



Alabama Council of Hospital Auxiliaries

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An Affiliate of Alabama Hospital Association.

ACHA

Statewide organization designed to support volunteers at hospitals, nursing homes, and other health organizations.

The ACHA

Communicator

Volume 36 Issue 1

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Message from the Chair

I'm so excited to have the opportunity to serve as Chairperson of ACHA. However, I take great pride in building and continuing to lead as has been with Ex Officio, Bonnie Mollett. I am very passionate about this work, but the passion is tempered by the ability to pause and reflect. My main focus is getting things done properly.

As I took the oath of this office during the 2023 ACHA Fall Conference, it was my sworn duty to serve God and my fellowman, and to know or have consciousness of the needs of ALL hospitals and my fellow auxiliaries in the State of Alabama.

As we celebrated the 2023 ACHA Fall Conference, Lake Guntersville State Park, much fun, fellowship and learning were enjoyed by all. As I browse through the Evaluations "Feedback", only positive remarks were made. WOW!!! The Theme, "Kindness Begins With Us" was overwhelmingly shared!

During this Yuletide Season, Christmas Season, which is the Christian Holiday to celebrate the birth of Jesus, it is also seen by many as a time of getting together with family. Hamilton Wright Maby once said, "Blessed is the season which engages the whole world in a conspiracy of love." "LOVE" being the first and greatest "FRUIT" of the Spirit, is good to share, especially during this Season. Faith Hill said, "If there is love in your heart and your mind, you will feel like Christmas all the time."

I would love for the person reading this to be Happy, Healthy, Loved and have their wishes come true for 2024.

- Johnnie Knott



Message from Chair Elect:

It is my honor to be installed as your ACHA Chair Elect for the next two years. It was an exciting time to meet at Guntersville State Park for the first ACHA Fall Conference since 2019. It has seemed like forever since we were able to gather together in fellowship with one another, see old friends and meet new friends.

I am looking forward to being able to gather with as many Auxiliaries as possible, see what everyone is accomplishing and what plans are for the future of each auxiliary.

Please let me know if I can be of future service to you.

-Fay Burns



ACHA Board

2023—2024 ACHA Board Members

- * Johnnie Knott - Chair
- * Fay Burns - Chair Elect
- * Bonnie Mollett - Past Chair
- * TBD - At large Member Representing District 1
- * Karen Roberts - At large Member Representing District 2
- * Sandra Boone - At large Member Representing District 3
- * Tammy Lee - At large Member Representing District 4
- * Cheryl Till - Project Chairman
- * Tanny McMillian - Newsletter Chair
- * Lisa Howard - DVS Liaison



ACHA Conference

2023 Outstanding Volunteer Award

- * Betty Fowler with North Mississippi Medical Center
- * Tom Guyton with Decatur Morgan Hospital
- * James Johnson with Flowers Hospital
- * Nona Self with Baptist Medical Center East

2023 Outstanding Youth Volunteer

- * Ashley Wiggins with Athens Limestone Hospital



James Johnson and Group



Melanie Odem for Tom Guyton and Laura Grill



Ashley Wiggins



Nona Self and Group

ACHA Conference

Annual ACHA Fall Conference—Kindness Begins with US!

October 8, 2023

The conference started with registration with 69 attendees. Bonnie conducted the *First Timer's Meeting*. After dinner, there was lots of fun playing bingo! Happy winners shown below.



October 9, 2023

Monday was packed with activities, speakers, and so much more! There was a silent auction, breakout sessions, and vendor fair where every participant was able to select a free gift. The speakers were outstanding including Danne Howard, Deputy Director with Alabama Hospital Association, who provided insight to the *State of Healthcare in Alabama* and Pam Confer, a motivational speaker that made us laugh and cry with the *Joy of Being Reunited*. The night closed with dinner and installation of new officers. A special treat was a performance by comedian Jody Fuller who had us laughing all night!



