

Volunteer Services Newsletter



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A MESSAGE FROM Dipti Padliya, Manager, Volunteer Services

I am very excited to be the Manager of Volunteer Services at Capital Health and share a little about myself. I am blessed with a wonderful family of a loving husband and a beautiful 8-year-old daughter, Aryanna. I love traveling, trying new cuisines, and reading. I grew up in India and completed my master's degree in computer management and worked as an IT business analyst in the investment banking industry for almost 11 years.



I quit my job to move to Singapore to enjoy my married life. While there, a friend introduced me to the Salvation Army and volunteering with them. I loved it so much that I took it up full time, first as a counselor helping families of inmates then training to manage a team of counselors at the Singapore Changi Prison, where we worked to make family visits as comfortable as possible (especially for the little ones).

Our move to United States was very quick, but I am very thankful that it happened as I got a chance to volunteer with Capital Health. My six years of volunteering experience in India, Singapore, and the US taught me that very often we don't appreciate the little pleasures of life. A lovely smile and a few kind words can go a long way in turning one's life around.

My passion has always been volunteering, so being offered a role at Capital Health to work with people that share the very same passion was like icing on the cake! I truly believe that if volunteers are the lifeblood of a nonprofit organization, volunteer managers are the heart that keeps them flowing in an effective, organized manner.

With this belief, I consider all my volunteers to be my extended family and hope they feel the same way. My goal is not just to grow this family in numbers but grow into relationships that will be cherished for a lifetime.

In my short time here, I have had the opportunity to interact with a few of our volunteers and I am much honored to be able to work with them. Every time I walk around our hospitals, I am awestruck by the twinkle in their eyes and the smiles on their faces that reflect their passion and dedication to helping others.

I would like to take this opportunity to thank all my volunteers for going the extra mile to bring comfort to our patients and visitors. If you wish to join our family or have suggestions to make it better, I would love to hear from you.

Best Regards,

Dipti Padliya

Manager, Volunteer Services

609.537.6073 ■ dpadliya@capitalhealth.org

“The unselfish effort to bring cheer to others will be the beginning of a happier life for us. — *Helen Keller*

“When life gives you lemons,
make lemonade!” —Elbert Hubbard

Remaining optimistic in the face of adversity can have healing effects. Research has shown that having a positive outlook on life lowers blood pressure and boosts our immune system (decreasing the risk of developing viral infections). It also improves mental well being and the ability to deal with stress, which can go a long way in improving your overall health and extending longevity. During the Auxiliary's recent Runway of Courage Fashion Show, our brave and inspiring models showed us how they made lemonade out of the lemons that life had handed them. Their love for life, determination, and optimism were key factors in helping them to overcome their battle with cancer. Through their experiences and stories, we were able to see first-hand the healing results of positive thinking. At Capital Health, approaching life with optimism can be beneficial not only for patients but also for their caregivers.

As caregivers and volunteers in a hospital setting, our attitudes

can make a difference in how our patients feel, and how well we work with others. Positivity decreases on-the-job stressors, increases productivity, and strengthens our interpersonal relationships with co-workers. When we are at our best, we can care for our patients with compassion and empathy and help them focus on their healing. The Auxiliary is committed to helping those facing adversity by providing service programs designed to nurture a hopeful and positive environment for our patients. Two of our newest programs, the **Kitty's Clothing Closet** and the **Bellevue Clinic Farmers Market**, are service-oriented programs that we hope will provide encouragement and assurance to patients facing poverty and displacement from their homes. Please take a minute to read through this newsletter to learn more about the incredible work that we are doing to serve our patients. We hope you will join us in our mission to help patients make lemonade when life hands them lemons!



Sincerely,

Donna Costanzo

Auxiliary President

908.513.4575 ■ donna1116@comcast.net
capitalhealth.org/auxiliary



7 TIPS TO BOOST OPTIMISM

Do you have a “glass half empty” view of the world? These tips can help you transform your thinking:

- 1 / Focus on the positive attributes that you and others in your life possess.
- 2 / During difficult times in your life, try to focus on the good and not the bad.
- 3 / When you are faced with a challenge, envision a positive outcome.
- 4 / Try to live a healthy lifestyle by exercising, eating a healthy diet, and establishing good sleeping habits. The better you feel, the brighter your outlook will be.
- 5 / Challenge your mind every day by learning something new.
- 6 / Surround yourself with positive and supportive people who you can count on when times get tough.
- 7 / Stop competing with your friends, family members, or co-workers. Recognize that everyone has unique and special talents that are to be valued.

