

# EMERSON HOSPITAL Auxiliary News

Summer 2006

## Emerson Hospital 5K for Cancer Draws Record Crowds

After many days of soaking rain, the skies cleared and shined brightly for the 6<sup>th</sup> Annual Emerson Hospital 5K Run-Walk for Cancer on Sunday, June 11. This year's event drew a record 380 walkers and runners. Through the tireless efforts of Auxiliary members, Emerson staff, and community volunteers, the Run-Walk was a huge success, raising more than \$10,000 for cancer services at the hospital.

"We were so pleased with the record turnout for the Run-Walk for Cancer this year," said Lori Noonan, manager of cancer services at Emerson. "The community, employees, and Auxiliary members really showed their support for the cancer center and our patients. Their many hours of hard work really helped to make this community event such a success. We could not have done it without them."

The event kicked off with a pre-race stretch by the Thoreau Club. The Acton Minutemen then gave the musket start while the Yankee Stompers provided music throughout the morning. At the end of the race, all walkers and

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photos Tony Rinaldo

runners had a chance to cool down with ice cream provided by Kimball's Ice Cream.

A medal ceremony presented by Emerson CEO Christine Schuster recognized winners in several categories, including top male and female, top Emerson employee, and top male and female in various age categories. The overall winner of the race was John Raguin of Acton with a time of 17:21. The top male Emerson employee was Dr. Greg Caldwell. Marbeth McKenney was the top female Emerson employee.

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EMERSON HOSPITAL  
AUXILIARY



## President's Letter

Dear Auxilians,

Did you notice how lovely the hospital grounds were in the spring? Now the greens of summer, brightened with patches of annual color, are just as pleasing. Plants calm us and soften the harsh lines of the hospital so it appears more welcoming. Auxiliary members no longer tend Emerson's gardens in spring, but it's still a busy season for us.

There are always short term jobs associated with events that busy Auxilians can fit into their crowded calendars.

### BUT WE NEED MORE HELP

As you know, the April Pops Concert, which has become an annual outing for many, raised over \$12,000 for our front-line patient caregivers' scholarship fund. We stuffed envelopes, tracked down ads, took pictures, arranged flowers, set up tables, decorated and welcomed concertgoers.

Another donation to the fund came from the Lincoln Phone Book committee's sale of their very popular publication, which appears every two years. Some of their members are also Auxilians.

In June, the 5K Run/Walk took place on a heavenly day. Our members served on the organizing committee handed out t-shirts and numbers, directed traffic and set up and cleaned up.

The Emerson Hospital Golf Tournament, sponsored by the Auxiliary, will take place in



September. This, too, will benefit the scholarship fund. We will need help on the day of the event, setting and registering players and again in the late afternoon at the dinner and raffle.

Something new is planned for October at Verrill Farm's Harvest Festival. The Verrill's will donate the proceeds from the afternoon festivities to the Pediatric Coping Kits at Emerson. The kits, which include an Emerson Bear and help ease stress, are given to every child entering the Hospital. Leah White in the Development Office is the Emerson liaison with the farm and is looking for volunteer help from Auxiliary members.

Remember we are a sociable group, too. In addition to the Annual Meeting, we meet for coffee and talk: talk about the hospital, talk about how to strengthen the Auxiliary, and as friends, talk about our lives. Please come.

I hope it's becoming clear that there are numerous opportunities for Auxilians to lend a hand for just a few hours. Christine Schuster, President and CEO of Emerson Hospital, likes the idea of sharing "time, treasure and talent." Everyone has some of at least one of these. Come share yours with us.



## Auxiliary Calendar

### SPECIAL EVENTS

#### September 18<sup>th</sup>

Annual Golf Tournament  
Nashawtuc Country Club, Concord

#### October

Auxiliary Annual Meeting  
date and location TBA

### AUXILIARY MEETINGS

#### July 25<sup>th</sup>

Golf committee;  
White House Conference Room, 10 A.M.

#### August 7<sup>th</sup>

Auxiliary Board;  
Donaldson Conference Room, JC Bldg., 9 A.M.

#### August 15<sup>th</sup>

Golf committee;  
White House Conference Room, 10 A.M.

#### September 14<sup>th</sup>

Golf committee;  
White House Conference Room, 10 A.M.



## Lincoln Telephone Directory Generates \$15K Donation

After spending more than 1000 hours preparing their 2006 edition of the local phone directory, 30 volunteers of the town of Lincoln generated \$15,000, which in turn was generously gifted to the Emerson Auxiliary. Over the course of the last 12 years, proceeds from the efforts of the Lincoln directory have exceeded more than \$60,000 in donations to the Auxiliary.

The volunteers spend their time making calls to residents and businesses to insure accuracy of all information. In addition to the selling of ads to local businesses, the group also sells the directory at local establishments. The directory is then printed and mailed to all residents of Lincoln. This year's directory also included a map of the town, compliments of Lincoln resident Doug Stinson.



