Greetings from the UAMS Medical Center Department of Auxiliary and Volunteer Services! We are thoroughly pleased with the response we received from the first edition of The Volunteer View Newsletter. Your comments and compliments have been warmly received.

Things seem to be perpetually busy in our office as we work on shoring up the programs we have in place while taking on new endeavors. Some exciting things happening in our office include:

- A new volunteer services website (www.uams.edu/volunteer) has “gone live” featuring an online volunteer application, information on teen programs, online copies of our newsletter (in color!!) and more.
- 2006-2007 editions of the UAMS Medical Center Auxiliary Directory were printed and sent out in early February containing information on members as printed on their membership envelopes.
- In accordance with accreditation standards, a brand new volunteer manual has been created and is being printed as you read this! This will thoroughly detail anything volunteers need to know as they begin their tenure.

If you are a volunteer, expect to receive a copy soon.

- A volunteer appreciation luncheon is being planned for Friday, April 27, 2007. Save the Date cards were sent in late January and more detail will be sent soon.

We appreciate the support and commitment from all of our volunteers and auxiliary members and look forward to celebrating a beautiful Spring with you all.

“In the spring, at the end of the day, you should smell like dirt.” - Margaret Atwood

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A Glimpse from Inside

Fall and winter were busy times for the Volunteer Services Department and left us with some stunning facts:

- More than 76 people volunteered for both Aromatique sales (wow!) and contributed countless hours of time, hard work and commitment (yay!!).
- At least 157 holiday gift bags were distributed to patients over the holiday season.
- Volunteer hours for December 2006 nearly doubled from the totals in December 2005. Over 2500 were counted in ‘06, while ‘05 showed a total of only 1588!

Thanks to everyone for your continued support!

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Dates to Remember

- March 1: UAMS Auxiliary Board Meeting
- March 11: Daylight Saving Time Begins
- April 22: ACRC Cooks Tour— For Info: 501-686-8286
- April 23-27: National Volunteer Week
- April 27: Volunteer Appreciation Luncheon
- June 7: UAMS Auxiliary Annual Meeting and Installation of Officers
Auxiliary President Thanks Fall & Winter Volunteers

I want to thank all volunteers and UAMS Medical Center Auxiliary members for the help you gave during the very busy months of November and December. Our Aromatique sale profit was $93,000. The sale was very organized (thanks Andrea and Gloria) and had plenty of volunteers and great shoppers!!!

I would also like to thank all of you who pitched in to do the holiday decorations on the first floor of the hospital—great job!! This was our first year (I like to call it our “learning year”) of putting up the decorations and taking them down. We now know some “shortcuts” and some things we want to improve on.

And lastly—for those of you who helped in putting the holiday presents together for the patients. Santa visited the patients—along with the Elves—and gave out the gifts. I don’t know what I would do without Gloria and Andrea—they kept me on the right track. Once again thanks to all of you who helped with the different projects. There are also other projects that are going on year round. We especially need more Wayfinders—people who help patients, family members, visitors and staff find their way around the hospital—it’s a good why to get those 10,000 steps you need a day.

Thanks again for all the work you do.  
Lu Elliott, President

Style Show to Benefit UAMS Family Home

A few years ago, the UAMS Medical Center Auxiliary pledged to support a new endeavor: the UAMS Family Home. This home opens its doors to families with a family member in the hospital. Often these families spend extended periods of time in Little Rock with little time for rest and tranquility. The Family Home, however, offers the family comfort through its warm, inviting and homely environment.

On Saturday, March 10, 2007 at 12:00 Noon, the Presbyterian Women of Second Presbyterian Church will be hosting Victorian Secrets, a Style Show & Luncheon benefiting the UAMS Family Home.

Enjoy a gourmet lunch while stepping back into Victorian times with Grace Steuri’s authentic, vintage clothing and historical style show. Tickets are $30.00 and may be purchased by calling 501-227-0000 (the church office) or 501-868-5683 (Cecelia Blasier).

The Medical Myth Buster

Ever heard someone state a medical “fact” that you found hard to believe? Welcome to the Medical Myth Buster where we take a medical myth and ask, “true or untrue?” Who knows! It may just benefit your health!

Myth: Spinach is a great form of iron.

