



# Volunteer Services Newsletter



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## A LETTER FROM Dipti Padliya, Manager, Volunteer Services

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Dear Volunteers,

I hope you all have had a great new year so far. Although winter has been quite generous, I am looking forward to spring—brighter skies, blooming flowers, lush green grass and tulip bulbs.

We got off to a great start this year with lots of new and exciting projects in the pipeline. Our new website layout is in the making and our volunteer family in Trenton at Capital Health Regional Medical Center is growing nicely. This all began with the change in management, as we are now part of the Patient Experience team under the leadership of Elizabeth Upham. Beth comes to us from Morristown Medical Center/Atlantic Health System, where she led the Patient Experience, Pastoral Care, and Volunteer Services departments. I hope you'll all join me in welcoming Beth to our family!

I would also like to take this opportunity to thank Suzanne Borgos and Jeremye Cohen for their incredible guidance. The Volunteer Services Department would not be where it is now without their support. Thank you!

Sadly, the start of the year also brought great loss to our volunteer family. Mr. Clifford Gapco, our Pet Therapy Volunteer, passed away in late January. Millie Quinones, a long-time volunteer at RMC passed away in March. They will be greatly missed by us all!

These losses made me think about how unpredictable and short life is. When it comes to our health, we can't control everything, but it is very necessary that we take the utmost care of our lives in order to be able to take care of others. As volunteers, we really have to be very mindful of these facts.

Compassion fatigue is described as the "emotional residue of exposures to working with the suffering." Volunteers who work in health care are said to be particularly vulnerable. There are some who find compassion and caring for others as spiritually and intellectually nourishing and gain strength and wisdom from helping activities. If compassion is nourishing and natural to some, why do others burn out? I believe that it's not the load we carry that weighs us down, but the way that we carry it and our expectations around it.

Here are some self-care recommendations for our volunteers at Capital Health:

**Keep your expectations realistic:** Life is stressful. Know that while you can't always see the big picture and anticipate all of the effects your work has, everything you do matters. We can only perform to the best of our ability and remember that every small act of kindness matters.

**Identify what nourishes you:** We are volunteers because we want to help others, but we also need time to enjoy a good book, a cup of tea, watching movies, a sunrise (or sunset), or taking a class to learn something new. Albert Schweitzer wrote, "Until we extend the circle of compassion to all living things, we will not find peace." If we leave ourselves out of that circle, we are headed for burnout.

**Support each other:** Sharing a patient's suffering, illness, happiness, or their final journey requires a special kind of courage and can take its toll on the very best of us. Fortunately, there are others who are here for you—at department functions, in-services, at the cafeteria for lunch, or just a gathering at the Volunteer Services office for a chat to share your experiences with fellow volunteers. We are the best support network for each other, and you all also know where to find me.

**Diet, sleep, and exercise:** Take care of your body. The better physical care you give your body, the more useful you are to others! It can be tempting to focus on the negatives or suffer from a fear of missing out, but try to remember that real joy comes from focusing on the positives of health and what we gain through living well.

Have a happy and healthy spring!



*Dipti Padliya*

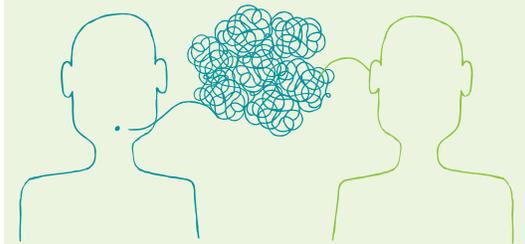
Manager, Volunteer Services

609.537.6073 ■ [dpadliya@capitalhealth.org](mailto:dpadliya@capitalhealth.org)

“Communication is a skill that you can learn. It’s like riding a bicycle or typing. If you’re willing to work at it, you can rapidly improve the quality of every part of your life.” — Brian Tracy

