanding five days. “What’s that?” you ask.

I was traveling with two other women and was filling in as a sub for the third one who couldn’t come. Our destination was the Dallas Gift Market. Now, doesn’t that sound like fun? Well, it was! There’s nothing more fulfilling for a woman than shopping, and spending other people’s money makes it even better. But, “Here’s the rest of the story,” as Paul Harvey used to say.

I would be the designated driver in Dallas. Driving in 4-6
lane traffic, zipping in and out, and at the busiest time, would be a challenge for this small town chickadee. I could do it but would need to “warm up” first.

The other two gals were experienced at buying for the gift shop. Since the two had attended had attended this show many, many moons, they had it down.

We stayed with Myrtle’s sister, Tilda Flisterbinger. Tilda always hosts the group when they are in the Big D for market. She is the hostess with the mostess.

I climbed in the driver’s seat, held my breath, acted brave, and away we went. Tilda, the “driving coach”, sat in the passenger seat next to me. She is very, very instructive. She tells the driver what to do ahead of time. She is a living GPS.

“You can Mover over to the left when you get the opportunity.” (She’s very aware of what’s ahead.) “You can blend in with the traffic now.” Now, I am going to tell you ahead of time where you need to go so that you understand where we will be going. See that sign? Start to move to the left when you can.”

And, sometimes she would remark, “Why did you move over into that lane? I didn’t tell you to do that.” Or, “You are much harder to navigate than Greta.”

On the third day, I envisioned us from a bird’s eye view, and began to laugh hysterically. (My hysteria had set in!) Here I am, a little ant, weaving in and out of the fast traffic, in Dallas, Texas. Zip. Zip. Zip. “Clowns to the left of me, jokers to the right, here I am stuck in the middle with you!” (by the Emojis)

Tilda stared at me, and asked, “What are you laughing at?”

What was I laughing at? Good Lord, How did I get into this situation? Oh me.

We arrived at the World Trade Center. After passing through the admittance process, we began the hunt. It was “Cash and Carry” day. Pay with cash only. Wholesale reductions were offered at this time on certain pre-selected items.

I decided to lug the bags of purchases to the car as we continued to accumulate. Back and forth. (Wish I had thought to bring my fitbit) I also helped shop. Soon it was lunch.

Oh glory. Oh happy day. Treat time!

Soon we were back at it again. Go. Go. Go. I could feel my feet swelling.

Our veteran, Myrtle, perpetually led the way. She is at least 80 years of age. She looks great, and she has the stamina and energy of a full powered atomic energy plant. She kept us “on task”.

Her big sister, Tilda, is four years older. She rested “sometimes”, thank goodness. It gave me an excuse to sit down wherever I could. But I REALLY wanted to lie down in the dang floor right in the showroom.

Greta is younger than Myrtle, but two years older than me. She has back trouble, but you wouldn’t know it. By stopping time, Greta was just getting warmed up. It was almost 4 o’clock and Myrtle was right there with her.

I begged. I pled. My big toe hurt. Eventually, we climbed back into the car, and I positioned myself behind the wheel with the “navigation controller” next to me.

The last day, we drove to neighborhoods where wholesale stores are located. You wouldn’t want to walk the streets at night in this area. (Unless you were, ahem, a street walker) There were bars on the doors and windows.

We drove to a watch sales building that must have been the size of a gym with stacks and stacks of boxes of categorized watches, watch parts, batteries...you name it. We knocked, they recognized the other two ladies, and then opened the jail door.

Greta handed me a box lid in which to put my selections. I stared at the room with glazed eyeballs. There were enough watches to stock the entire United States population for 50 years. Greta remarked (casually), “I know it’s overwhelming. We have been doing this for over 10 years. Just pick up the ones you like as you look.”

I found a place to sit down, and watched. Get it? Watch-ed. I was done.

Judi Table
AKA Pawnee Annie
Abilene - Memorial Health System
Volunteer Corps

Gifts to MHS Departments

Each year the Memorial Health System Volunteer Corps (MHSVC) holds several fundraisers to raise money, in hopes of offering “gifts” to the health system. Departments may request items not included in their budget that would enhance their departments and services. Each department submitting a request must prepare a proposal, verbal & written, and present it to the MHSVC Executive Board. MHSVC was delighted to have the opportunity to grant seven departments their requested items this year including:

- Dining room furnishings for the ROSE Unit;
- Medication cart for Respiratory Care;
- Large bulletin board for Marketing & Communications;
- Playground tiles & ramps for Learn & Grow Depot Childcare Center;
- Several pieces of equipment for Impact Sports & Fitness Center;
- Bariatric reclining shower chair for the Inpatient Unit.

