Greetings from the President

I trust that all of you had a Merry Christmas and are experiencing a Happy New Year.

Congratulations to all of you for the excellent job you did for our Auxiliaries throughout the state in 2014. Therefore, I am confident that the momentum will carry forth, thus giving us an outstanding 2015. I am depending on your support during my tenure, because as you know “no man is an island.” Thus, I will need your help.

After several conference calls/meeting during the early part of January 2015, a decision will be made concerning combining our Annual meeting again with the VSDHVS. I will keep you posted.

Remember that all of us stood on someone’s shoulder, thus we must continue to pay it forward. Volunteering is paying it forward.

Marion "Barney" Barnwell
President, VAHAV

MESSAGE FROM PRESIDENT-ELECT:

First, I want to take this opportunity to wish you and your family a Happy and Healthy New Year!
As a short introduction, my name is Debbie Sammler and I have been volunteering at Inova Fair Oaks Hospital in Fairfax since April of 2010. I have held several offices on the Auxiliary board including Teddy Bear Chair, Recording Secretary and I am presently serving my last term as Vice President. I joined the VAHAV Board in October of 2012 after chairing the Registration Committee for the 2011 Annual Conference, and since then have held the positions of Membership Chair, 2014 Conference Coordinator and my current position as President Elect.

As Conference Coordinator for the 2014 Conference recently held at the Hotel Roanoke, I was overwhelmed at the enthusiasm of all the hospital volunteers who attended this conference. I am honored that you have elected me to this position and I look forward to meeting many of you during my term. Please be sure to visit the VAHAV website (www.VAHAV.org) and mark the date of your District meeting on your calendar now and I will plan on seeing you there!

*Those who can, DO....Those who can do more, VOLUNTEER!*

---

**VAHAV 2014 CONFERENCE – Volunteering is Love in Motion**

*by Debbie Sammler, Conference Coordinator*

I hope you all enjoyed the Annual Conference in Roanoke as much as I enjoyed being your Conference Coordinator. A huge thank you to all the committees who did a fabulous job in helping me fulfill my vision to make this Conference both educational and fun at the same time. I cannot thank you enough for your time and energy. If you played a part in the organization of this fabulous Conference, please give yourself a huge pat on the back. I will not name everyone individually so that I don’t leave anyone off the list, but you know who you are!

An additional huge thanks goes out to all our Speakers who volunteered their time and knowledge to present workshops that were important to you. I hope each and every one of you left with an idea or some important information to bring back to your hospitals. These workshops were based on your input from the questionnaires you filled out at your spring District meeting, so be sure to fill out this questionnaire this spring so we know what you as a Volunteer want to learn more about.

I also hope you enjoyed our Keynote Speaker and Entertainment, LaDonna Gatlin, as much as I did. I had heard her perform in March at the Southeastern Healthcare Volunteer Leaders Conference and knew I had to try to get her to come from Texas to Roanoke for this Conference. I never get tired of listening to her family stories and her singing...as a matter of fact I have her CD in my car and listen to it constantly.
We had 203 attendees to the Conference and the breakdown was: 16 from Capital District; 19 from Hampton Roads District; 75 from Northern District; 27 from Piedmont District and 48 from Southwestern District.

SAVE THE DATE FOR THE 2015 ANNUAL CONFERENCE

October 5-7, 2015

Doubletree by Hilton Richmond-Midlothian
1021 Koger Center Blvd., Richmond
EDITOR’S REMINDER

Please forward newsletter articles (preferably) or your auxiliary newsletter to NEWSLETTER@VAHAV.ORG

OR

LLShelton@cox.net (PREFERRED)

DEADLINE for the April 2015 Issue Is March 1st. Thanks!!

WHERE DO I FIND...

