

# UPDATE NEWSLETTER



Southwest District Michigan  
Healthcare Advocates

Newsletter Date : April, 2010

VOLUME 50 ISSUE 3

## FROM THE SWD PRESIDENT MARILYN ASHDOWN

### SOUTHWEST DISTRICT BOARD

#### President

Marilyn Ashdown

#### President-Elect

Nancy Cooley

#### Vice President- Membership

Sharon Weaver

#### Vice President Newsletter

Marlene Sebastian

#### Vice President- Programs

Cas Wesolek

#### Treasurer

Connie Garlitz

#### Recording Secre- tary

Sheryl Burke

#### Corresponding Secretary

Jan Robinson

#### Counselor

Rosalind Stutz

#### Audit Chair

Denise Starck

#### Legislative Chair

Michael Kirby

#### Budget Chair

Sally Price

#### Bylaws & Policy Chair

Arden Hetletvedt

#### Historian

Donna Taylor

#### PR & Resource

Ned Good

Dear SWD Friends,

It doesn't seem possible that this is my last article as President. In a month, the gavel will be passed on to the new President. Have you ever noticed that the older one gets, the faster the time goes?

One of the most enjoyable parts of this job was meeting all of the volunteers from other hospitals who make such a difference in so many people's lives. Many new friendships have been made and I enjoy seeing all of the familiar faces at conferences and meetings. I will be forever grateful for this opportunity in my life.

Hopefully, by the time you read this, Spring will be here, the weather will be warmer and the grass will be green. During the spring months the calendar is full of events. March 18 was the SWD General Spring Meeting and

March 24 was the Advocacy Day in Lansing. National Volunteer Week is April 18-24 and May 13 is the SWD Installation of Officers for 2010-2011 in St. Joseph, MI. The final meeting is the MAHA Annual meeting June 8-10 at the Grand Hotel.

It is with mixed feelings that I leave the office of President. I will miss going to all of the events at SWD hospitals but will, hopefully, be able to spend more time at my hospital, CHC, doing additional volunteer time. It has been a great experience!

A special thank you to the SWD Board members who always "stepped up" when there was a job to do. Their dedication, hard work and team efforts make this Board function successfully. In working with the Board, there are members



who have been involved for many years and some who are brand new. They all bring ideas/knowledge to the Board and I thank them for all of their work.

I have been proud to represent the Southwest District as President. Keep up your good work!





### **Editor's Note:**

You will notice that many facilities have not reported in the past year's newsletters. That is mostly my fault as I have not e-mailed all the auxiliaries. I really don't like "spoon feeding" adults, but have decided that I must do this for the coming editions. My focus for the past year has just been to be able to get this paper published. Believe me it is not easy for a retired nurse with no computer savvy. I went out on a limb when I accepted this position, but it is something I have wanted to learn for a long time. I am still learning, but it is coming. Whoever said you can't teach an old dog new tricks?

Happy Spring!  
Marlene



## **BATTLE CREEK HEALTH SYSTEM**

The BCHS Auxiliary held the annual Trees of Love ceremony Dec. 2. A special event at the festivities was the lighting of the live tree in the Auxiliary Unity Garden. The Holiday Raffle drawing was held Dec. 4 with \$900 in prizes awarded to lucky winners. Just in time for last minute shopping was the \$5 Jewelry sale Dec. 21-22. We also have been selling the Auxiliary Cookbooks in our gift shop. A great escape from

the winter blues was our February Bunco party. This was a new fundraiser and it is hoped it will be an annual event.

We are excited to announce the opening of our thrift shop on the sixth floor of the hospital. The Green Door resale store will be open two days a week and will give employees and members of the community the opportunity to shop for gen-

tly used clothes, books, household and seasonal items. In March we hosted a Recruitment High Tea and Spring Fashion Show and a book sale. The annual May card party is planned and is always well received. In these difficult economic times we are appreciative of all the support from our volunteers, employees and the community.