Communication is the process of relaying information from one person or group of people to another. It is the sharing of thoughts, ideas, opinions, and information among individuals via writing, gestures, or speech. For communication to be effective, the message needs to be clearly delivered, received, and understood among all parties. In addition to clarity, it is also important to understand the intentions and emotions behind the message. When mastered, effective communication can help alleviate misunderstanding, resolve differences, strengthen personal and business relationships, and enhance collaboration among coworkers. In the health care setting, effective communication is important because it allows the health care team to better understand their patients’ symptoms and prevent miscommunication that can negatively impact patient care. It also allows patients to ask

questions about their conditions and treatment plans, which leads to improved patient outcomes and patient satisfaction. Communicating effectively also promotes work efficiency, teamwork, and job satisfaction among employees. For the Capital Health Auxiliary, communication between hospital staff and volunteers is vital to ensure that we are working together to meet the needs of our patients. Also, by effectively conveying our mission to others we can gain the support we need to successfully run our service programs. It is my hope that through open dialogue, mutual respect for our coworkers, and better understanding of our mission that we can spark the power of collaboration and unite like-minded, compassionate individuals in providing services that can be life-changing for our patients.



### SKILLS THAT CAN HELP YOU BE AN EFFECTIVE COMMUNICATOR:

- Listen to others without interruption.
- Avoid negative body language.
- Maintain eye contact and stay focused on the conversation.
- Take control of emotion and stress. Do not become angry or judgmental.
- Be empathetic and understanding with others.
- Be willing to compromise.



Sincerely,  
*Donna Costanzo*  
Auxiliary President  
908.513.4575 ■ donna1116@comcast.net  
capitalhealth.org/auxiliary



Capital Health Volunteers  
are the KEY to our success!

You're invited to an afternoon  
honoring our amazing volunteers!

## VOLUNTEER APPRECIATION LUNCHEON

Friday, May 10, 2019 ✦ 11 a.m. to 3 p.m.

**LOCATION:** NJ PURE Conference Room  
Capital Health Medical Center – Hopewell, Pennington, NJ

Please RSVP no later than April 19, 2019.



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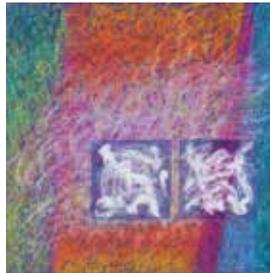
**REMEMBERING NORMA JEAN:**

**A Retrospective of the Works of Norma Jean (NJ) DeVico — Jane Zamost**

I had the great pleasure of meeting Norma Jean (NJ) DeVico when we were both exhibiting our art in the 2017 “Healing Art Stories” show. During a conversation when the show traveled to Bristol-Myers Squibb, NJ asked me, “Are you one of those artists who has all their art leaning against your studio wall?” I chuckled at her query, nodded yes, and so began our brief but special friendship as marketing buddies. To say that NJ was inspirational is an understatement. She had more energy than most – even during cancer treatments, side effects and everything in between, NJ was busily marketing her works and encouraging me to do the same.

Her exciting artwork and infectious spirit are the reasons we brought “REMEMBERING NORMA JEAN: A Retrospective of the Works of Norma Jean (NJ) DeVico” to Capital Health – our very first show displaying one artist.

On Thursday, April 4, 2019, from 6 to 7:30 PM, our opening reception will feature 60 pieces showing NJ’s artistic talents, writing wit, and one-of-a-kind humor. A special performance by The Roxey Ballet will pay tribute to the life and works of Norma Jean DeVico.



*“I have leukemia and I’m happier than when I was healthy. I value every day more than if I thought I’d have a million more. Plus, my art satisfies me. It’s what I was always supposed to be doing.”* These words personify the rare and wonderful NJ we were fortunate to have in our lives. I think we all need to heed the wisdom of Norma Jean DeVico.

Norma Jean’s estate will soon be graciously donating a beautiful piece of her art for all to enjoy on the

walls of Capital Health Regional Medical Center.



**Holiday Concert**

The Trenton Brass Quintet Plus One wowed attendees at the Capital Health Holiday Concert on Friday, December 21, 2018. This premier

music ensemble is led by volunteer extraordinaire Karl Megules, who enchants our hospital weekly on piano. Musicians included Craig Levesque on French horn, Ed Hirschman and Charles Megules on trumpet, Peter Reichlin on trombone, Lennie Pucciatti on percussion, and ensemble leader Karl Megules on tuba. Provided free of charge to Capital Health by an anonymous donor, this holiday concert will be presented again on December 12, 2019.