Reality: Despite what Popeye led a lot of young people to believe, spinach is not particularly rich in iron. In reality, it has about the same iron content as any other green vegetable, according to Dr. Philip Kern of UAMS’ Division of Endocrinology. “Spinach also contains oxalic acid, which prevents more than 90 percent of the iron from being absorbed by the body,” says Dr. Kern. However, spinach is a rich source of vitamin A, vitamin E and several vital antioxidants, with more than a half-day’s supply of beta carotene found in just a half cup of the vegetable, adds Dr. Kern.

Here’s to your health!

Have any other myths you would like to bust? Contact Andrea in the Volunteer Services Department
Departments Submit Proposals for Auxiliary Funds

One long-standing tradition of the UAMS Medical Center Auxiliary has been to offer UAMS departments the opportunity to submit grant requests for programs and projects that help to further carry out the UAMS mission to provide world class care. With a specified emphasis on patient care, these grants have funded internet based cameras for the Critical Care Nursery, patient clothing for extended stay patients, rocking chairs for the Neonatal Nursery, patient and family support funds for the Social Services department and an ongoing commitment to the UAMS Family Home just to name a few. Last year alone, the UAMS Medical Center Auxiliary gave funds in the amount of more than $66,000.

This year, thanks to proceeds you have given through your membership in the UAMS Medical Center Auxiliary, from your purchases at the 12th Annual Aromatique sale and because your gift of TreeLights during the holiday season, the UAMS Medical Center Auxiliary Board will once again meet on March 1 to review grant requests and pledge to support various programs and resources. With a variety of options to choose from and eager staff and faculty behind each proposal, the mission and work of the Auxiliary will have the opportunity to be spread throughout the UAMS campus and community.

“The UAMS Medical Center Auxiliary funds programs and projects that otherwise would not be funded under existing budgets. The Auxiliary favors proposals that promise the little ‘extras’ that can make a big difference in the lives of our patients, their families and our staff,” says Gloria Wright, Director of the Department of Auxiliary and Volunteer Services.

Watch for upcoming news of what the Auxiliary will fund in 2007!

Young Adult Volunteer Programs Gear Up

Each year the Volunteer Services Department invites students from throughout Little Rock and Pulaski County to take part in volunteer opportunities. This year two programs will allow students to actively participate in the care offered at the UAMS Medical Center: the Summer Teen Volunteer Program (STVP) and the Medical Application of Science for Health (MASH) Summer Enrichment Program (also sponsored by the Area Health Education Clinic office).

The first program, STVP, is open to students 14 and older and will occur in two sessions this year: July 16-26 (Monday-Thursday) and July 30-August 9 (Monday-Thursday).

The second program, MASH, is open to entering Juniors and Seniors who live in Pulaski County and have completed at least one science course. Dates for the program will be June 11-22.

Each program will occur on the UAMS Medical Center campus.

For more information or for an application, contact Andrea at 501.686.5657 or visit: www.uams.edu/volunteer/teen.asp.

Get Updated!

- Margaret Mundie, a lifetime member and former President of the UAMS Medical Center Auxiliary, died in early January. A donation was made in her honor to the UAMS Family Home on behalf of the Auxiliary. Our sympathies are extended to Margaret’s family and friends.
- Shickel Development was incorrectly listed as “Pleasant Ridge Development” in the 2006-2007 Auxiliary Membership Directory under the Corporate Members portion. Please correct the listing to: Shickel Development, 11601 Pleasant Ridge Rd.; 72212; 501-225-7807.
- Also in the directory: Robin Dean’s address should be listed as 5101 Edgemere.
- Andrea Stokes is grateful to the persons who extended their sympathies upon the recent death of her grandfather.

Please submit any announcements you would like listed in future issues of The Volunteer View by contacting Andrea at 501.686.5657 or: acstokes@uams.edu.

“Those who bring sunshine into the lives of others cannot keep it from themselves.”
- James M. Barrie

Tell us what is going on in your life!!
The mission of the University of Arkansas for Medical Sciences Volunteer Services Department is to uphold the greater UAMS mission and vision to teach, heal, search and serve through compassionate and informed volunteer services.

UAMS Volunteer Goals:

- To achieve greater competencies in order to create more knowledgeable and skilled volunteers.
- To have greater visibility on the UAMS campus through volunteer contributions of time and compassion.
- To better equip volunteers with security and safety training and to better orient volunteers to life as a health-care volunteer.

Volunteers Needed

- Interested in serving as a volunteer in the hospital? Current opportunities include Wayfinding, delivering magazines & volunteering on patient floors. Contact Andrea today to receive more information about exciting volunteer opportunities available at the UAMS Medical Center: 501.686.5657.