



# Volunteer Services Newsletter

WINTER 2022–2023



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## A MESSAGE FROM Ujwala Sawant, Incoming President

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I am honored and blessed as I take on the leadership role of an organization with a long and rich 127-year history. I am humbled to have the opportunity to work with an incredibly talented, compassionate, hardworking, committed, and dedicated team of women, including our past president, Stacy Denton. Thank you, Stacy, for doing an excellent job in your term.

Twelve years ago, as my family moved from Pennsylvania to New Jersey, I learned of the great work the Auxiliary does and quickly jumped on board. What a great decision it was to become a part of this organization! Having spent more than 20 years in social services, I have deep admiration for those who have served and contributed through the years to create a strong legacy. My role as Auxiliary President is a responsibility that I do not take lightly, and I will endeavor in every possible way to guide and support its mission in the best possible manner.

Over the years, I have seen the Auxiliary continuously reinvent itself and adjust to the phenomenal growth of Capital Health. Our work touches many lives and hearts, and my goal is to continue this tradition and further enhance programs, service projects, and fundraising efforts through sheer hard work, robust energy, and creative thinking. I also have seen how teamwork helps build strength and confidence in individuals. As an organization, it is imperative that we work together to take on challenges and develop relationships with our community. In my two-year term, I pledge to take these elements to the next level!

As you enjoy this newsletter, I hope you're inspired as much as I am by how much we have accomplished just by being together and working collaboratively. From the Farmers Market and the annual Santa's Gift Giveaway to benefit the Capital Health Family Health Center in Trenton to hospital-focused programs such as Clothes4Change, the Mobile Library, Care Packs for Kids and others, we are blessed to leave lasting imprints on the lives of our patients and families.

As we move forward in a new year, it is my hope that we all face our doubts and fears and take on new and challenging roles. Let's rededicate ourselves to helping move the Auxiliary forward by empowering and supporting each other so we can all make a difference in our community. We will face challenges along, but we know our cause is right.

In the words of Hellen Keller, "Alone we can do so little; together we can do so much."



*Ujwala Sawant*

Auxiliary President

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## A NOTE FROM Jennifer M. Antinoro, Executive Director, Capital Health Foundation

Transitions and change give rise to beginnings, and in these beginning moments working with the Capital Health Auxiliary, I am truly excited and appreciative of the opportunity to partner with its dedicated membership. With 127 storied years of service, the Auxiliary's collaborative efforts have yielded critical resources, with funding directed to worthy clinical educational programs and patient-centered programs. Aligned in service, the Auxiliary and the Foundation share a mission to engage the community in philanthropic support. As a volunteer organization, I am truly moved by the dedication and commitment demonstrated by each member. I look forward to the good work ahead!

If you have any questions, or if you would like to chat, please do not hesitate to call me at 609.303.4345.



Warmly,

*Jennifer M. Antinoro*

Executive Director,  
Capital Health Foundation  
609.303.4345  
jantinoro@capitalhealth.org

## To the Capital Health Auxiliary and Volunteers

Please accept our deepest gratitude for your time, talents, and contributions throughout the past 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.



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

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“Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.” –Helen Keller

I love this quote by Helen Keller. We are not just expected to receive this wisdom and nod our heads in agreement. Instead, Keller’s quote gently asks a question of us: “What is the worthy purpose that will enable each of us to find happiness?”

Keller gives us the chance to decide for ourselves and the latitude to answer in a million different ways, but she also asks us to be a bit critical of our choice. She invites us to consider if our purpose is worthy or if we should go off in search of another one. For the amazing volunteers at Capital Health, the worth of our purpose is unquestionable—a life dedicated to service is the worthiest purpose there can be. I see this with all our volunteers as they give their time to the Capital Health community.