**Tribute to Martin Luther King Jr.**

The Chamber Group Musicians, led by Bing-Bing Chang, delighted us with an inspiring tribute to Martin Luther King Jr. on Thursday, January 24, 2019. Musicians included Anita Liu on clarinet, Li-Shan Wu on violin, Kyson F. Zhou on piano and violin, and leader Bing-Bing Chang on piano.

## TOY DONATION AT FAMILY HEALTH CENTER —

Donna Costanzo



Children receiving care at the Family Health Center in Trenton will now have something to smile about! There are now two free-standing activity cubes for the waiting areas of both the Prenatal and Pediatric clinics, made possible through a generous donation from the “Nick and Jim Friends in Heaven” Foundation as well as donations from Michele Friedman, Michele’s Family & Friends, and the Pontani Family (owners of Trent Jewelers in Hamilton). In addition to the activity cubes, other toys, books and activity packs were purchased to stock Capital Health Auxiliary’s Toy Closet at the clinic. We are grateful to our generous benefactors for their support of Auxiliary programs. Their kindness has brought much joy to our pediatric patients!

*(Pictured, left to right) Maryann Babice, representative from “Nick & Jim Friends in Heaven” Foundation; Donna Costanzo, Auxiliary President; Benjamin Friedman, donor; Mary Reed, Auxiliary Toy Closet co-chair; Debra Rocuzzo, APN, Pediatric Clinic; Krista Baradziej, Clinical Manager, Healthstart Clinic; and Janet Scammell, Auxiliary Toy Closet co-chair.*

## 15<sup>TH</sup> ANNUAL SHADOW PROGRAM FOR RIDER UNIVERSITY STUDENTS

— Dipti Padliya

The Rider University Shadow Program is one of my favorite programs at Capital Health. One of the things I like best about the program is that although it is short, it is very comprehensive. Rider students began their 15th annual shadow day with a full day of orientation led by Chief Medical Officer Dr. Eugene McMahon, followed by a 10-day rotation program with multiple departments. This year, the students learned what it’s like to work in a number of departments, including Trauma (RMC), Radiology, OB/Maternity (Hopewell), Emergency Department (both hospitals), MICU, Cardiology (RMC), and others. Thanks to all the staff at Capital Health for their support in making this program such a success!



**Here’s what some Rider students had to say about their experiences at Hopewell and RMC:**

### **Kiana Ferguson**

I was graciously accepted by a physician assistant to observe during her rounds. She introduced me to several of her patients and thoroughly described the health history of her patients as well as treatment methods. The medical terminology they used in the department was new to me and I ended up asking too many questions, which the staff so patiently answered. I also had the opportunity to better understand the purpose of dialysis and the IR equipment. My experience here taught me a lot of different things at the various departments and primarily motivated me to learn the medical terminology earlier than I think I needed to so that I am better prepared for the future.

**Alejandra Martinez**

One of my best experiences here was to ride along with the paramedics on the MICU. They were so lovely and inspiring during everything they did on the ride. They took me under their wing. They got me involved and helped me learn key features of paramedic training. The most important thing I learned was RACE – a method designed to assess a stroke. We went on a couple of calls and it was a great learning experience as I saw paramedics actually using RACE on one of the calls we went to. By far, this was one of my most memorable and favorite experiences here.

**Victoria Minneci**

I had the opportunity to visit the OR at Hopewell and it was such a great day. The nursing staff was very supportive and guided me through the day that helped me learn so much during the OR observation. I was so amazed seeing how organized an OR really is, and it totally baffled me when I actually saw the number of times the sterile procedure tools are counted and tracked! I am really sad that this program has come to an end, but I am really grateful for all the interesting things I have seen and learned which I experienced only because of my time at Capital Health through this program.