October 10, 2023

The 10th included time to fellowship and present AlaHA Awards (see page 4). Dr. Rodney Tucker, Director of Palliative Care at UAB, presented *Encouraging Conversations about Medical Wishes and What's Important*. Board introduced the State Project for 2024 (see page 15). The conference closed with the announcement of the silent auction winners and door prize winners (gift cards). Everyone got a gift of a folding chair for attending. Oh, what a wonderful time!!! Hope to see you at the 2024 conference!

- Tanny McMillian



District I

Highlands Medical Center Auxiliary

Blessings come in all shapes and sizes.

One of our volunteers was in desperate need of a new wheelchair. At lunch one day she was talking about needing one since hers was old and falling apart. Another volunteer overheard the statement and jumped into action. He went to his local CASA which he is a member of and made the request and in no time she has a new wheelchair!

Trick-or-Treat for County Schools.



Our new pediatricians wanted to visit every school in Jackson County and thought it would be nice to give each child a little Trick-or-Treat bag announcing the Kids Funfest that they were going to have at their new location.

The hospital provided all the goodie and we stuffed almost 4,000 bags! Quite a feat for only having 12 volunteers and a couple of weeks to do it in. But we did it! And the Doctors were so happy!



Recruiting Volunteers.

We got the opportunity at the Jackson County Senior Health Fair to recruit new volunteers! We had flyers showing all the things we do for the hospital and all the purchases we were able to make from medical equipment to baby clothes. Plus, letting everyone know the fundraisers that are coming up!

Fun for all!

- Betty Gallagher, President



District I

Marshall Medical Centers North and South Auxiliary

Marshall Medical Centers' Volunteer department had a year of growth and change. We added 23 new volunteers at our two hospitals and the Marshall Cancer Care Center in 2023. Nine junior volunteers are part of the 102 giving people who donated approximately 15,000 hours this year to help provide the best healthcare possible.

In addition to adding new volunteers this year, Marshall South opened a spacious new gift shop when a beautiful new bed tower opened in August. Volunteers have worked hard to get the new shop stocked with items to appeal to employees and visitors.



Sandra Gilliland (Bed Tower Desk)

The North Auxiliary partnered with The Foundation for Marshall Medical Centers to purchase new rolling tables and chairs for a classroom frequently used for meetings.

A new program that started this fall had senior volunteers serving as one-on-one mentors to interns in the Project SEARCH program. Interns perform rotations throughout both hospitals to learn job skills. For the first time, volunteers had lunch with young people once a month in the cafeterias to share their work experience. The pairs had a good-time getting to know each other.

Another successful volunteer program is the Wellness Wagon. Twice weekly, teams of volunteers take a cart loaded with snacks, books, toiletries, sleep masks and drinks to patient rooms. Patients and visitors can have anything they want from the cart for free, thanks to The Foundation.

Both Marshall South and Marshall North gift shops offer baby blankets and hats crocheted by volunteers. Those are one-of-a-kind gifts that we think make our program unique and heartwarming. Fundraisers did especially well this year. Each hospital had two successful \$5 Jewelry sales while Marshall North conducted its first ever Nothing Bundt Cakes sale before Thanksgiving to the delight of employees. The proceeds made it possible for the South Auxiliary to purchase 16 wheelchairs to be used at hospital entrances.



Mentor Nell Roberts and Project SEARCH Intern Ariel



Project SEARCH Intern Gracie and Mentor Donna Brasher

District I

Marshall Medical Centers North and South Auxiliary

Conti...

We are so thankful to these volunteers because they encounter a lot of very sick people, and the visits can be sad. Their goal is to spread joy and kindness throughout our hospitals one visit at a time.

Volunteers especially enjoyed being in the audience when volunteer Bobbie Curry of Arab, who is 91 years old, won the People's Choice Award in the annual Ms. Senior Marshall County pageant. She told the crowd, "Welcome to my second childhood!"