During the month of March Lincoln volunteers Susan Pease, Diane Pagano and Lindsay Clemens were given a tour of the Emerson hospital from Dr. Gregory Martin and Jack Dresser, VP of Development.

Thank you to the many volunteers of the Lincoln Telephone Directory group – your hard work and generosity inspires us.

### Auxiliary Officers

**President:**  
Nancy Kingman

**Secretary:**  
Denise Haartz

**Treasurer:**  
Priscilla Gannon

**Vice-President  
of Public Relations:**  
Jennifer Cyrs

**Vice-President  
of Fund Raising:**  
Marjorie O'Brien

**Vice-President  
of Membership:**  
Karen McCarthy

**Ex-Officio:**  
Christine Schuster,  
President and CEO

Jack Dresser,  
VP of Development

Sharon Knox,  
Director Community Services

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**Editor:**  
Lorri Langin

**Design:**  
Harley Freedman

## Community Services

### Transport ... on the move!

Emerson's revered Transport Department, the most popular volunteer placement for hundreds of Emerson's volunteers



Sharon Knox, Director of Community Services

over the years, recently moved to the fourth floor of the hospital.

It was a quiet morning, without much fanfare as transporters

began their upward migration in the elevators to their new home on West Four. One wheelchair after another followed by stretchers, and finally delivery carts. The centipede like fashion was quiet, slow and steady, and for the most part went unnoticed. It was a transport request like none other in their history – to move Transport. The Transport Department was established as a new department in 1976 on Wheeler One, the surgical floor, where it remained until this spring.

There was no brass band or ribbon cutting speech to greet the busy troops as they arrived, so the staff wasted no time answering the phones and picking up where they had left off downstairs to address the next transport job request.

The Transport Department represents much more than a first placement for all new volunteers entering Emerson's

volunteer program. Transport is a team – a family, where everyone works together to support the patients, every hospital department, and the John Cuming building physicians. Performing over 85,000 transport jobs last year, Transport is truly a department on the move.

To the patient it matters not where Transport is located or that they have moved; it is only important that Transport is coming – and soon. Beyond serving the practical purpose of transporting

patients to various tests and treatment areas in the hospital, or to the main entrance as patients leave to return home, volunteers also provide a listening ear for patients as they are being transported. In the process, patients and transporters often develop a special bond as they interact in casual conversation and laughter traveling through Emerson's hallways. In many cases, the transport volunteer is the last person to bid farewell to the

patients as they leave the hospital to return home.

Transport holds a beloved bond for the volunteers and employees working there. Ask any volunteer, and you will hear amazing stories of why they love working in Transport. Many volunteers proudly announce that they walk over three miles a day while working in there. Others respond, "All my friends



work in Transport" and "I enjoy the variety and talking with the patients." This past week, a volunteer summed Transport up nicely when he expressed his desire to be a "regular" volunteer in Transport. He expressed, "I love this place."

Congratulations Transport, and welcome to your beautiful new home. May your endearing spirit and dedication continue forever.

*"Lose yourself in generous service and every day can be a most unusual day, a triumphant day, an abundantly rewarding day."*

*William Arthur Ward, American Writer*

*"Time, treasure and talent. Everyone has some of at least one of these. Come share yours with us."*



### Community Services is pleased to announce...

I am very happy to welcome Jamie Coan, as the new Asst Director for Community Services to our office. Jamie arrived just weeks before approximately 120 candy striper volunteers came on board this summer.



Not to worry, this big responsibility was not a problem for Jamie. As a former candy striper, (1998-2003) Jamie is very familiar with Emerson Hospital and the volunteer program.

After five years and 550 hours working as a student volunteer, Jamie was hired by Emerson's Transport Department to work summers and during school breaks while a student at Colby Sawyer College.

Now, having graduated with a business degree, Jamie returned to join Community Services Department and to lead the student summer program. Eight years after arriving at Emerson Hospital, Jamie will tell you that she has finally reached her dream job. Welcome Jamie, we are delighted to have you in Community Services.

### Membership Coffee Held in May

Auxiliary members, hospital staff and guests were in attendance at the May membership coffee held at the home of Kristyne and David Crawley.

A special thanks to Priscilla Gannon, Rose Colosi, Karen McCarthy, Denise Haartz, and Nancy Kingman for their contribution of providing refreshments to the morning.



## HOSPITAL HAPPENINGS

As I write this letter to you, I am completing my first year at Emerson. While 2006 has been exciting, I believe that the next fiscal year will be a breakthrough period for our organization, as we plant many new "seedlings" for future growth.



Before I share with you our plans, let me stop for a moment and thank you for everything you have helped us accomplish in this past year. Without the support of our generous donors and friends, much of the progress we have made in 2005-2006 would not have been possible.

