

Volunteer Tip of the Month: Positive emotions are contagious!

A positive atmosphere helps us all to better work together. How can you start an epidemic of positive emotions? Consider the following, suggested by Dorothy Sisneros of the Language of Caring, LLC:

- **Surprise someone every day with a compassionate act**, a compliment or a simple gesture.
- **Train yourself.** Be aware of your own mood and how you are projecting it to others. Smile and make eye contact – you will quickly see how your positive vibes are reciprocated!
- **Learn from each other.** Look at members of your team who are excelling. Identify their successful coping and problem-solving strategies and develop initiatives for their positive influence to spread.
- **Inject humor and fun** when you can!

Joint Commission is Coming!

2018 is a TJC survey year and St. E is expecting a separate survey for each of the 3 major locations most likely between July and October. Here are a few tips to help make this a successful survey!

As of 2018, **ANY** observation by a surveyor of an **individual failure to perform hand hygiene** in patient care will result in a deficiency citation; this includes all staff, physicians, and **volunteers**.

Surveyors often speak with volunteers. If they speak to you:

- **Please do** - Answer questions directly; make eye contact and smile. It is fine to say “I don’t know. But I know where to go to find out.”
- **Please do not** – Offer more information than requested; provide your opinion; joke with the surveyors; or be *negative*.
- **What is a surveyor most likely to ask a volunteer?** Fire/Safety; Training you receive; How you know you are competent for your role; St. Elizabeth Mission/Values; Confidentiality

You are Prepared! Be Confident.

St. E Volunteer Bill Miller Named Grand Marshal of the Ft. Mitchell Independence Day Parade

Bill Miller, who has volunteered in Pastoral Care weekly since 2004, will be the Grand Marshal at the annual Ft. Mitchell Independence Day Parade, held every year on July 4.

At 87 years old and an Air Force veteran who fought in the Korean War, Bill perfectly fits this year’s parade theme of “A Life of Unconditional Service.” He has volunteered his time at St. Elizabeth as a Pastoral Care visitor for the last 14 years, providing more than 1,400 hours of service while visiting newly admitted patients and introducing them to the services available for their spiritual care while in the hospital.

St. Elizabeth is far from the only place Bill has dedicated his time. He has also volunteered at the DCCH Center for Children and Families, and served on the Welcome House Board, Catholic Charities of the Dioceses of Covington Board and the Ft. Mitchell Board of Adjustments, among many other organization throughout his life.

Congratulations Bill! And thank you for all your service!



WELCOME NEW VOLUNTEERS

Please give a warm welcome to the volunteers who joined our team in **June** with the astonishing number of **34** new adult volunteers!

Taylor	Back
Derek	Bowling
Joyce	Budke
Betty	Clinkenbeard
Samantha	Cornelius
Huston	Dockery
Sharon	Eversole
William	Gebauer
Susan	Grimes
Angela	Huston
Patricia	Johnston
Abigail	Kennedy
Virginia	Kirst
James	Krauth
Cindy	Martin
Gail	Michalack
Shaunie	Miller
Tina	Moghimi
Nancy	Nadicksbernd
Quynh	Nguyen
Kathryn	Nix
Elizabeth	Osifalujo
Shreyaben	Patel
Eileen	Patula
Gregory	Patula
Cindy	Pfirrman
Nathaniel	Sanders
Benjamin	Setters
Carole	Simon
Madalyn	Sticklen
Angela	Vasseur
Joyce	Watkins
Sandy	Westrick
Greyson	Winiger



Shop to Benefit Patient Services!

EDGEWOOD: Masquerade \$5 Sale; **July 23**, 9 a.m. through 3 p.m. **July 25**; 3A Patient Entrance

Culture of Caring

In July and August, we will be collecting **phone chargers and reader glasses** to lend to PrimeWise members who are hospitalized. Donations can be dropped off at any Volunteer Office. *There is no expectation to contribute, only if this speaks to you!*

Target Health Wellness Corner

Blood Pressure Guidelines

(released in November, 2017):

Upcoming Blood Pressure checks:

- **7/12** - FTT, café, 11am-1pm
- **7/17** - EDG, café tray return, 11:30am-1:30pm
- **7/31** - FLO, café, 11am-1pm

Use a **Wellness Calendar** to stay on track with your health by completing a daily wellness activity.

KNOW YOUR BLOOD PRESSURE

—AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS



The newest guidelines for hypertension:

NORMAL BLOOD PRESSURE

*Recommendations: Healthy lifestyle choices and yearly checks.

ELEVATED BLOOD PRESSURE

*Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

HIGH BLOOD PRESSURE / STAGE 1

*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE / STAGE 2

*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

*Individual recommendations need to come from your doctor.

Upcoming Wellness Events at St. E



- **7/14** Walk with Garren, 8:30 a.m. Meet Edgewood Main Entrance.
- **7/14** Cycle club meets at 50 West Cyclery; ride leaves at 9 a.m.
- **7/21** St. Elizabeth Triathlon in Williamstown, Ky
- **7/27** Chair massages at Ft. Thomas from 10 a.m.-1 p.m., \$10/10 min. Contact Jessica Hartig for an appointment.
- **More information and copies of the June Wellness Calendar are available in any Volunteer Office.**