Bobbie Curry

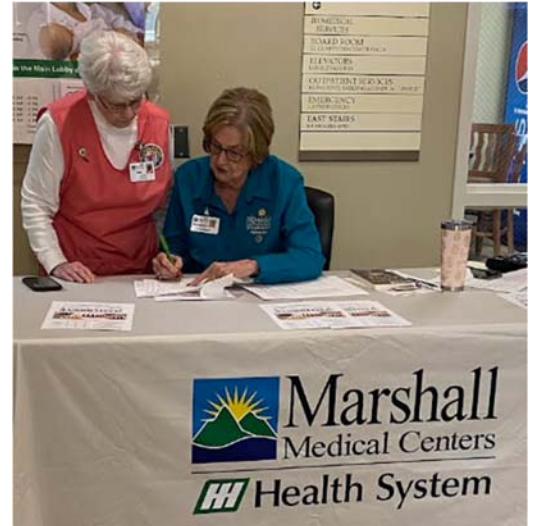
Our hospital system was represented at the long-awaited Fall Conference in Guntersville with five officers and their

DVS in attendance. Marshall North Auxiliary President, Kelly Stenson, had the honor of installing new state officers. We learned a lot, met many interesting people from across

Alabama and enjoyed the view from the State Park Lodge of our beautiful Lake

Guntersville.

The hospital treated all volunteers to a catered Christmas luncheon and a gift of a one-pound bag of fresh pecans. Volunteers enjoyed ornament exchanges and warm holiday fellowship. We are looking forward to 2024 when we plan to add to our numbers and increase fundraising efforts. Thank you to all volunteers who help hospitals all over the state provide quality care to the sick. *Bless you all!*



Judy Graves and Margaret McLeod



Officers and DVS at Fall Conference

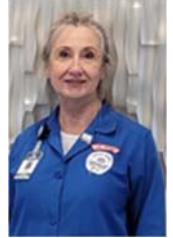


New Officers: Raynelle Hallmark, Linda Hodgins, Donna Brasher, Joyce Slaton, Brenda Smith, and Cynthia Cochran,

District II

Message from District II Member At Large

It was such a pleasure to have met so many of District II Auxiliary members, and the many other Auxiliary members who attended the ACHA Convention. The inviting atmosphere of the Lodge, the willingness to share information and ideas during our District II meeting, and most importantly the fellowship amongst all, was thoroughly heartwarming. As a first-time attendee, I was uncertain about what to expect...I did not leave disappointed and eagerly look forward to the next convention.



A special thank you to UAB's Auxiliary which volunteered to hold the annual District II meeting.

- Karen Roberts

Brookwood Medical Auxiliary

The Brookwood Medical Auxiliary has a wonderful legacy of Volunteer Coordinators and Directors. Each has left indelible fingerprints on our organization. Pat Bendall, CDVS, began serving shortly after the Auxiliary was formed, and she continued to serve until her retirement from the hospital. One could say that Pat, along with the initial group of volunteers, built the Auxiliary. It grew to have around 150 members on the roll, and volunteers could be found serving throughout the hospital, with widespread impact.

Among her many gifts, Pat was an artist, and she loved to display the work of local artists at Brookwood. Seeking a way to honor Pat, the Auxiliary established an art gallery in her name, which covers a wall just opposite the hospital chapel. Each month, local artists display their work, giving us a way to honor Pat, beautify the hospital, and help artists promote their work.

Joanna Holmes has served in every role available to Brookwood volunteers, and among her many duties, she curates the collections displayed in the Pat S. Bendall Art Gallery. Joanna selects artists based on recommendations from a wide variety of sources, and each one displays for a month. Artists also have the opportunity to sell their work, and they often find customers at Brookwood.

In November, Brookwood displayed the work of Jenny Cash (see attached photo of Jenny and Joanna).

