



**A Word from Your
Volunteer Coordinator
Kathy Coombes**
Voluntarily Happy

WHY VOLUNTEER?

Studies show that people who volunteer live an average of five years or longer than those who do no community service. Volunteering just makes you feel good and offers a wonderful opportunity to make new friends. Volunteer opportunities at Olympic Medical Center are designed to use the talents and abilities you learned in your lifetime.

Volunteer opportunities are available in many departments and I would welcome the opportunity to meet with you and discuss the best fit for you. For example, our Short Stay Unit is looking for early birds who can work an early morning shift. This position is interesting and very patient oriented. If you have fundraising experience, the OMC Auxiliary could use your help in coordinating our events. While volunteering in itself is a perk, we also offer many benefits to our volunteers. If you are interested, please contact me (contact information is listed below).

SOROPTOMIST INTERNATIONAL OF THE AMERICAS, PORT ANGELES JET SET HONORS OMC VOLUNTEER
Gloria Garrett, OMC volunteer, was one of eight women honored as Women of Distinction at their group's March awards breakfast at the Port Angeles Senior Center.

OMC Board Commissioner Jean Hordyk nominated Gloria for her dedication to OMC. After retiring from 30

years of service to OMC as a licensed registered nurse, Gloria began volunteering at the East Entrance Information Desk. Gloria has donated over 4,000 hours



so far and is the first to offer assistance to patients, staff and visitors. Gloria will welcome you with her contagious smile and will offer assistance in any way she can. Gloria has a way of easing concerns and making sure the visitor gets to the right place – in many cases, she will escort the visitor.

We thank you Gloria and congratulations on being honored by Soroptimist International of the Americas.

KUDDOS TO A SEQUIM VOLUNTEER

Emma Swanson volunteers at the Information Desk in Sequim at the Medical Services Building. The volunteers in Sequim are a welcome sight when you enter this large facility. Recently a visitor took the time to complete a KUDOS card. Her comment was as follows: "[Emma] is a very nice person. Respectable and very friendly and knows her way around the facility."

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for." – George Washington Burnap



AUXILIARY HAPPENINGS

By Bill Whitten,
President of the Olympic
Medical Center Auxiliary

What is the purpose of the Olympic Medical Center Auxiliary? We are many things, but our primary function is to raise funds to help our hospital. The bulk of the funds are generated through the OMC Gift Shop under our skillful volunteer manager, Patty Glennon, and a wonderful volunteer staff. Those funds are supplemented with various events during the year with “Lobby Sales” and other events.

On June 8, the OMC Auxiliary had the pleasure of presenting \$34,530 to the following departments at Olympic Medical Center for much needed equipment.

- *Med/Surg/Peds – Temporal artery thermometer and Sitter Elite personal alarm pads*
- *ICU/Telemetry – Vital Signs monitor/stand and 10 Linet over bed tables*
- *Physical Therapy/Rehab – Pro 230 Body Exerciser*



This was the culmination of an annual process of the “Wish List” committee, led for the past three years by our OMC Secretary, Mary K Connor. This is not a trivial task; Mary K and her team of Denise Dingle and Laurie Dombrowski must analyze the merits of each item on the list, keeping in mind which items will benefit the larger population of patients, which items improve patient safety and the budget allocated by the auxiliary for the year. Unfortunately, there is seldom enough money to grant all of the ‘wishes’.

In addition, four scholarships in the amount of \$1,500 each were presented to students pursuing a career in the medical field. This committee was led by OMC Auxiliary Vice President Patty Glennon and Auxiliary member Lonna Baugher.

Cancer Comfort Bags

The Cancer Comfort Bags continue to be a source of pride for the Auxiliary and our team of “stuffers” have now put together and delivered over 200 Comfort Bags to Olympic Medical Cancer Center in Sequim. To help fund our efforts the OMCA Board has voted to direct all monies from the Book Carts (P.A. and Sequim) to the comfort bags. The OMC Auxiliary contributes \$5,000 each year for the Comfort Bags.

Special Events and Lobby Sales

This year the OMC Auxiliary helped sell Ducks for the Annual Duck event sponsored by the OMC Foundation.

In September, we brought items from the OMC Auxiliary Gift Shop in Port Angeles to the Medical Services Building in Sequim. We featured Seahawk items as well as a variety of items sold in the OMC Auxiliary Gift shop in Port Angeles.

Look for dates in November and December for more fun events. Charitable Arts will be back in November and in December look for a fun preview of holiday items which will be sold in the gift shop, clearance sale merchandise from the gift shop, raffles and a silent auction.

Please keep in mind all proceeds benefit your hospital!

Auxiliary Meeting / Welcome New Board Members

The OMC Auxiliary general meeting was held in Sequim at the Medical Services Building on September 21 at 11:00 a.m. Our speaker discussed forms on file at the hospital and what they mean.

