Linda's note from “The Bridge”

What a delight to talk with you again in the Sunflower Auxilian! I just want to share some one-liners, some positive information, some quotes, some ideas – just a mixture of things that I hope will be motivating and encouraging to you.

Charles (Peanut) Tillman: “Strength is for service, not status. Help somebody you've never helped before. Volunteering is infectious – infect your community! Make it a good disease! When volunteering goes bad, wear a red shirt and tan pants and go to Target – Everyone will go up to you!”

Vicki Hess: “Lose the attitude, choose gratitude. Spread appreciation – benefits both the giver and the receiver.”

Positive thinking builds your skills, boosts your health, and improves your work.

Surround yourself with encouragers. No one gets enough. Find someone who believes in you to be that encourager. Best way to find that person is to be that person for another!

It's a blessing to be a blessing!

When you volunteer, you're not just helping others – you're helping yourself. Volunteering leads to new discoveries and new friends. Studies show that volunteering helps you live longer and promotes a positive outlook on life.

Tim McGraw: Always be humble and kind.

Thomas Edison: “If we did all the things we are capable of, we would literally astound ourselves.”

I sincerely hope you have found these random thoughts helpful. This is a “sweet/sad” time as I write my last article as your HAK President! It has been such a joy and an honor to serve you! We have built bridges and we have walked on bridges to make our Kansas hospitals better. Thank you!

Everyday someone does something special. Today, let that someone be you!

Tom Bell
President and CEO

Documentary Focuses on Stories of Health in the Heartland

The Kansas Hospital Association recently collaborated with the American Cancer Society Cancer Action Network to promote a new documentary titled "Critical Condition: Stories of Health in the Heartland."

This short film, created by award winning filmmaker Ky Dickens, features Kansas community members and health professionals - including KHA Board Chair Dennis Franks, chief executive officer, Neosho Memorial Regional Medical Center, Chanute.
The powerful 1.5 minute trailer and the full 19 minute documentary can be found at: www.fightcancer.org/critical-condition-stories-health-heartland-1 and on the KHA Website at www.kha-net.org/CriticalIssues/AccessToCare.

The documentary features Kansans sharing their challenges and triumphs as they strive to take care of themselves, their families and their communities.

The documentary is part of ACS CAN's "Medicaid Covers Us" public education campaign. The campaign and film are intended to foster an important and open dialogue about the role that Medicaid plays in the lives of our friends, neighbors and communities. We know how important access to care is to the well-being of our state, and how vital health insurance through Medicaid is to providing that access.

If you would like to host a screening of this documentary at your hospital or in your community, go to the American Cancer Society Cancer Action Network website at: www.fightcancer.org/critical-condition-stories-health-heartland-1 and sign up to host a screening.

Tom Bell

2019 HAK Board Members

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

District Coordinators:
District 1………………Kathleen Harr, Topeka
District 2………………Sally Emerson, Garnett
District 3…………………Jeannette Butler, Salina
District 4…………………Rose Stroud, Wichita
District 5………………Shirley Van Loenen, Prairie View
District 6………………William Hammond, Larned
Counselor …………………Dianna Holloway, McPherson
Historian ……………………Gwen Gately, McPherson
Parliamentarian………………Floyd Joliette, Gerard
Sunflower Auxiliary Editor ………Dianna Holloway, McPherson
Legislative Chairman……………Pat Martin, Fredonia
Nominating Chairman …………Dianna Holloway, McPherson
Convention Chairman …………Dianna Holloway, McPherson
Convention Co-Chair……………Rose Stroud, Wichita
Convention Co-Chair……………Pat Bruce, McPherson
Convention Co-Chair……………Sally Emerson, Garnett

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.)

Last HAK Sunflower Auxilian Deadline Date for 2019:
November 15, 2019

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.

Reflection: “In this organization…we do teamwork, we do help, we do respect punctuality and laughter. We do friendship, we do coffee and cake. We communicate and listen. We do motivation. We do great things.”