Jenny's joyful art reflects her spirit. She uses acrylics and oils to create rich, colorful textures that lighten the heart. We find it especially poignant that this is the art our visitors see as they exit the chapel. What a lift that must give to their spirits! Jenny is an accomplished artist who shows widely and has received awards of note.



Someone once said that good medicine is the combination of science and art, that it requires technical excellence, but also creativity, especially in tough cases. We like to think that the Pat S. Bendall Art Gallery helps inspire the creativity that makes good medicine GREAT.

District II

Princeton Baptist Medical Center Auxiliary

Hello to all, it's beginning to look a lot like Christmas at Princeton! Our Auxiliary has once again provided decorations for Princeton. Lobbies, doctor's lounge and waiting rooms look so festive!

This year our Auxiliary has recognized different departments with breakfast from Chick-Fil-A. The last two areas we presented with breakfast and a thank you note were Environmental Services and the Management Team.

The Auxiliary purchased last month a Baby Crash Cart for our Emergency Department.

Also, this month the Auxiliary will prepare Christmas gifts for our own employee children through our 6th Annual Project Christmas Morning. This is always a fun mission.



We hope all of you have a wonderful Holiday Season!

- Linda Gray, President

Walker Baptist Auxiliary

Melissa Taylor and Melodie Green attended the 2023 ACHA Volunteer Auxiliary Conference October 8—10 at Gunter'sville State Park Lodge representing WBMC Auxiliary. There were great speakers covering many topics. Also, Motivational Speakers and speakers on the subject of Changing Dynamics of Auxiliaries provided valuable, useful information. Attendees shared information about their Auxiliaries and ideas for fundraisers. It was great to be able to hold the Conference once again.



A \$5 Jewelry Sale was held November 13th and 14th. While this was a jewelry sale, there were so many items from which to choose that many of us did a little Christmas shopping, birthday shopping,



and just plain shopping for unique items. I overheard many people remarking that they got some great gift ideas from this sale. There will be another sale next year! And of course, the proceeds help fund our Auxiliary projects and scholarships throughout the year.



During November, we pay special attention to Veterans and express our appreciation for their service to our country. Thank you, Veterans, past or current WBMC Volunteers. Recognizing David Little, US Army, Rosaline Nicholson, US Army, and Charles Boyd, Air Force.



District II & District III

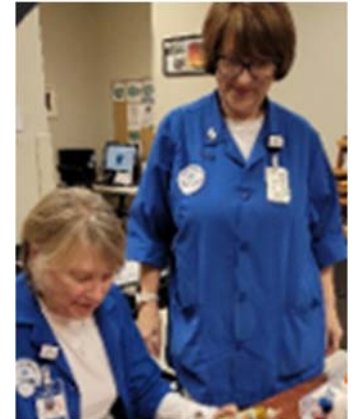
Grandview Auxiliary



If it needs to be done—it gets done—the Grandview Volunteers are ready, willing, and able! We are very fortunate to have such a dedicated and engaged group of people to help with the many events and projects that the Auxiliary held the last few months of 2023. Their generosity of time and effort enables the Auxiliary to continue to support many endeavors.

We had two successful fundraisers, thanks to volunteers helping and employees eager to purchase items. As a result, we awarded three stu-

dents a \$1,000 scholarship each to continue their education, and we were able to offer financial support for the upcoming *Jesus Harvesters Ministries Medical Mission* trip to Kenya. An overflowing donation box of reading glasses, stuffed toys, and reusable bags were collected for the mission trip.



Thanks to the leadership of longtime volunteer Phyllis Landers, a incredibly dedicated group of volunteers worked together to sew and decorate over 50 Christmas stockings to give to parents of newborns during the holiday season.

Grandview Medical Center treated the volunteers to a delicious Thanksgiving luncheon. The December holiday party was filled with food, games, prizes and most of all a good time of fellowship.



From ALL of us to All of you...May 2024 Bring you and yours the BEST!