AUXILIARY FASHION SHOW & SILENT AUCTION — *Fashion Show Committee*



The Auxiliary hosted the **Runway of Courage Fashion Show** on Thursday, October 4, 2018 in the NJ PURE Conference Room at Capital Health Medical Center – Hopewell. The 120 guests who attended the event celebrated the strength, determination, and courage of 13 former and current Capital Health Cancer Center patients who served as our models. The models were pampered by the staff of the Oasis Salon & Wellness Spa, who generously donated their time to style our models' hair and do their makeup. Models showcased fashions that were graciously provided by J. McLaughlin of Princeton.

The fashion show was highlighted by inspiring stories of each model's battle with cancer and their gratitude for the wonderful staff at our Cancer Center, who provided them with hope and compassionate care during

their darkest hours. Models dazzled guests as they walked the runway wearing J. McLaughlin's beautiful fall clothing collection. During the fashion show, guests also had the opportunity to snack on some light fare, shop at the J. McLaughlin pop up store, and place bids on 20 beautifully decorated gift baskets.

The event raised more than \$10,000 in proceeds, which will be used to help sponsor grants for health and educational programs offered by the Cancer Center. Thanks to our models, our wonderful Cancer Center staff, board members, hospital administration, staff and volunteers, the staff of the Oasis Salon & Wellness Spa, J. McLaughlin, community sponsors and silent auction donors, and all of our friends, families and community neighbors who came out to share the night with us. The success of the fashion show would not have been possible without everyone's support!



Oasis Salon and Wellness Spa: Behind the Scenes at Runway of Courage — *LuAnne Rickey*

The team at Oasis Salon and Wellness Spa was honored and humbled to meet and work with all of the models for the Runway of Courage fashion show. It was our good fortune to provide a day at the spa with paraffin treatments, hand massages, and formal to casual hairstyling and make-up applications for this beautiful (and handsome!) group of warriors. Their stories are amazing, and helping to create a safe space in which they could be relaxed and share their journeys was truly uplifting. Throughout the event, the models reminded everyone who observed their powerful and positive presence on the Runway of Courage what it means to be an inspiration to others.



THANK YOU

TO OUR FASHION SHOW MODELS & SPONSORS

Maryann Carey
Ashley Diaz
Karen Flicker*
Harvey Hammond
Bette Hance

Cynthia Langley
Eileen Mannix
Duane Martin
Laura Martin
Donna Nohstadt

Michael Perl
Joseph Schemmer
Kate Watson
**Fashion Show MC*

Pink Ribbon Headline Patron
Capital Health Medical Group

Green Ribbon Patron
Karen DeSimone, DDS

Purple Ribbon Patron
J. McLaughlin

**Yellow Ribbon Small Business
Patron**

Blue Ribbon Patron
Mercer Bucks Hematology
Oncology
Mike Schwartz Photography
NJM Insurance Group
Oasis Salon & Wellness Spa
Simone Realty

Dr. Anish S. Patel
Friends & Family
Dr. Thomas M. Hipple
Dr. & Mrs. William Costanzo

CALENDAR OF EVENTS

NOVEMBER

01 **Auxiliary Pecan Sale**
RMC, Cafeteria
11 a.m. – 2 p.m.

06 **Auxiliary Pecan Sale**
Hopewell, Cascade Café
11 a.m. – 2 p.m.

08 **Auxiliary Pecan Sale**
RMC, Cafeteria
11 a.m. – 2 p.m.

12 **Auxiliary Pecan Sale**
RMC, Cafeteria
11 a.m. – 2 p.m.

15 **Auxiliary Thrift Store
Donation Drop-off**
Hopewell, Receiving Lot
8 a.m. – 4 p.m.

Auxiliary Pecan Sale
Hopewell, Cascade Café
11 a.m. – 2 p.m.

20 **Auxiliary Pecan Sale**
RMC, Cafeteria
11 a.m. – 2 p.m.