In the second part to Keller’s quote, she introduces the idea of fidelity. Volunteer Services is constantly developing programs that are true to core values and requirements now and in the future. But fidelity is more than just a fancy word for staying true. It speaks to the ideas of constancy and reliability over time. Many compassionate people have given their gift of time to Capital Health through the years. Each of these special volunteers has carried the torch of fidelity for our purpose and contributed to innovative programs that make life better for our patients, their families, our staff, and the community. Thanks to all of our volunteers for helping us add to the patient experience! We could not have done this without all of you!

In what has been yet another year of new beginnings, Volunteer Services moved under the new leadership of Dr. Mark Arcaro, Vice President of Clinical Performance and Richa Bansal, Director of Patient Experience. I also would like to thank our outgoing Auxiliary President, Stacy Denton, for leading the way to new and wonderful changes with the many wonderful Auxiliary projects. I also welcome our incoming Auxiliary President, Ujwala Sawant and look forward to working with her.

In the meantime, we’ve been busy developing our three newest programs: Nurse Unit Volunteering, Pastoral Care Visitor Volunteer, and the Comfort Cart. All of these are up and running, thanks to our volunteers and the financial support of Auxiliary grants. We also started a year-round Junior Volunteering Program, which has seen an overwhelming response. These changes are just the beginning of what looks to be a wonderful new year.

Thank you to all the volunteers who have chosen Capital Health and its patients as their worthy purpose. Here’s to another year of great teamwork, health and happiness!



Best Regards,

*Dipti Padliya*

Manager, Volunteer Services  
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dpadliya@capitalhealth.org







The Auxiliary started Clothes4Change in 2019 to address the need for clothing for our patients at the Capital Health Family Health Center in Trenton. Clothes4Change is an initiative that collects new or gently used clothing items from neighbors in our

community and our Capital Thrift Store. Collected clothing is then provided free of charge to Family Health Center patients. Our Clothes4Change team spent the summer collecting, sorting and bagging gently used clothes. Since July, more than 1,000 articles of clothing from newborn—2T were delivered to the center.

We are always in need of new or gently used clothing for children as well as maternity clothes for mothers. If your children or grandchildren have outgrown their clothing and you are looking to hand them down to someone, we would gladly accept them!

For information about making a donation, please contact Marie Tagliaferri at [nonasara@earthlink.net](mailto:nonasara@earthlink.net) to arrange for clothing drop off or pick up.

## AUXILIARY MOBILE LIBRARY



The Mobile Library, now in its fifth year, allows patients to choose a new or gently used book to use during their hospital stay and then take home when discharged.

Last year, due to the challenges of COVID-19, we were unable to distribute many books on the patient floors. However, with the help of Dipti Padliya, manager of Volunteer Services, the Mobile Library is now back in

business at Capital Health Medical Center – Hopewell and Capital Health Regional Medical Center. Since the beginning of this year, we have distributed more than 1,200 books!

Special thanks to members of the Hopewell Valley Central High School CHATS club and the students participating in the Junior Volunteer Program who work behind the scenes to label and prepare books for distribution. The books being distributed vary in genre and include adult fiction and nonfiction, spirituality, and activity/puzzle books as well as magazines.

Thanks also to Maxine Friedman, our thrift store volunteer, and to the Friends of the Hamilton Public Library as well as to our staff, community neighbors and hospital volunteers who have donated books to our Mobile Library.

The Mobile Library relies on funding from the Auxiliary and the generosity from our community. Monetary donations as well as donations of new and gently used books and magazines for adults and youth are always welcome. If you would like to contribute, please contact Mary Reed at [mary.reed@verizon.net](mailto:mary.reed@verizon.net).

## THE SUMMER JUNIOR VOLUNTEER PROGRAM EXPERIENCE

My name is Sanjana Bhattacharya and I had the pleasure of participating in the Junior Volunteer Program at the Capital Health last summer. My peers and I would like to share a little about some of the roles we worked in as well as our most memorable moments. I hope you enjoy reading about our experiences as Junior Volunteers!