We would like to welcome Mary Flagg, Malcolm Alexander and Leif Olson to the OMC Auxiliary Board. They join current members, President Bill Whitten, Vice President and Gift Shop Manager Patty Glennon, Secretary Mary K Conner, Treasurer Gayle Long, Ex-officio member Kathy Coombes, At Large Member Laurie Dombrowski.



BE PREPARED!

**By: Julie Black,
Security/Safety and
Emergency Preparedness**

Why talk about a Family Disaster Plan?

- **Disaster can strike quickly and without warning.** It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services, such as water, gas, electricity, or telephones were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.
- **Families can and do cope with disaster by preparing** in advance and working together as a team. Knowing what to do is your best protection and your responsibility. Learn more about Family Disaster Plans by contacting your local emergency management office or your [local American Red Cross chapter](#).

Awareness Information

- **A National Weather Service (NWS) WATCH** is a message indicating that conditions favor the occurrence of a certain type of hazardous weather. For example, a severe thunderstorm watch means that a severe thunderstorm is expected in the next six hours or so within an area approximately 120 to 150 miles wide and 300 to 400 miles long (36,000 to 60,000 square miles). The NWS Storm Prediction Center issues such watches. Local NWS forecast offices issue other watches (flash flood, winter weather, etc.) 12 to 36 hours in advance of a possible hazardous-weather or flooding event. Each local forecast office usually covers a state or a portion of a state.
- **An NWS WARNING** indicates that a hazardous event is occurring or is imminent in about 30 minutes to an hour. Local NWS forecast offices issue warnings on a county-by-county basis.

Volunteer Opportunities

Volunteer Details

Must be 18 years or older and agree to a weekly commitment, attend orientation, pass a Washington State Patrol background check, meet with health nurse and agree to immunizations as requested.

Volunteer Amenities

Attend OMC in-service programs and seminars, participate in OMC social activities, discounted meals in cafeteria, annual recognition celebration, and no cost flu shot.. This is a wonderful opportunity to contribute to your community.

OMC Auxiliary

The OMC Auxiliary invites you to join them in supporting the programs and patients at OMC that foster and enhance good relations between the community and OMC. The Auxiliary generates income which is donated back to the hospital for Medical Equipment and scholarships for students in the healthcare field primarily through the OMC Auxiliary Gift Shop and sponsoring Special fundraising events.

Cancer Center – Sequim

Volunteers provide assistance to patients in the Infusion Center and maintain the Resource Library.

Cardiac Services – Sequim

Volunteers provide the Cardiac Services with day to day tasks.

Dietary

To assist the Nutrition Services department with day to day tasks. Greet and seat patients, calibrate thermometers, file documents, assemble nutrition education packets, sort and deliver mail, assist with special projects and catering.

Emergency Room Liaison

Help keep patients and their families informed about their wait, as well as work closely with Charge RN and Emergency Department staff to communicate patient concerns. Support and comfort to patients and families in crisis. Recognize escalating issues for patient and/or family members and request help, when appropriate.

Floor Runner

Assist in the transportation of patients, documents, and other items. Escort and greet patients and visitors. Must be physically able to be on feet for the majority of a three hour shift.

Gift Shop

To provide a pleasant experience for customers in the OMC Gift Shop. Be able to process the different types of payments. Assist customers with their questions regarding merchandise. To keep the Gift Shop clean and neat and help display merchandise.

Human Resources Volunteer

To assist the Human Resources department with routine tasks. To assist with career days, open houses and other activities to attract qualified candidates. To compile new packets for new hire processing.

Information Desk PA and Sequim

Greet visitors, look-up patient room numbers, provide directions to patient rooms and areas of the hospital, alert staff when a person needs immediate medical attention or transport aid at the front entrance, answer inquiries of classes and/or other events being held at OMC.

Pet Therapy

Must be certified by a nationally recognized pet therapy program. Pet Therapy handlers come on the 2nd and 4th Friday of each month.

Physical Therapy/Rehab

To assist the Rehabilitation Services with day-to-day tasks.

Short Stay

To assist the staff in Short Stay to make the experience as comfortable as possible for patients. Explain about the logistics of being in Short Stay. Escort patients when required. Depending on the type of patient (medical or surgical), perform the required duties.

Special Events

Work with an outstanding team of volunteers and OMC employees to provide assistance with community-wide events like blood drives, flu shot clinics, health fairs, and other events.

Volunteer Coordinator Support

To assist the Volunteer Coordinator with day-to-day routine tasks. Previous office experience preferred.

Volunteers

Must be between 16—17 years of age and have completed sophomore year in high school. Duties are to assist in providing hospitality items to patients, greeting and escorting patients and visitors, and clerical duties.

Other Volunteer Opportunities

Volunteer opportunities are always being added and are subject to change. If you would like more information on how we can use your talents, please contact

**Kathy Coombes, Volunteer Coordinator at
360-565-9110 or
kcoombes@olympicmedical.org**