Greene County Health System Auxiliary

It is said, "Patience is a virtue." This sentiment is a reflection upon someone's ability to wait for something. It leads people to believe an ability to wait without agitation is an admirable quality. The auxiliary members are patiently awaiting to return to their respective post at the hospital, Nursing Home and Physician Clinic. However, this is a season to give gifts. Some of our members are giving tangible gifts to the residents of the Nursing Home, but the most important GIFT of all is the gift of love, the gift of peace, and the gift of happiness.



May God fill you with His New goodness everyday and may the love of Jesus overflow from you to others throughout the New Year!

Geraldine Walton, President

District III

Vaughan Regional Medical Center Auxiliary

Merry Christmas and Happy New Year from the Vaughan Regional Medical Center Auxiliary!

The last half of 2023 has been a busy year for our Auxiliary and included three successful fundraisers. In September we had our first Uniform Sale in years. We were able to contact a new company “The Scrub Factory”. It was a very successful sale and Will and Kim Smith were a delight to work with! We were also able to give them the information so that they were one of the vendors at the ACHA fall conference. We are looking forward to our next sale with them scheduled in March of next year.

In November we had another successful “\$5.00 Sale”. Carlos always runs a great show. Many thanks to our Auxiliary Member Rosa Dunklin who coordinates workers for the show. Our “Britches and Bows” clothing sale was held this week and was wonderful again. Jennifer Clark is so fun to work with.

In October we were fortunate that we had eight of our board members attend the ACHA conference in Lake Gunterville. We had such a great time and learned a lot in the breakout sessions. We made new friends and exchanged ideas. The speakers were all wonderful and we are so proud of our own Bonnie Mollett as she is now Past President of the Association.

We also had our General meeting in October where we received our seasonal flu shots and were able to fellowship over a lunch of soup and sandwiches provided by the hospital. We recognized some of our newest members for their hours of service this year. Brenda Hunter and Lynn Ray received their pin and patch for working 100 hours and Sedric Gantt received a Patch for working 50 hours so far. We are so excited to have them on the team and continue to recruit new members.



Our Christmas Luncheon was held on December 1st at the Vaughan Place Community room. Good food and fellowship were had by all. As we are looking ahead to 2024, we look forward to doing some productive

projects for the hospital and recruiting new members. The Vaughan Regional Medical Center Auxiliary wishes you all a Happy and Healthy New Year!

- Debby Travis , President



District III

Russell Medical Auxiliary

Hello everyone!

It's so hard to believe we are headed into the winter season. With the holidays around the corner, we hope everyone enjoys yummy foods, laughs and gets good quality time to spend with family and friends.

The Russell Medical Auxiliary has been very busy. October started out with a boom. ACHA State Fall Conference was October 8th, 9th and 10th. We enjoyed all the fellowship and speakers. We even won some prizes playing bingo.

Then, onto our Awards Luncheon on October 17th. We had a great turn out! We had a drawing to win two beautiful plants from Grace's Flowers at the end. The luncheon was catered by 1220 Café and as always the food was delicious.



The \$5 show was October 26th and 27th. We enjoyed the many visitors including hospital employees and community members. All money raised from the sale goes to our scholarship program. Daryl had several new and interesting items. We also participated in the Trunk-or-Treat at Hilla bee Towers, giving out candy and trying to recruit new members. Russell Medical rolled out on November 1st, a new EHR system. The Auxiliary members stepped up to filter calls coming into the IT command center. We also helped Russell Medical with their Christmas Magic and

Santa pictures for hospital employees and their families.

Also in November, we began working on our Holiday Tree of Lights fundraiser.

Enjoy The Holidays!!!!

(Give Thanks with a grateful heart)

Success

Isn't just about what you accomplish in your life; it's about what you inspire others to do.