Ginny Mahrle-Cook

## **LAKELAND SPECIALTY HOSPITAL**

The volunteers/auxilians at Lakeland Specialty are faithfully racking up another year of service hours for our beloved hospital.

There are plenty of willing volunteer hands, to help transport our residents to their Wednesday Bingo games, to church services and all other activities in the Day Room, to help them with their meals in their cheery, recently redecorated Dining Room and to accompany/help them on their occasional off campus trips throughout the year.

Our various fund raising activities have met with pleasing success. The recent South Bend Chocolate Co. sale added several dollars to our hospital pledged

amount and the Book Sale scheduled in just a few weeks will, no doubt bring us closer yet to meeting our pledge goal for 2010. The Corner Cupboard Gift Shop continues to thrive, not only as a money maker, but as a much appreciated service to our residents, their families and all other visitors. The shop beckons both visitors and residents with its attractively displayed merchandise. We are so thankful for our two very special volunteers who spend many hours each week selecting and stocking our shelves with seasonal items as well as thoughtfully selected any time gift and/or personal use and household items.

The ongoing plans to bring our various hospital-based

Auxiliary Boards under one Lakeland-wide umbrella, are progressing very well. The Auxiliary board members from all Lakeland sites gathered for a Leadership Retreat early in February to review/discuss the recently created Bylaws for this new Lakeland Auxiliary Health Care board. With a few suggested minor changes these Bylaws should be ready for approval/adoption in the near future. Changes and progress keep us all alert and interested.

We folks at Lakeland Specialty send a joyful "cheer-i-o" to all of you along with best wishes for a great 2010.

Norma Drucker, Pub. Ch.  
Lakeland Specialty Hospital

Articles for the September Newsletter are due July 1, 2010

## INGHAM REGIONAL MEDICAL CENTER

2009 was a busy year for the Ingham Volunteers. Our adult volunteers worked over 76,000 hours, MSU students 28,000, and teens 4,000. We had several fundraisers and netted over \$19,000. With our Peppermint Boutique Gift Shop

having a banner year, we were able to contribute \$93,000 to the Hospital Foundation.

We elected new officers for 2010. They are Betty Patterson, President and Lynwood Counsellor as President Elect. Also elected

were June Morse, Secretary, Mike Budden, Treasurer, Sharon Conti, Legislative Chair and Peggy Denike and Kay Walters as Fundraising Co-Chairs. Cas Wesolek

## COMMUNITY HOSPITAL OF COLDWATER

The CHC of Branch County volunteers have been very busy with their volunteer duties and fundraiser activities the past couple of months. We have had a successful Sweet Sale for Valentine's Day, a Used Book sale which is a very large undertaking and will be busy with activities during Hospital Week in May. One of the activities that we do for the hospital employees to show our appreciation is the Ice Cream Social. Everyone seems to enjoy ice cream and their

favorite topping. The employees support our fundraisers all year and this is our way of saying "Thank you". On May 14 an Open House will be held for the Hospital Enhancement Project (children's artwork). The community and hospital employees will have an opportunity to view the artwork from the Branch County school children. Thirty two pictures were chosen to hang for a year on the walls in the hallway of the hospital. The volunteers are very proud of this program for the hospital and

children in the community.

Two educational sessions for volunteers will be held in April and June. All volunteers must attend one of these sessions. The Volunteer Recognition Night will be held in late April to honor all volunteers and award hour pins. Election of officers has been held and bylaws have been revised and approved so this has been quite a suc-

## COMMUNITY HOSPITAL WATERVLIET

The Watervliet Auxiliary hosted several successful sales beginning in February with their candy and flower sale followed by a purse sale in March and a Book sale April 14-15.

Their President, Irene Stankiewicz will be leaving office soon after completing her two year leadership.

The Park Bench Gift Shoppe is a good source of income for the auxil-

iary.

Thought for the month from the Watervliet Volunteer Voice: An angel is someone who brings out the angel in you. That is a volunteer.

