



# THE EDMUNDSONIAN

A Jennie Edmondson Auxiliary Publication

**There's nothing stronger  
than the heart of a Volunteer.**  
- James Doolittle

Newsletter - Fall 2024



# President's Message

By Roger Williams

Greetings to all past, present, and incoming Jennie Edmundson volunteers. Now, finishing my second year as your Auxiliary President, it is my distinct pleasure to greet you and extend my sincere thanks for the job all of you have done, are doing or will be doing in the future.

Our outstanding hospital is truly enriched by each and every one of you. Please keep up the great work! Encourage others to join us and continue to thrive in your role.

We are excited to bring the Edmundsonian back to our Volunteers! This quarterly newsletter is FOR you, ABOUT you and driven BY you, so please reach out to Samantha Fragoso or Lynn Porter with content ideas, photos, articles or suggestions.

Thank you all!

*Roger*

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# Announcements

## Year End Volunteer Campaign

Each year we give our volunteers the opportunity to support an initiative to improve the health of our community. Your contribution directly supports life-changing programs which provide essential care and resources. This is no cost to those in need. We thank the generosity of donors like you.

We invite you to be a part of this year's mission, Caring for Our Communities (CFOC). This is to address critical barriers that often prevent our most vulnerable neighbors from receiving the care they deserve.

*To learn more about this important program turn to page 2 of this newsletter.*



**Caring for Our Communities**  
A Jennie Edmundson Foundation Initiative

### Partners of CFOC:

Council Bluffs Fire Department  
Council Bluffs Police Department  
New Visions Homeless Services  
Connections Area On Aging  
Southwest Iowa Mental Health and Disabilities Service Region  
Pott. County Public Health  
Mills County Public Health  
All Care  
Anawim Housing  
Heartland Family Service  
Methodist Jennie Edmundson  
Together  
Threshold

## Holiday Volunteer Schedule

Volunteer stations are closed on Thanksgiving day, Thursday, November 28th; Christmas day, Wednesday December 25th; and New Year's Day, Wednesday January 1st.

*Vickie Klahr and Linda King have graciously volunteered to open the Gift Shop on these three holidays from 10:00 am - 6:00 pm.*

## Jennie Gift Shop Holiday Raffle

The Jennie Gift Shop will be raffling off an exquisite nativity scene "The Christmas Story"

Tickets may be purchased in the gift shop starting November 1st.

1 ticket for \$5 - 3 tickets for \$10 - 5 tickets for \$20.

Drawing will be held on Monday, December 16

You do not need to be present to win.



## And the answer is...

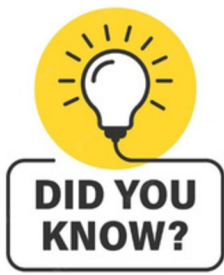
*We're sharing the answer to a question recently asked of a Volunteer.*

### How can I get my medical records?

Methodist Health System hospitals and clinics are required under state and federal laws to obtain a complete and properly executed release of medical information form before they may provide a copy of a patient's records to anyone. In the event the patient is unable to execute the authorization, the patient's legal representative may authorize the release of information.

*Informational handouts are available at the East and West Lobby desks for patrons who have inquired.*





# Caring for Our Communities

## Who We Are



CFOC team L-R: Chasity, Rachel, Julia

Caring for Our Communities (CFOC) created in 2014, and spearheaded by the Jennie Edmundson Foundation, is a community-based program that connects high-risk, low-income and underserved individuals with local resources to help overcome barriers and regain control of their health and well-being. Rachel Reis, Director of Community Health, Sandy Green, CFOC Program Director, with Community Health Workers, Julia Davis and Chasity Kephart make up the CFOC team at the JEH Foundation.

## How the Program Works

The Caring for Our Community (CFOC) initiative, led by the Jennie Edmundson Foundation, is a lifeline for high-risk, low-income, and underserved individuals. It seeks to transform lives by breaking down barriers and connecting people to the vital resources they need to regain control over their health and well-being.

