



Volunteer Services Newsletter

WINTER 2021



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A MESSAGE FROM Stacy A. Denton, Auxiliary President



Happy New Year,

Welcome to the Winter 2022 edition of the Auxiliary. During the months of September through November in 2021, members of the Auxiliary and volunteers supported the community and the patients of Capital Health by participating in many events and community outreach services. We also collaborated with a number of organizations and individuals to help expand our reach.

In this edition of the newsletter, we will share the great accomplishments of our committees, the implementation of new programs, and the celebration of our three-year anniversary for Capital Thrift. And although we were unable to host a live ceremony this year due to COVID-19 restrictions, a highlight of the Auxiliary's Tree of Lights 2021 Memorial is also included. We dedicate this edition of the newsletter to our members, volunteers and families who lost loved ones due to the pandemic.

As we focus on our service and commitment to Capital Health, let us continue to work collaboratively to further the goals of our beloved Auxiliary. Thank you for your patience and understanding as we prayerfully consider when and how to safely resume in-person programs and operations. Please continue to stay safe, and may God bless you all!



Blessings and love,

Stacy A. Denton

Auxiliary President
609.570.3132 ■ dentons@mccc.edu
capitalhealth.org/auxiliary

A LETTER FROM Dipti Padliya, Manager, Volunteer Services

Dear Volunteers,

I hope that everyone is in the best of health as we jump into the New Year.

I am happy to reach out to you all in our winter edition of the newsletter. The past year has brought with it a lot of ups and downs—we are still not out of the woods in terms of the pandemic—but we look forward to better times. With caution, we have started many of our volunteer positions with many departments and have explored and started new positions to help our staff and patients. Among the newest are the Nurse Unit Volunteer and the Patient Tower Liaison.

Our office volunteers have been working hard on interesting new tasks as we continue to collaborate with new departments. Our offsite volunteers are excited to be part of the Rainbow Baby Project and love the idea of celebrating these special newborns. Special thanks to Diane Hasili and Joyce Merrigan for sharing their appreciation for our volunteers in this edition of our newsletter. Our Art Carts and Book Carts are operational at both hospitals now, and I hope to continue this path as we advance farther into the New Year.

In spite of the restrictions and challenges that come with the pandemic, Auxiliary board members and volunteers have worked hard to make sure that the projects for the patients continued. I am very grateful for the entire team and the leadership of Stacy Denton for ensuring the success of these projects.

Lastly, I would like to thank all of our volunteers (adult and juniors) for your continued support of our hospital staff and patients.



Best Regards,

Dipti Padliya

Manager, Volunteer Services

609.537.6073 ■ dpadliya@capitalhealth.org



*It's not for money, it's not for fame,
It's not for any personal gain,
It's just for love of fellow man,
It's just to give a helping hand.
It's your reward in your heart,
It's a feeling that you've been a part,
Of helping others far and near.
That makes you want to
VOLUNTEER.*

AUXILIARY MOBILE LIBRARY



The Mobile Library, now in its fourth year, allows patients to choose a new or gently used book to borrow or take home.

Despite the challenges of COVID-19 restrictions, the Mobile Library was one of the Auxiliary service programs that was able to run on a limited basis at both Capital Health Medical Center – Hopewell and Capital Health Regional Medical Center. Special thanks to Volunteer Services and all of our amazing volunteers who made this possible!

Behind the scenes, our CHATS (Capital Health Auxiliary Teen Sponsors) Club from Hopewell Valley Central High School labeled books and our hospital volunteers made books available for patient distribution. The Auxiliary sponsored the purchase of new bilingual books as well as puzzle and activity books. Brand new children’s books were also donated by community organizations and neighbors. We are grateful for the efforts of everyone involved in helping to keep our Mobile Library running during the pandemic.

If you are interested in supporting this program, please contact Mary Reed, our program coordinator, at marye.reed@verizon.net. Gently used books and monetary contributions are always welcome.

