



Volunteer's Voice

March 2017

Mammoth Hospital Auxiliary is a fellowship of volunteers dedicated to supporting each other, the hospital, its patients and the community.

Inside this issue

Sunshine Update	2
Nominating Committee	2
Blood Drive	2
From the Hospital CEO	3
Cast Off News	4
From the Day Chairs	4
Katie's Korner	4
Sale Signs	5
Thank You	5
Certificate of Recog.	5
Women's History Mo.	6
Birthdays	7
Membership	7
Library Events	8
Winter of 2017	10
For Your Funny Bone	11
Bon Appetit!	11
Dates to Remember	12

Treasurer's Report

- Diane Beglau

February 1-28, 2017

Revenue:

Cast Off	14,029.64
Rental	1,218.29
Donation Jar	74.00
Membership	106.00
Interest \$ Mkt	<u>4.93</u>
Total Revenue:	15,432.86

Expenses:

Cast Off	3,553.69
Volunteer Voice	34.90
Scholarships	<u>1,000.00</u>
Total Expenses:	4,588.59

Net Income: 10,844.27

Union Bank Ending Bal: 99,228.11

Premium Money
Market Bal: 80,367.24

President's Message — Judy Bornfeld

Greetings to each of our Auxiliary members and friends...

March is bringing us warm sunshine and beautiful blue skies. Gosh, it sure feels wonderful! At the moment, no more snow.

This past week I was on an adventure in New York City celebrating my friend's Birthday. The city was predicting one of their biggest snow storms of the season. It's amazing how a big city and a small snow town prepare and deal with the snow. We're really good!

I want to thank ALL of our wonderful Volunteers that have stepped up and rearranged their busy schedules. They have helped in covering for the volunteers who have been traveling and those who have been dealing with medical issues. These extra hours and caring have made it possible that we, The Cast Off, remain open. Yes, we have had to be closed on the extreme snowy days. Each one of you make a world of difference.

Also, I want to thank this last month's Friday Work Day volunteers: Penny and Paul Burdeno, Lorrie Gould, and Willi Hasle who helped make The Cast Off shine. It really is amazing what you accomplish in a few hours. You're terrific! The next "Last Friday of the Month Work Day and Pizza Lunch" continues this month on Friday, March 31, at 10:00 a.m. Sign up sheet is at The Cast Off.

Barbara Boyd's gong away party was a terrific party with the warmest and caring turn out to send Barbara on her new adventure to Manteca, CA. We all wish you the very best, and we will miss you greatly!

A couple of weeks ago, I stopped by The Cast Off on a Wednesday to see how Shepherd's Flock was doing. Shannon Clark has taken on the responsibility of keeping this wonderful group of people together to continue Maxine's vision. They were happily measuring and cutting out the Potholders. We want to continue with these terrific items for Maxine! Heartwarming...

We have our Annual Blood Drive coming up May 16, 17 and 18. We are looking forward to the those delicious cookies and your smiling faces. Please sign up at The Cast Off to help with the Blood Drive. We need you! More information on page 2.

Keep it up Mammoth Hospital Auxiliary. You are each shining examples of caring, sincere, creative and very interesting and special people. You're Great!

Thank you for making the Auxiliary and The Cast Off what it is --- the best!!!

Judy Bornfeld

*** Remember to donate blood, if you can. It's really important. I was one of the very fortunate ones who received 3 pints of blood in January. Thanks to ALL of the generous donors out there who save so many lives...

Sunshine Update — Judy Bornfeld

Welcome to your Mammoth Hospital Auxiliary Sunshine Column. We're here to let you know that we care. This month we are extending our most positive healing thoughts and wishes for speedy recoveries to several members.



Carol Claus is doing so well that she's on a cruise to Hawaii. That's Great! Enjoy Carol and Sterling!

Marti Witters is continuing to work hard in PT to become strong after her recent knee replacement.

Our thoughts are with Esther Rosewall, in Australia, who is recovering from surgery.

