

Volume 52, Number 1

 **PRESBYTERIAN**

April, May, June 2022 Issue

Española Hospital

The Artery



Look inside for Great Messages from the Leadership!!!

Thanks for Helping!

Time to Clean House



President—Gregg Ferran



Volunteer Director—Liz Sanchez



The Artery
Volume 52 Number 1

President—Gregg Ferran

Treasurer—Dolores Roybal/Member-at-large

Director of Adult Volunteers —Liz Sanchez

Gift Shop Manager—Elizabeth Romero

Coffee Shop Manager—Vacant

Information Desk—Vacant

Radiology Manager—Lori Lopez

Healthplex Manager—Vacant

Recording Secretary—Sandy Jiron / Gift Shop Assistant Manager

Editor—Norman Martínez

Presbyterian Española Hospital Auxiliary is a volunteer organization dedicated to service to the hospital, its patients, and the community, through education, communication, resource networking, and participation. Each year, volunteers provide thousands of hours of service.



PRESBYTERIAN

HOSPITAL

Mission: Your Partners for Better Health & Wellness

Vision: Caring for the Health of Our Community

Values: Patients First; Integrity; Compassion; Respecting Diversity

President's Message

Covid-19 has created a huge change in the way we operate. All active auxiliaries must follow all hospital safety regulations and vaccine requirements to remain active. Recently, the Information Desk volunteers were asked to stay home during the Omicron surge. We have no new information as to when auxiliaries might return or when these departments might reopen. Gift shop volunteers are working one daily shift, 10 a.m. to 2 p.m. Monday through Thursday and we are now open to the public. Whether or not you plan to return to active duty, we need to hear from you, and we **DO WANT YOU BACK!**

Thank you, Norman Martinez, for resuming our newsletter, The Artery. This issue was written to keep you informed as to what has happened recently and in the past year.

VISIT OUR GIFT SHOP

Here are a few notables for 2021 and this year's first quarter:

Your 2020 officers have remained active during the Covid-19 crisis and graciously have extended their terms of office. The following executive committee officers have maintained business in order to keep our organization operational: Gregg Ferran, President; Liz Sanchez, Director of Adult Volunteers; Sandy Giron, Secretary; Liz Romero, Gift Shop Manager; and Dolores Roybal, Treasurer. Special thanks to Gift Shop Treasurer, Belinda Gutierrez.

In January of last year, we had one volunteer working seven hours. This has increased to 24 volunteers working 607 hours in December. Our total hours for 2021 were 4,017. Thank you, Mary Agnes, for these statistics. Before Covid-19 and in contrast, we had volunteer hours numbering well in excess of 20,000 and had a total of 104 volunteers. Only two new auxiliaries have joined our ranks. Unfortunately, in the last 18 months, we have lost a total of 11 auxiliaries. Nine of these auxiliaries were honored at the last New Mexico Hospital Association's memorial ceremony in September 2021. Sadly, two more auxiliaries have passed since that event. Rest in peace Rita Abeyta and Mary Beth Shymkus. Rita was the Healthplex manager, and Mary Beth worked at the Information Desk.

We are pleased to report a number of huge accomplishments for the gift shop in 2021. In late March, the gift shop reopened with nine volunteers. In July, we were able to open to the public with morning and afternoon shifts. Liz Romero and Liz Sanchez were able to attend the Las Vegas Market in August 2021 and January 2022. A drawing of handmade goods and New Mexico themed baskets was held on December 23 raising \$2,430. In addition, the gift shop was able to donate \$36,000 to the general fund despite closures and shorter shifts. Such a large gift in these times is truly unbelievable! Thank you, gift shop volunteers!

"We are grateful for all auxiliaries and for their continued prayers and well wishes ..."

"La Buena Gente", your fellow auxiliaries have found creative ways to keep busy and create community goodwill. Auxiliaries sold tickets, donated items, handmade items for sale in the gift shop. They made masks, volunteered for events (flu shot clinics), donated care packages for hospital departments, and painted rocks and strategically placed them about town. You all know who you are, again, thank you!