President: Marion (Barney) Barnwell, president@vahav.org
President Elect: Debbie Sammler, presidentelect@vahav.org
Past President: Alane Lovern, pastpresident@vahav.org
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Recording Secretary: Bonnie Langer, recordingsecretary@vahav.org
Corresponding Secretary: Carolyn Johnson, correspondingsecretary@vahav.org
Conference Coordinators: Caroline Johnson and Patsy Garrett, conferencecoordinator@vahav.org
Parliamentarian/By-Laws: Rochelle Grey, parliamentarianbylaws@vahav.org
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Emblems: Judy Clements, emblems@vahav.org
Gift Shop: Paula Faverio, giftshop@vahav.org
Legislative: Bill Foster, legislative@vahav.org
Membership: Patsy Garrett, membership@vahav.org
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Scholarship: Bettie Moores, scholarship@vahav.org
Historian/Scrapbook: Linda Woods, historianscrapbook@vahav.org
Sponsorship: Frank Rinaust, sponsorship@vahav.org
Thrift Shop: Sue Gregory, thriftshop@vahav.org
Vendors: Gloria Heishman, vendor@vahav.org
Website: Theda Foster/Joanne Hart, webmaster@vahav.org
Capital District Chairman: Charlene Gray, CapitalDistrict@vahav.org
Hampton Roads District Chairman: Felicia Avinger, HamptonRoadsDistrict@vahav.org
Northern District Chairman: Jimmi Barnwell, NorthernDistrict@vahav.org
Piedmont District Chairman: Paula Faverio, PiedmonDistrict@vahav.org
From our Conference Planners

We have just had our 2014 VAHAV CONFERENCE IN Roanoke, Va. I hope you enjoyed it as much as I did. I loved seeing old friends, meeting new ones, getting new ideas to bring back to my auxiliary. I am so looking forward to 2015 working with the VAHAV board. Mark your calender now for October 5 -7 in Richmond, Va. at the Koger Convention Center for our 2015 conference.

I read this article just the other day from The Art of Living by Wilfred A. Peterson.

_We give of ourselves when we give gifts of the heart: love, kindness, joy, understanding, sympathy, tolerance, forgiveness._

_We give of ourselves when we give gifts of the mind: ideas, dreams, purposes, ideals, principles, plans, inventions, projects, poetry._

_We give of ourselves when we give gifts of the spirit: prayer, vision, beauty, aspiration, peace, faith._

_We give of ourselves when we give gifts of words: encouragement, inspiration, guidance._

Emerson said it well: "rings and jewels are not gifts, but apologies for gifts. The only true gift is a portion of thyself."

Thank you to each of you for sharing your time, your talents and your very special gifts to your hospitals and to the VAHAV. I believe working together we will increase our membership in 2015 and will have a wonderful learning conference in Richmond. I would love to hear any suggestions and ideas you may have. Feel free to contact me by email or phone.

Patsy Garrett
Co-Chairman Membership Committee and
Co-Chairman VAHAV Conference
Northern District

More than 81 of us from the Northern District attended the 65th Annual Virginia Association of Healthcare Auxiliaries and Volunteers (VAHAV) meeting held in Roanoke, VA in October. Alane Lovern’s theme “Volunteering is Love in Motion” was carried out with colorful balloons, colorful paper and real flowers, colorful tiles painted by young school students and social hosts dressed in green blazers. Debbie Sammler, conference coordinator, planned outstanding workshops and a good time was had by all. We need to plan now to attend the 66th annual VAHAV meeting which will be held in Richmond, VA., October 5-7, 2015. The 66th annual VAHAV meeting’s theme is “Volunteering is Paying it Forward.” The new president, Marion “Barney” Barnwell, wanted a theme that reflects how much volunteers give to others. I know this will also be a great meeting because Carolyn Johnson and Patsy Garrett will be co-chairing the meeting. You will be hearing all about the meeting in the next year so make sure you do not miss this meeting.

I hope everyone had a very Merry Christmas and best wishes for a Happy New Year!

Jimmi Barnwell, Northern District Chair

Centra Lynchburg General Hospital

Evelyn "Mitch" Mitchell recently retired from the Centra Lynchburg General Hospital Pre-op area. She wrote this to the gift shop manager and volunteers.

The LGH gift shop is a place we go to buy gifts for those that are sick and in the hospital to cheer them up, but I have found there is a treasure in this gift shop that can be found more precious than a flower or a cup.
These ladies and gentlemen are volunteers wearing warm greetings of smiles, thank you and come again.

In this gift shop there are special people I can love, hug, and call my friends. God’s Blessings to you all. Love you and will miss you.

Patsy Garrett

Inova Loudoun Hospital

The Ladies Board has packed up the display tables, banners, and trailers from the 76th Annual Rummage Sale in October, 2014 and counted their money! We have broken another sales record with $219,000 in profit. It took every Ladies Board member, their families, neighbors, church groups, scouts, sports teams, Inova Loudoun Hospital employees and our CEO, Pat Walters, to make this sale such a success. We unloaded eight tractor trailers of ‘rummage’ and displayed everything in the barns at Morven Equestrian Center in Leesburg, VA. Profits from this sale are used for the many needs of our hospital, our nursing scholarship program and to help fulfill our million dollar pledge for the Cornwall campus renovation. We owe tremendous gratitude to our co-chairs, Lisa Cromwell and Sue Clewis, for a fantastic job. These amazing ladies are already at work for our 77th Annual Rummage Sale!