COOKIE PROGRAM



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 Center and Radiation Oncology. 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 Capital Health family to continue their generous contributions to the program.

We need prepackaged cookies, granola bars, individual snack-size boxes of raisins, and individual snack-size bags of pretzels, and Goldfish snacks. **Please note that we cannot accept peanut products due to allergy concerns.**

Donations may be delivered to the Volunteer Services Office at Capital Health Medical Center – Hopewell. If sending cookie donations by Amazon delivery, **please be sure to include your name and address** and send to Capital Health Auxiliary, c/o Volunteer Services, One Capital Way, Pennington NJ 08534. 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!



THANKS

Without the effort of our amazing Capital Health volunteers, the Cancer Center wouldn't have been able to accomplish all that it has. We wish to acknowledge your unwavering dedication and support, especially during COVID-19. Volunteers serve an important role in fulfilling our mission and you are making a difference in the fight against cancer—for our patients and their families, our friends, and our community.

While some tasks may seem small and mundane, they are vitally important. Thanks to the hundreds of grocery bags you stuffed for Hope is in the Bag, 500 more people will learn about our outstanding Cancer Center. It may also be what prompts a woman to schedule her long overdue mammogram or encourage someone to understand and reduce their risk of cancer.

With cancer, early detection and education matter. From September through November, we take part in national observances to raise awareness of prostate, ovarian, gynecologic, breast, liver, lung, and pancreas cancer. Your efforts in assembling materials enables us to host informational events to educate employees and perform community outreach for different segments of the population.

Your help in making nearly 3,500 colorful lapel ribbons this year not only created visual reminders of our commitment in the fight against cancer, but also propels us to do more for every patient who walks through our doors. For patients, the ribbons are symbols of their inner strength and determination and reminders that they not alone.

Words cannot adequately express the depth of our gratitude. You are magnificent and the reason we have achieved so many milestones. While the impact of your contributions may not be measurable, please know that your efforts are having a positive impact on the lives of many. We tip our hats to you!

— Diane Hasili, Oncology Marketing Specialist,
Capital Health Cancer Center



DESIGNER BAG BINGO

FRIDAY, MAY 13, 2022

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

No one under 18 years old permitted.

Picture is only a representation, not an actual prize.

CAPITAL THRIFT



Make a Difference by Shopping at Capital Thrift

Capital Thrift, the Auxiliary's thrift store, benefits health and educational programs at Capital Health. Stop by to shop for your clothing, housewares, and accessory needs. Purchases may be made with cash or credit card (Visa and Mastercard 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: Thursday to Saturday 10 a.m. to 2 p.m. Sunday 12 to 4 p.m.

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

If you are interested in joining our amazing thrift store team, please visit capitalhealth.org/thrift to complete an online application. You can also contact the Volunteer Services department between 8 a.m. and 4:30 p.m., Monday through Friday, or by calling 609.303.4023 or emailing us at volunteer@capitalhealth.org.

AUXILIARY SPONSORSHIPS

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

2021 Auxiliary Service Projects & Grant Sponsorships (totaling \$69,000)

\$2,000 – in support of the Family Medicine Department's Patient Teaching iPad Program and teaching microscope for Resident Training Program.

\$2,000 – in support of the NICU's Teddy Bears for NICU Moms Program

\$2,000 – in support of Volunteer Services programs

\$2,000 – in support of Cardio-Pulmonary Rehab's Peripheral Artery Disease Rehab Program

\$2,000 – in support of Bristol Myers Squibb Trauma Center's Stop the Bleed Program

\$25,000 pledge – in support of the Capital Campaign for the Cancer Center

\$34,000 – in support of Auxiliary service projects (Care Packs for Kids, Mobile Library, Tales for Tiny Tots, Toy Closet, CHATS Club, Farmers Market, Clothes4Change, Mental Health, Memorial Garden)

The Capital Health Auxiliary hosted its 4th Annual Farmers Market season in 2021, with the first of six markets starting on July 1, 2021. Once again, we partnered with Rolling Harvest Food Rescue, who went above and beyond in procuring our produce selection from local farmers.