My Auxiliary

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.
Roster Changes
New Presidents

McPherson Hospital Volunteer Services
Rita Prieb
1221 Darlow Dr
McPherson, KS 67460
Phone: 620-480-9443 Email: rprieb@cox.net

Via Christi Partners in Caring
Norm Tice
6020 E. 8th Street North
Wichita, KS
Phone: 316-524-0995 Email: netice1997@cox.net

2019 HAK State Convention
September 4, 5 & 6, 2019
Wichita Marriott
9100 Corporate Hills Drive
Wichita, KS
Host for the State Convention is District 3

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

Bits And Pieces

Fredonia - Fredonia Regional Hospital Auxiliary

It’s hard to believe that we are already over halfway through 2019! It’s been a great one for us at FRH Auxiliary. Along with our regular fundraising events, we tried a few new fundraising ventures this year with great success. A couple of the new ones were a linen sale in April and a shoe sale in June. We are also currently planning a mum and pumpkin sale in September. We are planning to include serving hot cider, caramel apples, have live music and more!

We are working hard planning the 2020 District Meeting that we will be hosting. SAVE THE DATE for April 8, 2020, for a fun filled day “Where the Flag Flies High”.

Stacie Edens, President
FRH Auxiliary

Neodesha – Wilson Medical Center Auxiliary

With summer nearly gone, the auxiliary is thinking of people who would like to be a part of a vital organization at the hospital. Spring saw us wrap up activities that brought us together to acknowledge the members who had given so many hours to volunteering. Judy Jewers was the Volunteer of the year with 450 hours given to Wilson Medical Center. Jan Baldwin wasn’t far behind in her hours given to the auxiliary. She has been and continues to schedule the Front Desk volunteers and greet us with a monthly display at the front door.

Many members gave of their time, making badge holders, making coverlets, helping with hospital activities, the Annual Auxiliary Bazaar, stuffing envelopes, etc. Fourteen coverlets were donated to the hospital’s “University U” at the May meeting.

On Thursday, August 1, 2019 the auxiliary will host a short “Afternoon Tea” at the hospital from 2-3 p.m. It will be held in the Conference Room. Come enjoy light refreshments and, learn how you too can become an auxilian.

The auxiliary will have their first fall meeting on

Monday, September 9, in the Conference Room at 9:30 a.m. Come join an organization that does so much to support our hospital. For more information, contact Mina Olson at 325-5204 or Janice Reese at 325-2611.

Mina Olson, President
**HaysMed – HaysMed Volunteers**

Volunteers at HaysMed add the extra dimension of caring, according to Jo Murphy. And she would know. Jo spent nearly 35 years with wholehearted dedication and pride in being a part of that Volunteer team. Jo passed away on May 1, 2019.

Jo began her work in the Hays medical community as a Volunteer, rising quickly to Auxiliary President, and later an employee. In 2014, she retired after 28 years as the Director of Volunteer Services. Jo was instrumental in uniting the Volunteers into one team after the merger of Hadley Regional Medical Center and St. Anthony Hospital. Jo engaged the Volunteers in vital programs throughout the hospital; she started the volunteer program for teens and grew the Hadley Foundation Art Collection. HaysMed lost a very special friend this year, but her extra dimension of caring will live on as her legacy.

**Lincoln – Lincoln County Hospital Auxiliary**

Well, another year. The club is plugging along SLOWLY. We have not had many attend our meetings. But, business must go on. There are, maybe, six members coming to the meetings, with so much going on.

We have been busy and getting things done. We still have people working on tea towels. One person did a tablecloth for a prize from the soup supper. Of course, we are still selling knives and other things.

We had our Good Friday bake sale, and that is so good. People are waiting for the food, and it sells well.

We gave out scholarships again. We will be giving some more out this year to get some nurses to come back to the town. There is a shortage of these girls in nursing.

We are looking forward to the new doctors that will be coming as soon as housing comes. It is a Mr. and Mrs. He is an MD, and she is a pediatric Dr., so we are looking forward to them.

We were at the grade school for the annual BPW Craft Show with things. We did great and sold a lot of different things. It is always the first weekend in November.

Then, we had our annual soup supper, and that made us say no more of this working like we have done for years. So, we will see if we give it up or do it again. Maybe its age that is making us think about not doing so much anymore. We will decide if we are or not. We need more members that would like to help do things, BUT WHERE ARE THEY??

Barbara Hollis

**Coffeyville – Coffeyville Regional Medical Center Auxiliary**

We have had busy year thus far. We are so thankful for our three new volunteers added to our work group. This addition really helps “fill the gap”.

We hosted the District 2 meeting in April and all seemed to enjoy our western theme and the decorations. Our volunteers wore cowboy hats and neck kerchiefs. Some attendees took advantage of our photo props. It was a lot of work to get everything planned and done, but it was a lot of fun.