We're thinking of Louray McGrale who was down south receiving treatments.

Maxine Shepherd is in Carson City in a Continuing Care Center and is very slowly getting stronger. Gosh, we miss you Maxine.

Dennis Brown is undergoing prostate cancer treatment at Scripps and will be gone for over a month. Dennis, we're really going to miss both you and Barbara a lot!

Each month we send our thoughts and healing energy to those of our friends and members who are under the radar or that we haven't been informed of yet. Please know that the Auxiliary is there for you. Just let us know. I really appreciate it. Also, I know some of us prefer not to have our names mentioned. I do understand and will honor your wishes.

Nominating Committee — Karen Curry

Hard to believe but we're almost 3/4 of the way through our fiscal year. That means it's time to request volunteers to serve on the Nominating Committee. The purpose of the committee is to identify members who are interested and willing to serve as officers on the Board for the next fiscal year.

If you are interested in serving on this committee, please let me know as soon as possible so I can schedule a meeting to go over the guidelines for selecting potential candidates. You can reach me at 760-914-1098 or email mtsnoflakes@verizon.net or drop a note in my mailbox at the Cast Off.

Blood Drive — Darlene Joerger

It's "Blood" time again. Mark your calendars for May 16, 17 and 18. I need all you volunteers to come help us out. We're going to need lots of volunteers to staff each day and cookies, too. It takes a team to put this on and I need YOU! There will be sign up sheets at the Cast Off in the next few days.



Mammoth Lakes Community

**BLOOD
DRIVE**

Sponsored by Mammoth Lakes Hospital Auxiliary

**TUESDAY – THURSDAY
MAY 16 – 18**

- Every two seconds someone in the U.S. needs blood.
- Approximately 36,000 units of red blood cells are needed every day in the U.S.
- The average red blood cell transfusion is approximately 3 pints.
- There are four types of transfusable products that can be derived from blood: red cells, platelets, plasma and cryoprecipitate. Typically, two or three of these are produced from a pint of donated whole blood.
- The average adult has about 10 **pints of blood** in his body. Roughly 1 **pint** is given during a donation. A healthy donor may donate red **blood** cells every 56 days, or double red cells every 112 days.

Hospital News — Gary Myers, CEO



Medical Staff

I am pleased to report that Dr. John Payton, Cmdr. U.S. Navy, has accepted our offer to become our new Pathologist starting November 1, 2017.

We are furthering our discussions with Keck Medicine USC for the provision of part-time clinic services backed up by tele-medicine in the areas of pain management and neurology.

The Medical Executive Committee met with the Senior Managers to begin our 5-year Scope of Services Plan last month. The goal of this process was to reach consensus on what the District's scope of services will look like by 2022. There was strong consensus that the medical staff wanted to expand our visiting specialist model to include such specialties over time as neurology, endocrinology, infectious disease, ophthalmology, psychiatry, pain management, adult dental and others.

Facilities

Once again, the cost for February snow removal services (\$73,000) exceeded our budget (\$68,500) for the entire season. The amount would have been much greater were it not for Cal Fire supervising over 30 inmates to shovel the roof of the 1978 hospital building. With that crew added to 8 others from the California Conservation Corp they were able to remove an estimated 2 million pounds from the roof over a four-day period. This would have been an extremely expensive endeavor if we were paying the going rate of \$45-65 dollars an hour for the labor. Many thanks to Mammoth Lakes Fire Chief Frank Frievalt for arranging this assistance for us. It's been a very expensive winter thus far but we are fortunate to have preserved patient and staff safety through it all and our Maintenance Team deserves special commendation for the hard work and long hours they have put in to accomplish that. We will continue to participate with the Town in applications to FEMA pursuant to any funding relief through the state-of-emergency declaration.

I had a meeting with our OSHPD facility folks on March 2 in Sacramento to review future development concepts and obtain advice. I got some tentative good news on our seismic status for the 1978 building that is still being confirmed. For now, it appears that we will be able to add on to the west side of the 1978 building with an OSHPD compliant building to add to our patient beds and house a new clinic, all with one construction project. This could save the District millions in expense but would require bringing our non-structural components such as fire sprinkler lines and light fixtures up to code.