21 **Auxiliary Pecan Sale**
Hopewell, Cascade Café
11 a.m. – 2 p.m.

27 **Auxiliary Pecan Sale**
RMC, Cafeteria
11 a.m. – 2 p.m.

28 **Auxiliary Vendor Day**
Hopewell, Cascade Café
10 a.m. – 2 p.m.

29 **Auxiliary Pecan Sale**
Hopewell, Cascade Café
11 a.m. – 2 p.m.

DECEMBER

02 **Auxiliary Tree of
Lights Ceremony**
Hopewell, Lobby
2 – 4 p.m.

03 **Auxiliary Tree of
Lights Ceremony**
RMC, Lobby
4 – 5 p.m.

**Auxiliary Lucky Seven
Raffle Sales**
Hopewell, Cafeteria
11 a.m. – 2 p.m.

06 **Auxiliary Lucky Seven
Raffle Sales**
Hopewell, Cafeteria
11 a.m. – 2 p.m.

10 **Auxiliary Lucky Seven
Raffle Sales**
Hopewell, Cafeteria
11 a.m. – 2 p.m.

12 **Auxiliary Lucky Seven
Raffle Sales**
RMC, Cafeteria
11 a.m. – 2 p.m.

13 **Auxiliary Lucky Seven
Raffle Sales**
Hopewell, Cafeteria
11 a.m. – 2 p.m.

17 **Auxiliary Lucky Seven
Raffle Sales**
Hopewell, Cafeteria
11 a.m. – 2 p.m.

19 **Auxiliary Lucky Seven
Raffle Sales**
Hopewell, Cafeteria
11 a.m. – 2 p.m.

20 **Auxiliary Pecan Sale**
RMC, Cafeteria
11 a.m. – 2 p.m.

21 **Holiday Concert**
by volunteer pianist,
Karl Megules at the Investors
Bank Art & Healing Gallery
2 p.m.



Thanks to the Artists of Yardley, the **SERENITY** art show brings calm and peacefulness to Capital Health Medical Center – Hopewell through November 26. It also exemplifies the mission of our Investors Bank Art & Healing Gallery, which is to offer viewers a respite from the difficulties of the day by featuring stunning, inspirational works of art. At the show's August 30, 2018 reception, we were dazzled by the dancers of The Pennington Studio, vocalist Bridgett Gan, and pianist Gabriella Proffitt.

Our art shows, and more specifically, artworks sold, help support the expansion of the Arts & Healing Program at Capital Health. We are starting to see the fruits of our labor come to life. Thanks to a grant from Capital Women in Philanthropy, new, magnificent works have been generously donated to Capital Health Regional Medical Center

by artist Michael Massee and the reframing of many current, beautiful works of art will soon brighten the hospital's hallways.

At both hospitals, our activities on the Healing Hands Mobile Art Cart are a welcome relief to many patients, providing time off from the concerns of illness through the creative process.

One day in the foreseeable future, we hope to bring Arts & Healing experiences to our hospital cafeterias so that the dining experience can include watching a painter at work, hearing the sounds of music, or experiencing the weaving process.



To achieve our goals, we hope to find new resources and interested volunteers. If you are interested in sharing our journey, please reach out to me at jzamost@capitalhealth.org to help make our vision come to fruition.



CAPITAL THRIFT STORE COMING SOON! — *Leslie Gibbons, Thrift Store Committee Chair*

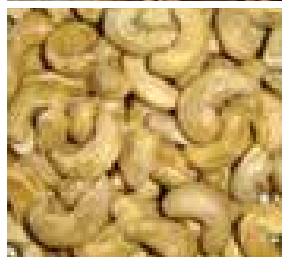


Capital Thrift, located at 2783 Brunswick Pike in Lawrenceville, is currently in the final stages of construction. As we anxiously anticipate opening day, our thrift store team is working hard on the finishing touches, including ordering signs that feature the Auxiliary's new logo (pictured here), working on publicity, and moving store fixtures into the site. We will be accepting in-store

donations as soon as we have a certificate of occupancy. Also, in order to make donations easier for our hospital staff, the thrift store team will be parking a truck at Capital Health Medical Center – Hopewell for employee donation drop offs prior to our grand opening.

