



# HELPING

# HANDS

## SMC VOLUNTEER NEWSLETTER

October 2011

### Coming Events

You're Invited...



### BLOOD DRIVES

Several Blood Drives will be scheduled during the next few months. Please give if you're able. Blood supply is at a critical low level at this time of the year.

**FALL BACK**  
End Daylight Savings Time on Saturday, Nov. 5th

**Thanksgiving**  
Thursday, Nov. 24th

**SMC Volunteer Holiday Luncheon**  
Thursday, Dec. 8th  
12 Noon

Would you like to view past newsletters and pictures of volunteer events? If so just point your browser to:  
<http://www.smcs1.org/smevol>

### VOLUNTEER SPOTLIGHT JANE WILLARD, IP DESK



Jane and the quilt she made for her great-granddaughter

I was born in Janesville, WI. With 2 older brothers, James and John, my father thought Jane was the perfect fit – 3 J's. When I was 2, we moved to Onawa, IA, just about halfway between Omaha, NE and Sioux City, IA. I was busy with drama club, glee club, Girl Scouts, Rainbow, church organist and just about anything else that got my attention. While a junior in high school, I was a semi-finalist for the Iowa Betty Crocker Award.

After graduation, I attended the University of Nebraska. I got married and was a housewife raising 2 daughters. My husband was a radio DJ. We lived in quite a few areas before settling in OR. After we got divorced, I was working at Bonneville Power Administration in Portland, OR where I met my second husband, Emmet. Bravely, he took me and my two teen-age daughters (Virginia and Barbara) on! After he retired from the Army and government service, we moved to Colorado Springs, CO and spent a wonderful 10 years enjoying the climate and great friends we made. While we were both retired we traveled all over the US and Canada. Fell in love with Prince Edward Island and the Sunshine Coast in British Columbia.

Deciding to move closer to family, we then moved back to the DC area where we had lived while Emmet was at DOE and the Pentagon. I did a friend a favor for 2 weeks and became her office manager at a real estate

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office. After 5 years, I told my boss we were moving, Emmet decided that a warmer climate would be better for him. We were on a cruise and stopped in Charleston and fell in love with the area. By this time, we had 4 grandsons in VA and MD and one in Portland, OR. Although it was hard to leave my babies, John and Tom in MD and Jacob and Tim in VA, we moved down to Summerville and were quite happy that we had.

Shortly after moving to Summerville, I volunteered at the Medical Center and have been here ever since. I am a member of the Dorchester Presbyterian Church and sing in the choir. Living in Legend Oaks, I have made lots of friends. Once a year I volunteer at the Charleston Wine and Food festival. Best of all are when I head to VA, MD, or to Panama City Beach, FL where my step-daughter Nonie lives. All 3 daughters live between 510 and 520 miles from my front door! Quite a feat! Emmet died a little over 2 years ago, just short of our 25 year anniversary. He left a lot of memories for everyone that knew him and a lot of his work/personal friends still keep in touch. All in all, I can't think of anyplace I'd rather be than Summerville, SC.

In Memory of  
Becky Burding,  
baby cap knitter  
1961-2011

**The year is 1911 – One hundred years ago.**

**What a difference a century makes?**

**Here are some statistics for the year 1911:**

The average life expectancy for men is 47 years.

Only 14% of homes had a bathtub.

Only 8% of homes had a telephone.

There were only 8,000 cars and 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

The average US wage was 22 cents per hour.

More than 95% of all births took place at home.

Sugar cost four cents a pound. Coffee was fifteen cents a pound.

Most women only washed their hair once a month and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering the country for any reason.

Two out of every 10 adults couldn't read or write and only 6% of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at local drug stores.

There were about 230 reported murders in the entire US!

Try to imagine what it may be like in another 100 years.



## BIRTHDAYS

### SEPTEMBER BIRTHDAYS

9/02	Marvin Deal
9/04	Christina Wiggins
9/06	Mary Margaret Eiseman
9/08	Lee Kirven
9/09	Johnnie Rowe
9/10	Kathy Trejo
9/13	Jeanne Oyer
9/14	Linda Nichols
9/15	Joyce Thielman
9/18	Nona Mason
9/20	Annie Faulk
9/20	Caroline Stasikelis
9/21	Vicki Gibbs
9/22	Cristina White
9/22	Carol Brady
9/23	Catherine McShea
9/25	Alberta Sereika
9/27	Jane Krygier
9/27	Sandra Payne
9/28	Jane Willard