Programs

We are currently working with physicians from Renown Cardiology to complete their applications for medical staff privileges to be able to read our echocardiograms. Our Medical Imaging Department is ready to perform the studies at this point and we are very pleased to be able to offer this new service at our facility.

Our multidisciplinary total joint replacement program is demonstrating the benefits of best practices applied to these complex elective surgeries. Candidates must pass several established criteria to prove readiness for enduring the surgery and recovery process that will lead to a safe and optimal outcome. Toward that end, patients are evaluated on a multidisciplinary basis to identify risk behaviors and co-morbidities such as smoking, alcohol use, depression, obesity, hypertension, etc. and appropriate staff work with them in a care coordination process to improve their status prior to being approved for surgery. This has improved outcomes, patient satisfaction, and recovery times significantly since instituting this program about a year ago. Kudos to the entire team for putting ***Patients First!***

Finance

Despite the difficult weather conditions, it was a positive month for us although we continue to run behind budgeted volume and revenue year-to-date.



What's Happening @ the Cast Off?



Cast Off Update

Following are highlights from the January, March 2, Cast Off Committee meeting:

- Even though we are a 501 (c) (3) we must collect and pay sales tax. We are not exempt because we do not have handicapped workers. We are exempt from local tax.
- We require a \$10.00 minimum purchase for credit card use. We have no minimum on debit card use.
- If there is an accidental credit issued or there is a return from a customer for credit (rare), get customer's name, phone number and Cast Off volunteer's name so the Treasurer can sort out claim problem.
- Please see that inner door of the Electronics Testing Room is locked when leaving for the day.
- Make sure that heavy jackets, sweats, coats, skiwear, etc., are hung on heavy duty black hangers.
- Please put price tags so they are visible in Trophy Cabinets in the Foyer.
- Susan Delian borrows items for the Edison Theater. The schools also borrow items. Put the list of items in the specially marked red/orange notebook on the shelf behind the cash register.
- Please remember to put names, dates and phone numbers on Hold Stickers.
- With Maxine Shepherd out ill, Shannon Clark is taking on the chairmanship of the Sewing Group. She is all smiles for those who can sew a straight line on the potholders!

From the Day Chairs & Co-Chairs

Monday—Karen Curry

Monday misses Gisela and we look forward to her return, hopefully soon. Dennis and Barbara Brown are in southern California, as well, and will be gone for several weeks. We wish you all well and miss you very much! We extend a warm welcome to our newest member, Vicky Mobley, and she has joined Peggy Rogers as a cashier! We celebrated Barbara Brown's birthday before she and Dennis left and we all enjoyed a spectacular luncheon. So much fun!

Tuesday—

Welcome Shannon Clark, new Day Chair!

Thursday—Sharon Clark

Thursday is kinda/sorta sad to see Shannon Clark become Tuesday Daychair but we understand her decision. Tuesday was in need of a Daychair and Shannon has what it takes to fulfill that role. She and Tuesday need all the Volunteers, we, the Auxiliary are able to provide. We thank all members who rally to support Tuesday. Of course, we all miss Barbara Boyd but send her on her way with our good wishes. We welcome Suzy Fontana back; she's been 'south'. Every time she ventured 'north', she was met with mounds of white stuff to shovel just to be able to get into her house. We're hoping that those of us who ran out of fuel, had blocks of ice crash thru our windows, were marooned in our igloos, had roof leaks, wavering walls or closet doors that would NOT open and who had to vacate their homes are all back to normal life. January and February certainly tested us all; thank goodness, finally, for bluebird skies and Madam Solar.

Saturday—Karen Curry

These past two weeks make it feel like spring and we all love seeing sun for a change. Donations have picked up with the ease of getting things to the Cast Off. Saturday can still get awfully busy so we appreciate those who volunteer with us and help make the day flow. And, Saturday finally sold the red flowered sofa and loveseat! And, we did not reduce the price!