**Brea Rivera**

I would like to share my experience at Labor & Delivery. I had the opportunity to see two C-sections – it was such a unique and memorable experience! I actually teared up a little bit, because I witnessed the birth of a child and it was such a beautiful thing. As soon as the babies were born, they were taken to the nurse who then made sure that all was okay with them. I am back in school now but my time at the hospital was so enlightening that being a gynecologist is now on my top of my list of potential career options. Thank you for this wonderful learning experience!

**Morgan Siz**

I had the opportunity to observe at the Labor and Delivery unit. As soon as I reported to the unit, I was greeted warmly by the nurses and they quickly showed me the locker rooms and had me ready for my day ahead. I got the opportunity to see three deliveries. What amazed me was seeing how perfectly every member in the team worked – it was like seeing a well-oiled machine in action. Every member on the unit knew his/her role and performed it with the most sincerity. I am grateful for this wonderful opportunity through this program.

**Alexandria Poole**

I spent one of my days watching two surgeries, and as I was watching, I got to see how much is needed to prep for a surgery. I was truly amazed at how much the human body could endure and recover from! I was very happy that I was able to observe the surgery up close and personal. I always wanted to be a surgeon but being at the OR definitely reassured me about my career path.

**Annabella Opoku**

I would like to share my experience about my day at the Wound Care/Hyperbaric Center at Hopewell. As I reported to the unit in the morning, I was greeted by the nurses and the doctors and as there were no patients yet, I got to tour the place and understand the working of the department before they went into action. I didn't expect this, but it was one of my best days of observation in the program. I really enjoyed being with the staff and the doctors there and bonded over our common interest in infectious diseases. I am very thankful to the nurses and the doctors for a great learning day.



## VOLUNTEER BIRTHDAYS and OASIS SPA COUPON



### January Birthdays

Chris Butrym..... 1/4  
 Maria Lyettefi..... 1/8  
 Patricia Hobson..... 1/9  
 Richard Scheetz ..... 1/9  
 David Bohn..... 1/10  
 Marcia Weigle ..... 1/10  
 Jack Fischman ..... 1/11  
 Rachel Komosinsky ..... 1/12  
 Laura McLester..... 1/14  
 Megan Timbie..... 1/15  
 Delfina D'Alesio ..... 1/18  
 Susan Kane ..... 1/23  
 John Lawrie ..... 1/24  
 Joan Gering ..... 1/31

### February Birthdays

Judy Giordano ..... 2/2  
 Tina Yurcho..... 2/4  
 Clare Baxter..... 2/5

Lisa Mullaghy ..... 2/9  
 Marlene Brim..... 2/12  
 Ruthann Perry..... 2/12  
 Luanne Van de Velde..... 2/13  
 Madeline Galinat ..... 2/14  
 Sonja Arevalo ..... 2/16  
 Robert Raysor..... 2/17  
 Lisa Sivy ..... 2/17  
 Rosemarie Hunninghake 2/19  
 Lauren LoVerde ..... 2/21  
 Tanushi Upadhyay..... 2/21  
 Debra Pascale ..... 2/22  
 Melissa Darmiento..... 2/23  
 Susan Smith..... 2/27  
 Komal Khan ..... 2/29

### March Birthdays

Donna Powlish ..... 3/2  
 Gayle Bruno ..... 3/3  
 Jerrilyn Brackett ..... 3/6

Barbara Brennfleck ..... 3/6  
 Nancy Chappel ..... 3/7  
 Bonny Kelter..... 3/7  
 Sharyn Johnson..... 3/8  
 Victoria Locane ..... 3/9  
 Susan Alston..... 3/10  
 Anne Humes..... 3/19  
 Shirley Larkin ..... 3/24  
 Ahmed Grier ..... 3/25  
 Harriet Jenkins ..... 3/25  
 Stephanie Ryan ..... 3/28  
 Angie Zimnes ..... 3/29  
 Jean Baxter ..... 3/30  
 Maurice Sims..... 3/31

### Happy Birthday to our canine volunteers too!!

Ava ..... 1/1  
 Gibbs ..... 2/2  
 Rascal ..... 3/30



  
**SALON & WELLNESS SPA**

## Calling all VOLUNTEERS!

**April 23 & 24 from 3-6pm  
 (Tuesday and Wednesday)**

Enjoy an exfoliating scrub with relaxing hand and arm massage and a basic manicure.