Due to COVID-19 restrictions, we adapted our market to a two-day process for packing and distribution. On our packing day, our team of volunteers met at Gravity Hill Farm in Titusville, New Jersey and used their outdoor packing shed to assemble 100 bags, each filled with the freshest vegetables, fruits, and greens as well as a dozen organic eggs. The bags were then stored overnight in walk-in refrigerators. The next morning, on distribution day, Rolling Harvest delivered the bags to the Capital Health Family Health Center at 433 Bellevue Avenue in Trenton. The Auxiliary was present to receive the bags and spent the day distributing them to overjoyed patients who have little to no access to fresh produce. Bags were given to patients who received a voucher from their health care provider.

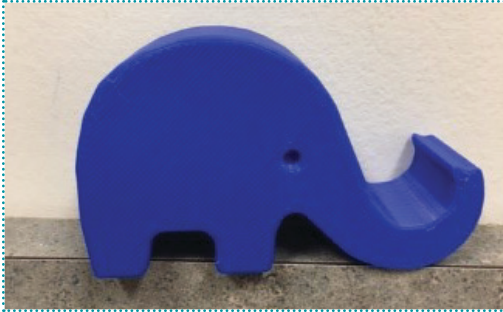
Looking ahead to next year, we are planning to host another six markets. These market distributions are not possible without VOLUNTEERS. Thank you to everyone who has helped support this program!

If you are interested in getting involved with the Farmers Market Program for the 2022 season, please contact Sue Cammarano at suzycam@aol.com.



DONATIONS – JUNIOR AND ADULT VOLUNTEERS

For the past two years, we have not been able to welcome our Junior volunteers into our facilities, but that has not dampened their spirits. They have supported us through curbside volunteering with beautiful handmade or store-bought donations that have greatly enhanced many patient stays at Capital Health. We thank them all for their acts of kindness!



Nicholas Bailey created wonderful cell phone and tablet holders for patients using his 3D printer at home.



Valentine's Day Celebration

We were able to send handmade Valentine Day cards on meal trays to all inpatients at both campuses. The cards were made by local Girl Scouts Troop #70674 and Juniors Volunteers Farah Nisar, Willow Grinaldi, Kelsey O'Neil, Saarim Rizavi, Grace Sawicki, Emily Sawicki, Christopher Sawicki, Hannah Tuler and Bhavana Thelakkat.



Anti-Ouch Pouch Pillows

Caitlin McCarthy donated 100 handmade anti-ouch pouches and port pillows for patients at our Cancer Center as part of her Gold Award Girl Scout Project. These pillows help protect their ports and incisions are greatly appreciated by our patients.



Rainbow Project

Junior and adult volunteers came together virtually to knit and prepare items to be given to the families welcoming their rainbow babies at Capital Health. Junior volunteers helped with the rainbow magnets and key charms, while our adult knitters helped create beautiful baby blankets and hats.



Quilt and Stuffed Animal Donation

We received beautifully handmade toddler quilts with stuffed animals from Turtle Creek Quilters Guild. Meg Heineman coordinated and delivered these wonderful quilts to us, which were then sent to the clinic at the Family Health Center in Trenton and the Pediatric Emergency Room at Capital Health Medical Center – Hopewell.



Holiday Goodie Bags Donation

We received a wonderful donation from a group of young students who collected and packed 200 goodie bags for our patients at both hospitals and the clinic at the Family Health Center in Trenton. The bags had a mix of coloring books, puzzles, and holiday socks. We would like to thank Madeline Den Ouden and Kenley Souffrant (in the picture) for their generous donation.

To the Capital Health Auxiliary and Volunteers

Please accept our deepest gratitude for your time, talents, and contributions throughout this unprecedented year. We are so grateful and so proud of what you have accomplished. Whether it was a small or large act of service, you did it with grace, fortitude and creativity.