"Life begins at the end of your comfort zone." (Neale Donald Welsch)

- Becki Hillyer, President

District IV

Mobile Infirmary Auxiliary

We have had an outstanding quarter at Mobile Infirmary. We increased our fund raising for the hospital with our *Uniforms2U* Sale in July, \$5 Show Jewelry Sale in October and Little Birdie Custom Gift event in November. In September, we purchased new annual inventory equipment for our gift shop. In November, we purchased two Stryker Transport Chairs for our CCU and MICU units. Both of these units, including all of the nurses and physicians, were extremely thankful to be able to transport these critically ill patients in a safe and efficient manner.

We had several events, including the Gift Shop Annual Employee Appreciation Sale in August, Annual Flu Vaccination Drive in September, and Auxiliary Fall Social was held in October, at one of our favorite gift shop auxiliaries home-Elizabeth Dart's house on beautiful Dog River. In November, we had our Annual Turkey Toss, which is our free turkey given by the hospital to all of our volunteers and employees. I actually cooked my first turkey ever this year! We also had our last Auxiliary Meeting of 2023 in November.

We were represented by three auxiliary board members at the ACHA Conference in Lake Guntersville: Dr. Glenn Porter, President, Elizabeth Dart, VP of Ways and Means and Tammy Lee, Recording Secretary, ACHA District Representative. In December, we had our Annual Tree Lighting event and our Annual Auxiliary Holiday Luncheon hosted by the Mobile Infirmary Foundation. I know we are all thankful for the hospitals that we volunteer and work tirelessly for, and for all of the employees and volunteers that we work with each day. Happy New Year!

Glenn Porter, President

USA Health Auxiliary

USA Health held our annual general meeting in September for all volunteers to conduct business and thank all the volunteers for everything they do! We had three board members attend the ACHA Conference: Ashley Peyer, Tanny McMillian, and Rebekah Blanchard in October. It was a great experience to learn and fellowship with others.

In December, we had the Sock it to Cancer event. The Order of Eastern Star with the help of Yvonne Johnson, Mitchell Cancer Center (MCI) Chemo Sabe provided two large baskets of socks as gifts to cancer patients. The auxiliary funds were used to provide the much needed decoration for the Christmas Tree in front of the Women and Children Hospital.



There are a lot of events planned for 2024 from volunteer week, jewelry sale, general meeting, and board meetings. Looking forward to continually helping others! Happy New Year!

Ron Wood, President

Message from the Board

Message from Past Chair:

I really enjoyed being your President of ACHA from 2019 to 2023. It was a learning experience. Now, I am the Past Chair of ACHA. My duties are to help with anyway with the board and find volunteers to fill the positions on the board. I want to thank everyone who stepped up and accepted these positions for 2024.

You may have been asked—the following questions... *What do volunteers do to help people?* Volunteering is spending time helping someone without being paid. Another question...*What do people hope to gain from volunteering?* It provides healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others. It provides natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. Thank all of you who willing volunteer in your hospitals.



Oh yes, one more thing—it was wonderful seeing everyone at the conference. It was thrilling looking out and seeing all of your sweet and smiling faces.

Now we go into our new year at ACHA.



- Bonnie Mollett

Message from Project Chair:

We had an outstanding time at our State Conference at Lake Guntersville Park on October 8-10. It was a great learning sessions from wonderful speakers and from the area hospitals.

This year the ACHA decided to select the service project to focus using their voices to encourage our families and friend and fellow volunteers to care through the end of life for others, so their wishes can be respected and understood .

We could each provide personal guides, have meetings and a person to speak at a women's circle or club to answer needed questions. If you need more resources you can visit www.theconversationprojects.org.



- Cheryl Till, Project Chairman

the conversation project



State Project



ACHA 2023-2024 State Project

Crucial Conversations

Each year the Alabama Council of Hospital Auxiliaries selects a service project on which to focus. This year, we want to use our collective volunteer voices to encourage our friends, family and fellow volunteers to share with their loved ones their wishes for care through the end of life, so those wishes can be understood and respected.