Ladies-choose your favorite color polish.  
 Gentleman-choose a buff shine or clear coat.

**For a special price of only \$16.**

Just show your badge when you check in!

**609.537.6544 • [oasisspahopewell.com](http://oasisspahopewell.com)**

**APRIL**

**4, REMEMBERING**

**NORMA JEAN RETROSPECTIVE:**

Opening Reception, Hopewell - Investors Bank Art & Healing Gallery 6 - 7:30 p.m.

**7-13, VOLUNTEER WEEK:**

Volunteer Services Office at RMC & Hopewell

**12, ANNUAL AUXILIARY LUNCHEON:**

Hopewell – NJ PURE Conference Center  
11 a.m. – 2 p.m.

**17, COOKIES FOR STAFF APPRECIATION:**

RMC – 3 Front North  
3 – 5 p.m.

**26, DESIGNER BAG BINGO:**

Union Fire Station, Titusville, NJ;  
doors open at 5:30 p.m., game starts at 7 p.m.

**MAY**

**10, ANNUAL VOLUNTEER APPRECIATION LUNCHEON:**

Hopewell – NJ PURE Conference Center  
11 a.m. – 3 p.m.

**22, TREE OF LIGHTS LIVING MEMORIAL CEREMONY:**

Hopewell – CHAI Healing Gardens  
4:30 – 5:30 p.m.

**JUNE**

**10, ANTIQUE APPRAISAL LUNCHEON:**

Hopewell – NJ PURE Conference Center  
11 a.m. – 3 p.m.

**JULY**

**SUMMER JUNIOR VOLUNTEER PROGRAM STARTS.**

**OCTOBER**

**4, AUXILIARY FASHION SHOW HONORING NICU:**

Hopewell – NJ PURE Conference Center  
doors open 5:30 p.m., show begins 6:30 p.m.



**AUXILIARY WELCOMES JUNIOR BOARD MEMBERS —  
Donna Costanzo**

In October 2018, the Hopewell Valley Board of Education approved a proposal submitted by Central High School students Nicholas Costanzo and Frankie Butrym to start a new club in support of Auxiliary initiatives. Since the inception of the CHATS (Capital Health Auxiliary Teen Sponsors) Club, members have supported the Auxiliary by serving as elves for our Toy Closet visit with Santa in December; hosting a book drive that collected more than 500 books for children receiving care at the Family Health Center in Trenton; and serving as volunteers for our Tree of Lights Ceremony and Tales for Tiny Tots Literacy Program. We're thrilled to have these talented and compassionate young teens as Junior Board members and welcome them to our family!

## SOS TEAM AT VOLUNTEER SERVICES

When Volunteer Services was asked to pitch in for a big project (filling 450 giveaway bags for the Cancer Center and Colorectal Cancer Awareness Month), we sent out an email call for help to our volunteers. A ready group responded in no time, inspiring us to create the SOS Team, which is always willing to take on ad hoc projects such as this. We expected to need a week to fill all the giveaway bags, but our volunteers had it done in a day. A big thank you to our SOS Team for all the support and help!

If you are interested in becoming part of this team, please email us at [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).



Rita Kravitz, Kate Blizzard, Nora Harker, Madeline Galinat, and Sandy Furness.

## SHARE YOUR TALENTS

Attention Volunteers! Would you like to see your artwork, photography, or a poem or short story about your experiences at Capital Health featured in the Volunteer Newsletter? We'd love to share your talents with others! Also, if you have been featured in a newspaper or some other media for your volunteer work or any achievements, please let us know—we would love to share it with our readers. Drop off your creative pieces in our office or send them to Dipti Padlya, manager of Volunteer Services, at [dpadliya@capitalhealth.org](mailto:dpadliya@capitalhealth.org). Thank you!

# CAPITAL THRIFT



## A GRAND OPENING FOR CAPITAL THRIFT

Capital Health President & CEO Al Maghazeh and other members of senior management joined the Capital Health Auxiliary for a ribbon-cutting ceremony that marked the grand opening of Capital Thrift, the Auxiliary's new thrift store that benefits health and educational programs at Capital Health.