Just when we thought we could take a rest, we are ready to celebrate our annual community tree lighting ceremony on December 7, 2014 in the hospital atrium. Our Lights of Love remembrance program acknowledges those who have chosen to honor a family member or friend with a donation to our Lights of Love program. It is a year-round remembrance program that raises money for our nursing scholarships. Loudoun County High School’s Chamber Choir will sing and refreshments are served at this community event.

The Gift Shop and Twice Is Nice Thrift Shop are decorated for the holidays and sales are brisk. We appreciate the support the Loudoun County community gives to our volunteer businesses which in turn help our hospital.

No sooner will The Ladies Board put away their holiday decorations when the Nursing Scholarship applications will become available in January, 2015 and the scholarships will be awarded in April, 2015.
We did take a day to celebrate the tremendous success of our rummage sale and enjoyed a wonderful luncheon at River Creek Country Club in Leesburg.

Customers shopping at The 76th Rummage Sale

J. Lutz

Inova Medical Campus

The Auxiliary of Inova Medical Campus approved a grant of $48,475 for the Molecular Ortho Lab in September. Other earlier grants included $48,272.58 for the Trauma and “ER Nurse Stat” Patient Care/Safety Equipment (stretchers/cot), $4,729.00 for a Cardiac Rehabilitation/Recovery Chair, $36,500.00 proposal for Pathology/Laboratory On-line Learning Tools.

The training season for new volunteers started again on Sept. 6, with a large group of high school students as well as about 20 adults who have been accepted into the program. There were also a number of new college students. More training sessions were held following this first installment.

The establishment of a new scholarship program for community, technical and junior college students was presented. This program would award five $1000 one-time scholarships annually, beginning in 2015.
The Inova Children's Hospital golf tournament was held on Sept. 10. The Auxiliary received an "Excellence" award for its support to the children's hospital.

Several departments in the hospital have requested volunteers. One that will proceed now that there is a solid training process is the Neo-Natal Intensive Care Unit (NICU), a popular request of new volunteers.

From Oct. 8-10, President Sue Perry and other Board members – Bill Foster, Arlyne Meyers, Bettie Moores, Carol Robinson, Barry Wickersham, and Tom Rupp – attended the Virginia Association of Healthcare Auxiliaries and Volunteers (VAHAV) Annual Meeting in Roanoke. Theda Foster, the VAHAV webmaster, was also in attendance.

The Auxiliary held its annual education and membership meeting on October 18. Officers for 2015-2016 were elected. The new board will be headed by Tom Rupp as president, Carol Robinson as vice president, Vanessa Varma as treasurer, Barbara Whitford as recording secretary, Barbara Seraphin as corresponding secretary and Sabrina Davis as Chair of the Nominating Committee. Bylaw changes were approved, including the approval of the new name for the Auxiliary. Cheryll Battle spoke on ongoing changes and growth at the hospital as well as the accommodations made for treating possible Ebola patients.

The annual Basket, Bake and Gift Sale was held on December 3, with 14 tables for the 55-plus baskets and many other must-have gifts.

The holiday party and installation of officers was held on December 6 at the Waterford Fair Oaks. Members brought canned goods for the ongoing food drive.

Judy Shapleigh

Mary Immaculate Hospital

In October 2014, the Auxiliary of Mary Immaculate Hospital held a “tea” to celebrate the 58th anniversary of its founding in 1956. In 1961 the hospital was in danger of being closed but the young Auxiliary raised the $15,000 necessary to keep the doors open. In 1963, the Auxiliary was accepted into the Virginia Association of Healthcare Auxiliaries and Volunteers. Times have changed: we no longer meet at night but now meet in the morning; we no longer have bake sales but instead have vendor sales; we are not a “women only” organization but have men on the board, too! But the constant has been a devotion and loyalty to Mary Immaculate.

Fran Cook
Another VAHAV Conference has come and gone. The attendees from Sentara RMH reported that it was a very good conference and that the keynote speaker was excellent. We thank the 2014 officers and conference coordinator for all their hard work.