### OCTOBER BIRTHDAYS

10/06	Barbara Van Damme
10/12	Linda Durda
10/18	Alice Smith
10/19	Joan Jenkins
10/20	Ellenora Hughes
10/31	Theresa Frasier

## RECIPES FROM SUMMERSVILLE MEDICAL STAFF AND VOLUNTEERS

### SQUASH CASSEROLE

Preheat oven to 350  
4-5 medium squash sliced  
medium thin  
1 large onion sliced medium  
thin  
10 saltines crushed (may need  
more)  
2 Tbs. butter  
½ cup Mayo  
2 cups sharp Cheddar plus ½  
cup for top  
2 eggs  
Salt and pepper to taste

Boil squash and onion in  
water (2 inches covering) 10  
minutes or until desired  
tenderness. Drain, mix  
remaining ingredients and  
fold into squash and onion.  
Spray medium casserole with  
Pam and fill with squash  
mixture. Top with cheese.  
Bake at 350 for 40 minutes or  
until cheese is bubbly.

### PINEAPPLE BREAD PUDDING

From the Kitchen of  
Nancy Brown

¼ cup melted butter  
1 cup sugar or ½ cup Splenda  
4 eggs  
1 20oz. can crushed pineapple  
(do not drain)  
6-7 torn slices of bread

Cream together sugar, eggs,  
butter and pineapple with

## REFLECTIONS ON TURNING THIRTY

From the desk of Nancy Brown

I dreamed of being sweet sixteen and the magic twenty-one.  
But suddenly I'm twenty-nine and seeing thirty come.  
My babysitter calls me "Mama". It makes me feel quite numb.  
How can I think of me as old? I've always been so young.  
Once I could name the "Top Ten" songs played on the radio.  
Now I turn the rock groups down or hunt for something slow.  
There are lines around my eyes I never thought would show.  
And pounds that used to be above my waist have sunk below.  
The boy I worshiped as a teen now lies beside me snoring.  
His middle's thicker, so is mine. And he's not as adoring.  
He use to worship at my feet. Now mostly he's ignoring.  
I once clung to his every word. Now sometimes he is boring  
I was depressed to see how fast my youthful days could fly.  
And then I met a fine old man – his age was eighty-five.  
His hair was white, his walk was slow, he could barely see.  
He called me "child" and said he wished he was as young as  
me.

juice. Fold in bread. Sprinkle  
cinnamon lightly over top  
(optional). Bake at 350 for 45  
minutes in casserole dish.

### STRAWBERRY TRIFLE

From the kitchen of  
Pat Plaster

1 5 oz. pkg. vanilla cook and  
serve pudding  
1 16 oz. frozen strawberries  
(thawed)  
1 14 oz. Angel Food cake (pull  
off pieces)  
1 large container of Cool  
Whip

Cook pudding and cool.  
Layer pieces of cake,  
strawberries, pudding and  
cool whip in large bowl.  
Refrigerate over night.

### HOW TO RECOGNIZE A STROKE :

Act **FAST** and call 911  
immediately at any sign of a  
stroke.

**F-ACE:** Ask the person to  
smile. Does one side of the  
face droop?

**A-RMS:** Ask the person to  
raise both arms. Does one  
arm drift downward?

**S-PEECH:** Ask the person to  
repeat a simple phrase. Is  
their speech slurred or  
strange?

**T-IME:** If you observe any of  
these signs, call 911  
immediately.

For more information, go to  
[www.stroke.org](http://www.stroke.org).



Mary Kunsman, Tea Cart; Ruth Goldsmith, OP/ER desk; Alberta Sereika, Rehab; and Kay McShea, OP Courier

Wednesday volunteers celebrate Kay McShea's birthday courtesy of Ruth Goldsmith and her daughter, Marcia. A good time was had by all and Kay is 39 and holding.

**EVC FOOD DRIVE FOR THE SUMMERVILLE SPCA**



A cartload of food for the shelter



Heather Graffe, EVC member and Mark Eckels, SPCA Adoption committee member



Waiting for a treat!

**WHAT A COUNTRY!!!**

By Linda (IP) & Nick (ER) Nichols

Ever notice that for vacation those in the North come South and vice versa? Just asking...



The first week of September will long be remembered as the week Tropical Storm Lee rolled up the East Coast dumping torrential rain and causing massive flooding in many states from Virginia to Massachusetts. That week will also be remembered by a group of 38 travelers from Old Fort Baptist Church as they traveled by motor coach through that same area as part of a trip to Cape Cod. This was one of those trips where there was as much water ON us as there was around us when we arrived in Cape Cod and the surrounding area.