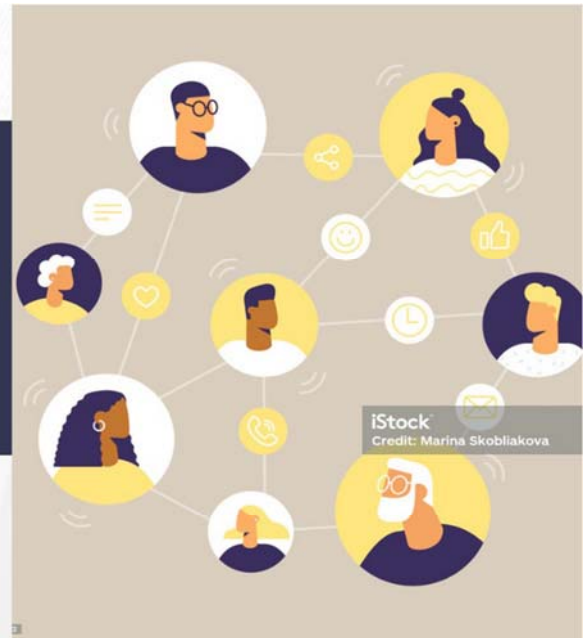
HOW YOU CAN HELP

Download “Your Conversation Starter Guide” from www.theconversationproject.org. Review this booklet, fill it out as fully as possible and then:

- Share it (your wishes) with your loved ones. It won't do any good to try and promote these conversations unless you have personal experience in having them. If it's important for others, it's important for you.
- Share the guide with your friends and encourage them to have similar discussions.
- Copy it and distribute it at one of your auxiliary meetings. Find someone in your hospital who is passionate about the subject and ask them to come and speak and answer questions (e.g., physician, chaplain).
- Ask that passionate person to speak at your next women's circle, garden club, Rotary meeting.

IMPORTANT TIPS

- You may want more information before answering some of the questions, particularly for medical questions. So, check with your doctor first before completing the booklet.
- Don't feel like you have to make all of the decisions right away, but don't put it off too long either. These discussions need to start happening while we are young. We can always change our minds as we get older and go back and edit our wishes.
- Once you know what you want, it's a good idea to write it down in a document called an advanced directive. This can be used to tell your family, physician, nurse or other members of your healthcare team what kind of medical care you want if you are too sick or hurt to talk or make decisions. Make sure you give a copy of your directive to your physicians and family members and that you take it with you if you have to go into the hospital.
- When you talk with others, have copies of both the Conversation Guide and Alabama's Advanced Directive. You can find more information on that at www.alaha.org/advanced-directives.
- Sometimes people may not be ready to have these conversations. If that's the case, you might simply leave the information with them and suggest they contact you if they would like to talk at a later date.



MORE RESOURCES

Visit www.theconversationproject.org where you will find not only the guide mentioned, but also a guide for those with serious illness, a guide for caregivers of children with serious illness, a guide for choosing a healthcare proxy (someone to speak for you if you are too sick or hurt to speak for yourself).

ACHA Communicator



Message from ACHA Board Member:

Communicator—The Newsletter is published quarterly: **January, April, July, and October**. It is emailed to Presidents of each Auxiliary and it can also be located on Alabama Hospital Association Website—alaha.org. Special Thank you to **Karen Roberts** for an outstanding job of getting all the articles compiled for District II.

Next Deadline to submit is **March 8th, 2014** for the April publication.



Submitting your article guidelines:

- ◇ Subject Line of Email - ACHA Newsletter and Auxiliary Name.
- ◇ Body of the Email:
 - Include *District, Auxiliary Name, and Auxiliary President*.
- ◇ Attach the article or insert directly in the email.
- ◇ If pictures are included - provide caption for each picture.

Please submit all Articles to **TannyMcMillian@gmail.com**.

Happy Reading!

- Tanny McMillian, Newsletter Chair