Once opened, our store hours will be Wednesday, Friday and Saturday from 10 a.m. to 2 p.m. and the first and third Mondays of each month from 4 p.m. to 7 p.m. Store hours will be adjusted as we see how business progresses. We hope to see you at our grand opening and ribbon cutting ceremony, which will be scheduled after all of the interior finishes are complete.

We welcome anyone interested in lending a hand at Capital Thrift. There are a range of volunteer positions available, from receiving to sales. No experience is necessary; men and women of all ages are welcome. If you are interested in joining our thrift store team, contact the Volunteer Services Office by email at volunteer@capitalhealth.org or call 609.303.4023.



Annual Pecan Sale!

Our pecans have arrived! This year we will be offering plain and chocolate pecans, cashews, caramel clusters, and our popular pecan log. We will begin selling onsite at Capital Health Medical Center – Hopewell on Monday, October 29 and at Capital Health Regional Medical Center on Thursday, November 1, with sales continuing through December or until supplies last. Thank you in advance for your purchase of pecans. Your support of our fundraiser is greatly appreciated!

LUNCH AND LEARN FOR SUMMER JUNIORS and OASIS SPA COUPON

As part of the Summer Junior Program, the volunteers had the privilege of attending Lunch and Learn sessions by some of the most amazing doctors at Capital Health.

The volunteers learned firsthand about the life in the Trauma department from **Dr. Michael Kelly**, who spoke about his experiences while serving as a physician with the United States Army Reserve Medical Corps. While there is a great commitment to education, fellowships, residencies and loss of time with one's family, Dr. Kelly also talked about the excitement that comes with a career as a trauma surgeon and how rewarding a patient's recovery can be.

Dr. Hari Bezwada shared his experiences as an orthopedic surgeon in another great lunch and learn session. Dr. Bezwada also stressed that education, extensive training, fellowships and residency hours are the commitment you make in choosing orthopedics as your career. During his presentation, Dr. Bezwada showed the students a joint replacement surgery video, enthusiastically explaining every detail and how they are all linked to great patient outcomes.

During urologist **Dr. Michael Cohen's** lecture, students had the opportunity to get a closer look at the robot-assisted Da Vinci surgery system. **Sausanie Kitchko**, a representative of Intuitive



Surgical (who developed the system), was kind enough to sponsor the event lunch and help conduct the robotics didactic session. This technology embodies Capital Health's motto of Minds Advancing Medicine!


oasis
SALON & WELLNESS SPA

Capital Health Medical Center **VOLUNTEERS!**

Have your next Spa Party at
Oasis Salon and Wellness Spa!

All attendees receive a complimentary
hand paraffin treatment with any service.

Expires December 14, 2018

609.537.6544 • oasisspahopewell.com

SUMMER JUNIOR PROGRAM



My name is **Emily Flanders** and I am a junior at Hopewell Valley Central High School. I have always been interested in the medical field and I hope to pursue a career in it one day. When I found out about the Junior Volunteer Program at Capital Health, I knew I wanted to participate. I had the opportunity to work as a Wayfinder and in the Arts and Healing Department.

The Volunteer Program gave me the opportunity to meet so many people and work with amazing employees and other volunteers. My favorite part of volunteering was interacting with patients and family members, as well as being able to do something that brightened their day. Everyone at Capital Health was welcoming and appreciative of my being there.

During my time in the Arts and Healing Department, I created yarn butterflies and pompom ice cream cones that were given to patients. I loved knowing that these tokens could make a small yet positive difference in someone's day. I will remember these amazing experiences at Capital Health this summer for a long time, and I hope that I have the opportunity to return next year.



My name is **Siddharth Vemuri**, and I am currently a senior attending West Windsor-Plainsboro High School North. I am an aspiring physician, and my primary inspiration for pursuing a career in medicine came from my rewarding experience at Capital Health. During my time as a volunteer, I had the opportunity to work with both the Escort Department and OR Materials Manager Jeff Paolletta. I was able to witness and communicate with patients of varying backgrounds during my time with the Escort Department, which gave me valuable insight into how serious patients' ailments can be, and the importance of dealing with them compassionately. Additionally, my duties in the OR allowed me to witness how a surgical department operates, and the various responsibilities each professional has in keeping the department functional. Something I would say I enjoy about Capital Health is the wonderful rapport the employees share with one another, which is reflected through their brief greetings from across hallways or the regular conversations with long-time colleagues. Their warmth genuinely made me feel welcome, and I can imagine they do the same for the patients. Overall, I am grateful to Capital Health Volunteer Services and all the wonderful people I have worked with for making me feel that I have truly made a difference.