Events such as Lobby Sales and the Hollyberry Fair will most likely not occur this year. The fall Volunteer Appreciation & Awards may or may not be held. This year, the auxiliary has resumed the distribution of scholarships and may consider small hospital grants. The number of scholarship applicants has been reduced.

Thankfully, volunteers with the Advanced Care Planning coordinated by Cheryl Marita continues. Thank you, Liz Sanchez and Beulah Sandoval. We may have a new opportunity to distribute food in the future, please call Liz Sanchez for more information.

New Mexico Hospital Association's (NMHA) Auxiliary/Volunteer Component has replaced Gregg Ferran as president with our own Sheryl Wise-Trujillo. Please congratulate her! Contact Sheryl for dates and more information about and our annual, statewide meeting in the fall. Our treasurer, Dolores Roybal also serves on the planning committee. Five auxiliaries represented our auxiliary at the annual meeting held at Sandia Resort and Casino last year. The NMHA's officers created a comprehensive database listing all of the state's 35 auxiliaries and volunteer programs. Please consider serving at the state level.

We are in sound financial standing. If you have any questions, please contact Dolores Roybal, Treasurer.

We are grateful for all auxiliaries and for their continued prayers and well wishes as we continue to be challenged in 2022. For those active volunteers, we cannot thank you enough!

In your service and respectfully,

Gregg Ferran, President

Our Auxiliary of the Year for 2021 is NOT one individual; it is a couple, Sally Shockey and Rodger Liljestrand (Pending board approval).





Presbyterian Española Hospital Auxiliary

2020 Outstanding Auxilian of the Year

It is with honor that our Auxiliary nominates Richard (Rich) Cata-nach as outstanding auxilian of the year.

Rich is a native of Santa Fe. He is the second oldest of his family of four siblings. Rich attended Santa Fe High School and continued to New Mexico State University. He received his degree in civil engineering.

He met his wife and best friend Abigail soon after. They have been married for over 25 years and together have raised and nurtured two daughters and a son. Rich is retired from the Los Alamos National Laboratory and is now doing what he likes besides “Honey Do’s”. He enjoys running with his daughters. They do two big runs—the Duke City and The Zoo run. Rich loves to wrestle with his son.

What is Rich’s humorous side? Abbey says their family calls him “Teen Wolf” because he has hairy arms. One afternoon Abbey and the kids went out. When they returned, Rich greeted them. He asked them, “Do you notice anything different about me?” They gave him a looking over and told him that they do not. Proud of what he did, he told them, “I shaved my arms.” They all started laughing. The kids then said that the next time that they left him alone, all shavers were going to be hidden so he would not shave any more of his body.

Abbey recalls that Rich has always been a family-oriented man. Family time is priority to Rich. She says another thing that he would do is run after the kids with shaving cream on his face. He would try to catch them so he could get the cream on them. He also likes to juggle oranges.

If you should meet up with Rich on St. Patrick’s Day, you will find he has a green comb in his hair to avoid being pinched.

Another time, the family traveled to Sea World. He was video recording. Abbey told him she had to take one of the girls to the restroom and to keep an eye on their other daughter. When she came out of the bathroom, she asked where their daughter was. He said, I thought you were taking her to the bathroom with you. They playback the recording and see that the daughter is still standing where he had been recording.

Moving on to his Auxiliary side, Rich has been a dedicated Auxiliary volunteer for two years, Rich has shown unwavering support through his dedication as co-chair of our Information Desk. He is also a member of the Setup and Break-down Committee. He volunteers in the Health Plex and helps stock the Gift Shop when our snacks come in. He keeps up with ongoing responsibilities to ensure that the Information Desk always has a volunteer to greet our patients.

This dedication comes because of Rich’s loyalty, dependability, and selflessness to volunteer countless hours to his Auxiliary commitments. Rich strives for excellence being an incredibly detailed individual and is always willing to step up and help as needed and wherever needed.

Rich possesses those attributes which have been witnessed by our Auxiliary members throughout the two years as the fundamentals for which our organization was established upon to become a cornerstone for our Hospital.

If you visit our Hospital while Rich is on duty, not only will you be greeted with a big smile, he will walk you to your destination to ensure that you are at the right location. So, come by and meet Rich!

