

SMC VOLUNTEER NEWSLETTER

February 2008



“Nothing is as strong as the
Volunteer” of a



NEW PROGRAM at SMC



Florence Driggers at (843)832-5020

Stroke Support Group

*Social and Educational gatherings for patients
and their family members*

Date: February 19, 2008

Time: 6:00-7:00 pm

Location: Summerville Medical Center Cafeteria

*Future meetings will be held on the second (2nd)
Tuesday of each month beginning March 11, 2008*

*Contact Florence Driggers at (843) 832-5020
for any additional information*



Volunteer News

Listen up! Pat Gerwig will be hosting volunteer annual meetings the week of 5 February. The meeting will be general information for all volunteers. **Pick your date and plan on being there!** Check out the volunteer communication book; this is located at the sign-in desk. Pat writes weekly information.

Rosa Jordon enjoyed a Christmas visit with her son Wayne and family.

Elaine Barron suffered a fall but is doing better.

Life is not the way it's supposed to be. The way we cope with it makes the difference.

A Senior Privilege Card Program is open to residents of Dorchester School District Two who are 60 years of age or older. Persons applying for a card should come to the School District Office at 102 Green Wave Blvd., Summerville between 9:00am and 4 pm, Monday through Friday, to complete an application. **Proof of age is required. Your privilege card entitles you to free admission to all high school athletic events where Fort Dorchester High School or Summerville High School is the host team with the exception of post-season playoff's, which are governed by the SC High School League.** The Privilege Card also entitles you to attend band and choral concerts at no charge and **provides free admission to any other school event that is open to the public.** In addition, as holder of a Privilege Card, you will be

allowed a **25% discount on registration fees for any adult or community education classes offered through the Dorchester County Adult Education program.** Breakfast or lunch in any Dorchester Two school cafeteria will be available to you at a minimal cost. For more information call (843)873-2901.

Susan Mahoney, Director 3rd Floor, is leaving. Susan will be missed by many of us.

A blonde calls Delta Airlines and asks, **“Can you tell me how long it’ll take to fly from Charleston to San Francisco?”** The agent replies, **“Just a minute...”** **“Thank you”,** the blonde says and hangs up!

Pat Jacques would like to thank **Pat Gerwig** and **volunteer friends** for their concern and prayers during a recent illness. She is feeling great again.

The most precious thing we have is LIFE, yet it has absolutely no trade-in value.

Ann Clack spent 4 days over Christmas with family in North Carolina.

February is the month for valentines. It’s also National Heart Month. Volunteers can give themselves the best valentine of all; better cardiovascular health. **Being healthy volunteers can give people more than they expect and we can do it cheerfully.** Consuming a healthy diet along with exercise can help decrease the risk of heart disease.

A new address for Josephine Von Glahn: 161 East Broad Street Apt. #03, Camilla, GA 31730. All our best wishes are being sent to you Josephine.

Yesterday I went to the doctor for my yearly physical. My blood pressure was high, my cholesterol was high, I’d gained some weight and I didn’t feel so hot. My doctor said eating right doesn’t have to be

complicated and it would solve my physical problems. **He said just think in colors...** Fill your plate with bright colors...greens, yellows, reds, etc. I went right home and ate an entire bowl and sure



enough, I felt better immediately. I never knew eating right could be so easy.

Support our Troops. Did you hear it snowed in Bagdad; the first time in 100 years.

Photo shared by Nancy Brown



Lilia, Rob and Mia Brown

Theresa Frasier went to Virginia Beach, VA in December for her nephew’s retirement ceremony from the U.S. Navy. The ceremony was held in the Chapel on Norfolk Navy Base. Theresa’s daughter helped her co-host a reception in the Chapel’s Fellowship Hall (which was not on Theresa’s agenda). They had a good time as did everyone else.

The Frist Humanitarian Award winners will be announced this month.



At my age flowers scare me!

Remember this saying?

Thirty days hath September,
April, June and November,
All the rest have thirty-one
Excepting February alone:
This hath but twenty-eight in fine,
Till leap year gives it twenty-nine.