The RMH Volunteers are looking forward to wrapping up our fundraisers with several before Christmas. As we approach the holidays, everyone will be busy with last minute baking and shopping and we hope our fundraisers will help our employees with that job.

Sentara RMH realizes that surgeries and/or having to be in the hospital takes no holiday, and we stand ready to always meet the needs of our patients, from our infants to the elderly. Having a compassionate staff helps to give quality care, and our volunteers stand ready to help in any way.

We are pleased to announce that we have a new Director of Volunteer Services, Debra Thompson, who joined us in early December. Debra brings a wealth of skills and hospital culture and we are so looking forward to her leadership.

As you read this newsletter, 2015 will have begun. We look forward to an exciting year in serving our community and Sentara RMH patients.

Nancy Bradfield
President

Pet Therapy

The following article was submitted by Katherine Disher, email is Katherine.Disher@Centrahealth.com. It is a great article.

Article begins on the next page😊
Few people turn this visitor away. Cajun, a tall, red poodle, quietly walks in front of volunteer Stewart Morris. Cajun nestles up to Frances Smither, propping his head on her lap.

"Isn’t he beautiful," Smither said. "You are just a doll. I love animals. They take us as we are."

Wearing a pink hat, Smither rubs Cajun’s furry head, chatting with Morris, who leads the pet therapy dog through Centra Lynchburg General Hospital. Facing a third round of chemotherapy for leukemia, Smither relishes the moments of levity with Cajun, as Morris wishes her well.

"This is a good thing," Smither said. "I know people that love dogs would love to see them. I'm sure it helps their morale."

On her way out, Morris hands Smither a small card with a photo of Cajun with "Poodle Power" above his name. "We’ll put this on the refrigerator," Smither said.

Morris leads Cajun out the door and up the hall, popping into patient rooms throughout the hospital for short visits and quick distractions. "I get as much out of it as the patients," Morris, a retired teacher, said. "It's just a joy to see someone's face light up. It's the least we can do."

A dozen volunteers take turns walking through Centra's hospitals and health and rehabilitation centers, with certified therapy dogs. They stop in waiting areas, offering brief breaks to families visiting loved ones. Faces light up inside a Centra Lynchburg General waiting room as Hokie, a small, non-allergenic and non-shedding shih-poo, bounces in. All eyes shift from quiet discussions or the flat-screen televisions to watch the small dog make friends.

Hokie plops down in front of a family sitting in a semi-circle. The conversation pivots from a family member to the friendly dog's tricks. Harold Jackson leads the loveable dog around the hospital. His wife, Kathy, directs Hokie's tricks. Hokie dazzles the crowd with high fives and shakes. His best feat - rolling over into a dance - brings laughter.

"He was such a friendly, easy-to-train dog. We thought he would make a great therapy dog," Harold Jackson said.

Kathy agrees, patting Hokie on the head. "He's given us so much joy at home. We wanted to share him with everyone else. He's such a loving dog."

The Jacksons and Hokie, like other handlers and dogs, visit the hospital weekly, stopping to talk with patients interested in meeting a therapy dog. Centra Volunteer Services coordinates the pet therapy program, ensuring visitors and patients receive visits. ©

Mariana Hiner hugs Louie at the Centra Pediatric Center.
"It's a blessing to us. We thought we were going to bless other people, but the pet therapy program is a blessing to us," Kathy Jackson said.

As Hokie steps off the elevator onto the fourth floor oncology unit, Laura Burks, health unit coordinator, pulls out dog treats from her desk. Hokie knows the familiar floor and hustles over to Burks, who rewards his loyalty with playful pats and a handful of treats.

"The therapy dogs bring a lot of love to the patients," Burks said. "With their tails wagging and beautiful faces, you can't help but pet them and love them. We look forward to the days they visit and if there is a patient that needs a little uplifting, we are able to send them in."

Hokie, who wears a green volunteer vest, scampers into a patient's room. As nurses change IV medications, a cancer patient sits up and asks Harold Jackson to place the little dog on his bed. The elderly patient takes comfort in talking about his daughter's dog instead of chemotherapy.

"It takes their mind of their problem for a few minutes and gives them something else to focus on rather than being sick," Harold Jackson said. "They use Hokie as a substitute for their pet."

Hokie saves his best performances for the Pediatric Center. Inside the colorful hallway, the small dog greets young patients eager to make a new friend. A little girl - receiving IV medications - sits in her mother's lap watching television. Hokie moves in closer, licking the girl's bare feet.