Purchases may be made with cash or credit card (Visa & Master Cards only—no debit cards). Donations may be dropped off during store hours. For more information, call 609.882.4717 or search for Capital Thrift NJ on Facebook.

**STORE HOURS:** Wednesday, Friday, Saturday/10 a.m. to 2 p.m.

First and third Sunday of each month/12 p.m. to 4 p.m. · First Monday of each month/4 p.m. to 7 p.m.

**LOCATION:** 2783 Brunswick Pike [Rt. 1 South] · Lawrenceville, NJ

# ANTIQUES & COLLECTIBLE APPRAISAL LUNCHEON

Sponsored by the Capital Health Auxiliary's Children's House Committee. All proceeds benefit grants for pediatric health and educational programs at Capital Health.

**Monday, June 10, 2019 | 11 a.m. – 3 p.m. | ADMISSION \$30**

**Capital Health Medical Center – Hopewell**

**NJ PURE Conference Center, One Capital Way, Pennington, NJ 08534**

**Admission includes buffet lunch, dessert, beverages and appraisal of ONE item.**

Space is limited! Pre-registration is required as well as submission of photo of item being appraised and a provenance sheet. Please contact **Donna Costanzo** at [dcostanzo@capitalhealth.org](mailto:dcostanzo@capitalhealth.org) to register. **RSVP by May 13, 2019.**

*Portable items only — no weapons.*

## FEATURING

**TOM RAGO** — Tom has 30+ years of antique and collectible experience. He is an affiliate of David Rago in Lambertville and Lawrenceville Vintage Treasures. He specializes in local ephemera, American pottery and coins and currency.

**DONNA RAGO** — Donna has 25+ years of antique and collectible experience. She is an affiliate of Lawrenceville Vintage Treasures. She specializes in jewelry, women's accessories and china and glassware.

**TOM MARTIN** — Tom has 45+ years of antique and collectible experience. He managed People's Store in Lambertville and serves as a consultant for Rago. He specializes in general antique appraisals, including carpets, pottery, artwork, glassware and furniture.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Number Attending: \_\_\_\_\_ Amount: \$ \_\_\_\_\_ *Payment is due with reservation. Make checks payable to the Capital Health Auxiliary, mail to Capital Health Medical Center Hopewell, c/o volunteer services, One Capital Way, Pennington NJ 08534*

ITEM IDENTIFICATION\* (ie. watch, clock) \_\_\_\_\_

When item was procured \_\_\_\_\_ Where item was procured \_\_\_\_\_

If purchased what was the cost of item \_\_\_\_\_

List any identifying marks or signature on item (ie. 14k, artist or author signature) \_\_\_\_\_

Is there any pertinent history or story associated with the item?

\_\_\_\_\_



**capitahealth**

\*PLEASE SUBMIT A PHOTO OF ITEM

SPRING 2019 { 11 }

## AUXILIARY SPONSORSHIPS

The Auxiliary is proud to support our medical staff as well as the educational and health initiatives Capital Health offers to enrich our patients and the communities we serve.



### 2018 Grant Sponsorships

**\$2,000** to support Arts & Healing programs

**\$2,000** in support of the Green Oasis Project for the Inpatient Mental Health Unit at RMC

**\$2,000** to support the Art Cart Program

**\$2,000** to support the Capital Health Family Health Center Farmers Market

**\$10,500** in support of Cancer Center programs

**\$4,000** in support of Auxiliary Service Projects (Kitty's Closet, Trenton Health Center, Toy Closet, Mobile Book Cart)

### Homemade Cards from Bank of America Deliver Holiday Cheer

As part of their Hearts for Holidays Campaign, Bank of America donated 340 cards that were handmade by employees. Jasmine Li, Rashi Tripathi, Linda J. Masick and Sha Hua delivered the cards on behalf of Bank of America to Capital Health's Jeremye Cohen, director of Planning and Business Development. These cards were distributed to nursing stations at Capital Health Regional Medical Center and Capital Health Medical Center – Hopewell to be given to patients at both hospitals during the holiday season to bring some healing holiday cheer. The staff also sent in 150 handmade cards this Valentine Day wishing patients a lovely day. Thank you for such lovely cards!