## LAKELAND HEALTHCARE ST. JOSEPH

### Southwest Michigan Helping in Haiti

Dr. Sherry O'Donnell of St. Joseph organized a medical mission trip to Haiti after the country was ravaged by earthquakes. Drs. David Collins and Michael Mayle joined her along with five others from Southwest Michigan and four doctors and one

minister from Tulsa.

Lakeland HealthCare donated boxes of medical supplies, including topical creams, oral antibiotics, pain meds and tetanus immunizations. Whirlpool donated money to cover transportation costs. The team flew from Florida to Haiti on one of the private jets donated to the relief ef-

fort by Hendrick Motorsports.

The mission team worked near a Salvation Army hospital and orphanage, and worked outside in tents for the most part. With the help of Major Mike McKee of the Salvation Army in Benton Harbor, they were able to be where the people needed care.



## HAYES GREEN BEACH

The HGB Auxiliary had a successful Holiday season. They instituted a special before Christmas for a free set of ceramic Mr. & Mrs. Santa or Snowman candle holders when a customer spent \$50. It was so successful, it will be done again this year.

Due to hospital restrictions because of the H1N1 virus, fundrais-

ers were limited this past year. The annual craft sale was held at the local library instead of the hospital.

With spring now here, the auxiliary is looking forward to many upcoming events. A jewelry sale takes place in April and a raffle is currently going on for a nice grill donated to them by Wal-Mart. A Book Fair and The Purse Peddler

will be sales in the near future.

The Gift Shop buying committee is searching out new things and have been successful with the change of stock.

They are looking forward to the return of their snowbirds and the upcoming summer.

Sharon Mohre, Vice President

### Best Ever Potato Bag

Submitted by: Donna Taylor, SWD Historian

1. Cut one 9 inch by 24 inch 100% cotton print fabric and one 9 inch by 24 inch piece of muslin (do not use any metallic fabrics)
2. Put both pieces of fabric together with right sides together.
3. Sew both ends.
4. Turn and press.
5. Fold top down 2 inches and then fold bottom up and over about 1 inch over flap. Be sure to put muslin side down so that when you fold over flap you will just see the muslin material.
6. Sew down both sides completely and then overcast seams.
7. Turn and press.

### Instruction Sheet for the Potato Bag

#### BEST EVER BAKED POTATO

Pouch can hold up to 4 potatoes.

Wash and dry potato.

Do not poke holes in potato.

Place potato into the bag.

Place in the microwave and cook 5 minutes (one potato)

Cooking time may vary depending on the power of microwave.

Remove from microwave and serve.

These potatoes are better than oven baked potatoes.

Pouch will be wet after microwaving. When pouch is used a few times wash and dry at your convenience.

**WARNING!** Do not use in a dirty microwave as the fabric may catch on fire if it is placed on a spot of spilled food, etc.

## EATON RAPIDS MEDICAL CENTER

The ERMHC hosted the annual Bingo Party to honor the auxiliary members in April for Volunteer Recognition. Two members, Betty Boatman and Bethel Kikendall have served the hospital for over forty years each. They received Volunteer of the Year Awards, their first, in all that time.

This writer is looking for-

ward to the May auxiliary meeting as we have the special privilege of having the MAHA President, Mary Lou McFadden, as our speaker. She will also do the officer installation for 2010-2011. We are honored to have not only a state board member, but the President as our guest.

Plans are under way for

the summer golf outing fundraiser and the Fall Gala. These are our biggest fundraisers for the year and require a great deal of work from our members and our hospital.