You are what makes this Auxiliary so special.



CAPITAL HEALTH AUXILIARY TOY CLOSET



The Pediatric Toy Closet program began during the spring of 2017 with the goal of making a child's visit to the hospital less traumatic and a more positive experience. Since the start of this program, hundreds of children have received new toys, books, games, and crafts to help to ease their anxiety during their stays with us.

Due to COVID-19 restrictions, the Auxiliary has found a creative way to keep this project running. Currently,

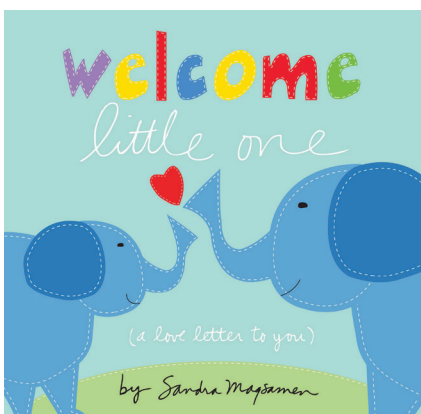
boxes of toys are packed monthly at an offsite storage area, then delivered to the hospital for distribution to patients being treated in the Pediatric Emergency Department and Ambulatory Care at Capital Health Medical Center - Hopewell, the Family Health Center and Capital Health Regional Medical Center in Trenton, and the satellite emergency department at Deborah Heart and Lung Center in Browns Mills. Special thanks to our Volunteer Services Department for overseeing the toy distribution for this program during the pandemic.

As part of the 2021 holiday season, the Auxiliary hosted its third annual Santa's visit at the Family Health Center on Bellevue Avenue in Trenton. Members of the CHATS Club from Hopewell Valley Central High School played Santa's elves, helping the Auxiliary hand out gifts to more than 100 toddlers, children, and their families.

The Toy Closet program is funded by the Auxiliary as well as personal and community donations. If you are interested in supporting this program, please reach out to Janet Scammell, our program coordinator, at jmiz39@aol.com to learn how you can help.

Thank you to those individuals, groups and organizations who have donated to this program and helped to put smiles on so many faces!

TALES FOR TINY TOTS LITERACY PROGRAM



The Capital Health Auxiliary introduced their Tales for Tiny Tots Literacy Program in 2018 to highlight the importance of parents talking and reading to their babies from infancy to encourage learning skills for life. Since then, nearly 7,000 copies of the book "I Will Talk to You Little One" have been distributed to parents delivering children at Capital Health! This year, the Auxiliary is sponsoring 3,000 copies of the book "Welcome Little One" (pictured) by author and artist Sandra Magsamen. The Auxiliary will give every baby born at Capital Health a copy of this book imprinted with their footprint as a keepsake and an introduction to the wonderful world of reading!



There are several colloquial terms used to describe the birth of a baby. The “sunshine” baby is the first baby born and survives. This baby symbolizes the joy of initial birth that is free of the trauma, anger, guilt, and grief that result from the loss of a baby to miscarriage, stillbirth or neonatal death.

The “angel” baby signifies the child that was born alive or “still” who has taken their place in heaven. When someone asks a woman, “how many children do you have?” she might say, “I have two living children and one angel baby in heaven.”

The “rainbow” baby is a child that is live born after an “angel” baby. The rainbow baby embodies the

beauty, brilliance and color that follows the darkness of a storm, signaling hope for brighter skies and the return of sunshine and joy. The birth of a rainbow baby brings about a cascade of emotions for the mother that may include joyfulness, reservation, panic, blame and sorrow as the experience involves the memory of the angel baby.

The Perinatal Bereavement Multidisciplinary Committee and the Maternity Services team at Capital Health Medical Center – Hopewell piloted the Rainbow Baby Program to help families who have experienced the loss of a child at or before birth in August 2020.

