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Sewing Opportunity

I am working with the health system to organize volunteers to sew some medical masks for our staff. There are specific instructions and requirements in order for them to be used within a hospital setting. One thing they are in desperate need of is 1/4 inch elastic. If you have any that you would be willing to donate, please text Trish at 402-706-2159. If anyone is interested in helping with this project, please give Jill a call at 712-396-6040 and she'll get you on the list. It's a great way to get involved.

I know several of you have already contacted us about masks you have made. Though we may not be able to use them in a hospital setting, we are aware that nursing homes and the homeless shelters are also in need. Please feel free to reach out to those organizations to see if they are able to take what you've made.

As promised, more frequent communications are coming your way, and boy do we have stuff to share with you. Of course, as with the world, things are changing at Jennie too - pretty much, minute by minute. We wanted to let you know what's going on at the hospital, at least for this minute!

The New Normal

Well as you can imagine there are a lot of moving parts to this hospital right now. On the 7th we removed volunteers from the East and West Lobbies, Oncology, Emergency and Cardiac Rehab, leaving volunteers only in the Gift Shop, Pharmacy Annex, Out Patient Surgery and the Volunteer Office. **As of March 17th, the decision was made to discontinue volunteer services until further notice.** We will notify you when we are allowed to have volunteers back on site, but at this point, it appears it could be quite a while.

I can't tell you how many people have stopped me and said "we sure miss our volunteers." Well we certainly echo that statement as well...but this was absolutely the right decision. It's best that you self quarantine and wait this thing out, because we're going to need you when this is all over!

In an effort to provide some bit of normalcy to our hospital staff, we have been able to keep the gift shop open from 10am - 3pm, Monday through Friday, by reallocating responsibilities among our staff. As you can imagine, things are changing rapidly and this, too, is subject to change. We have also been filling pharmacy annex orders, by utilizing the overnight form. We hope to continue these services to our staff for as long as we can.

As of the 19th, the hospital narrowed down our Points of Entry for patients and visitors. Only the East, West and 201 Building 2nd Floor entrance remain accessible to our visitors. All other doors into the hospital are locked. Everyone entering is screened at these entrances for COVID-19. At this time, visitors who screen negative for the virus receive a sticker and are allowed to enter, visitors who test positive are asked to return home and contact their Primary Care Physician.

A new system-wide Visitor Policy is now in effect. No more than two visitors per patient. Visitors must be 18 or older; no children are allowed. Maternity is restricted to only 1 visitor per patient. All campus clinics are being asked to call patients the day prior to their appointment and complete their own screenings as well as assess how necessary the appointment is at this time. Elective surgeries are being put on hold at this time freeing up resources. Policies are changing daily and further limitations are expected.

If you are experiencing symptoms, you can call 402-815-SICK. If you have general questions, call Public Health 712-890-5368 from 8 - 4 Mon - Fri.



Upcoming Events:

March 26

Chaplain's Meeting

Cancelled

April 10th

Good Friday Service

Video Telecast

April 14th

In-service Session

Cancelled

April 15th

Division Heads - Teleconference

9am - 11am

Please RSVP - for call in number

April 20th - **Postponed**

Auxiliary Annual Meeting

We plan to reschedule this event for a time when we can totally focus all of our attention on our fantastic volunteers. It will most likely be later this summer. More information to share in the upcoming months.

In-service Update

As most of you are aware, each year we hold in-service sessions for all of our active volunteers to ensure we are compliant with Joint Commission requirements for in hospital volunteers. We completed two of the sessions on March 4th and 6th in the Administrative Boardroom. This new location was absolutely ideal for our group and our needs. With all of the big screen TVs, it certainly made it much easier to both view and hear the videos. In general, we didn't have to talk as loud to be heard. We were even able to knock out a lot of our position reviews, which is a huge time saver for later in the year. We may have actually jinxed ourselves by being so prepared and working ahead, because as you know, everything came to a screeching halt that next week.

On Friday the 20th, we mailed out tests and required forms to most of the remaining volunteers. They are being asked to review the Auxiliary Information Book, then complete the forms and test and return those to the Volunteer Office by the end of April. I'm not sure if this is a "win" for you or more of a pain? Anyway, think of it this way, it's something, other than TV, to occupy your time. If you have any questions about any of the paperwork, please call the Volunteer Office and we'll be happy to work through it with you.