Rich, your Auxiliary family is overjoyed to name you our “Auxilian of 2020”. Congratulations and thank you for your loyalty to our PEH Auxiliary.





It is hard to believe two years have gone by since we all were together. In a blink of an eye, we each went our own separate ways. Now, we need to re-group slowly. As we started to come back to the gift shop, we were open and then, we would

have to close. Now since we are working only one shift Monday through Thursday from 10 a.m. to 2 p.m., we are hoping we can start

opening on Friday. We will need to have more volunteers come back to give us a hand.

I interviewed two auxiliaries – Ubaldo and Cynthia Gallegos – husband and wife. Cynthia is training in the gift shop and Ubaldo is going to train with the Northern Roots program on Thursday afternoons. He is also interested in volunteering in the gift shop. I will interview another prospective volunteer the middle of April. Please come by and give them a warm welcome. Ubaldo and Cynthia, we are glad to have you join the auxiliary family.

On Thursday, March 31, 2022, I met with Carrie Thielen, Manager of Regional Community Health to talk about the possibility of having volunteers assist with the new food program at Presbyterian Española Hospital. She went over how the program works. The program is new to PEH. *Northern Roots: Where Families Eat, Learn and Grow* provides produce prescriptions to families through a provider referral. Patients receive 16-weeks of no-cost fruits and vegetables, nutrition education and resources. The program just opened the new food site at PEH a couple of weeks ago where families can pick up their weekly food. The food site is in the east side of the lobby and is open every Thursday from 2-4. We have 15 patients picking up weekly, and that is growing. Ms. Thielen is in hopes that we can have two auxiliaries volunteer weekly. Ms. Thielen says that more help will be needed as the programs grow. This is a great way to interact with our patients.

Beulah and I are still active with the Advanced Care Program. We are coming back to work after being out since the holiday. We work a couple of hours one day per week. Our office is across the Healthplex. We will be holding an open house on April 19 and 20, 2022, so that the employees, staff, and volunteers can see what our program is about. Cheryl Mari ta oversee the program in Española. She spoke to us about the program. We can use more volunteers in this area.

We are in hopes that you will return to your service areas once they reopen. Should you decide not to return, you must turn in your volunteer badge and Healthplex badge if you have one. The badges are property of the hospital and need to be accounted for. I also report to Presbyterian Main who is active each month. Feel free to drop off your badge(s) in an envelope addressed to Liz Sanchez and leave at the Gift Shop. We appreciate the time you gave to the auxiliary, hospital, and community.

The scholarship committee granted three scholarships for the spring 2022 to outstanding students attending New Mexico Highlands University, Northern New Mexico College, and the University of New Mexico. We wish these students a successful educational journey. As we witnessed during the pandemic, our state is in dire need for medical professionals.