### Emily Long and Amelia Perez, Art Cart

The Art Cart Program helps to enhance the experience of our patients during their hospital stays by offering them a variety of art-oriented activities to choose from, which are then assembled and delivered to patients by our volunteers. This summer, two of our junior volunteers, Emily Long and Amelia Perez, worked on the Art Cart, with responsibilities that included visiting patients and offering activities such as coloring and puzzles or providing supplies so patients could be creative in their own way. Emily's favorite part about her experience was being able to distract patients from their illness and bring them some happiness during the time they were involved in these activities. Amelia said she wanted to earn community service hours this summer and the best way to do so was by volunteering at Capital Health. For Emily and Amelia, the Art Cart Program was an excellent learning experience, especially for anyone who wants to work in the medical field in the future. They loved being able to interact with the patients and learn from them while also taking their minds off the stress of their conditions.

### Ajay Donthula, Comfort Cart

The Comfort Cart is a new volunteer program that juniors helped launch in summer 2022. The cart was designed to provide free personal care and hygiene products to patients for an added comfort during their hospital stay. The cart stocks items ranging from toothpaste, lip balm, hair combs, eye masks to hair ties! Volunteers working the cart visit patient rooms offering them items they may have forgotten at home and need. Ajay Donthula, a Comfort Cart volunteer, really enjoyed being able to provide necessary comfort items to patients and described his experience as "a great way to help patients without a medical degree." Ajay shared a personal experience of a patient who needed to get a gift for her nephew but couldn't because she was in the hospital. Ajay offered to provide her with a toy designed to help with anxiety but is also something fun that kids love to play with. The patient was overwhelmed by this gesture, which allowed her to give a present to her nephew while being hospitalized. This experience touched Ajay's heart—knowing that he had played a small part in making a difference in a patient's life brought him much joy.

### Cole Brady, Escort

Junior volunteers who work as escorts help transport inpatients for lab work and other tests within the hospital. Cole Brady, one of the summer escorts, said his favorite part of volunteering was getting to meet so







many different types of people, whether it was the people he worked with or the patients he transported. It was heartwarming to be able to guide patients and be a helping hand, but Cole also wanted to learn the inner workings of a hospital to see if he would like to pursue a medical career in the future. His summer volunteering gave him a chance to do just that. For Cole, the volunteer experience was both positive and rewarding and, in his words, “an amazing way to spend my summer!”

### **Noori Nagra, Hopewell Ambulatory Surgery Center**

Another fun role for our junior volunteers was working at Capital Health Medical Center – Hopewell Ambulatory Surgery Center, also known as HASC. While working at HASC, volunteers assisted at the surgical front desk by putting charts together, assigning patients, placing stickers on charts for patients who are having a procedure and other clerical duties. Noori Nagra, who volunteered here, found it interesting to learn about creating charts for patients that did not need full anesthesia. She enjoyed working at HASC because she was able to grasp how the operating room functions and the different types of procedures patients come in for daily. She expressed how the knowledge gained about the everyday life of a doctor or nurse has given her a different perspective about the hospital and how wonderfully all staff work in sync on a surgery floor.

### **Dolce Gomez, Labor and Delivery**

Junior volunteers working in Labor and Delivery this summer had the opportunity to work on The Rainbow Baby Program under the guidance of Dr. Joyce Merrigan, the creator and director of the program. Volunteers help make care packages, organize the baby supply storage area, and create welcome kits for the program. Care packages include rainbow baby blankets, hats, magnets and keychains, all made by volunteers! The care packages are given to babies whose parents had previously lost a child. Dolce Gomez, a junior volunteer working on this program, was amazed by how a “rainbow baby” represents resilience and hopefulness to parents. Dolce received great satisfaction from working on this project, knowing that the care packages will bring smiles to the faces of parents for years to come! She

## THE SUMMER JUNIOR VOLUNTEER PROGRAM EXPERIENCE (CONTINUED)

is humbled to have played a small role in helping to make parents smile.