- Thanks to \$1.8 million in donations, we opened the new Olsen Urgent Care Center. Our Emergency Department is busier than ever. This enhanced space has allowed us to decrease our waiting time and increase our patient satisfaction.
- The support of the Emerson Hospital Auxiliary has enabled us to award educational scholarships to nurses and other members of our health care team. At the end of June, I will be speaking at the commencement exercises for one of our employees who is completing her LPN program at a local community college, thanks, in part, to an Auxiliary scholarship.
- Our Radiology Department moved closer to the 21<sup>st</sup> century with the implementation of a new digital radiology service, funded by a \$500,000 gift from a private donor.
- And of course, on June 27<sup>th</sup>, we will have a ceremonial groundbreaking to officially begin the bold journey for Project SCORE -- our \$35 million dollar investment to re-develop our surgical center, obstetrics and radiology departments.



*“The support of the Emerson Hospital Auxiliary has enabled us to award educational scholarships to nurses and other members of our health care team.”*

In the coming year, we will be taking many steps along the journey to secure our place as the region's leading provider of advanced, quality care. As I have said before, my goal for our community hospital is to make it the best place to come for care and to work!

Toward that end, you will be hearing more about a host of exciting new developments including the opening of our new facility in Sudbury, the recruitment of new primary care physicians and specialists to our community, the creation of a new Bone and Joint Center for our orthopedic specialists, a Diabetes Center of Excellence, a new Wound Care Center, a cardiology affiliation with a very well-known teaching hospital, the addition of new diagnostic technologies that will enable us to keep pace with our colleagues in Boston, and the launch of a new infertility service, in collaboration with the leading IVF program in the country. These are just a few of the many projects we have in the pipeline.

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### Hospital Happenings

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I know that all of you understand the importance that philanthropy plays in helping us to bring these state-of-the-art programs and services to our region. On behalf of our patients who benefit from your support, please accept my heartfelt thanks and appreciation. I can assure you that you and your family will continue to reap the investments that you are making in your community hospital for many years to come. Thank you again and I hope you enjoy a beautiful summer with your friends and families.

### Walk for Cancer

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Speaking to the winners and other race participants at the conclusion of the medal ceremony, Christine Schuster said, "All of you here today have made an important difference in the lives of Emerson patients and their families who are affected by cancer. Your participation in this event will enable Emerson and the Bethke Cancer Center to continue our mission of providing excellent, high-quality care in a compassionate and supportive environment. We thank all of you for your generosity and look forward to your participation again next year."

The Bethke Cancer Center was founded at Emerson Hospital in 1997. It offers expert, state-of-the-art treatment and cancer care in a comfortable setting. By partnering

### Save the Date! Emerson Hospital 8th Annual Golf Tournament Nashawtuc Country Club September 18, 2006



Mark your calendars for the 8<sup>th</sup> Annual Emerson Hospital Golf Tournament. We'll be teeing off on September 18 at beautiful Nashawtuc Country Club in Concord. Join us as we play a championship course, enjoy great food, and are treated to lots of exciting raffle prizes along with a silent auction. All proceeds from this event will benefit the Emerson Hospital Auxiliary Scholarship Fund for nurses and frontline caregivers.

For more information, please contact Leah White in the Development Office at 978-287-3084 or visit the golf web site at [www.emersonhospitalgolftournament.org](http://www.emersonhospitalgolftournament.org).

with Massachusetts General Hospital, and collaborating with Dana-Farber/Partners Cancer Care, the Center provides high-quality treatment

and technology. The Bethke Cancer Center offers outpatient services in hematology, medical oncology, and radiation oncology.



photo: Harley Freedman

## Emerson Hospital Summer Workshop

### Gain Health and Energy through Tai Chi

The gentle and tranquil movements of Tai Chi convey the essence of the Taoists tradition to discover a genuine path for health and longevity.

This Chinese ancient martial art is the practice of a series of slow and relaxing movements as fluid as silk that make it the perfect practice for easing sore joints and muscles. Presently, it is practiced more and more to achieve therapeutic benefits including stress reduction and arthritis pain relief as well as to promote balance, flexibility and overall strength. According to the Arthritis Foundation, several studies have shown that regular Tai Chi practice has benefits: It can reduce falls for those with balance disorders. In one 1996 Atlanta study, people who practiced Tai Chi for 15 weeks reduced their risk of multiple falls by 47.5 percent.

Instructor Dr. Darith Phat has ten years of Tai Chi experience with full instructor status.

### Classes Begin

July 12th or September 13th

Classes are 8 weeks, every Wednesdays, 9:30 – 10:30 AM

Donaldson Conference Room, John Cuming Building

\$98 for each 8-week session

Call Virginia at Emerson's Community Health and Wellness at 978-287-3777 for further information or to register for the class.



[www.emersonhospital.org](http://www.emersonhospital.org)

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