Our trip was great even with the rain. It seemed that wherever we went, when it was time to get off the bus, the rain stopped. We quickly began to



feel that God was favoring us on this trip. The trip began with a stop at the Smithsonian Air & Space Museum in VA and ended with a stop at Baltimore's Inner Harbor. Of course the highlight was touring the beautiful seascape and island of Cape Cod. Provincetown, the National Sea Shore, Chatham, Hyannis (no we didn't see the Kennedys), then from Woods Hole to Martha's Vineyard (didn't see Obama either) by ferry, Edgartown, back to Cape Cod and finally Plymouth before heading back to Summerville.

Truly a beautiful and historic part of our great country. If you have the opportunity, go see this area. You will not be sorry.



# 2011 HEART WALK



Summerville Medical Center  
 295 Midland Parkway  
 Summerville, SC 29485  
 Pat Gerwig, Volunteer Coordinator  
 Phone: 843.832.5276  
 E-mail: [patricia.gerwig@hcahealthcare.com](mailto:patricia.gerwig@hcahealthcare.com)  
<http://www.tridenthealthsystem.com/>



## BIBLE BRAIN TEASER ANSWER

There are names of 16 books of the Bible mentioned in the paragraph below. How many did you find?

"I once made a re**Mark** about the hidden books of the Bible. It was a lu**Lu**; kept people loo**King** so hard for f**Acts**; and for others, it was a **Revelation**. Some were in a **Jam**, especially since the names of the books were not capitalized. But the **tRuth** finally struck home to **Numbers** of our readers. To others it was a real **Job**. We want it to be **A most** fascinating few moments for you. **YEs**, **ther**e will be some really easy ones to spot. Others may require **Judges** to help them. I will quickly admi**T it** usually takes a minister to find one of them, and there will be loud **Lamentations** when it is found. A little lady says s**He brews** a cup of tea so she can concentrate better. See how well you can com**Pete**. Relax now, for there really are sixteen names of books of the Bible in this paragraph."

## GOING IN REVERSE

An elderly lady decides to sell her car. After several unsuccessful attempts, she brought it to a mechanic who told her, "You have 400,000 miles on your car and that's why you can't find a buyer. I'll set the mileage back to 40,000 and you'll have no problem selling it."

A month later, the mechanic ran into the elderly lady at a store and asked, "Did you sell your car yet?"

"No," she replied. "it only had 40,000 miles on it so I decided to keep it."

## FISHING FOR THE TRUTH:

A man calls home from the office and says to his wife.

"Honey, I have a chance to go fishing for a week with my boss. It's a great opportunity for me, but I'll have to leave right away. Would you pack my clothes, my fishing equipment and my favorite blue silk pajamas? I'll be home in an hour to pick up everything."

The man rushes home to grab his stuff. He hugs his wife, apologizes for the short notice, and then hurries off.

When he returns a week later, his wife asks, "Did you have a good trip, dear?" The husband replies, "Yep, the fishing was great, but you forgot to pack my blue silk pajamas."

The wife smiles and says, "Oh, no I didn't. I put them in your tackle box."

## FOR OUR VETERANS

*In Remembrance of Veterans Day, November 11, 2011*

We have a lot of holidays that that come up every year  
 Some are just for fun, but some we hold quite dear.

But we've left off a certain day that should be set aside to pray,  
 A day to honor all the Veterans who have given so very much  
 A group that we're indebted to and need to keep in touch.

I'm thinking of our Veterans who have served so many years

Their devotion is so very strong ~ sometimes it brings a tear  
 These men have given everything and usually in Harm's Way  
 They're called to serve and be on guard, at night and then all day.  
 They put their family life on hold, sometimes for quite a while  
 Also travel far away, with no complaining (not their style)

When signing up they knew right then that there will be lots of change

And things will never be the same  
 "not like good old home on the range"

Sometime they got the news ~ 'you're going to a far off place'  
 And it may be a long time till the kids will see Daddy's face!

Our Mom is left with a bigger job, being mom and dad  
 And giving up the special times that all the family had.  
 They may be gone a short time, but sometimes it's a year  
 (But what a sweet homecoming when that Dad does finally appear)

For each one of our Veterans is special ~ different jobs they have to do

And one thing is our safety for all ~ like me and you!  
 So let's give our Vets the glory and honor that they share  
 For always being ready to show America that they care  
 So we'll pray for you and miss you when you are far away  
 And ask our Lord to keep you all safe day after day.

*By Doris Callahan*