My name is **Ashley Leones-Vanes**. I'm currently a freshman at Stockton University, studying Physical Therapy. I heard about the opportunity to volunteer for the Capital Health Auxiliary's Cookie Program at the RMC campus through the Upward Bound Program at Mercer Community College in Trenton, New Jersey. As a volunteer for Capital Health, I packaged cookies donated by the House of Blessing Church of God, Ladies Ministries, and handed them out to patients. This was an opportunity to engage with patients and families in conversations.

While volunteering at Capital Health, I had the opportunity to experience patients' kind heartedness and commitment to wellness. Through these experiences, it became apparent to me that I would like to pursue a career goal in patient care. As a Physical Therapy student, I am passionate about studying and extremely motivated to excel in this field. I owe my newfound passion to Upward Bound and to Capital Health. After volunteering for Capital Health, I understood that intellect, humility, determination, and the ability to multitask are critical in order to succeed in college and in life. I want to thank Upward Bound and Capital Health for the opportunity to serve as a volunteer.

FAMILY HEALTH CENTER FARMERS MARKET — *Chris Butrym and Sue Cammarano, Family Health Center Auxiliary Liaisons*



Capital Health Family Health Center at 433 Bellevue Avenue is a very important resource for the Trenton area and serves some of our most vulnerable residents. This past summer, with funding from Capital Health Foundation, the Auxiliary offered an onsite produce market to the patients at the Center. Patients received vouchers and or food prescriptions from their doctors, nurses and dieticians entitling them to visit the market and receive free produce.

The Auxiliary enlisted the help of Rolling Harvest, an organization partnering with local farmers to share their excess produce with people in need. They did an amazing job! Rolling Harvest brought along a team of nutritionists who provided a food tasting as well as healthy recipes for our patients in both English and Spanish.

The Auxiliary hosted a total of four markets serving more than 425 patients, 80 percent of whom were first time participants. Patients received several bags of fresh organic produce at each market, including a dozen eggs when available.

We are looking to expand to six markets next year and hope to expand our offerings to include pantry staples. These markets would not have been possible without the generous funding from Capital Health Foundation and the support of our Auxiliary Board Members, our Spanish interpreters, the staff at the Family Health Center, and numerous other volunteers. Thank you all very much!



Our **Cookie Donation Program**, part of the Children's House Committee of the Auxiliary, continues to grow! The program supports patients undergoing treatments in both the Infusion and

Radiation Oncology Departments. Patients look forward to these snacks, which make their time during treatment a little more comfortable.

As our cookie needs continue to grow, we are asking our family at Capital Health to continue their generous contributions to the program. We are in need of cookies, granola bars, individual sized boxes of raisins, pretzels, and fish crackers. Food donations can be dropped off to Dorothy Wirth in the Volunteer Services Office at Capital Health Medical Center – Hopewell. If you would like to make a monetary donation to our Cookie Program, checks should be made payable to the Capital Health Auxiliary with "Cookie Program" written in the memo section.

Thanks to everyone for your continued support!

THE AUXILIARY'S KITTY'S CLOSET: HELPING CHILDREN IN FOSTER CARE and LITERACY PROGRAM FOSTERS LIFE-LONG LOVE OF LEARNING

The Capital Health Auxiliary launched a new service this fall to assist children being placed into foster care. Chaired by Hopewell resident Carolyn Bender, Kitty's Closet's works to ease the transition into foster care by providing clothing, a backpack, and personal necessities to all children who undergo medical clearances in Capital Health emergency rooms prior to placement.

Carolyn was once a paramedic intern at Capital Health and saw firsthand the heartbreaking process borne out of this type of event. This past spring, Auxiliary President Donna Costanzo welcomed Carolyn to the Auxiliary and approved the mission of Kitty's Closet.