Katie's Korner — Patti Heinrich

Katie's sales for February were \$587.00.

A Reminder for all Cast Off Volunteers
from Lorrie Gould

I would like to remind all volunteers that when there is a sale on the day you are working, please remember to take all signs relating to that sale down at the end of the day. And just to be safe when you come to work, before working on sorting clothes, take a walk around and look to see if there are any signs about sales remaining from the previous work day. This would remove any problems of customers going to the register and saying there is a sign that has a sale price that is not relevant to that day and unknown to the cashiers.

Thank You!



A surprise box of candy arrived at the Cast Off the other day. It was addressed:

A Gift to My Friends at the Cast Off!
Happy Valentine's Day!
Love, Bonnie Z

Thank you Bonnie for thinking of us. We really miss your smiling face and sunny personality—especially on Tuesday. The candy was sweet but not nearly as sweet as you!

Certificate of Recognition

To

Cast Off Thrift Store

For collecting **46,890** pull-tabs for the
Loma Linda Ronald McDonald House
in support of our recycling program

Keep pulling for the "House That Love Built"



Ronald
McDonald
House
HAWAII CHAPTER



March is Women's History Month, a time to celebrate women's contributions to history and society. The United States has observed it annually throughout the month of March since 1987. History texts and classes are often dominated by male figures, yet women have played and continue to play a major role in the world's economy, politics, and culture.

*"Whatever women do, they must do twice as well as men to be thought half as good. Luckily, this is not difficult."
— Charlotte Whitton*

Here are just a few areas where women have made great strides.

In 1950, women comprised less than 2% of the U.S. military. Today, approximately 14% of active members in the U.S. armed forces are women.

Today, 71% of moms with kids under 18 work. In 1975, fewer than 47% did. Once upon a time, the idea of women working outside of the home was frowned upon and most women who did so worked as maids, seamstresses, took in laundry or worked in one of the traditionally female fields.

At the first Winter Olympic Games in 1924, the only event open to women was figure skating. Only 15 women participated in these games, something that would change drastically over the decades. Women were not allowed to compete in track and field events at the Olympics until 1928 and the 800-meter race was banned until 1960.

Roberta Gibb was the first woman to run and finish the Boston Marathon in 1966. Of course she didn't get official credit for it, as women were not allowed to enter the race until 1972.

Mary Queen of Scots is reported to be the first woman to play golf. Golf today is still seen primarily as a man's sport, but this powerful and scandalous queen couldn't have cared less.

African-American performer Josephine Baker was working in France during WWII, but not only as a singer, dancer and actress. She was also helping the war movement, smuggling numerous messages to French soldiers. She often hid messages inside her dress or concealed with invisible ink on her sheet music.

Until 1846, the practice of obstetrics was a female-dominated field. It was then that most medical colleges decided women could not attend and the newly founded American Medical Association barred women. Legislation intended to regulate the medical profession also made it nearly impossible for young women to pursue a medical career. Today, however, obstetrics is a female-dominated field once again.

Did you know that up until the 1970s, an American woman could not:

Keep her job if she was pregnant. Until the Pregnancy Discrimination Act in 1978, women could be fired from their workplace for being pregnant.

Report cases of sexual harassment in the workplace. The first time that a court recognized sexual harassment in the workplace was in 1977 and it wasn't until 1980 that sexual harassment was officially defined by the Equal Employment Opportunity Commission.

Get a credit card. In the 1960s, a bank could refuse to issue a credit card to an unmarried woman. Even if she was married, her husband was required to cosign. Until the Equal Credit Opportunity Act in 1974, women were not able to apply for credit.

Refuse to have sex with her husband. The mid 70s saw most states recognize marital rape and in 1993 it became criminalized in all 50 states. Nevertheless, marital rape is still often treated differently to other forms of rape in some states even today.

Get a divorce with some degree of ease. Before the No Fault Divorce law in 1969, spouses had to show the faults of the other party, such as adultery, and could easily be overturned by recrimination.