As part of the Rainbow Program, each family receives handmade mementos by our volunteers (knitters, adult and junior volunteers), including a baby blanket and hat in rainbow colors, rainbow magnets and rainbow keychains.

The members of the Perinatal Bereavement Multidisciplinary Committee are deeply grateful for the creativity, commitment, and passion of our Capital Health volunteers who provide these beautiful mementos for our Rainbow Baby families.

— Joyce Merrigan, Perinatal Bereavement Coordinator

THANK YOU TO OUR DONORS

Thanks to the Ewing Township Patriotic Committee for their donation of 110 stuffed animals and to the Pennington Presbyterian Church for donations of newborn and toddler clothing and toys as well as teen gifts to the Auxiliary’s Santa’s Visit Toy Distribution for patients at the Capital Health Family Health Center.

Special thanks to NJM for their generous donation of \$1,000 to benefit Auxiliary service projects! Our work would be impossible without your support!



TREE OF LIGHTS

The Tree of Lights at Capital Health Regional Medical Center and Capital Health Medical Center – Hopewell were illuminated and the names of those remembered or honored were displayed in the lobbies from December 7, 2021 through January 7, 2022.

A LIGHT HAS BEEN DEDICATED IN MEMORY OF THE FOLLOWING LOVED ONES:

Doris Aldino
 Joan Aldino
 *Joseph and Mary Aldino
 Elmer H. Aufschlag
 *Hildegarda Bader
 *Stephanie Bader
 John Barbieri
 Louis J. Benedetto
 *John Thurman Campbell
 Lynne Multop Caruso
 *Feroze Chenoy
 Anne Gloria Costanzo
 Donna Jean Costanzo
 Edward Vincent Costanzo
 Frances (Frannie) Crivelli
 Joe Csercsevits
 Mr. & Mrs. Vincent J. D'Adamo
 Jack de Grouchy
 Janet de Grouchy
 Bishop Cardinal Denton
 Collin Michael Denton
 Elio Di Bernardino

Gladys Dzwonek
 *Enourato Family
 Lydia Ernest
 Dr. Richard B. Ernest
 *Fabe Family
 Myrtle Field
 *Barbara Fordham
 Joan Fusco
 Marianne Fusco
 Joan Gering
 *Herbert L. Gettys
 Mary Gray
 *Randy Hagar
 Bette Gray Hance
 Donald Horton
 John Horton
 Robert Jaouen
 *Lola Kim
 *Michelle Kownacky
 Rita Kravitz
 Sheila Krolikowski
 Walter Krolikowski
 *Debbie Marks Lake
 *Mr. & Mrs. Lishary
 *Abbas Maghazehe

Frank Maira
 Mary Manhercz
 Stephen Melsky
 Charles J. Miller
 Louise Miller
 Robert Mizopalko
 William H. Multop
 Lucie Mumolie
 *Roshen Nakra
 *Yvonne Tran Nee
 Linda Ochsenbein
 Carole Oggero
 *Margaret Pallotti
 *Pallotti Family
 Donato Paternostro
 Dave Peaslee
 Lillian Peaslee
 *Leon Pensyl
 Lewis Petrone
 *Frances and John Praznoski
 Patty Reed
 Robert Reiss III
 Jimmy Roman
 *Rotondo Family



Nancy Sforza
 Peter Sforza
 *Sheetz Family
 Anne Smoliga
 *Julia Snyder
 *Russell Snyder
 Richard Stemhagen
 Dr. Patrice Trauffer
 Hannah Ubry
 Thelma Walsh
 Anne P. Whitley
 Graham T. Wilson
 Maryellen Wilson
 *Richard Wright
 Stephen J. Zudnak
 Wilma Zudnak

A LIGHT HAS BEEN DEDICATED IN HONOR OF THE FOLLOWING LOVED ONES:

All Auxiliary Members
 All Hospital Volunteers
 Charlotte Baldi

Lily Beck
 Tessa Beck
 Janet Corbin

Dr. William Costanzo
 Hannah Miller

Antoinette
 Paternostro

**Living Memorial Recipients*

These beloved volunteers will be sorely missed, but their light will shine on through the work they did and the lives they touched.