Marlene Sebastian  
President Elect



### SWD ANNUAL “DOLLARS AND HOURS” REPORT 2009 SUBMITTED BY SHARON K. WEAVER, VP-MEMBERSHIP

Number of Beds	3,276
Number of Volunteers/Auxilians	6,445
Number of Volunteer/Auxilian Hours	698,726
Number on the District Board	19
Number of District Hours	1,189
Number on the State Board	6
Number of State Hours	1,954
Number of Volunteer/ Auxilian Presidents on Facility Boards	7 (4 Voting and 3 Nonvoting)
Monies Donated to Local Facilities	\$1,401,025.00
Other Monies Donated (Scholarships, etc.)	\$64,961.00
Number of Hospitals/ Facilities in SWD	21
Number of Hospitals/ Facilities Reporting	20



SWD Board Members (from left to right) Front: Marilyn Ashdown, Sheryl Burke, Nancy Cooley, Arden Hetletvedt Middle: Connie Garlitz, Denise Starck, Sharon Weaver, Rosalind Stutz, Sally Price, Marlene Sebastian, Jan Robinson Back: Michael Kirby, Cas Wesolek. Missing: Donna Taylor and Ned Good

**Marilyn Ashdown, President:** Marilyn was born and raised in Battle Creek, MI. She received her BA from Western Michigan University and started teaching at the age of 19. She obtained a Masters Degree from WMU while pursuing her teaching career. She also worked on her Masters at Kansas State while teaching at Ft. Riley, Kansas. Her career lasted 42 years in elementary school. She retired to take on community service and has served as Secretary of the Branch District Library Board and Secretary of the Literacy Council. She has also served on the Tibbits Children's Committee and the Auxiliary Board at the community Health Center of Branch County as Secretary, Vice President and President. In addition to all of that she has served the SWD as President-Elect and President. Her hobbies include scrapbooking, raising two Boston Terriers, Fifth Wheel camping and spending time with her two children, their spouses and her granddaughter.

**Nancy Cooley, President-Elect:** Nancy has been a volunteer at Lakeland Medical Center in St. Joseph since 1990. She started in the coffee shop and then began working in the Health Resource Library. She has President-Elect and President of the Auxiliary. She retired from the Whirlpool Corp. after 28 years as Organizational Effectiveness Administrator. She has been married over 22 years, has six children and six granddaughters. She plays Mah-Jongg and golf.

**Sharon Weaver, Vice President Membership:** Sharon has been married to Bob for 45 years. They raised their two children on a farm just outside of Caledonia. She is grandmother to five grandchildren. Sharon taught in the Caledonia Community School system for 30 years retiring in 2003. At that time she began her volunteer career as a patient escort at Pennock Hospital. She has served as President Elect and President of the Pennock Hospital Auxiliary Board.

**Marlene Sebastian, Vice President Newsletter:** Marlene lives near Springport with her husband, where she was raised and has two married children and four grandchildren. She has been a member of the Eaton Rapids Medical Center Auxiliary along

with her husband for five years. She is the current President-Elect soon to become President in May. She has served on the auxiliary board since joining and becoming the gift shop manager. Two years ago, Marlene served on the SWD Nominating Committee and one year later became the newsletter V.P. Since retiring from her Oncology Nursing position of thirty odd years, she has remained very busy becoming a “Nana” and a volunteer.

**Cas Wesolek, Vice President Programs:** Cas is currently Counselor of Lansing’s Ingham Regional Medical Center Volunteers. He retired from General Motors in 1997 and has been an active volunteer since, having served as President for three years. He and his wife, Detta, volunteer in the Gift Shop. They have been married 53 years and have three grown children and 7 grandchildren. He is also actively involved in his church, serving as a deacon and the Senior Adults Event Planner. He also helps in the children’s ministry. Cas and Detta enjoy foreign travel doing mission work and have made many such trips to places like Russia, Africa, India and China to name a few.

**Connie Garlitz, Treasurer:** Connie has been a member of the Mary Magdalen League for 19 years. She has served as card buyer, shop treasurer, Assistant Shop Manager and Shop Manager as well as President-Elect and President of the League. She volunteers for the Angelus League who make small stuffed animals for children in the hospital or emergency room. She is also a member of a group who make gowns, pouches and blankets for babies who do not survive birth. She is active in 4H and the County fair. She is a member of St. Mary Cathedral, the Work of Christ Community and The American Legion Auxiliary. She is married to Patrick and has three sons and four grandchildren. Her hobbies are sewing, counted cross stitch, bread baking and gardening.