April was also our general meeting. Our speaker spoke about our health and ways to deal with problems as we age, and to take advantage of the programs offered at CRMC for those with multiple health issues.

In June, we had our annual cookout. The facilities guys grilled our hamburgers and hot dogs on their grill that the auxiliary purchased for them. As usual, we had delicious side dishes and lots of desserts. Our physical therapy director spoke on stress and ways to deal with it. All those attending received animal shaped stress balls.

A scrub sale was held in June and it was a success. Staff always enjoys shopping for new scrubs and etc. Also, this month, the hospital had a wellness clinic and, several of our volunteers took part in this. Several of our volunteers assisted in the Cancer Relay for Life this month.
The auxiliary made up a basket for a raffle held at the hospital, and we had the first basket assembled for the raffle.

Our auxiliary has purchased a stationary bicycle for the physical therapy department to replace a worn out one. The staff was really pleased. Pill containers for patients were purchased for home health.

May all our Kansas Auxiliary members continue to serve with cheerful hearts.

Mereda Tucker, President
CRMC Auxiliary

Wakeeny - Trego Lemke Memorial Hospital Auxiliary

Trego Lemke Memorial Hospital Auxiliary had a busy and wonderful year.

The annual fundraiser at the Trego Fair was a huge success.

We participated in a scholarship with the T.C.L.M.H. Endowment Association for a student going into nursing.

In November we had a Christmas Open House and Bake Sale for our community. Beautiful Christmas gifts were plentiful in our gift shop.

We purchased a cell phone charging station for the hospital visitors and hosted a linen sale.

Our adopted grandparent received birthday & Christmas gifts and were presented to her in our beautiful nursing home!

Delicious cinnamon rolls from our friendly bakery, were presented to our doctors in April, and veggie trays to our nurses in May in honor of hospital week.

And, in December, colorful fruit baskets were delivered to the doctors & physicians assistants.

Lillie Lang, Trego Lemke Memorial Hospital Auxiliary

Neodesha – Wilson Medical Center Auxiliary

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Mina Olson, President
The Goodland Regional Medical Center Hospital Auxiliary donated the funds to the hospital to buy a special blood draw cart and blood draw chairs to upgrade this department in the hospital. The hospital employees were very appreciative of these items. The blood draw cart will help with sterilization problems. The chairs will help replace old ones that had tears and rips in them. Pictured are board members; Connie Soellner, Helen Musil, Iris Scheopner, Marcia Sieck, Avis Alcorn, Faye Paxton & Roberta Pianalto.

"The Goodland Regional Medical Center Hospital Auxiliary welcomed all auxiliary members and guests. The theme for the evening was "Volunteers are amazing". Roberta gave each member a thank you gift bag of lotion and lip butter from Honey House Naturals, a new vendor now available in the Gift Shop. Roberta stated "we want to tell you how much of a blessing you are to GRMC Hospital, the Auxiliary and most of all the Patients. Thank you. We really appreciate you".

Thank you,
Roberta Pianalto
President Roberta Pianalto welcomed all auxiliary members and guests. The theme for the evening was "Volunteers are amazing". Roberta gave each member a thank you gift bag of lotion and lip butter from Honey House Naturals, a new vendor now available in the Gift Shop. Roberta stated "we want to tell you how much of a blessing you are to GRMC Hospital, the Auxiliary and most of all the Patients. Thank you. We really appreciate you".

Connie led the reading of the Auxiliary Prayer.

Dinner was served to 24 members and 4 guests. Guest included Dr. Ron Robinson, Rae Stewart, Patty Thompson, and Elaine Frieburger.

Rae Stewart introduced guest speaker Dr. Ron Robinson CEO of Goodland and Atwood. Dr. Robinson stated that rural healthcare is in crisis. Hospitals have to evolve to stay current. Some facts will always be true. The hospitals will always need people. Goodland Regional has an amazing team. One of their amazing strengths is obstetrics services. In the visions of the Network, the rural hospitals leverage their strengths to make that service available to like-minded hospitals. Each participant learns how to play as a team. Dr. Robinson stated he was glad to speak to all who have questions.

The minutes of the last general meeting, February 5, 2019 were read. Lisa moved and Connie seconded the minutes be approved as read.

Marsha Sieck chairperson of the Potato Bar reported the potato bar was a success and a fun day. Many volunteers helped. The responsibilities were divided up i.e. Toni Hoss made the chili, Iris Scheopner made the stroganoff. As always, volunteers made awesome pies. Chet Ross was thanked for paying for the church rental- $150. The net profit was $2,275.47.