### **Nicole Zhao, Mobile Library**

Volunteers with the Mobile Library deliver reading material to our patients. The library cart contains books of different genres in both English and Spanish such as fiction, non-fiction, spiritual and picture books. Magazines, activity and puzzle books and many other reading options are also available, and distributed items can be taken home upon the patient's discharge. Nicole Zhao, one of our Mobile Library volunteers, said that these activities not only offered comfort to the patients but also gave her a chance to interact and connect with them during her visits. Seeing the patients light up when they receive a book they love was great, but Nicole said the best part of her volunteer experience was being able to learn more about the patients and hear their stories!

### **Alma Batista, Patient Tower Liaison**

Patient tower liaison is a junior volunteer position where volunteers worked at a "mini front desk" stationed outside patient floors. Juniors stationed at the desk guide patients and their families to specific locations in the hospital such as offices, patient rooms, the Emergency Room, and the cafeteria. They also provide a friendly ear to anyone who needed to talk. Alma Batista, one of our patient tower liaisons, expressed how her favorite part of the job was "getting to know new people and asking them about their day." This role gave Alma a chance to use her Spanish-speaking skills. In fact, she was surprised by how many people she communicated with daily. Alma volunteered this summer to get experience working in a hospital because she would like to work in the medical field. Her experiences helped to reinforce just how much joy she gets from helping people and learning more about them.

### **Ramit Dasika, Receiving**

The Receiving Department is always welcoming to juniors every summer. In this position, the volunteers help to receive and deliver the equipment and supplies to various departments within the hospital. Ramit Dasika worked in Receiving and said that his number



one reason for volunteering was acknowledging that the work all volunteers do is making a difference in the hospital. Ramit said that his experience in Receiving gave him a chance to understand how many different departments exist in a hospital and how they function. He also got a chance to meet new people every day while he was delivering packages. The experience he gained by volunteering at the hospital has helped him confirm his interests in working in health care!

### **Riya Ravindran, Way Finder**

As way finders, junior volunteers help direct people and escort patients and visitors to navigate the hospital. Riya Ravindran loved this role because she was able to converse with patients while taking them to their destination. Patients loved sharing stories about their lives, and for Riya it was very interesting to meet different people every day. One of the main reasons she volunteered was to understand how doctors interact with different patients. This gave her the insight she was looking for, and Riya was touched by how grateful patients were for having someone take care of them and getting them safely to their destination. The gratitude patients had for volunteers made Riya feel like she had made a difference in their lives. She believes that the Way Finder Program is an essential service that enhances the hospital experience for patients and visitors!



# 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/volunteers](https://capitalhealth.org/volunteers) to fill out an online application or contact the Volunteer Services Department between 8 a.m. and 4:30 p.m., Monday through Friday. Call 609.303.4023 or email [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).

## SPECIAL THANKS TO OUR TEEN SPONSORS



Special thanks to the Hopewell Valley Central High School CHATS Club for donating \$553 to the Auxiliary's Cookie Program for cancer patients. The money was raised by club members during the May 2022 Pennington Day event. We are grateful for all their hard work and supporting our mission!



## FARMERS MARKET 2022

The Capital Health Auxiliary hosted its 5th Annual Farmers Market series this year, with a total of six markets held from June 15 – September 13. As always, Rolling Harvest Food Rescue went above and beyond in procuring the best quality of fresh produce for our markets.

Due to COVID-19 restrictions, our markets were changed from an open choice model to a two-day packing and distribution model. The day before a scheduled market, our team of volunteers met at the outdoor packing shed at Gravity Hill Farm in Titusville, New Jersey, where we assembled one hundred bags filled with the freshest fruits and vegetables and one dozen organic eggs. After the bags were assembled, they were stored overnight in the farm's walk-in refrigerators. The following morning, Rolling Harvest transported the bags to the Capital Health Family Health Center at 433 Bellevue Avenue in Trenton, where our volunteers were waiting to distribute them. After presenting our volunteers with a voucher from their health care provider, patients at the clinic received overflowing bags of produce. The patients were excited and grateful to receive these bags overflowing with so many healthy fruits, vegetables and eggs for them and their families.