**Sheryl Burke, Recording Secretary:** Sheryl is married and has three children and five grandchildren. She is retired from Adrian College as secretary to the Dean of Students. Her husband of 46 years is retired from G.M. She lives on a small farm close to Hillsdale and joined the Hillsdale Community Health Center Auxiliary in 2002 and has served on the board since that time as Assistant Treasurer, Vice President and President. For two years she was the Gift Shop Manager. She is an avid golfer and secretary or treasurer to many different organizations. Her hobbies include playing cards, gardening, knitting, crocheting, sewing and spending time with the grandchildren.

**Jan Robinson, Corresponding Secretary:** Jan lives on a small farm outside of Coldwater. She has been married for 47 years and has two grown children and four grandchildren. She taught Special Education for over 35 years and retired 11 years ago. She has been a volunteer at CHC for 9 years and served as Secretary, Vice President and President of the Auxiliary. She is very involved with the Coldwater United Methodist Church and chairs committees as well as facilitates a weekly after-school tutoring program for elementary children. She takes piano lessons, plays golf and enjoys time with her family and grandchildren.

**Rosalind Stutz, Counselor:** Rosalind has been a member of Borgess Hospital Associates since it was formed and is a Life Member, serving 1981—1993 as President. She worked in the ER waiting room and again served as President of the Board from 2003-2005 after Borgess became Borgess Health Alliance. She worked in the gift shop, South Information Booth and chaired the Golf Outing for 2 years. She has been a cosmetologist since 1957, retiring in 2003. She was Administrator of Chic University, Member of Salon Source, serving as chairman for 3 years, State Educational Director for 8 years of Michigan Cosmetology School Association, serving as State President for 2 years. She is married with 5 grown children and 12 grandchildren.

**Denise Starck, Audit Chair:** No information available.

**Michael Kirby, Legislative Chair:** Michael has been affiliated with Lakeland, St. Joseph for 3 years. He volunteers 16 hours/month. He was in manufacturing management until becoming owner of his own business. He has served as legislative chair for the St. Joseph Auxiliary for 3 years and the SWD for one and one half years. He also volunteers for the Gift of Life. He and his wife Tina live in Coloma, MI.

**Sally Price, Budget Chair:** Sally has been a volunteer with the Ingham Regional Medical Center for 5 years and served in the Peppermint Gift Shop since retiring from the State of Michigan, Dept of Social Services as an Administrative Manager. She has been secretary of the Peppermint Service for 2 years and President of the IRMC for 3 years. She has been serving the SWD as budget chair for 2 years. She has four children who all live in warmer states. She shares her home with a cute little Maltese.

**Arden Hetletvedt, Bylaws & Policy Chair:** Arden has served or 2 years as Vice President of Programs, V.P. of Membership and V.P. of Newsletter. He has been an active member of the BCHS Auxiliary as President and has been on the board for over 12 years and is currently Chairman of the Front Desk. He is an active member of his church, serving on various committees and has also been a Deacon and Elder in the past. His wife, Ruth, is also a member of the BCHS Auxiliary. They have one son and two grandchildren.

**Donna Taylor, Historian:** Donna has been a member of the BCHS Auxiliary for 13 years. She has been co-chair of the quilting guild, nursery guild and President Elect, President and Counselor. Donna has one daughter, one son and four grandchildren and one great grandchild. Her hobbies include watercolor, oil, china painting, quilting, sewing, crocheting, woodcarving, stain glass,



Marlene Sebastian  
SWD Vice President  
Newsletter  
1500 S. Main  
Eaton Rapids, MI 48827  
msebastian@springcom.com

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**Articles for the September Newsletter are due  
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**Biographies continued from page seven**

**Donna Taylor, Historian:** golf, basket weaving, cross country skiing and gardening. During her tenure as president, the Auxiliary raised more than \$94,600 for the Cancer Care Center and the Hospice Residence.

**Ned Good, PR & Resource:** No information available