In a world where the challenges of food insecurity, housing instability, lack of transportation, and systemic inequality create deep divides, CFOC steps in to make a difference. With a focus on the social determinants of health (SDOH) that so often dictate the quality of life, this initiative embraces the belief that everyone deserves access to care, support, and opportunity.

At the heart of CFOC are Community Health Workers (CHWs), the true champions of change. These remarkable individuals walk alongside those in need, meeting them where they are—both literally and figuratively. With a deep understanding of their community and a wealth of knowledge about available resources, they serve as bridges between healthcare systems and the people they serve. Their work isn't just about connecting people to services; it's about empowering individuals, building trust, and fostering hope.

By addressing immediate needs with compassion and connecting individuals to ongoing support, CFOC creates ripples of positive change throughout the community. It recognizes that health is more than just medical care—it's about ensuring that every person has the opportunity to thrive. Through the power of connection and care, CFOC is reshaping the future for those who need it most, proving that together, we can overcome barriers and create a brighter, healthier future for all.

Contributions from Volunteer year end campaign will support this important program. 100% of every dollar donated has fueled our voucher program, enhanced access to care, provides nourishing food and alleviates economic insecurities. It has also supported the delivery of community health coaching and navigation support services through our CFOC Community Health Coaches.

*For more information on program eligibility or to view the most recent Impact Report or Annual Report go to [jehfoundation.org/greatest-needs/community-care/caring-our-communities](http://jehfoundation.org/greatest-needs/community-care/caring-our-communities)*

# Upcoming Events

## Retired Employees



The quarterly meeting of retired employees will meet on December 12, 2024, at 10:00 a.m. in the Kanessville meeting room (lower level of the Jennie Edmundson Hospital building).

Aubrey Krueger-Kutchara, from Connections Area Agency on Aging will be the featured speaker.

## Holiday Buffet



Please join us in celebration of the Holiday Season at either of the Methodist Jennie Edmundson Hospital Holiday Buffets located in the JEH Cafeteria.

**Friday, December 6, 2024**

12:00 p.m. - 1:30 p.m. OR  
4:30 p.m. - 6:00 p.m.

## Dance to the Beat

Live Music, Dancing, Appetizers, Raffle, Silent Auction

Date: February 22, 2025  
Time: 7:00 p.m. - 11:00 p.m.  
Band: The Personics  
Price: \$40/ticket

Location:  
The Warehouse  
1414 W. Broadway,  
Council Bluffs, IA



Purchase a ticket online at [jehfoundation.org](http://jehfoundation.org)  
or call 712-396-6040

*Dance to the Beat is a fundraiser to support underinsured and uninsured cardiovascular patients at Methodist Jennie Edmundson Hospital*

## Save the Date for Q2 events

April	National Volunteer Appreciation Month
April 18	Good Friday service
April 21	Jennie Edmundson Auxiliary Annual Meeting
May 11-17	National Hospital Week
May 23	Memorial Day Chapel Service

# Volunteer News

## Many Hands Make Light Work

### New Volunteers in 2024

We were excited to welcome eight (8) Jennie Edmundson Hospital Volunteers in 2024!

- Ryleigh Bainter - Gift Shop
- Karen Carmona - East Lobby, Gift Shop, Office Resource, Pharmacy
- Beth Haley - Gift Shop
- Quentin Hanneman - Oncology, West Lobby
- Ruth Kreger - Gift Shop
- Debbie Larsen - East Lobby, Gift Shop
- Mindy Miller - Gift Shop
- Emmy Neustrom - Gift Shop
- Mary Novotne - Gift Shop, West Lobby
- John Steinman - Pharmacy



### Volunteers Needed

Thanks to our volunteers, Jennie Edmundson continues to enhance the patient experience and define the meaning of care. Will you help us continue to grow by recommending someone you know? We have volunteer opportunities in the following locations.