Serve on a jury. This varied by state (Utah deemed women fit for jury duty way back in 1879), but the main reason women were kept out of jury pools was that they were considered the center of the home, which was their primary responsibility as caregivers. They were also thought to be too fragile to hear the grisly details of crimes and too sympathetic by nature to be able to remain objective about those accused of offenses. It wasn't until 1973 that women could serve on juries in all 50 states.

*"If you want something said, ask a man;
if you want something done, ask a woman."
—Margaret Thatcher*



Happy Birthday!

Birthdays for April

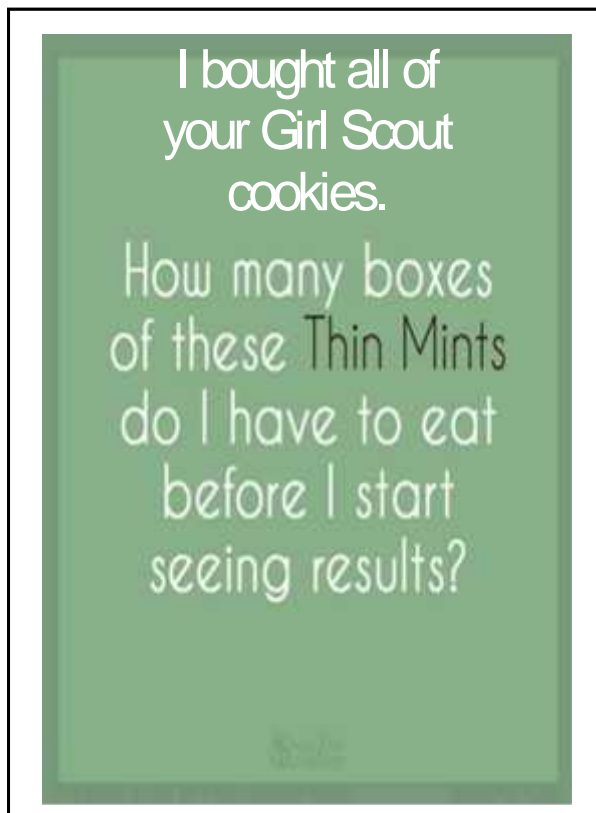
- 4/2 Ilene Nevins
- 4/3 Duane Buchholz
Gary Myers
- 4/4 Maria Garcia
- 4/8 Emma Smith
- 4/15 Sharon Clark
- 4/16 Jan McPherson
Sean Plunket
- 4/20 Marian Guder
- 4/22 Jan Morin