Foundation Update

Our first fundraiser of the year was on February 29th with our 4th Annual Dance to the Beat. For a change, the weather was absolutely fantastic, with temps in the 60's. The stars really aligned for us this year, as we unveiled our new venue at the Mid-America Center. We had so much room to spread out, and we used up every bit of it! We had a record number of raffle and auction items this year to choose from. Items included a 65 inch Samsung TV, an Apple Watch, Travel Voucher and luggage, party and date night packages, carpet cleaning and much, much more. Sponsorship levels expanded this year which really helped us increase our fundraising efforts. Taxi Driver is such a fun band with a wonderful following. It takes an incredible amount of work, and man power, to plan and execute an event like this. We feel very blessed to have worked with this incredible team and to have had the outcome we did. We've booked the venue and the band for next year, so mark your calendars for Saturday, February 27th, where we'll do it all over again! No doubt, bigger and even better!

Auxiliary Annual Meeting
April 20, 2020

Formal Invitation to...

POSTPONED

LIVE LIFE
IN FULL
bloom



Healthwise:

12 Simple Habits to naturally Boost Your Immune System

What you eat, your attitude, and the amount of exercise you get can all play a role in strengthening your immune system and preventing illness.

1. **Take time to find calm** - Chronic stress can have a negative impact on your immune system. To help relieve some anxiety and tension, pause for two minutes a day to just breathe and focus on the now.
2. **Have a giggle** - To squash some stress: laugh a little. Finding joy and giggling about it can release neurons that help fight stress and potentially, illnesses, according to the Mayo Clinic.
3. **Sing your way healthy** - A study of a German choir revealed that singing activates the spleen, helping to increase the blood concentrations of antibodies and boost the immune system. If group singing isn't for you, belt out your favorite tunes in the shower - even just listening to music has some great health benefits.
4. **Make room for mushrooms** - Mushrooms have been valued in the Far East for more than 2,000 years. But experts now see more benefits of this food in all forms of medicine - particularly your immune system. One small study found that shiitake mushrooms improved T-cells and reduced inflammation, both important for keeping you healthy.
5. **Get moving** - Another great way to boost your immune system? Get moving. Exercise can change your body's antibodies and white blood cells, which help you fight off diseases and infections, according to the U.S. National Library of Medicine. Incorporate more movement in your day simply by walking around during phone calls and meetings or doing squats while watching TV.
6. **But get rest too** - Moderation is key. Always include plenty of recovery days in your training schedule to preserve immune system health. Even more importantly, make sure you're getting enough sleep at night to help your body recover from the mental and physical stress of the day.
7. **Don't let yourself freeze** - Mom was right: You could catch an infection if you're cold. Some research suggests that our immune cells don't fight as strongly against viruses when we're cold.
8. **Resist infection with veggies** - Garlic and onions in soup, stews, and other dishes are both strong sources of anti-inflammatory and antioxidants, which help battle free radicals and viruses.
9. **Try turmeric** - You've probably heard about the health benefits of turmeric, a trendy spice often found in curry dishes that you can easily sprinkle on veggies and pasta, too. The reason it's so great for your wellness is because of its anti-inflammatory and antioxidant properties, providing you with a strong system to fight off sickness.
10. **Avoid alcohol** - Alcohol can mess with your immune system, because it often ruins your sleep, which also disrupts your immune system. Chronic drinking can suppress the production of certain blood cells, upping the risk for infection.

Content provided from the publishers of the Reader's Digest via thehealthy.com

How Can You Help?

The American Red Cross is closely monitoring the outbreak of COVID-19 and supporting public health agencies to help communities like ours to prepare. Donating blood is an essential part of ensuring community health. **Right now, the American Red Cross faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood, platelets or AB Elite plasma.**

Donating is a safe process and people should not hesitate to give or receive blood or platelets. The Red Cross has implemented additional precautions to ensure safety of their donors and staff. **To donate, go to RedCrossblood.org and type in your area code to find the nearest blood drive.**

This blood shortage could impact patients who need surgery, victims of car accidents and other emergencies, or patients fighting cancer.



**American
Red Cross**

**Blood
Services**



933 East Pierce Street, Box 2C
Council Bluffs, IA 51502

Change Services Requested

Note to Volunteers: We will call you when it's ok to come back to work. In the meantime: catch up with friends and family over the phone; check on your neighbors (via phone); read a book; try out some new recipes; do some cleaning; watch some movies. We are going to need you before you know it, so be sure to take care of yourself, and... See you soon!