A Cat's View: Now I lay me down to sleep, the king size bed is soft and deep...I sleep right in the center groove where it's hard for my human to hardly move! I've trapped her legs, she's tucked in tight and here is where I pass the night. No one disturbs me or dares intrude until morning comes and "I want my food!" I sneak up slowly and begin to nibble on my human's chin. She wakes up quickly as she knows I have sharp teeth and my claws I will unsheathe. The morning's here and it's time to play. I always seem to get my way. I am thankful for this human person that I see. She hugs me, she holds me tight, and she sacrifices her bed at night. Unknown



NEWS FROM THE GIFT SHOP: Employees can now swipe their

employee ID card when purchasing at the gift shop. The "Camera Snoop" happened upon two elated customers. What a neat balloon for a new baby daughter.



A Good Story

The Fern and the Bamboo

One day I decided to quit... I quit my job, my relationship, my spirituality...I wanted to quit my life. I went to the woods to have one last talk with God. "God", I said. "Can you give me one good reason not to quit?" His answer surprised me. **"Look around", he said. "Do you see the fern and the bamboo?"** "Yes", I replied. "When I planted the fern and the bamboo seeds I took very good care of them. I gave them light and water. **The fern quickly grew from the earth. Its brilliant green covered the floor.** Yet nothing came from the bamboo seed. But, I did not quit on the bamboo. In the second year the fern grew more vibrant and plentiful. Again, nothing came from the bamboo seed. **But I did not quit on the bamboo," he said.** "In the third year, there was still nothing from the bamboo seed. But I would not quit. In the fourth year, again there was nothing from the bamboo seed. But I would not quit. Then in the fifth year a tiny sprout emerged from the earth. Compared to the fern it was seemingly small and insignificant. Just 6 months later the bamboo rose to over 100 feet tall. It had spent the five years growing roots. Those roots made it strong and gave it what it needed to survive. **I would not give any of my creations a challenge it could not handle.**" He said to me, "Did you know my

child that all this time you have been struggling you have actually been growing roots. I would not quit on the bamboo and I will never quit on you. Don't compare yourself to others." **"The bamboo had a different purpose than the fern, yet they both make the forest beautiful.** "Your time will come, God said to me. "You will rise high!" "How high should I rise? I asked. "How high will the bamboo rise? he asked in return. "As high as it can?" I questioned. **"Yes", he said, "Give me glory by rising as high as you can."** I left the forest and brought back this story. I hope these words can help you see that God will never give up on you or me... Unknown

A Familiar Face around SMC



Bill Pilson, Head Engineering Department

SMC's Engineering Department provides a full range of services. Routine repairs received through work orders, construction support, preventive maintenance and boiler room operations are a large part of an engineers work accomplished daily at SMC.

Bill has been at the hospital since 1994 but when asked **"How long have you been in Engineering?"** Bill's reply was "Since the first color TV my parents bought that I took apart." The best part of his day is "solving problems, analyzing situations and making decisions".

When he is not at work Bill enjoys being outdoors. Target shooting and water sports are his favorites.

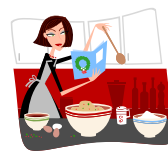
Bill was born in Washington, DC; siblings' one brother and one sister.

"Happy the man who can call today his own."



JUST FOR FUN!

Some Fascinating Old Tombstones: From the desk of Barbara Ann Hughes Harry Edsel Smith of Albany, New York: Born 1903-Died 1942 Looked up the elevator shaft to see if the car was on the way down---it was **&&&** In London England cemetery: Here lies Ann Mann who lived an old maid but died an old Mann Dec.8, 1767 **&&&** In a Ruidoso, New Mexico cemetery: Here lies Johnny Yeast Pardon me for not rising. **&&&** A lawyer's epitaph in England: Sir John Strange- Here lies an honest lawyer, and that is strange. **&&&** In a Uniontown Pennsylvania cemetery: Here lies the body of Jonathan Blake-stepped on the gas instead of the brake. **&&&** John Penny's epitaph in the Wimborne England cemetery: Reader, if cash thou art in want of any dig 6 feet deep and thou wilt find a Penny. **&&&** Anna Hopewell's grave in Enosburg Falls, Vermont: Here lies the body of our Anna, done to death by a banana. It wasn't the fruit that laid her low, but the skin of the thing that made her go.