Roberta reminded us of upcoming events:

- Christy Pimperton, Risk Coordinator will be presenting HIPAA training for volunteers at 9:00 a.m. May 2, 2019. Patient confidentiality will be stressed in the video.

- Hospital week is May 6-10. Sign-up sheets were available for workers to assist with the planned events.

- Summer volunteers for the gift shop are needed. Please call Connie if you are able to help with staffing the gift shop.

- Thank you to all volunteers working the Red Cross Blood Drive on Thursday, April 25, 2019.

The meeting adjourned.
Helen Musil, secretary

Emporia - Newman Regional Health Auxiliary

Newman Regional Health Auxiliary collected donations throughout the hospital for our annual service project in order to purchase Pampers diapers which were donated to two nonprofits in Emporia.

The money raised enabled us to provide thirty-three cases, or more than 3,100 diapers which were gifted to the Salvation Army and the Kansas Children’s Service League.
“Linda Polson deserves the credit for this project running smoothly. She did all the work to get it organized. Our Auxiliary wants to thank all those hospital staff, visitors, and especially our volunteers who donated to this project which will benefit members of our community,” said Auxiliary President Carolyn Hossfeld.

Bev Long, Program Development Manager of the Kansas Children’s Service League, thanked the Auxiliary for its generosity. “This is such a wonderful and timely gift,” she said. “We currently serve sixty families in our Healthy Families home visitation program. Many of our families run out of diapers and have to choose between paying a bill and buying diapers. These diapers will help fill that gap for our families.”

Carolyn Hossfeld, President

Marion - St. Luke Hospital & Living Center Auxiliary

Our year has been one of diligent work, and the proceeds benefit our Hospital, Living Center, and Home Health Center. However, our volunteers had fun when they entertained the community with an excellent style show at our January Annual Dinner. All of the garments were items from the Shoppe. Thanks to our dedicated volunteers, St. Luke Auxiliary Shoppe continues to prosper since its inception date, December 29, 2005. It has been a blessing for the hospital as well as the City of Marion. 2019 has been busy, and we have continued to contribute funds for the remodeling of the Living Center patients’ rooms and the Home Health Center with painting and window replacements.

Two $1,000 scholarships were awarded to Marion High School seniors who will be working toward a degree in the health care field. The auxiliary also fulfilled our $125,000 pledge to St. Luke Hospital and Living Center for the remodeling project in 3 years instead of the projected 5 years which exceeded our goal. This was due to the success of our Shoppe.

Rose Stroud was our guest during the May Unit Meeting and joined us for the St. Luke Living Center Tour as we enjoyed seeing the completed projects.

Shoppe window displays are changed monthly by Mary Ann Conyers, Shoppe Co-Manager. Sport, Christmas, Western, Wedding and School themes have been among the different displays this year. The attractive windows draw people in, so they can buy treasures to take home.

Mary Griffith, President

Atchison - Atchison Hospital Auxiliary

Summer greetings to everyone from the Atchison Hospital Auxiliary. Fall is fast approaching and we have remained a very busy team.

In March we observed Dr. Day’s with a special luncheon.

In April for National Volunteer Week we were honored with an Ice Cream Social.

In May we were very busy with the annual Golf Tournament with 16 team ready to tee off at 9:00am on May 10th. This is our largest fund raiser of the year.

In June we held our annual Summer BBQ with the theme of RED-WHITE-BLUE. Our now retired CEO, John Jacobson, spoke a few words of his plans after retirement. Our guest speaker was Jennifer Brockhoff from the Advanced Health Services Department. Jennifer spoke about the growth of the department and the products that they offer. She also gave us an update on the expansion for more office space for their clients. Louise Winters presented service pins and certificates to various members for their years of service. The Guardian Angel award was given to Carol Breneiser and Jeanne Durkin. The Auxilian of the Year award was given to Al Wohletz for his service and dedication to the Auxiliary. His family came to join in the celebration.

In July the Scholarship Committee met and awarded one scholarship to Kristy Callahan as she is working towards...
her BSN degree. These funds are made possible from many fund raising activities during the year. Also in July the Sunflower Gift Shop held their annual “Christmas in July” sale.

In September we are looking forward to attending the HAK State Convention in Wichita.