"Is that a little smile I see?" her mom asks, hugging the girl tightly and soaking in the joyful moment. "Hokie comes in to tell little boys and girls to get well," Harold Jackson said, leaning down in front of the small patient, who gently pets the dog. "He loves little girls and boys."

The Amherst couple enjoys each visit, knowing a few minutes with Hokie brightens a patient's day. A 12-year breast cancer survivor, Kathy Jackson looks forward to visiting oncology patients. "When we are visiting people in the hospital, it's not the best day of their life," Harold Jackson said. "You get to meet so many people, listen to them and in a lot of ways, make their day."

Joyce Bailey holds out a little treat for Amie, a bichon frise. Clad in a tutu, Amie hops up on her hind legs and bounces around, twirling like a furry ballerina. The dancing goes over well at Centra Virginia Baptist Hospital.

"It is a win-win-win," Bailey said. "I enjoy it, my dogs enjoy it and the patients enjoy it too. When
someone says, ‘You’ve made my day,’ it makes everything worthwhile.”

After taking her dogs, Cece and Amie, through obedience and agility school, Bailey learned the pets would make terrific therapy dogs. For 10 years, the team has visited patients at Centra Lynchburg General and Virginia Baptist hospitals.

Patients often ask Bailey to place the dogs on their beds. “It’s so wonderful to see them smile,” she said.

A retired Lynchburg school teacher, Bailey can see a patient’s attitude change when she walks in with Cece and Amie. “There are studies that show that petting a dog actually lowers your blood pressure,” Bailey said. “To have a pet therapy dog come in, it’s almost like a ray of sunshine.”

When she pulls into a hospital parking lot, the dogs start wagging their tails. “They know where they are,” she said. “When I think that we have brought a little bit of light into someone’s day that makes it all worth it.”

Bailey’s time in the hospital helps fulfill a Girlhood dream. “As a girl, I always wanted to be a nurse. I really love being in the hospitals,” she said. “If we looked at a graph to see who gets the most out of this, my bar would be higher.”

The Pediatric Center at Centra Lynchburg General Hospital provides leashes with pictures of the therapy dogs so children can “walk” the dogs they see during visits. “This helps us to get the children out of bed and moving, which helps them to heal sooner,” Ashley Green, DO, FAAP, a pediatric hospitalist, said. “I had a patient today that met Hokie. He flashed a big smile on his face when I asked him about the dog and said it made him feel better.”

“We are happy to show the dogs to the kids because we know how excited the kids get when the dogs come into their rooms. The kids love seeing and especially petting the dogs,” Dr. Green added.

Cajun makes friends quickly. As the tall poodle walks into a patient’s room, Morris greets a woman sitting in a recliner. Cajun moves in close and the conversation soon shifts from the patient’s illness to her old dog. While the patient pets Cajun’s face, the dog returns the affection, licking her arms, as the woman giggles with delight. “Thank you for stopping by,” the woman says to Morris on the way out.

It’s just one stop on the way to many more, bringing smiles to patients along the way. “When I heard about pet therapy, I just knew I wanted to do that,” Morris said.

For more information about pet therapy, call Centra Volunteer Services at 434.200.7351 (Lynchburg General Hospital) or 434.200.4696 (Virginia Baptist Hospital).
5803 Head table (right) at Business Meeting: Barney Barnwell, Reid McClure & Harry Russell
#5779 Sharon Younger, Jimmi Barnwell, and Rae Martel in the planning room
#5804 Head table (left) at Business Meeting: Carolyn Johnson (?), Doris Jean Raynes, Debbie Sammler, Alene Lovern
### Annual Survey Data, Volunteer Hours and Donations

**October 10, 2014**

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## Virginia Association of Healthcare Auxiliaries And Volunteers

### Annual Survey Data, DVS, Gift, Thrift, and Legislative Data

**October 10, 2014**

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## Virginia Association of Healthcare Auxiliaries And Volunteers

### Annual Survey Data Comparisons

**October 10, 2014**

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Musings from your Editor…….

Here’s where the real power of generosity comes in. Often, the more we give, the more we receive.

Debbie Macomber, best-selling author

Life is what we make it, always has been, always will be.”

Grandma Moses (1860-1961)

You give but little when you give of your possessions. It is when you give of yourself that you truly give.

-Kahlil Gibran (1883-1931)