The volunteers also purchased more outdoor holiday lights for the hospital and other Memorial Health System facilities to help spread holiday cheer.

One of the more recent fund-raising activities was to cut-out, bake, decorate and sell over 1300 sugar cookies before Christmas. Other Christmas goodies were donated by individual volunteers to sell also. This and many other fund-raisers make our “gifts” to the health system possible.

Wendy Klosterman
MHSVC President

Garnett - Anderson County
Hospital Auxiliary

The purpose of the Anderson County Hospital Auxiliary is “to render service to Anderson County Hospital and its patients, and to assist Anderson County Hospital in promoting the health of the community.”

One of the many ways auxilians “render service to Anderson County Hospital and its patients” is by supplying or purchasing equipment or other items requested by the hospital’s departments. Thus, the latest auxiliary project came from a request from Rehabilitation Services.

Occupational Therapist Mary Jo Pillow had asked if it would be possible for the auxiliary to supply tote bags that fit on walkers used by their therapy patients. Auxilian, Joen Truhe (third from left in picture), undertook the project and in a matter of less than two weeks, she had designed and made 11 colorful walker tote bags that were presented to Rehab Services on Friday, January 19. These tote bags will be given to occupational therapy patients who do not already have them.

Truhe spearheads several auxiliary projects that involve designing and sewing, including making capes used by mammography patients in the Radiology Department and making gowns for children who are surgical patients. Additionally, auxilian Ruth Theis makes Puppy Pillows that are given to children who come into the Emergency Department.

Nancy Horn, Auxiliary President

“We are each of us angels with only one wing, and we can only fly by embracing one another.”

Luciano de Crescenzo
Coffeyville - Coffeyville Regional Medical Center Auxiliary

Coffeyville Regional Medical Center Auxiliary is beginning the new year with many fundraisers and fun events being planned. 2018 will be a busy year.

We have had our share of the Flu “Bug” and hopefully all who were affected are back to work.

The Auxiliary sold bags of popcorn on national popcorn day, and the sale went well. We are planning a “Pizza Hut” day, in which we will receive a percentage of sales that day. On Valentine’s Day we have a bake sale, and we also sell chocolate roses and suckers. This is always a popular event at the hospital.

In March, we will have a St. Patrick’s Day theme general meeting, which will be a fun time. Mountain Man sales will be here in March.

Our sewing ladies have been busy making eye glass holders for one day surgery patients. These holders are much appreciated by the nurses.

We wish you all a good and healthy year.

Mereda Tucker, President
CRMC Auxiliary

Parsons - Labette Health Auxiliary

We had our 2nd Annual Cookie Fair on December 12, 2017 in the Main Entrance Conference room of our hospital that was open to the public. The Auxiliaries mission was to raise enough funds to purchase a charging station for the Surgery waiting area. The volunteers baked 154 & half dozen cookies that sold for $8.00 per pound/.50 per ounce for the Fair! They also sold chances to win a ‘Cookies for Santa’ themed Basket with all items being from our Gift Shop and the winner being announced during the Fair. Another volunteer donated a porcelain Colonial Village that was auctioned off by silent auction the day of the Fair. With the

McPherson - McPherson Hospital Volunteer Services

In 2014 the McPherson Healthcare Foundation launched Caring for the Future, a capital campaign to fund the construction of a new physician clinic facility at McPherson Hospital. Following a successful fundraising effort and a generous response from a number of donors, the new medical office building is nearing its construction phase. The McPherson Hospital Volunteers have been a part of that group of donors, and our volunteers have been actively involved in the fundraising effort.

Since 2014 we have assisted in distributing information about Caring for the Future and have supported meetings and public events with our input and attendance. McPherson Hospital Volunteers have also been active in fundraising to fulfill our own campaign pledge.
While working to raise that money for our pledge, we have realized the importance of strong community relationships, knowing we are stronger together. We have continued the effort to pair with local businesses for many of our fundraisers. Past Sunflower Auxilian articles have outlined our partnerships with Shop-N-Care, Brown’s Shoe Fit Fabulous Feet Fundraiser, and downtown Christmas Mini-Main for children.

This past year we have begun a new partnership with our local American Legion for their Family Night. Family Night is a long-standing McPherson tradition designed to raise money for local nonprofit organizations. In August, 2017, McPherson Hospital Volunteers joined that group. We sell the $5.00 tickets for the event, provide desserts, serve the meal and drinks, and clean up at the end. Profits are shared between the volunteers and the American Legion. It is an evening that is well-received by the local residents, and it provides a time of friendly fellowship with our fellow McPherson citizens. It also increases the volunteers’ visibility in the community. McPherson Hospital Volunteers are continuing to work with McPherson businesses and strengthen relationships within our community.