- East Lobby: 12:30 - 4:00 pm Monday's, Thursday's & Friday's
- Oncology: 8:30am - 12:00 several days
- Gift Shop: morning, afternoon & evening shifts
- Volunteer Services Office: morning & afternoon shifts

### Greatest Need:

Edmundsonian: A writer for the quarterly feature article. Anyone willing to work on this portion of the newsletter please contact Samantha Fragoso or Lynn Porter in the Volunteer Services office at 712-396-6040.

Gift Shop: evening shift 3:00 - 7:00 M-Th and 3:00 - 6:00 pm Friday's  
Our newest success story is extended gift shop hours to include a new evening shift. These extra hours better meet the needs of patient families and our evening staff.



Contact Samantha Fragoso at 712-396-6040 or via email at [samantha.fragoso@nmhs.org](mailto:samantha.fragoso@nmhs.org) if you know of someone that would like to join our volunteer family.



We welcome suggestions on ways to improve, services to add, Edmundsonian story ideas, photos to share, etc.

Contact: Volunteer Services at 712-396-6040 or email [samantha.fragoso@nmhs.org](mailto:samantha.fragoso@nmhs.org)

# Stepping up to Extend Gift Shop Hours

The Covid-19 pandemic changed many things about the way the Jennie Edmundson Hospital Foundation worked and conducted business. This included rebuilding the volunteer team and revising services they were able to provide to patients, their families and staff.

One major change was the need to reduce the gift shop hours of operation to daytime until the volunteer base could be re-built to pre-covid involvement.



Vickie Klahr



Enter Vickie Klahr, a Jennie Edmundson volunteer since 2013 (while working a full-time job). Vickie looked for a hospital to volunteer her time. She chose JEH because her Omaha doctor recommended it as his hospital of choice. She volunteered in the gift shop evenings and weekends. After retirement and pandemic changes, Vickie worked various day shifts, was a buyer of snacks and assisted training new volunteers as they joined the team. She truly missed her evening shift.

With the volunteer staff becoming more robust Vickie saw the opportunity for the gift shop to, once again, open an evening hour shift. She graciously offered to staff the 3:00 p.m. to 7:00 p.m. shift Monday through Thursday and Friday until 6:00 p.m. until enough new volunteers were trained to share some of the evenings. A win-win for the hospital and Vickie. She will be able to get back to her routine of walking each morning.

The extended hours have been a welcomed return to patient families and staff alike. Gift Shop sales have started to increase. According to Vickie, since opening the Gift Shop in the evening, the biggest sellers have been flowers, stuffed animals, and clothing.

The extended hours are appreciated by patient families and staff alike. Thank you for kick-starting the evening shift in the Gift Shop Vickie!



Vickie greets and assists the gift shop patrons with a friendly smile and helpful attitude.



Packaging with care and keeping the gift shop tidy are all in an evening's work.



In the true spirit of volunteerism, Vickie and her fellow volunteer and friend, Linda King, have kindly offered to open the gift shop on all holidays such as Thanksgiving Day, Christmas Day and New Years Day from 10:00 a.m. to 6:00 p.m. to better serve those who spend their time in the hospital during the holidays.



# Past Events Recap

## Summer Picnic



The 2024 Jennie Edmundson Auxiliary Picnic has come and gone. It was a great success! Over 40 volunteers gathered to have a picnic style dinner, good conversation and a fun-filled night of Bingo hosted by Rachel Reis and Samantha Frago.

Because of the amazing turnout we were able to donate two tubs of food to the Green Hills AEA Free Little Pantry in Council Bluffs. The mini pantry movement activates neighbor engagement with food insecurity.



## October was Pink Out for Breast Cancer Awareness

This October the Jennie Edmundson Foundation sold over 2,500 Pink Out t-shirts and hoodies. Pink Out Day was celebrated on October 11th in Council Bluffs.



In Mills County citizens and staff attended the annual Keith Klan Bingo night and bra decorating contest on October 23rd. Funds raised at this event stay in Mills County.

Proceeds will support the Methodist Jennie Edmundson Hospital Breast Health Center in the continued efforts to provide financial assistance to women who are uninsured or underinsured for 3D screening mammograms, diagnostic mammograms and breast ultrasounds.