Summer fun to each of you.
Diana Rooney, President

**Junction City - Geary Community Hospital Auxiliary**

Geary Community Hospital will award $6,000.00 in scholarships to Nursing students for the 2019-2020 school year. A scholarship in the amount of $250 - $500 for each of two semesters is awarded if the student’s GPA is 3.0 or higher for the first semester. Congratulations to seven exceptional young people planning to enter the Nursing profession.

Two wooden benches honoring the memory of long-time auxiliary, Dallas Luttman, have been placed at Geary Community Hospital. Dallas loved greeting, visiting with, and helping patients at the hospital for more than 10 years. He was a dedicated auxiliary serving people along with his wife, Dorothy, and daughter, Gail Stein. Dallas, we miss you.

**Concordia - Cloud County Health Center Auxiliary**

Cloud County Health Center Auxiliary has been busy with activities or fundraisers every month. A new fundraiser this year was the sale of boxes of greeting cards, called Cards for a Cause through Usborne Books. Jessica Brucken, a local provider of Usborne, presented the information to the Auxiliary at one of our meetings. Members who wished to sell and/or buy boxes contacted friends and took orders. This project was fun for those that participated, and the Auxiliary Gift Shop received six boxes of Kids Birthday Cards to sell.

The biggest fundraiser this year was the Soup Supper and Bazaar, which included a Silent Auction, a Drawing (raffle), and a bake sale. We were amazed at the great attendance and support of the community, even though it was a cold, icy evening in February. Maybe we’ll pick a day closer to spring next year!

We continued our tradition of serving ice cream to staff and visitors twice a month in the cafeteria. Other events included healthcare scholarships for two students, Scrubs on Wheels sales, Fall Fest booth, and recognition of hospital employees during Hospital Week.

To honor our Auxiliary volunteers, we held an indoor appreciation picnic. The Maintenance staff barbequed hamburgers & hot dogs, and Food Service staff provided potato salad, baked beans, and desserts. Each volunteer received a small bag of goodies with the following note:

You are the cheese and the peanut butter in our crackers.
You are the “raisin” Cloud County Health Center is a caring place for our patients.
You are the colorful notepads that give us reminders of joyful living.
You write the message of compassion and love in your everyday gifts.
You are the stars that make the little moments of happiness worthwhile.

YOU ARE VERY MUCH APPRECIATED
Pam Campbell, DVS

Eureka - Greenwood County Hospital Auxiliary

Hello to all our fellow volunteers from Greenwood County Hospital Auxiliary! We have had a good year thus far in our fundraising endeavors. We were blessed to have the Geneva Linen company provide their merchandise and we also had our first Christmas in July sale. Both sales were very successful. In addition Mountain Man Candy and In honor of their volunteer service, CCHC Auxiliary members enjoyed an indoor picnic. Each one received a small gift of goodies.

Pam Campbell, DVS

Nut Company is always a fun and tasty fundraiser.

This year we are able to award scholarships to three deserving seniors with focus on entering the health care field. We also provided baked goods for the annual Greenwood County hospital garage sale. The funds raised are then donated to the Hospital Foundation.

We look forward to our Membership tea in September, and selecting this year’s purchases for the staff and facility. I have stepped down as president of our auxiliary as I need to concentrate on caring for my elderly mother. Debbie Hill, our vice-president is now our president and is doing a wonderful job. She has also been a fantastic fundraising chairman for the past several years. I have truly enjoyed being a part of this auxiliary and wish all great success.

Hope you all have a great fall and successful year end!

Kim Fogle, Greenwood County Hospital Auxiliary

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**Pizza Salad**

**Ingredients**

- 1 pound spiral macaroni, cooked and drained
- 3 medium tomatoes, diced and seeded
- 16 ounces cheddar cheese, cubed
- 1 to 2 bunches green onions, sliced
- 3 ounces sliced pepperoni
- 3/4 cup canola oil
- 2/3 cup grated Parmesan cheese
- 1/2 cup red wine vinegar
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Croutons, optional

**Directions**

In a large bowl, combine macaroni, tomatoes, Cheddar cheese, green onions and pepperoni. In a small bowl, combine oil, Parmesan cheese, vinegar and seasonings. Pour over macaroni mixture; toss to coat. Cover and refrigerate for several hours. Top with croutons just before serving if desired. **TOTAL TIME:** Prep: 15 min. + chilling **YIELD:** 16 servings
Diana Holloway
536 Oak Lane
McPherson, KS 67460