



**ST. JOSEPH'S
HEALTH**

A Member of Trinity Health

January 2024

VOLUNTEER NEWSLETTER



get your
FLU SHOT

Missed the flu clinic ... no problem, stop down to the Health Office. If you volunteer at the hospital and you get your shot elsewhere, please bring me a copy of your receipt so that I can give you a sticker for your badge. For those that have already given me your receipts...I now have the stickers in my office. For those that chose not to get the flu shot you will now need to wear a mask when you are at the hospital. Thank You!

Information Desk/Lobby Ambassador/Welcome Ambassador:

Before shift please look on desk for messages/updates.

Cancer Center is now open (1-1 area of the hospital) and the phone number is listed on the phone number sheet under the blotter.

No kids under 12 in the hospital, that is including the waiting in the lobby.



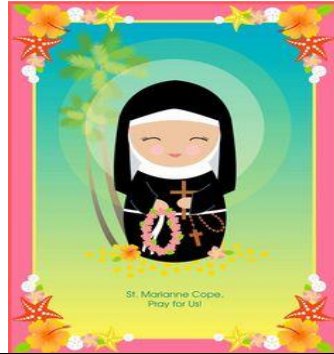
WELCOME NEW AND RETURNING VOLUNTEERS

Tim McGinnis, Autumn Dameron, April Dameron-Pearson, Anna Nguyen and Miranda Azemi

Precious Baby,

This message comes to you on St Marianne Cope's birthday. We hope your life is filled with wonder, happiness, adventure and good things for you and your family. May St Marianne watch over you.

St Joseph's Health Volunteers
and the St Marianne Cope Museum



2nd Annual Basket for the 1st Baby born on St Marianne Cope's Birthday, January 23rd
If anyone is interested in donating to the 2024 basket, we will be taking donations in the Volunteer Office.
Outfit, sleeper, onesies, book, etc....
Please drop off By January 22nd

Volunteer Spotlight

Meet Joan Payne

Joan has been volunteering for 8 years, first in the Palliative Care services and now as a Welcome Ambassador. She retired from St Joseph's Hospital after working 31 years as a nurse and then Nurse Practitioner. She decided to volunteer to stay connected to her St Joseph's family.

Joan said she loves volunteering as a Welcome Ambassador. She gets to meet all kinds of people and enjoys helping people to get to their right destination on the hospital campus. She also enjoys interacting and getting to know the partners she volunteers with.

When Joan is not volunteering here, she loves to camp and has her own tent. She also likes to bake, read, do crafts and spend time with friends and family. Joan is also very active in her church (Westvale Seventh-day Adventist church), where she is a Faith Community Nurse (FCN). Faith Community Nursing is a specialized brand of nursing, endorsed by the American Nurses Association. Joan, along with 2 other FCNs in her church helps to see that the individual needs of the congregation are met – physically, mentally, emotionally, socially, and spiritually so that there can be a healthy congregation. As an FCN she also sees that her pastor's needs are met.



Thank you, Joan, for supporting the patients and visitors of St Joseph's Hospital.



Auxiliary was busy last month. Making sure the campus was lit up for the holidays and they raised \$1500 at the Holiday Shoppes which will benefit the Colleague Food Pantry.

Save the Date, Friday, May 3rd Casino Night fundraiser at Timberbanks in Baldwinsville.



8 Judy Meetze
9 Susan Lamanna
15 Barbara Mahar
20 Myrta Alvarez

21 Caroline Roberts
22 Joe Kolcun
27 Anne Keefe
29 Lois Powers

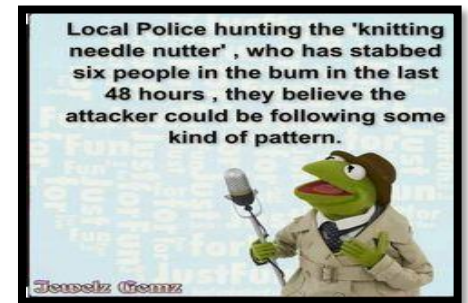
Blood Drive on January 19th 11:30-4:30 in DeFuria Room/L100A

Sign up with Mary in the Volunteer Office or online www.redcrossblood.org and enter sponsor code **St Joes** to schedule your appointment to donate.



Passed out the orange and blue blankets to the patients for the Boca Raton Bowl game. We might not have won the game but you did keep the patients warm. We can stock those back up for the next big game. Thank you!

Always in need of hats and mittens at this time of year.



What Can Volunteers Do to Prepare for the Winter Months?



- **Be Prepared:** Wear flat shoes/boots that provide traction. If necessary, wear boots and bring shoes to change into once you arrive at work. If you work in homecare, visualize your entry, and exit points and do not enter if the walking area appears hazardous.
- **Be Alert:** Don't text & walk.
- **Be Careful:** Stay on designated walkways – no shortcuts. Please do not attempt to destroy, move, or walk over the fencing that has been put in place. When exiting your vehicle, swing both feet out, place both feet firmly on the ground and hold onto your car until you know that your footing is secure. Remember to walk like a penguin!
- **Be Proactive:** Report unsafe conditions to Grounds by calling security at EXT: 5555 and by submitting facilities work order on SJHEN/SharePoint. THEIR reports should be completed for ALL injuries. When reporting, please be specific to your exact location, so the grounds team can inspect the area ASAP.

Campus Safety Reminder

Regardless of where you live or work, we need to always stay prepared to face adverse events. Please keep the following in mind to deter and prevent becoming a victim of criminal activity:

- **Never permit strangers to enter your vehicle.** This type of situation places the driver in a vulnerable position and loss of control. If someone requests a ride, refuse and notify Security or Syracuse Police immediately.
- **Stay aware** of your surroundings and display a sense of confidence while walking.
- **Plan ahead** and know what you would do or whom to call if an incident occurs.
- **Give it up** and do not fight back if your personal belongings are taken – turn them over rather than risk injury.
- **Call Security** at 5555 as soon as it is safe to do so or 911 if you're located at an off-campus property to report suspicious persons or activity.
- **Have a plan** by rehearsing in your mind what you might do if you were to find yourself in threatening situations.
- **Note the locations of safe havens** in your travels (stores, restaurants, offices etc.).
- **Use a Personal Safety Escort** by calling Security – or walk together when leaving your work areas.

If anyone is ever interested in sharing anything in the Volunteer Newsletter, please reach out to me.