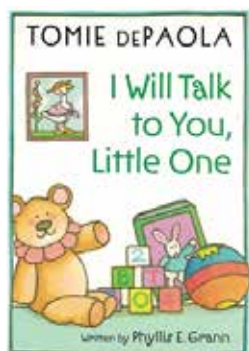
Kitty's Closet received generous community support from Christine's Hope for Kids, Support the Girls, and anonymous donors. In addition, a tremendous effort was put forth by members of Lawrenceville Girl Scout Troop 70630 (pictured to the right), who helped the program as part of their Silver Award project.

Prior to hospital discharge, each child receives a deluxe LL Bean backpack, an outfit to wear home (as well as an additional outfit for the next day), pajamas, underwear, toiletries, and a Walmart gift

card to purchase a pair of shoes. Kitty's Closet is also working on providing school supplies as well.

Carolyn named this project after her daughter, Kitty, who was diagnosed with type 1 diabetes in June, 2013 at the Pediatric Emergency Department at Capital Health Medical Center – Hopewell. Kitty's Closet is an expression of gratitude for the lifesaving treatment her daughter received and a way to honor Kitty's love for children, especially those in crisis.

If you, or your organization, are interested in making a donation to Kitty's Closet, please contact Carolyn Bender at 609.558.5588 or via email at ckafka@aol.com.



The Capital Health Auxiliary recently introduced their **Tales for Tiny Tots Literacy Program**, in partnership with Reach Out and Read New Jersey, author Phyllis Grann, and illustrator Tomie dePaola. Together, these sponsors have generously donated 8,000 copies of "I Will Talk to You Little One" (illustrated by dePaola), printed in both English and Spanish. The book highlights the importance of parents talking and reading to their babies from infancy to encourage learning skills for life. Thanks to this generous donation, the Auxiliary will give every baby born at Capital Health a copy of this book imprinted with their footprint, not only a keepsake but also as their introduction to the wonderful world of reading!



Lucky Sevens Raffle

The Auxiliary's Lucky Sevens Raffle is back! Tickets will be sold from December 2018 through the last week of February 2019. Tickets are \$5 each or 5 tickets for \$20. Raffle tickets make great stocking stuffers for friends and family and benefit programs sponsored by the Auxiliary. Check our Calendar of Events (page 6) for sale dates, times, and locations.

PATIENT & FAMILY COMMUNITY EDUCATION EVENT



JERSEY FRESH JAM 2018



JUNIOR VOLUNTEERS WITH BOOK CART



Auxiliary Tree of Lights 2018

As the holidays draw near, we are reminded of the caring and sharing that are so much a part of the season. It also is a time we remember our loved ones and honor them in a special way. Capital Health's "Tree of Lights" is an annual program that allows you to memorialize or recognize a family member or friend while helping to support projects of the Capital Health Auxiliary. For a minimum contribution of \$10 per name, you can add a light to our special tree to remember or pay tribute to a family member or other special person. For a donation of \$25, get a tree light plus a keepsake ornament and acknowledgement card to remember the loved one being memorialized.

This year, we are pleased to announce our new partnership with Friends of Hopewell Valley Open Space (FHVOS). In support of their mission to preserve land, protect natural resources, and inspire a new generation of conservation, we are adding a new option to our annual Tree of Lights program. For a \$50 donation, in addition to receiving a tree light and ornament, FHVOS will select native wild flowers to be planted in the Capital Health CHAI Garden as a living tribute to your loved ones. Native wildflowers not only add beauty, but also provide habitat for butterflies, birds, and other beneficial wildlife.

During our Tree of Lights ceremonies, living tribute donors will be presented with a customized commemorative framed certificate completed with a tree of life charm. Paying tribute with this option is a beautiful way to honor loved ones, help the earth, and give back to the community. Proceeds from the living tribute will benefit both the Auxiliary and Friends of Hopewell Valley Open Space.

Use the order form on the next page to pay tribute to your loved ones through our "Tree of Lights" program.

AUXILIARY TREE OF LIGHTS SCHEDULE OF EVENTS:

DATE: Sunday, December 2, 2018

TIME: 2 – 4 p.m.

LOCATION: Lobby, Capital Health Medical Center – Hopewell

2 – 2:30 p.m.