Special thanks to Volunteer Services for providing us with sponsorship tags for our bags and vouchers for health care providers to distribute to patients at the clinic. A big thank you also goes to members of our Junior Volunteer Program, who helped us with the distribution of bags. Looking ahead to next year, we are planning to offer six markets and would like to include a few pantry staples. These market distributions are not possible without volunteers!

Thank you to everyone who has taken the time to come out to the farm and/or come to the clinic to distribute bags to the patients. If you are interested in getting involved with the Farmer's Market Program for 2023, please contact Sue Cammarano at [suzycam@aol.com](mailto:suzycam@aol.com).





## 2022 CAPITAL HEALTH AUXILIARY GRANTS

The Capital Health Auxiliary is proud to support the medical staff and the educational and health initiatives Capital Health offers to enrich our patients and the community we serve. This year, the Auxiliary sponsored eight grants totaling \$13,375.00.

Congratulations to the following 2022 grant recipients:

**Diabetes Education:** Patient education and glucose monitoring equipment to help patients self-manage their diabetes daily.

**Pharmacy/Family Practice:** Hypertension management patient education resources and blood pressure equipment to help patients self-monitor their blood pressure and improve medication adherence.

**Volunteer Services:** Provide patients with access to art supplies to help manage anxiety, which has been shown to improve patient healing.

**Junior Volunteer Program:** Provide supplies for the assembly of activity and comfort kits to improve the experience of patients while at Capital Health.

**Pastoral Care Department:** Support of the Tea for the Souls Program, which provides opportunities for staff to momentarily unwind from their highly stressful work.



**Cardiac Rehabilitation:** Support of patient education and exercise programs to provide emotional and physical support to relieve anxiety following a cardiopulmonary event.

**Neonatal Intensive Care Unit:** Support of educational resources in both English and Spanish on safe sleep practices for new parents.

**Trauma Department:** Support of RISE/Second Victim a committee comprised of volunteers who are peer responders through a 24/7 hotline for coworkers during stressful work-related events.

## DESIGNER BAG BINGO

The Auxiliary's annual Designer Bag Bingo fundraiser was held on May 13, 2022. After years of pandemic hibernation, it was exciting to share an evening of fun with our Capital Health family and community friends. Proceeds from this sold-out event were used to support Auxiliary programs.

This night would not have been possible without the help of our Auxiliary members, family helpers, CHATS Club student volunteers, and the amazing bingo players who showed up to support this event. Thank you all for participating!

Please mark your calendars for our next Designer Bag Bingo fundraiser scheduled for Friday, June 9, 2023. We hope to see you there!





## CAPITAL HEALTH AUXILIARY TOY CLOSET

The Auxiliary started the Toy Closet in spring of 2017, with the mission of making children's visits to the hospital less traumatic and more positive experiences. Since then, new toys, books, games and crafts have been distributed to hundreds of children to help ease their anxiety during hospital stays.

Toys are packed monthly and distributed to patients being treated in the Pediatric Emergency Department and Ambulatory Care at Capital Health Medical Center – Hopewell, Capital Health's satellite emergency department at Deborah Heart and Lung Center in Browns Mills, the Emergency Department at Capital Health Regional Medical Center in Trenton, and the Trenton Family Health Center. Special thanks to Volunteer Services for coordinating the toy distribution over the course of the past two years.

As part of the 2022 holiday season, the Auxiliary hosted its fourth annual Santa's Gift Giveaway for patients at the Family Health Center in Trenton. Members of the CHATS Club from the Hopewell Valley Central High School sponsored a toy drive



and assisted in packing gift bags. Pennington Presbyterian Church also donated infant clothing, toys and teen gifts for this event.

The Toy Closet program is funded through the Auxiliary as well as personal and community donations. If you are interested in supporting this initiative, please contact Janet Scammell at [jmiz39@aol.com](mailto:jmiz39@aol.com).