JOAN M. GERING

Joan dedicated her life to caring for others, working for years as a clinical nurse at Mercer Medical Center and after she retired as a volunteer at Capital Health Medical Center – Hopewell for almost 25 years. Joan donated more than 1,800 hours as a volunteer and was an invaluable member of the Auxiliary in many roles, including Auxiliary president.



BETTY GRAY HANCE

Betty served more than 2,000 hours as a volunteer at Capital Health Medical Center – Hopewell! Following her retirement from education after three decades as an elementary school teacher, Betty dedicated five years of valuable service doing volunteer work. She brought countless smiles to employees and patients at the hospital. She will be missed profoundly by all those whose lives she touched.



RITA KRAVITZ

Rita served in multiple roles in different hospital departments during her 30 years of service, assisting in several fundraisers and events. She was a valued member of the Auxiliary and was affectionately referred to as the “Pecan Lady.” Rita watched with pride as Capital Health grew over the years. She always felt that volunteering gave her a reason to wake up in the morning and stated that “all in all, it’s been a happy 30 years.” Rita was an inspiration to many and a true angel on Earth with her giving spirit.



NANCY KRIEGNAR

Nancy was born in Trenton and was a lifelong Mercer County resident. She traveled extensively throughout her life and loved to share stories from her adventures. Nancy was a lover of literature and libraries and a collector of souvenirs from around the world. Even during her battle with cancer, she loved and was committed to helping and giving back in every way she could. She never missed her scheduled time to volunteer even after her difficult chemo sessions. Nancy volunteered with us for more than five years and will always be missed and remembered for her commitment to giving back.



RICHARD SHEETZ

Richard spent 40 valuable years volunteering tirelessly in various ways to have a positive impact in the community, with a smile that would light up a room! Richard volunteered at Capital Health Medical Center – Hopewell for more than 9 years, ensuring that our mailroom ran smoothly. He will always be fondly remembered for his generous spirit and heart of gold.



NANCY M SMITH-OLSZEWSKI

Nancy resided in Lawrence for several years and touched many hearts and souls with her love and gentleness. An avid crocheter, she made more than 100 Afghan blankets for many patients at the hospital. We salute her time, effort, and kindness—may her soul rest in peace.



VOLUNTEER OPPORTUNITIES

Come and join our wonderful family of volunteers to help bring smiles to our patients! Applications are now be accepted online at capitalhealth.org/volunteers. Applicants must be 18 or older and be prepared to complete an interview, orientation, and training. Background checks and immunization requirements apply.

Current Volunteer Opportunities:

- ... Patient Tower Liaison
- ... Way Finders
- ... Nursing Unit Support
- ... Infusion Unit Support
- ... Diversional Activity Cart
- ... Thrift Store (offsite location)

Apply online at capitalhealth.org/volunteers.
For more information, call 609.303.4023 or
email volunteer@capitalhealth.org.