... Performance by the Hopewell Valley Central High School Chamber Singers

2:30 – 3:30 p.m.

... Blessing followed by name reading and tree lighting

3:30 – 4:00 p.m.

... Refreshments

DATE: Monday, December 3, 2018

LOCATION: Lobby, Capital Health Regional Medical Center

TIME: 4 – 5 p.m. (blessing, name reading and lighting of tree) refreshments to follow.



Capital Health Auxiliary **TREE OF LIGHTS CEREMONY**

December 2, 2018 at Hopewell (2 – 4 p.m., Lobby)*

December 3, 2018 at RMC (4 – 5 p.m., Lobby)

A Thoughtful Way to Remember Someone Special

**with a performance by the Hopewell Valley Central High School Chamber Singers*

of lights only _____ x \$10

of lights & ornaments _____ x \$25

Total Donation:

of living memorials _____ x \$50

\$ _____

My/Our Name is: _____

Address: _____

City: _____ Zip Code: _____

Telephone # (): _____

_____ Please send me a keepsake ornament to the address above. An additional \$25 donation has been added to the total.

Your **\$10 donation** includes tree light only.

A **\$25 donation** includes Tree light & Keep Sake Ornament. Ornament will be mailed to the address indicated below along with the acknowledgement card. If you would like your own keepsake ornament, please check box to the left.

A **\$50 donation** includes wildflowers to be planted by FOHVOS in the CHAI Healing Gardens at Hopewell in addition to tree light & ornament.

Please be sure to circle IN MEMORY or HONOR OF for the loved one listed below.

\$ _____ **IN MEMORY or HONOR OF:** _____

Send acknowledgement card to: _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

\$ _____ **IN MEMORY or HONOR OF:** _____

Send acknowledgement card to: _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

(All names will be read and displayed at both tree lighting ceremony sites.)

Will you be able to attend the Tree Lighting Ceremony in honor of your loved ones? Yes / No

If yes, which ceremony site are you planning to visit? ☐ Hopewell ☐ RMC ☐ Both

Please make your check payable to CAPITAL HEALTH AUXILIARY. Mail this form and your check to the Capital Health Auxiliary, Tree of Lights Chair, 2 Tanglewood Drive, Titusville, NJ 08560. Please return by November 23, 2018 to ensure your loved one's name is read at our ceremony. For additional information, contact Donna Costanzo at DCostanzo@capitalhealth.org *Your contribution is tax deductible as provided by law.

HISTORY HIGHLIGHT and VOLUNTEER OPPORTUNITIES



In the early 1990's, volunteers of the Mercer Mart hosted the Auxiliary's very first fashion show. Their theme was based on fashion through the years, with volunteers and their family members serving as models. The fashion show was a great way to showcase clothing sold at the Mercer Mart while raising funds for the Auxiliary. Nearly 25 years later on October 4, 2018, the Auxiliary revived this tradition with the Runway of Courage Fashion Show to benefit Capital Health's Cancer Center. Models were former and current patients of the Cancer Center who wowed the crowd as they walked the runway wearing fashions provided by J.McLaughlin of Princeton.



Help Wanted

For information about Capital Health volunteer openings or our programs, please e-mail volunteer@capitalhealth.org or call 609.303.4023.



VOLUNTEER PROGRAMS

- Junior Volunteers Program (14 – 18)
- Adult Volunteers
- Pet Therapy Program
- Knitters
- Bumper T Clowns
- Auxiliary — Cookie Donation Program

Capital Health also runs programs with The College of New Jersey (Career and Community Studies Program), Rider University (Pre-Medical Studies) and Hopewell Valley Regional High School (Special Needs School Year Life Education Program).

CURRENT VOLUNTEER OPPORTUNITIES

Capital Health Regional Medical Center

- Wayfinder
- Welcome Desk
- Gift Shop
- Pet Therapy
- Art Program
- Patient Advocate
- Bumper T Clowns

Capital Health Medical Center – Hopewell

- Art Program
- Musicians
- Bumper T Clowns
- Pet Therapy

OTHER WAYS TO GET INVOLVED

- Join the Capital Health Arts & Healing Committee
- Volunteer at Capital Health Auxiliary Fundraising Events
- Join the Capital Health Auxiliary

