



# The Edmundsonian

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## Remember This:

**"May your troubles be less,  
and your blessings be more,  
and nothing but happiness  
come through your door."**

—Irish Blessing



## 7 Tips to Stay (or Become) Optimistic

by Auxiliary Board President-elect, Kathy Halverson-Rigatuso

Researchers from Boston University School of Medicine have found that individuals with greater optimism are more likely to live longer and achieve "exceptional longevity."

Optimism refers to a general expectation that good things will happen, or believing the future will be favorable because we can control some outcomes. If you're in need of ideas to help you stay (or become) more optimistic, remember these tips:

- 1) Life is not an "end in itself" — it is a journey! Make the most of it and learn from it every day.
- 2) Focus on the 1/2 full glass not the 1/2 empty one.
- 3) Turn a negative into a positive...instead of focusing on how you "messed up," focus on what you learned.
- 4) Share your experiences with others. It is hard to learn in a vacuum. A different perspective can open your eyes to more possibilities.
- 5) Count your blessings in what you learned not how you failed.
- 6) Give yourself time to process. You don't have to get it all figured out today.
- 7) Take time for yourself every day. Even if it's only 15 minutes...give yourself some solitude.



Kathy Halverson-Rigatuso

# Connie Booton *January Volunteer of the Month*



A wife, mom, grandmother and great-grandmother, Connie Booton and her husband, Dan, stay busy keeping up with their 10 grandchildren and two great-grand children. Aside from that, and working part-time at a Council Bluffs school, Connie spends at least three mornings a week volunteering in Jennie's gift shop.

"The best part is meeting people," Connie said. "A lot of Jennie employees stop in on a regular basis and I think it's nice when they see a familiar face."

Connie was born at MJE, grew up in Council Bluffs, and met her husband when her family moved into a house across the street from Dan and his family. At that time, Connie was a junior at Thomas Jefferson High School and Dan was a senior. They dated throughout high school.

"Dan's dad was my father's boss at Omaha Standard," Connie said. "It was a little weird because Dan and I were dating."

They married after high school and Dan immediately went into the Air Force. He served four years. Afterward, the couple settled in Council Bluffs and started a family.

Decades later after a long career in bookkeeping, accounting, and customer service, Connie found she had free time.

**"When people come into the gift shop, it's like they're entering a little oasis that helps them escape from whatever they might be dealing with," Connie said. "The Jennie Gift Shop is kind of magical that way."**

"I knew Jennie Edmundson had volunteers because I considered being a candy stripper when I was teenager," Connie said.

Connie called the hospital in 2019, went through orientation then started volunteering in the East Lobby and the Foundation Office. A year later, the pandemic hit and the volunteer program was put on hold.

"When volunteers eventually returned, I started working in the gift shop," Connie said. "Because of my bookkeeping background, my role evolved into behind the scenes work like counting the money bags and assisting with pricing and merchandising."

Connie takes her volunteer role seriously—she knows the importance of keeping commitments and knows she's helping to make a positive impact.

"Gift shop sales go toward the fundraising goals of the Foundation (Charitable Patient Care and capital campaigns) and it's nice to see all the good things the gift shop proceeds provide to help those in need," she said



**Thank you, Connie, for your service!**

# Gloria Burgoin *February* Volunteer of the Month

Growing up on a farm and learning the importance of daily routines helped Gloria hone good habits that paid off over her working life.

"I'm a person who likes to be on time," said Gloria. "I'm also pretty picky about how things should be done. For instance, when I help fill the pop cooler in the gift shop, I like the items to be in neat rows which makes everything look organized and appealing."

Gloria has been married to her husband, Rex, for 54 years. They met at Lewis Central high school.

"I knew he was 'the one'," said Gloria. "And I'm pretty sure he did, too."

After graduation, they married and settled in Silver City. Both worked full time while raising two daughters. Gloria spent most of her career in the insurance industry and, once retired, found she had extra time to volunteer.

"My mom, Val Larsen (psychiatry dept.), and sister, Glenda Meyers, (medical transcription dept.) worked at Jennie and my mom also volunteered," said Gloria. "When I retired, I knew I'd also be a volunteer at Jennie."

In March of 2020, Gloria completed orientation and was excited to volunteer in the gift shop.

"The day I picked up my volunteer badge the gift shop closed because of the pandemic," Gloria said. "I was disappointed! Eventually I was called in to work the following October."

Gloria says things that make hospital gift shops so inviting include the hospitable volunteers and the consistent rearranging of the merchandise to showcase the unique items in different ways.

"You will usually hear music playing when I'm in the gift shop," Gloria said.

"I hope it adds to the shopping experience and makes it fun!"



**"I used to work part-time at a Hallmark store," said Gloria. "I have retail experience that sort of transfers over to some of the things I do for Jennie's gift shop—like displaying groups of items."**

**Thank you, Gloria, for your service!**

## Shout Out to the Thursday Pop Gals

Every Thursday morning, sisters Rose and Annette Konfrst stop at the gift shop to pick up the pop order that tells them how many of each item needs to be added to the gift shop pop cooler. They head to 3rd floor in the F wing and start to load their cart.

"There's a lot of counting, but we like this job," Annette said.

Between the two ladies, they have well over 3,000 volunteer hours! Anyone would agree that they also have over 3,000 smile hours because they're always smiling. **Thank you Rose and Annette!**



Rose (left) and Annette Konfrst. Rose has been a volunteer since the '80s and Annette joined her in 2001.



# Life in the Pharmacy Annex...

**“Like a neighborhood drug store but without the soda fountain!” —Rick**



**Rick Greer, Rx Annex Volunteer**

**Hours are M-F, 9am to 3pm**

For the past 17 years, Rick Greer has volunteered at least 12 hours a week in the Rx Annex. Even after all that time, he wonders if hospital employees know what the Rx Annex is all about.

“It’s a mini drug store and a big benefit to employees because our prices for popular OTC items are at least 50 percent less than big chain drug stores,” Rick said. “Some of our big sellers are sinus medications, cough drops, allergy medicines, Ibuprofen, and Acetaminophen.”

Rick says he will look into stocking items employees request, but can’t promise he can get it.

“We had a request recently for Z-Quil and I was able to order small bottles,” Rick said. “As long as it sells, we will continue to stock it.”

If you haven’t been to the RX Annex, Rick invites you stop by and pick up a product list. The Annex is located on the lower level/basement near administration. He says “an in-house drug store is pretty convenient.”

## Volunteer Coordinator Message

Recently, I looked up the meaning of fulfilling (not that I didn’t know what it meant) because I wanted to remind myself of the formal definition.

**Fulfilling (adj): making someone happy or satisfied because of fully developing their character or abilities.**

When I think about you, our volunteers, I want your volunteer experience at Methodist Jennie Edmundson to be a good one and you feel fulfilled when you give your time. I know you’re here because you want to be but I also want you to feel like you are utilizing your abilities when you are. When I visit with you during my daily rounds, I see your natural ability to be helpful and welcoming to our patients, visitors and fellow MJEH staff. That’s neat to see because I know it positively affects others.

Please know you have the unique role of helping someone have a good day. That alone can be fulfilling for you. And, as your volunteer coordinator, supporting you in this effort is fulfilling to me.

Lisa Dempsey, Volunteer Services Coordinator, (712) 396-6341.



**Lisa Dempsey**



**Head’s up!! Annual Volunteer Training** is coming February and March. 10 sessions from which to choose. Watch for dates and times to RSVP.