## COOKIE PROGRAM/ANNUAL LUNCHEON



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!



You are cordially invited to the

**ANNUAL SPRING LUNCHEON MEETING** of the Capital Health Auxiliary

**FRIDAY, APRIL 12, 2019**

Business Meeting 11 AM

Guest Speaker

Luncheon 12 PM

**LOCATION:**

NJ PURE Conference Center

Capital Health Medical Center – Hopewell, Pennington, NJ

Please R.S.V.P. No later than April 8, 2019

Cost: \$ 25 per person – checks made payable to CH Auxiliary

Mrs. Carol Flanders, Capital Health Auxiliary, One Capital Way, Pennington, NJ 08534

609.882.4915

### 1895 – Present

#### Volunteer Spirit is Alive and Well at Capital Thrift

In December 2018, the Capital Health Auxiliary celebrated the grand opening of Capital Thrift, a thrift shop in Lawrenceville, NJ that benefits health and educational programs at Capital Health. Although the store is new, the community spirit that drives this effort can trace its roots back to 1958 and an enterprise known as Mercer Mart, Capital Health's original thrift shop.

"Mercer Mart was a mainstay in the city of Trenton for 46 years until its closing in 2004," said Donna Costanzo, president of the Capital Health Auxiliary. "Inspired by the dedication of the original founders and volunteers at the Mart—many of whom helped run the store from start to finish—we look forward to improving the community and continuing to support the many great programs at Capital Health."



### IN MEMORIAM

#### Clifford Gapco

It is with deepest regret and great sadness that we announce the passing of Clifford Gapco, our pet therapy volunteer. He passed away Saturday, January 29, 2019 after battling pancreatic cancer.

Mr. Gapco and his dog Sophie volunteered at Capital Health for two years and brought countless smiles to patients and employees at Hopewell and RMC.

This is truly a great loss to our hospital and to our community as a whole—Mr. Gapco will be profoundly missed!

#### Mildred Quinones

It is with deepest regret and great sadness that we announce the passing of our volunteer Mildred Quinones. She suffered a stroke and passed away at Capital Health Regional Medical Center (RMC) on Tuesday, March 12, 2019.

Millie (as she was lovingly called) retired as an employee of RMC and later joined us to be a volunteer at the same campus. She served more than 28 years as a volunteer in the Short Stay Unit and on Outerbridge 2. Millie was always pleasant and willing to help out wherever (and whenever) she was needed, walking the four blocks from her apartment to RMC in all weather to volunteer at RMC. Always cheerful, she will be greatly missed by us all.





# DESIGNER BAG BINGO

Picture is only a representation, not an actual prize.

**FRIDAY, April 26, 2019**

Union Fire Company and Rescue Squad  
1396 River Road, Titusville, NJ 08560

**Benefits the CAPITAL HEALTH AUXILIARY**  
Doors open at 5:30 p.m. First game at 7 p.m.

**COST OF ADMISSION \$30**

Dessert, coffee, and tea will be served.

**FOR TICKETS**

Contact Jami Szafranski via e-mail  
at [jamiszafranski@yahoo.com](mailto:jamiszafranski@yahoo.com)

No one under 18 years old permitted.



## Help Wanted

For information about Capital Health volunteer openings or our programs, please e-mail [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org) or call 609.303.4023.



### VOLUNTEER PROGRAMS

- Junior Volunteers Program (15 – 18)
- Adult Volunteers
- Pet Therapy Program
- Knitters
- Bumper T Caring 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

- Bumper T Caring Clowns
- Office Support Assistant
- Computer Support Assistant

#### Capital Health Medical Center – Hopewell

- Wayfinder
- Office Support Assistant
- Bumper T Caring Clowns
- Computer Support Assistant

#### Capital Thrift, 2783 Brunswick Pike (Rt. 1 South), Lawrenceville, NJ 08648)

- Thrift Store Volunteers

### OTHER WAYS TO GET INVOLVED

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