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

## COOKIE PROGRAM

The Auxiliary's Cookie Donation Program continues to grow. The program supports patients undergoing treatments in 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 Capital Health family to continue their generous contributions to the program. Our needs include prepackaged cookies, granola bars, individual snack-size boxes of raisins, and individual snack-size bags of pretzels and Goldfish snacks (we cannot accept peanut products due to allergy concerns). Donations can 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!

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](https://capitalhealth.org/volunteers).

### Current Volunteer Opportunities:

- ... Patient Tower Liaison
- ... Way Finders
- ... Nursing Unit Support (night only shift, between 8:00 p.m. – 8:00 a.m.)
- ... Pastoral Care Visitor Volunteers
- ... Diversional Activity Cart
- ... Thrift Store (offsite location)

Apply online at [capitalhealth.org/volunteers](https://capitalhealth.org/volunteers).  
For more information, call our office at 609.303.4023 or email [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).

### Requirements:

- ... Age must be 18 and above
- ... Interview, Orientation, Training, Background Checks and Immunization requirements apply.



## REACH OUT TO THE CAPITAL HEALTH AUXILIARY

If you would like more information about the Auxiliary, you can email the Auxiliary President at [auxiliary@capitalhealth.org](mailto:auxiliary@capitalhealth.org) or call 609.303.4023 between 8 a.m. and 4:30 p.m., Monday through Friday.

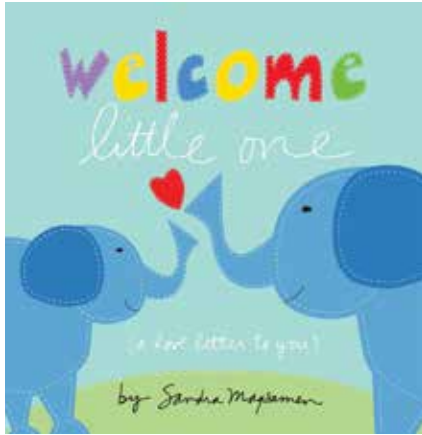
If you are interested in joining the Capital Health Auxiliary team, apply online at [capitalhealth.org/auxiliary](https://capitalhealth.org/auxiliary), then click on the “Become a Member” link in the navigation bar on the left side of the page.

## SHARE YOUR TALENTS

Attention volunteers! Would you like to see your artwork, photography, or poems or short stories about your experiences at Capital Health featured in the Volunteer Services 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 Padliya, manager of Volunteer Services, at [dpadliya@capitalhealth.org](mailto:dpadliya@capitalhealth.org).

*Thank you!*

## TALES FOR TINY TOTS LITERACY PROGRAM



The Capital Health Auxiliary introduced the 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, more than 10,000 books have been distributed to parents whose babies are delivered at Capital Health. In 2021, the Auxiliary sponsored 3,000 copies of the book “Welcome Little One” by author and artist Sandra Magsamen. In the coming year, the Auxiliary will sponsor another 3,000 copies of this book with the addition of copies translated in Spanish “Bienvenido Chiquito”. The Auxiliary will give every baby born at Capital Health a copy of this book imprinted with their footprint, not only as a keepsake but also as their introduction to the wonderful world of reading!

## HEALTHY WINTER SOUP RECIPE

### VEGGISTRONE

*Prep Time: 20 minutes* ▪ *Cook Time: 60 minutes*

#### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions
- 2 cups chopped celery
- 1 cup chopped green bell pepper
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower
- 2 cups chopped carrots
- 2 cups green beans, cut into 1-inch pieces (or frozen, thawed)
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 1 can tomato sauce (15 oz.)
- 1 can diced tomatoes (14 oz.)
- 1 can kidney or pinto beans, rinsed (15 oz.)
- 1 bay leaf
- 4 cups chopped fresh spinach (or 10 oz. package frozen chopped spinach, thawed)
- ½ cup thinly sliced fresh basil
- 10 tablespoons freshly grated Parmesan cheese