REACH OUT TO THE CAPITAL HEALTH AUXILIARY

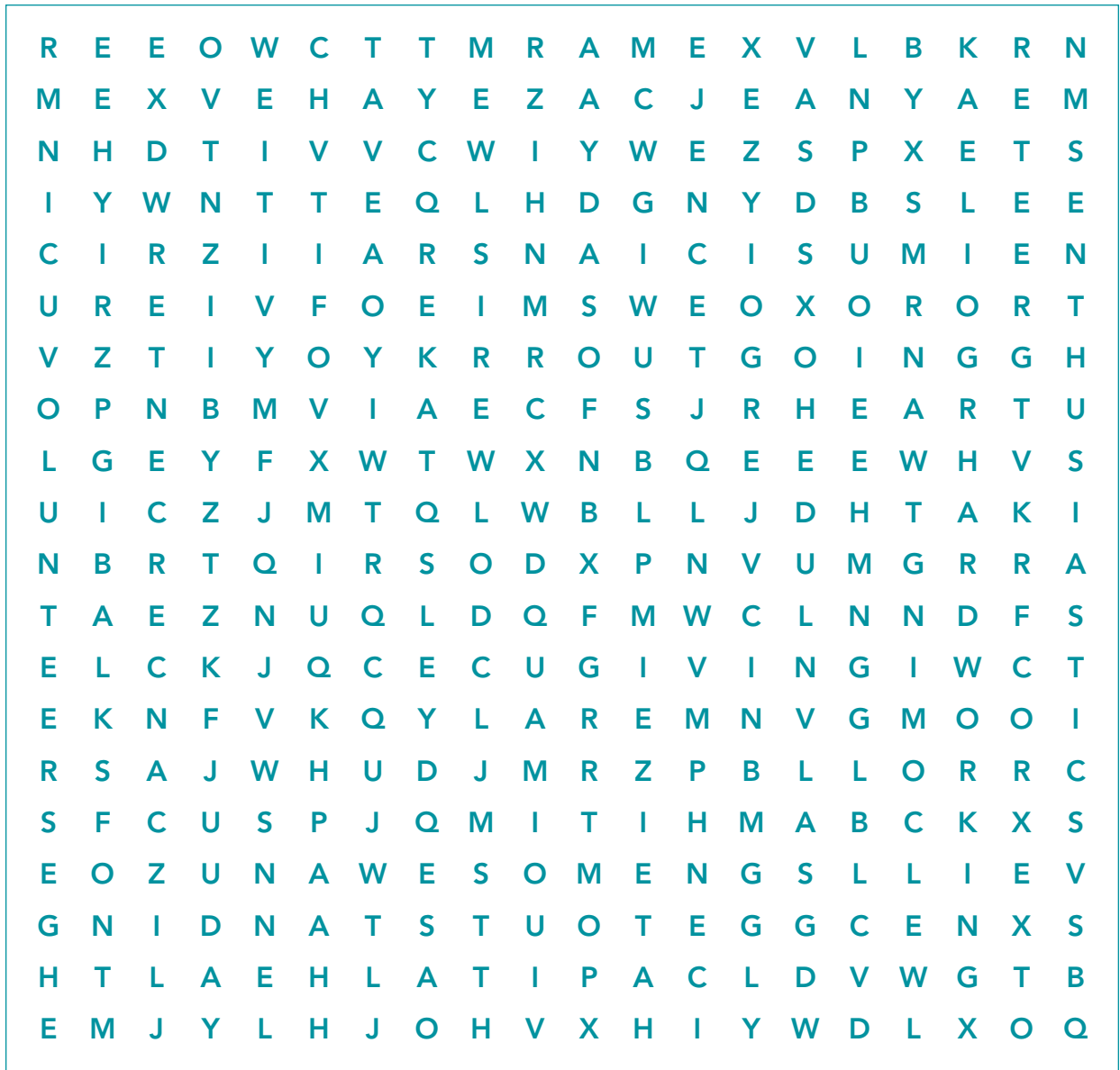
If you would like more information about the Auxiliary, e-mail the Auxiliary president at auxiliary@capitalhealth.org or call 609.303.4023 between 8 a.m. and 4:30 p.m., Monday through Friday.

If you are interested in joining the Capital Health Auxiliary team, apply online at capitalhealth.org/auxiliary, then click on the “Become a Member” link in the navigation bar on the left of the page.

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.
Thank you!

VOLUNTEERING WORD FIND PUZZLE



Awesome
Caring
Giving
Heart
Kind
Musicians
Outstanding

Cancer Center
Creative
Greeter
Helpful
Knitters
NICU
Receiving

Capital Health
Enthusiastic
Hardworking
Juniors
Mailroom
Outgoing
Volunteer



capitahealth