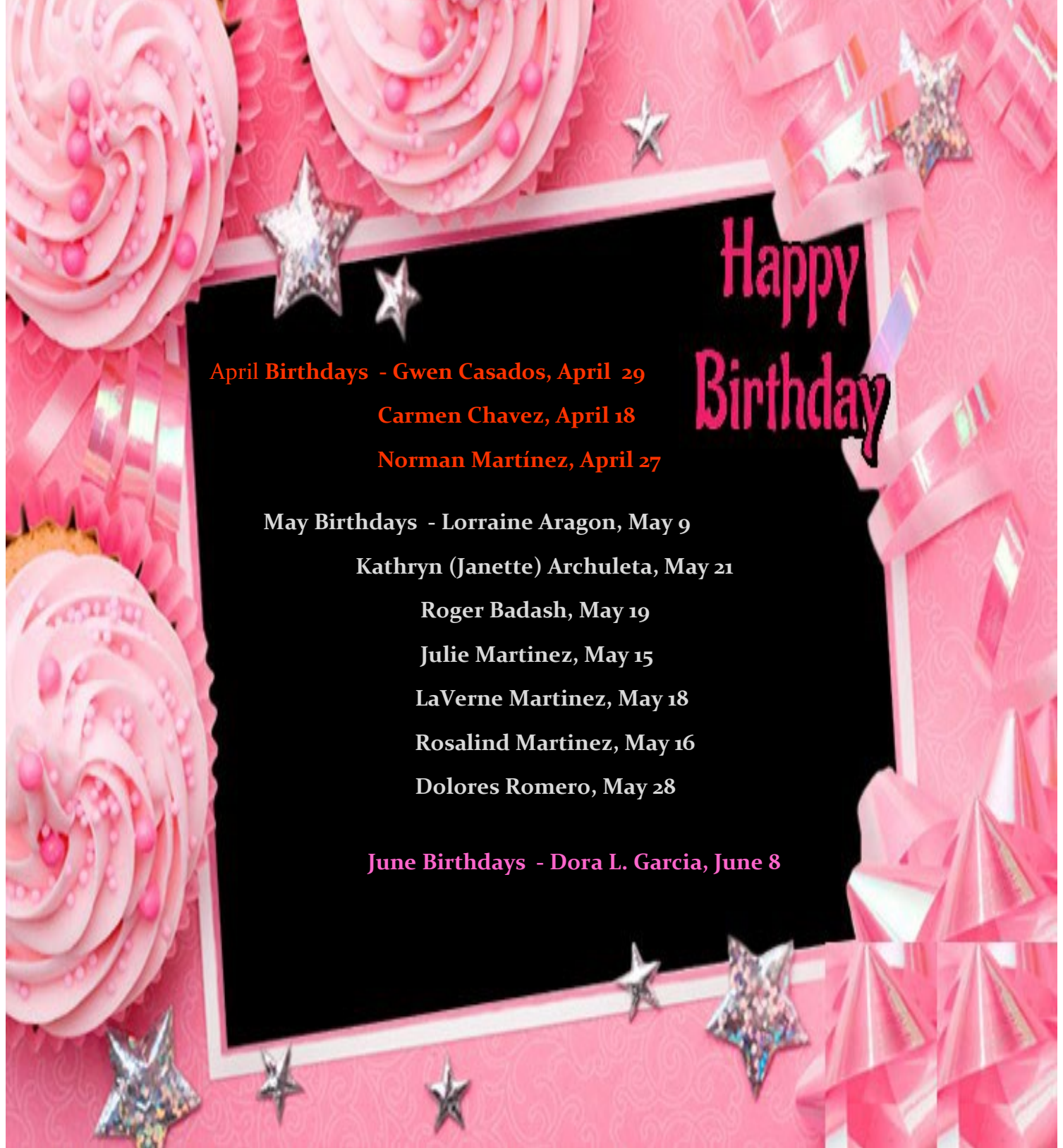
One big highlight for 2021 was having Rich Catanach as Our Auxiliary of the Year. Congratulations, again, Rich for an outstanding job!

As always, I am so appreciative of your support during 2021. The year was a tough one. So many of you helped our hospital, community, and fellow auxiliaries with your talents and words of comfort. I continue learning from you. I look forward to a productive healthy, and happy 2022 and working side by side. You are welcomed to call on me if you need help or just have a suggestion or just want to say hello.

Let us not forget that united we stand, divided we fall – so let us help each other out.

“Life’s most persistent and urgent question is “What are you doing for others?”—Martin Luther King, Jr.

