



The Friends Foundation held their first "Taste of Ste. Genevieve" on Saturday night April 2nd. I believe it was a huge success and was enjoyed by all. Some of the Auxiliary volunteered for the evening and were glad to help.



SGCMH
 the **beat** of **auxiliary news**
 April, 2016

A note from your president



This will be my last time to address you in our newsletter as your president. I believe we have a very good person (Mickey Koetting) following me as president. I will continue to volunteer and help where needed, but the big responsibilities will be turned over to Mickey.

I have enjoyed leading you these past few years, and I want to thank all of you for helping me accomplish all that we have done as an Auxiliary. It takes willing people to pitch in when needed for various auxiliary jobs. I have had a wonderful board to work with, and I know that the new board will support our new president just as well as my board has supported me. I look forward to seeing many of you around the hospital for many years to come.

Since this is the month that we celebrate Volunteer Recognition Day, I thought the following quotes on vol-

- unteerism would do a nice job of describing you as our volunteers.
- *Volunteers are not paid not because they are worthless, but because they are priceless.* (Author Unknown)
 - *You make a living by what you get. You make a life by what you give* (Winston Churchill)
 - *Volunteering is good for the heart and the soul.* (Author Unknown)
 - *No act of kindness, no matter how small, is ever wasted.* (Aesop)
 - *Volunteers don't necessarily have the time, but they have the heart.* (Author Unknown)
 - *Volunteers are love in motion!* (Author Unknown)

We are all grateful for your hard work and commitment.

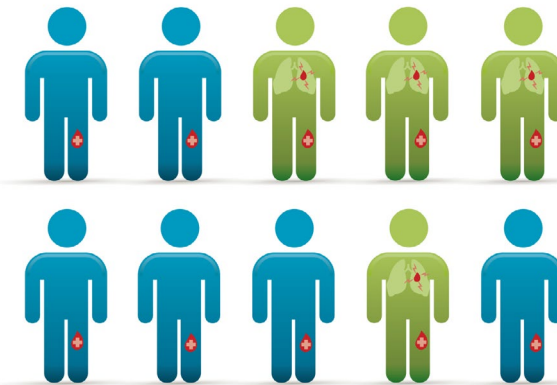
Naomi Glassey
 Auxiliary President



We're on the wall!

Next time you're at the hospital be sure to stop at the front lobby and see our wall. The photos will be traded out from time to time. The plaques are in recognition of our 2015 Auxiliary of the Year award.

State Auxiliary Project



4 in 10 DVTs
 WILL DEVELOP INTO A **PE**

DVT (Deep Vein Thrombosis) and PE (Pulmonary Thrombosis) are two conditions very closely related. The term VTE (Venous Thromboembolism) is used to describe DVT and PE because of their prevention and treatment are closely related.

Did you know?
 VTE affects as many as 900,000 Americans each year
 Three in 10 people who have a blood clot will have another episode within 10 years.

Everyone is at risk:
 Blood clots can happen to anyone. They are often preventable
 One-half of blood clots can occur during or soon after a hospital stay or surgery.
 Being immobile and not moving for long periods of time (for example, extended bed rest or extended travel)
 Be as active as you can. This improves blood flow and helps prevent a clot from forming.

Consult your doctor if you should have questions or experience and symptoms.

The Auxiliary wants to thank Dr. Matthew Bosner, for speaking about our state project at the Women's Health Fair this past February.





From the Desk of Tom Keim

The doors of our hospital weren't even open yet and our auxiliary was already pitching in to help clean and spruce the place up for opening day. Now 47 years later, our hospital Auxiliary is recognized as

the heart and soul of the hospital, extending themselves as the welcoming face of SGCMH to patients, families and the community.

The Auxiliary has grown to hundreds of members, and hundreds more have volunteered over the years. The hours of service provided have made the hospital experience friendlier, easier and less frightening for thousands of patients and families, spanning more than two generations. You've have done it all: run the gift shop, staffed information desks, helped in many of our departments, delivered flowers to patients, are the link to waiting family members, and, of course, raised a heck of a lot of money.

Simply put... what would we have done without you? SGCMH Auxiliary volunteers come from a variety of background and life experiences. However, all of our volunteers have one thing in common, their willingness to help others.

As we approach National Volunteer week, we recognize that it's about celebrating that willingness, and we thank all of you for your hard work, and are extremely appreciative for your efforts day in and day out.

Sincerely,
Tom Keim
CEO



Membership Report
by Laverne Basler

Total Members - 210
New members - 4
Lifetime members - 58
Honorary members - 7

We have two long time volunteers that had to give up volunteering at the hospital on a regular basis this month.

Buelah Loida has volunteered in our gift shop for many years and has decided to turn it over to some younger volunteers.

Laverne (Daisy) Mueller has volunteered in the gift shop and the surgery waiting room for some time and had to give up her volunteering because of health reasons. She is staying in St Peters at this time and I am sure she would love hearing from some of you. If you would like to contact Laverne please give me a call I have contact information..