#### DIRECTIONS

1. Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat.
2. Add onions, celery, bell pepper and garlic. Cook 13 to 15 minutes, stirring frequently until softened.
3. Add cabbage, cauliflower, carrots and green beans. Cook about 10 minutes more, stirring occasionally until slightly softened.
4. Add broth, water, tomato sauce, tomatoes, beans and bay leaf. Cover and bring to a boil, then reduce heat and simmer, partially covered for 20 to 25 minutes, until the vegetables are tender.
5. Stir in spinach and simmer for 10 more minutes.
6. Discard the bay leaf. Stir in basil. Top each portion with 1 tablespoon cheese.

#### TIPS

To make ahead, prepare through step 2 and refrigerate for up to five days, or freeze for up to six months. Finish steps 3 through 5 just before serving.

*Submitted by volunteer David Caldwell*



The Tree of Lights were illuminated and the names of those remembered or honored were displayed in the lobbies at Capital Health Regional Medical Center and Capital Health Medical Center – Hopewell from December 7, 2022 through January 7, 2023.

**A LIGHT WAS DEDICATED IN MEMORY OF THE FOLLOWING LOVED ONES:**

\*Joseph and Mary  
Aldino  
Aldridge Family  
Joseph Angelillo  
Anna Askin  
Charlotte Baldi  
John Barbieri  
Rita Belger  
Louis J. Benedetto  
Dorothy Brades  
Rosaria Calvano  
Dorothy Fenton  
Chamberlin, RN  
\*Harry Corbin  
\*Robert Corbin  
Anne Gloria Costanzo  
Donna Jean Costanzo  
Edward Vincent  
Costanzo  
Frances (Frannie) Crivelli  
John Cutchineal  
Minerva Cutchineal  
\*Vincent & Joanne  
D'Adamo

John Dyer  
Wilma Dyer  
Gladys Dzwonek  
John Robert Dzwonek  
Michael Dzwonek  
Lydia Ernest  
Dr. Richard B. Ernest  
Melvin Field  
Myrtle Field  
Marianne Fusco  
Salvatore Fusco Jr.  
Joan Gering  
Mary Gray  
\*Harold Randy Hagar  
Mary Johnson  
Anna Kelly  
Bill Kelly  
Joseph Koch  
Rita Kravitz  
Sheila Krolikowski  
Walter Krolikowski  
\*Debbie Marks Lake  
Frank Maira

Mary Manhercz  
Charles J. Miller  
Louise Miller  
Robert Mizopalko  
Yvonne Tran Nee  
Sylvia Heath Lawton  
Niederer  
Carole Oggero  
Donato Paternostro  
\*David & Lillian  
Peaslee  
Troy Pereira  
\*Frances and John  
Praznoski  
Patricia Reed  
Robert Reiss III  
Jimmy Roman  
James Rosier  
Charlotte Rossi  
Harry L. Schultz  
Nancy Sforza  
Peter Sforza  
Anne Smoliga  
Michael Smoliga Jr.



Gregory Soldwedel  
Warren Soldwedel  
\*Julia Snyder  
\*Russell Snyder  
Gabriel Stelian  
Richard Stemhagen  
Dr. Patrice Trauffer  
Hannah Ubry  
Letitia Fenton Van Noy, RN  
Thelma Walsh  
Anne P. Whitley  
\*Richard Wright

**A LIGHT WAS DEDICATED IN HONOR OF THE FOLLOWING LOVED ONES:**

All Auxiliary Members  
All Hospital Volunteers  
Lily Isabel Beck  
Tessa Emily Beck

Katherine (Kitty)  
Benedetto  
Janet Corbin  
Dr. William Costanzo

Bennett Crea  
Shirley Csercsevits  
Hannah Miller

Antoinette Paternostro  
Debbie Silvani

*\*Living Memorial Garden Recipients*



**capitahealth**