What's Cooking?

Auntie Grace's Pilaf: Use pot on stove or an electric skillet 1 pkg. coil vermicelli (broken into small pieces). **Brown vermicelli in one cube of butter; sprinkle with garlic salt and pepper.** Add 1 ¼ cups of white rice and 1 can of chicken broth. Simmer (covered) until tender. Add a 2nd can of broth as needed. (If you have trouble finding vermicelli, thin spaghetti can be used).

Hawaiian Chicken: A medal pan full of chicken; **sprinkled abundantly with season salt; drizzle abundantly with honey, and then soy sauce.** Spread one large or two small cans of crushed pineapple over top of chicken. Bake at 375 degrees for approx. one hour uncovered.

These two recipes complement each other. Add a vegetable of your choice and ring that heart shaped dinner bell.



Cleaning House for 2008....From the Desk of Theresa Frasier...Last week I threw out worry, it was getting old and in the way. It kept me from being me. **I threw out a book on my PAST (Didn't have time to read it anyway).** Replaced it with **NEW GOALS,** started reading it today. **I threw out hate and memories.** (I remember how I treasured them so?) Got me a **NEW PHILOSOPHY** too, threw out the one from long ago. Brought in some new books, called **I CAN, I WILL and I MUST. Threw out I might, I think and I ought.** **WOW** you should have seen the dust. I ran across an **OLD FRIEND,** I hadn't talked to in a while. His name is **GOD the Father** and I really like His style. He helped me to do some cleaning and added some things Himself. **Prayer, Hope, Faith and Love, yes...I placed them right on the shelf.** I picked up this special thing and placed it at the front door. I found it-it's called **PEACE.** Nothing gets me down anymore. Yes, I've got my house looking nice..... Looks good around the place. **For things like worry and trouble there just isn't any space.** It's good to do a little house cleaning. Get rid of the things on the shelf. **It sure makes**

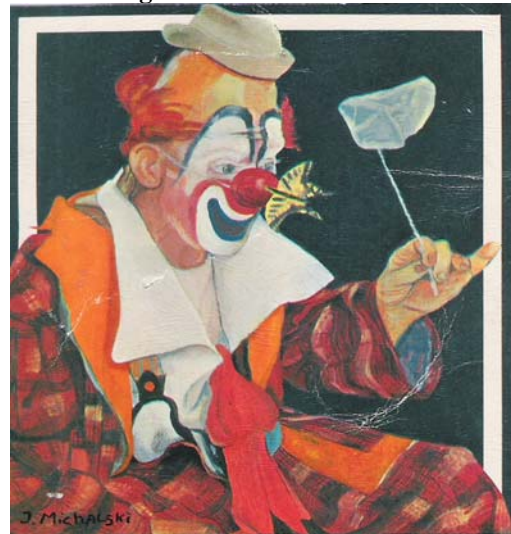
things brighter; maybe you should try it yourself.



Happy Birthday! With a smile that warms and a heart that cares, one person can make a difference in so many lives.

Blume, Clarice	02/11
Fielder, Rachel	02/07
Gunder, Dorothy	02/24
Hughes, Barbara Ann	02/25
Kramer, George	02/22
Leary, Gail	02/06
Lesiak, Betty	02/23
Lorenz, Erma	02/24
Masterson, Mary	02/03
Mitchell, Noreen	02/26
Quenga, Cathy	02/05
Schumaker, Shirley	02/07
Sosa, Richard	02/09

Laughter is the best medicine!



Pat Gerwig would like to thank **Ann Clack** for her efforts with our newsletter, Nov 04 - Feb 08. Ann never missed a deadline. Pat would like to form a committee headed by **Linda Gray,** that will work together to bring your newsletter to you each month. **Ann has accepted a position within the Medical Records Department at SMC.** Newsletter discussion is open at ext. 5276.

"The Camera Snoop" is signing off.