Thank you to our sponsors and business partners for participating in this year's Pink Out by purchasing and selling t-shirts.



Highline Warren



American National Bank, Holiday Inn & Hampton Inn @ Ameristar, MPC-Glenwood, Angela Care Home Health, Jazzerie, MPC-Malvern, Bailey's Bar & Grill, MJE Glenwood Therapy Clinic, Sherbondy's Garden Center, Diagnostic Radiology, MPC-Council Bluffs, Sideline Sports & Tees

# 2024 Volunteers of the Month

January



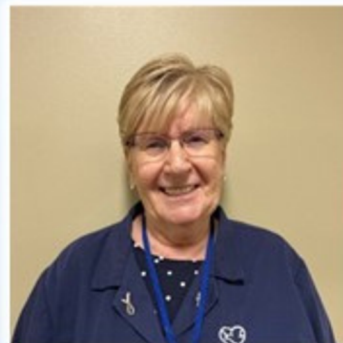
Marcia O'Connor

February



MaryAnn Adams-Vrbka

March



Beverly Gammon

April



Carroll Olsen

May



Karen Olsen

June



Gladys Wilwerding

July



Diane Hughes

August



Theresa Hack

September



Annette Konfrst

October



Rose Konfrst

November



Bobbi Calderon

December



Carolyn Kernes

# Health & Safety Tips

## Winter

Winter is beautiful, but it can be treacherous. The cold, ice and snow add complexities to our lives — and potentially our health. Many things can happen during the season that cause people to end up in the emergency department. Here is some advice to keep you healthy and safe.

### Be aware of carbon monoxide poisoning

Carbon monoxide is an odorless, colorless gas produced by burning gasoline, wood, propane, charcoal or other fuel. Carbon monoxide poisoning happens when the gas builds up in your bloodstream. More than 100,000 people go to an emergency department and more than 400 people die due to accidental carbon monoxide poisoning each year, according to the Centers for Disease Control and Prevention (CDC). This occurs more often during the winter because people burn fuel for heat and often are in closed spaces.

Here are some simple things that you can do to prevent carbon monoxide poisoning:

- Install a carbon monoxide detector.
- If the alarm sounds, leave your house and call 911 immediately. Don't forget to check the batteries in your carbon monoxide detector every time you check batteries in your smoke detectors — at least twice a year.
- Open the garage door before starting your car.
- Never leave your car running in the garage because carbon monoxide gas can quickly build to dangerous levels.
- Keep your furnace and other fuel-burning appliances properly vented and serviced.
- This includes water heaters, cooking ranges, fireplaces, space heaters and charcoal grills. Don't bring outdoor fuel-burning heaters or grills inside.
- If you have a fireplace, keep it in good repair.
- Clean your fireplace chimney and flue every year.

### Avoid slips and falls

Fall-related injuries accounted for more than 6.9 million emergency department visits in 2021, according to the National Safety Council.

Here are some tips for preventing slips and falls:

- Wear the right shoes.
- Properly fitted shoes increase comfort, reduce fatigue and improve safety.
- Take your time.
- If you notice that the floor or ground doesn't have much traction, walk slowly and be careful with each step.
- Walk safely.
- Move slowly and try shuffling to prevent slips, trips and falls.
- Stay aware.
- Watch out for uneven ground, protruding structures, holes and debris that can cause slips, trips and falls. Also, be aware of ice- and snow-packed surfaces that increase the risk of falling.
- Be cautious when exiting your vehicle.
- Parking lots are often snow-packed and icy. Hold on to the door while getting out of your vehicle.

Staying healthy is important at all times of the year, and winter is no exception. Keep these tips in mind as you enjoy winter.

Source: Mayo Health System





R/Ri

Paula Stevin

Jh

Johnnie A. Jensen

Jennifer Cody-Wickstrom

Lynn Foster

Sandy Westphal



**METHODIST**  
**JENNIE EDMUNDSON**  
VOLUNTEER

**712-396-6040**

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