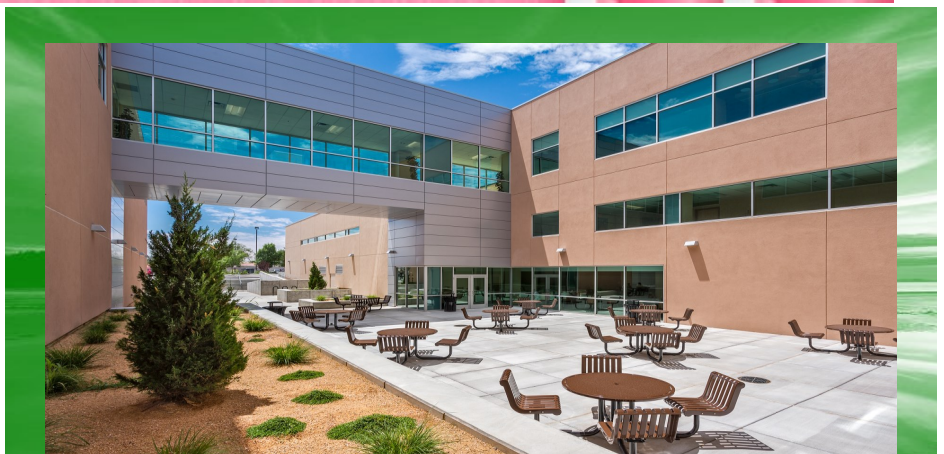




The New Mexico Hospital Association Auxiliary/Volunteer Service Advisory Board has continued to thrive in 2021 with a virtual meeting in January and a successful in person fall conference at the Sandia Casino resort in September.

Attending were; Gregg Ferran, Elizabeth Sanchez, Elizabeth Romero, Dolores Roybal and Sheryl Wise-Trujillo.

Resilience was the focus. Gregg Ferran was president and worked side by side with the NMHA board. Thank you, Gregg.



GIFT SHOP SPECIALS



Advanced Care Planning

A wonderful opportunity is available to all the PEH Auxiliary. Presbyterian Advanced Care Planning team (ACP) expanded a year ago to include Presbyterian Española Hospital. Beaulah Sandoval and Liz Sanchez are the first two facilitators on our PEH team. We are now able to offer the opportunity to other members of the PEH Auxiliary. We collaborate closely with Tamra Williams, Coordinator of ACP for PHS and Cheryl Marita, RN, PEH Palliative Care. The goal of the ACP program is to help our community members complete their Advanced Directives.

What ACP Facilitators do:

1. Follow up on referrals received from doctors, nurses, and staff on any Presbyterian Medical Group (PMG) patients at Española PMG.
2. Make phone calls, sometimes Zoom meetings, with the person and/or family to go through the forms, step by step.
3. Mail packets and information to each person.
4. Learn more about themselves and our community about our personal goals and values.

The Benefits of becoming an ACP Facilitator:

1. Hours can vary as to your needs
2. A private office is provided for you to make phone calls. At this time, all visits are done by phone, so no face-to-face visits are involved.
3. The gratitude of each family as they accomplish what they have been putting off for years

4. The impact on the doctors and staff of PEH who know a resource is available for their patients to help in a challenging process

5. Your own learning of what is important to you as you move through the decades of life changes

How to become an ACP Facilitator:

1. Reach out to Liz Sanchez (505-927-4369)
2. Interview with Tamra Williams by phone or zoom
3. Orientate with Tamra to insure you are comfortable with every step in the process

What skills do you need to be a success as an ACP Facilitator?

1. Ability to talk comfortably on the phone about decision making regarding advanced care planning
2. Ability to listen and move at the person's own speed
3. Ability to support someone making choices for themselves without interference
4. Ability to be proud of the work you do with individuals and families

Please contact **Cheryl Marita, RN, at 505-927-0798**, to learn more about the advanced care process and how you can become a facilitator.



Gift Shop Section

“We were able to donate \$36,000 to the Auxiliary!”

The Gift Shop reopened on March 29, 2021. Our hours were 10 am to 2 pm. Monday, Wednesday, and Friday. We started with nine volunteers.

On May 24, 2021, we were open from Monday through Friday from 10 am to 2 pm.

On July 6, 2021, we were able to do two shifts from Monday through Friday, closing the second shift on Friday afternoon.

Liz Sanchez and I attended the Las Vegas Market in August 2021. We ordered several items including Christmas items.

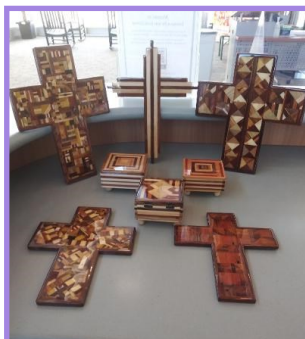
We held sales every week. Shirley Chiello donated home-made Afghans and baby items. Sandy and Belinda donated handmade trinket and jewelry boxes, crosses, bird houses, and fairy gardens of assorted styles. These items are from reclaimed wood and carpenter's scrap. They used different types of wood to make them—aspens to rosewood. These handmade items were a big hit. We sold 53 bird houses.