Fundraisers for 2016

| | | |
|----------------|-----------------|----------------|
| April 21 | BUFFET | Baptist Church |
| April 28 | TOUCHSTONE JLRY | Lobby |
| May 18 | SCRUBS | Education Room |
| June 14 | SHOE PRODUCTION | Lobby |
| July 28 | PURSE PALOOZA | Lobby |
| August 11 & 12 | Books R Fun | Lobby |
| September 15 | BUFFET | Baptist Church |
| October 4 | Geneva Linens | Lobby |
| Nov. 2 & 3 | Books R Fun | Lobby |
| December 2 | STUFF A CRITTER | Lobby |

Please note this list will be revised as new fundraisers are being added at all time. Our next big fundraiser will be our Spring Buffet Lunch at the First Baptist Church Fellowship Hall. We serve from 11:00 am until 1:00 pm. Auxiliaries with last names beginning with A through K should bring a dish, either vegetable or salad enough to serve 12 to 15 people. If anyone has time to sell tickets around town please contact Cindy Drury or Bonnie Koetting --they could use your help.

Below are the amounts that we profited from our fundraisers

| | |
|------------------------|--------------------|
| January through March. | |
| National Pie day | 1039.54 |
| Lionne Jewelry | 303.00 |
| Used Book Sale | 181.75 |
| Books R Fun | 546.65 |
| D & D Candy | 443.06 |
| TOTAL YTD | \$ 2,514.00 |

Possible events

We discussed at our last Auxiliary meeting about trying to organize a Gospel Singing event at the PAC in August, and also checking into ColletteTours for a possible a trip in the future.

District Meeting

Our District Meeting will be held in Dexter this year on Tuesday April 26th. The cost is \$17.00, which will include continental breakfast and lunch, plus a goody bag of treasures.

Registration begins 8:30 am, program begins at 9:15 am. We will be leaving around 7:00 am, and will carpool from South Bound service station at 55 and 32. Meeting should end around 2:00 pm.

New look, new name, same greatness

The Auxiliary will be changing our dress uniform in order to attract men and younger women. Our name has never been Ladies Auxiliary, but that is how the public views us since we wear the pink smock. We will change to a ladies navy blue vest that will come down below the waist, it will have two pockets. We will purchase the uni-sex vest for the men that will join us. We do have some promises of men joining us in the future. The new vest will not cost you as a volunteer, but we will ask that you wear a white blouse or shirt and khaki pants. Most of us have these items in our closets, so it shouldn't be a problem.

We are also thinking of changing our name. A lot of the auxiliaries are changing their name to be more of an extension of their hospital. All of these changes will take a little time to happen.



The hospital Dietary Department gave Kay Bense a nice send off Tuesday. For the past ten years, Kay, as an auxiliarn, has worked every Tuesday for two hours in the cafeteria doing whatever was needed. Now it's time to retire! The Dietary Department will miss her.

Gift Shop Report
by Diana LaRose

We have some new items in the Gift Shop. Long sundresses, jewelry and home décor.

There will be a lobby sale on **Tuesday April 12th** and **Wednesday April 13th** from 8:30 am until 3:30 pm each day. Please come by and get some bargains and help support our hospital.

QUILT FRAME NEWS
by Toni Vaeth

In March we had a slim crowd of quilters due to it being in Holy Week, but we completed 4 quilts and Wilma Werner took the fifth one home to finish at her home for us. This was appreciated by all and we closed up quilting early on Good Friday.

April quilt days are coming up on **Wednesday, April 27th** from noon to 4 and on **Thursday, April 28th** and **Friday, April 29th** from 8 to 4:00. We hope to see a lot of you quilters there because we will be putting up the big Christmas raffle quilt and need some help. As usual the hospital will provide lunch on Thursday and Friday.

Bring along a friend and enjoy some fun with the quilters, it is always a good time around the frame.

Business meeting scheduled prior to appreciation dinner on April 12

We will hold a short business meeting beginning at 4:45 before the appreciation dinner given to us by the hospital. The only business we will conduct will be the voting on the new slate of officers:

- They are:
President.....Mickey Koetting
1st V. President.....Cynthia Glassey
2nd V. President.....Barbara Seibel
Secretary.....Debby Huber
Treasurer.....Gail Beyatte
Corresponding Secretary.....Mona Gretzmacher

We will take nominations from the floor that evening, as long as the person you are nominating has agreed to serve.

| OFFICERS | |
|---|---|
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| Toni Vaeth 1st VP | vaethtoni@yahoo.com 573-883-2585 |
| Nancy Roderman 2nd VP | njr1951@yahoo.com 573-701-1115 |
| Leanna Lurk Recording Sec | lplurk@yahoo.com 573-483-2932 |
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| Cynthia Glassey Corresponding Sec | cynglassey@yahoo.com 314-630-0056 |