Membership — Patti Heinrich

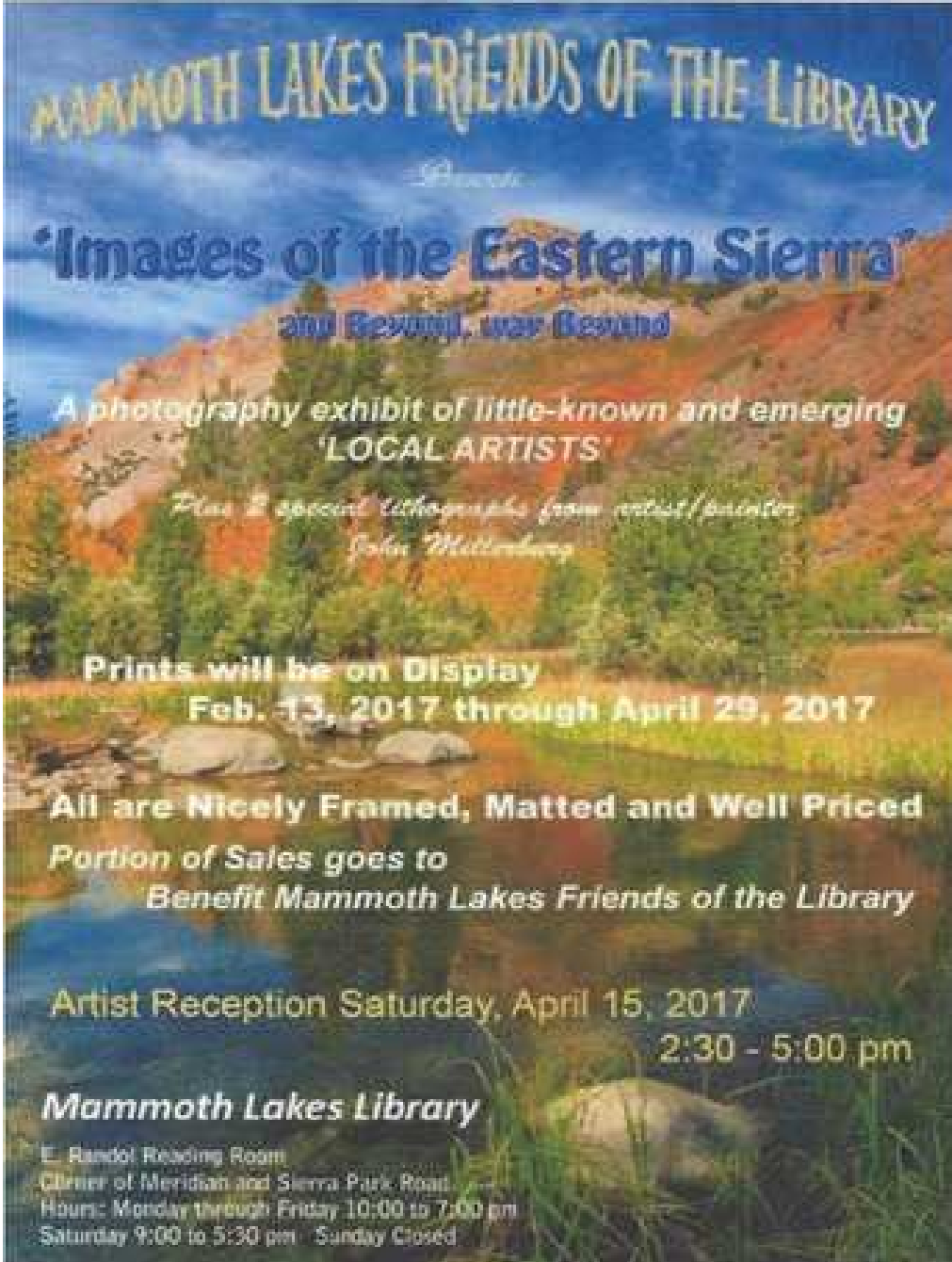
Please welcome the following new members:

Vicki Mobley (G) 10/9
 PO Box 2452
 660 Monterey Pines
 Mammoth Lakes, CA 93546
 Phone: 760-934-3059
 Cell: 310-702-2524
 Email: mobleyvic@gmail.com
 2nd Home: 78107 Freisha Ct
 Palm Desert, CA 92211

Dale Fulkerson (G) 10/10
 PO Box 7092
 151 Red Fir Rd
 Mammoth Lakes, CA 93546
 Phone: 310-663-8539
 Email: dsomale-dog@yahoo.com



**Lots of fun things going on at our Library!
Come on by and check them out**



MAMMOTH LAKES FRIENDS OF THE LIBRARY
Present
'Images of the Eastern Sierra'
and Beyond, was Beyond

*A photography exhibit of little-known and emerging
'LOCAL ARTISTS'*

*Plus 2 special lithographs from artist/painter
John Millerburg*

**Prints will be on Display
Feb. 13, 2017 through April 29, 2017**

**All are Nicely Framed, Matted and Well Priced
Portion of Sales goes to
Benefit Mammoth Lakes Friends of the Library**

**Artist Reception Saturday, April 15, 2017
2:30 - 5:00 pm**

Mammoth Lakes Library
E. Randol Reading Room
Corner of Meridian and Sierra Park Road
Hours: Monday through Friday 10:00 to 7:00 pm
Saturday 9:00 to 5:30 pm - Sunday Closed