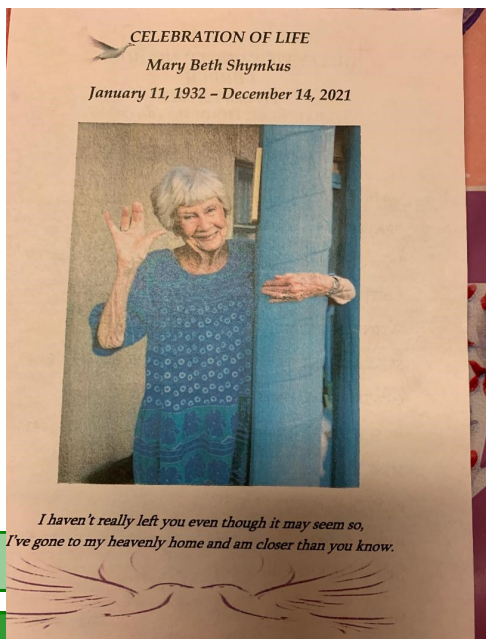
We held a drawing on the 23rd of December. The six prizes donated consisted of a quilt from Manny Valdez; a blanket crocheted by Shirley Chiello; two baskets from gift shop volunteers; a nativity from the gift shop, and a handmade table from our own Sandy Giron. We raised \$2,430. Sennie Quintana donated \$80, and Eddie Romero donated \$100.

Although we only open part of the year, our sales for 2021 were incredibly good. We were able to donate \$36,000 to the Auxiliary!

Auxilians who have left the Gift Shop are Shirley Chiello, Mary Ellen Redman, Joyce Sass-Davis, Liz Baca, Marie Kaye, Lourdes Martinez, Lois Beck, Prescilla Medina, Brenda Montoya, Dilia Romero, Beulah Sandoval, Rochelle Sparks, and Melanie Suazo. Two dear auxiliaries passed away—Mary Beth Shymkus and Rita Abeyta.

Sincerely,
Liz Romero
Gift Shop Director

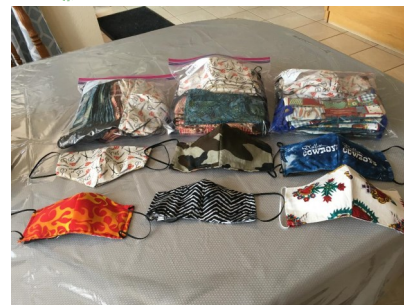




Mary Beth Shymkus

Rita Abeyta

Thank you Auxilians for the thousands of masks you have donated!!!



Our talented Auxiliary woodworking volunteers need your leftover wood samples to work their magic. These Auxilians make beautiful art pieces which are used for fund raisers. Please contact Sheryl Wise-Trujillo @ (505) 927-1108.



Auxiliary Spring Meeting 4/29/22 AGENDA

10:00 am – 10:15 am	Welcome and Introductions Prayer Pledge of Allegiance	Sheryl Wise-Trujillo
10:15 am – 11:00 am	Presentation	<p>Sandra Grunwaldt BS, CPT, SHRM-CP, SSGB Wellbeing and Engagement Manager</p> <p>“Strengthening Emotional, Spiritual and Mental Muscles”</p> <p>Learn how to feel more in control, confident and productive during times of great uncertainty. Understand how to deal with stressors in healthier ways to make positive change so you can live your best life.</p>
11:00 am – 11:05 am	Break	
11:05 am – 11:50 am	Presentation	Tenika Sosa-Gonzales (title TBD – similar to resilience)
11:50 am – 12:00	Newsletter Information	Kevin O’Donovan
12:00 pm – 12:45 pm	Roundtable Discussion –	All Hospital Check-In
12:45 – 1:00 pm	Announcements Annual Meeting Closing	<p>Sheryl Wise-Trujillo</p> <p>Kandace Northness</p> <p>Sheryl Wise-Trujillo</p>
<p>ZOOM – Meeting Dial by your location</p> <p>ID 816 8477 9067 +1 253 215 8782 US +1 346 248 7799 US +1 669 900 6833 US</p> <p>Passcode 686672 (Tacoma) (Houston) (San Jose)</p>		



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