Salina - Salina Regional Health Center Service Auxiliary

The Salina Regional Health Center Service Auxiliary hosted a Holiday Parade of Homes on Sunday, December 10, 2017 from 1-5. Six homes and the Morrison House were on display. The Morrison House is a free home for families to stay in that have loved ones who are in our hospital. The Morrison House served cookies made by the Auxiliary members.

Local florists provided center pieces for all of the homes. The weather cooperated and it was a beautiful day for everyone! We will be having another Holiday Parade of Homes in December 2018.

Wichita - Via Christi Volunteers, Partners In Caring

The Via Christi PIC had a very busy 2017 with many activities, fundraising projects and the inception of new volunteer opportunities within our hospitals. In addition it is very exciting for all of us associated with Via Christi to be a part of what is being termed, "The rebirth of Via Christi St. Joseph which has had a "legacy of care" going back more than 100 years! A grant was given to "Project Renewal" by the Via Christi Volunteers in the amount of $230,000 to complete funding needed for the new Psychiatric Observation Unit. How proud we are to be a part of this endeavor!!

The culmination of our year involved two special events in December which are always looked forward to. The first being our annual Christmas Luncheon held at Botanica. The Volunteer Services team makes this a very special occasion for all of us. A time to gather with fellow volunteers and share an afternoon of food, fun and festivities.

One of our volunteer projects is our involvement with the Christmas Angel Program which aids in making Christmas more joyful for families within our own Via Christi community. Due to the generous giving of our volunteers as we "Passed the Hat" at this luncheon, we were able to raise over $1,200 in cash which allowed our volunteer shoppers to brighten the Christmas holiday for our Angel families.

It is also our time to present a gift from the Volunteers Partners In Caring to the Philanthropy Department to help our patients and families. We were so pleased to be able to donate $146,000.

Another special time is our annual Christmas dinner at the Mount. Our Volunteer, Partners In Caring board are always eager to sign up for this fun evening. As a part of the celebration, it is our pleasure to present the Sisters with a monetary gift that they in turn donate to the charity of their choosing. As we depart from this gathering we feel the true spirit of Christmas thanks to the humility and gratefulness expressed by these wonderful women.

As we begin 2018, there is much to be excited about as we prepare for another year of giving of our time and talent as a volunteer body to our hospitals and community.
Ottawa - Ransom Memorial Health Auxiliary

We have a new logo and now we are called Ransom Memorial Health Auxiliary. The hospital decided it was time for a modern and consistent brand identity that reflects what healthcare at RMH is about and all we have to offer. All our clinics and locations are encompassed under one “umbrella” – Ransom Memorial Health – so patients recognize our scope of services. Ransom Memorial Hospital now refers to the physical building where we provide care on a daily basis.

The Health Adventures Program started in January with the students learning about respiratory therapy and making a lung from a plastic pop bottle. Also, they toured the surgical department. The program involves a fifth-grade student being paired with an auxiliary volunteer mentor and will be meeting once a month for three more months.

The auxiliary has purchased two more STAXI wheelchairs for the front lobby of the hospital which brings the total purchased to six.

Jody Lancaster
Director of Volunteer Services

Neodesha - Wilson Medical Center Auxiliary

The year 2018 is flying by for us in Southeast Kansas. Our hospital has received new art work on the walls of the Wound Care Center, thanks to the Auxiliary. Art work for all of the patient rooms is on site and ready to be hung in each room to cheer the patients. The Auxiliary has also purchased all of these paintings.

This month the Kansas Cancer Center moved into their permanent, new area of the hospital. Several of our members volunteer in this area plus at the front desk. We have a very dedicated group of volunteers at WMC.

Several of our members helped the Foundation Director with a very successful "Taste of Neodesha"-soup luncheon. We also put together and sold cookbooks.

Two of our members will be recognized at the District 2 meeting for many years of service to the Auxiliary. Rochelle Chronister has been a member for 50 years and Mina Olson has been a member for 20 years.

We are looking forward to a spring HCI Sale in April. Our Auxiliary does not have a monthly meeting during the summer.

Our volunteer hours are up again this year thanks to all the members who give so much time to the hospital.

See you at the District meeting.

Mina R. Olson, Auxiliary President

I’m looking forward to seeing all of you at the District Meetings. Please plan to attend! Let’s have some fun!!!

Diana