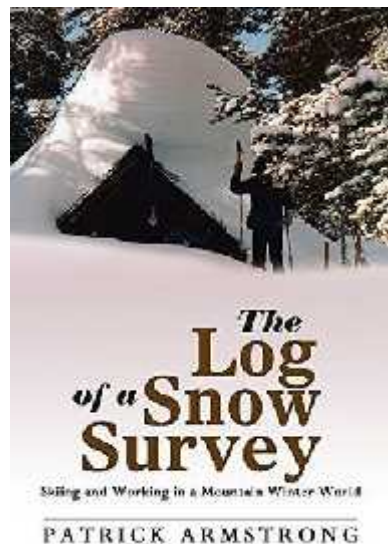
The Mammoth Lakes Library will host
a presentation with slides by

Patrick Armstrong, author of *The Log of a Snow Survey*

Friday, April 7, 5:30 pm

The men and women who measure the yearly snowpack in the Sierra Nevada regularly ski across 12,000 foot passes and at night must dig into rock and log cabins for shelter. On these monthly survey trips they will often ski over 100 miles and climb and descend 25,000 to 30,000 feet along the spine of the Sierra Nevada Mountains.

Patrick Armstrong, a resident of Bishop, has been doing this work since 1972, the year he was a member of the U.S. Biathlon Team. Mr. Armstrong has also been a chemistry and electronics instructor, a wilderness supervisor for the Forest Service, an Alaska commercial fisherman, and presently has a ranch in Idaho.



The library has several copies of Mr. Armstrong's book which can be checked out

Come check out the MakerSpace at the Mammoth Branch Library! Learn how to use a 3-D Printer, use stencils to create a greeting card, make a bracelet or all kinds of other projects. A special workshop has been set up on the Second Floor of the Mammoth Lakes Branch Library.

HOURS:

Tuesdays 2:00-6:00 Middle School Age and up

Wednesdays 2:00-6:00 All Ages

Thursdays 2:00-6:00 Elementary School Age

Fridays 10:00-12:00 Adults Only

While there are as many as 50 participants for the after school hours, the Friday morning hours are set aside for adults. So far, these hours have barely been used. There are a variety of projects that you can create, including making the quilt stencils shown in this image.



~~~ The Winter of 2017 ~~~

The Cast Off has been closed several days this winter due to snow. These pictures are AFTER the snow has already gone down quite a bit!



## For Your Funny Bone!

Two doctors with a sense of humor!

Best friends graduated from medical school at the same time and decided that in spite of two different specialties, they would open a practice together to share office space and personnel.

Dr. Smith was the psychiatrist and Dr. Evans was the proctologist. They put up a sign reading: Dr. Smith and Dr. Jones: Hysterias and Posteriors. The town council was livid and insisted they change it.

The docs changed it to read: Schizoids and Hemorrhoids. This was also not acceptable so they again changed the sign to read Catatonics and High Colonics - no go.

Next they tried Manic Depressives and Anal Retentives - thumbs down again. Then came Minds and Behinds - still no good. Another attempt resulted in Lost Souls and Butt Holes - unacceptable again! So they tried Nuts and Butts - no way. Freaks and Cheeks - still no good. Loons and Moons - forget it.

Almost at their wit's end, the docs finally came up with: Dr. Smith and Dr. Jones - Specializing in Odds and Ends.

Everybody loved it.

I went to my nearby CVS Pharmacy, straight to the back, where the Pharmacist's high counter is located. I took out my little brown bottle, along with a teaspoon and set them up on the counter.

The Pharmacist came over, smiled, and asked if he could help me. I said, "Yes! Could you please taste this for me?"

Seeing a senior citizen, the Pharmacist went along. He took the spoon, put a tiny bit of the liquid on it, put it on his tongue and swilled it around. Then, with a stomach-churning look on his face, he spat it out on the floor and began coughing. When he finally was finished, I looked him right in the eye and asked, "Now, does that taste sweet to you?"

The Pharmacist, shaking his head back and forth with a venomous look in his eyes yelled, "HELL NO!!!"

I said, "Oh, thank God! That's a real relief! My doctor told me to have a Pharmacist test my urine for sugar!"

I can never go back to that CVS, but I really don't care, because they aren't very friendly there anymore!

## Bon Appetit!

Here's a quick and delicious appetizer.

### Chocolate Grapes

50 to 60 red seedless grapes  
1 cup dark chocolate chips  
Wooden picks

Wash and dry grapes. Dry them very well or the chocolate won't stick. Slide 3 or 4 grapes on each wooden pick. Melt chocolate in a microwave-safe container for 45 seconds. Stir well and continue to microwave (if needed) at 15 second intervals until fully melted and smooth. Dip the grapes into the chocolate or use a spoon to pour it over them, letting the excess run back into the bowl. Place on a wax paper lined cookie sheet and chill in refrigerator to firm up. Optional: Sprinkle w/sea salt.

And here's a quick and delicious dessert.

### Chocolate Rum Mousse—Sharon Clark

1/4 cup cold milk  
1 envelope unflavored gelatin  
3/4 cup milk, heated to boiling  
6 tablespoons dark rum  
1 egg  
1/2 cup sugar  
1/8 teaspoon salt  
6 ounces semi-sweet chocolate chips  
1 cup heavy cream  
2 ice cubes

Put 1/4 cup cold milk and gelatin in blender. Blend on low to soften gelatin. Remove blender top. Add hot milk and blend until gelatin dissolves. Add rum, egg, sugar, salt, chips and turn blender on high and beat mixture smooth. Add cream and ice. Blend on high until ice liquefies. Pour into serving dishes. Refrigerate overnight.

**Enjoy!**

**Newsletter articles are due the second Saturday of each month. Drop them in Jan McPherson's mailbox at the Cast Off or mail/email them to her at PO Box 2859, Mammoth Lakes, CA 93546, 760-934-5813, scoutdj1967@gmail.com**

## Dates to Remember

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|                     |                                                                       |
|---------------------|-----------------------------------------------------------------------|
| March 20, Monday    | First Day of Spring                                                   |
| March 31, Friday    | Cast Off Work Day, 10 a.m.                                            |
| April 1, Saturday   | April Fool's Day                                                      |
| April 6, Thursday   | Cast Off Committee Meeting, 3:30 p.m. at the Cast Off                 |
| April 9, Sunday     | Palm Sunday                                                           |
| April 11, Tuesday   | First Day of Passover                                                 |
| April 12, Wednesday | MHA Board Meeting, 10 a.m. at the Cast Off                            |
| April 14, Friday    | Good Friday                                                           |
| April 16, Sunday    | Easter Sunday                                                         |
| April 18, Tuesday   | Last Day of Passover                                                  |
| April 28, Friday    | Cast Off Work Day, 10 a.m.                                            |
| May 4, Thursday     | Cast Off Committee Meeting, 3:30 p.m. at the Cast Off                 |
| May 5, Friday       | Cinco de Mayo                                                         |
| May 6, Saturday     | National Nurses Day                                                   |
| May 10, Wednesday   | MHA Board Meeting, 10 a.m. at the Cast Off                            |
| May 14, Sunday      | Mother's Day                                                          |
| May 16, Tuesday     | Blood Drive at Fire Station #1 on Main Street, 10 a.m. to 6 p.m.      |
| May 17, Wednesday   | Blood Drive at Fire Station #1 on Main Street, 10 a.m. to 6 p.m.      |
| May 18, Thursday    | Blood Drive at Fire Station #1 on Main Street, 8:30 a.m. to 1:30 p.m. |
| May 26, Friday      | Cast Off Work Day, 10 a.m.                                            |
| May 29, Monday      | Memorial Day                                                          |

### Mammoth Hospital Auxiliary

P.O. Box 1399

Mammoth Lakes, CA 93546

