First Friday Newsletter  
August 2, 2019  
Volunteer Services – UI Health Care

New Volunteer Hour Milestones

Photo (left to right): Chris Samuelson, Monica Ahrens, Diane Crossett, JoAnn Koskey, Levona LaGrange, and Danielle Busta

We welcomed five new volunteers into the 1,000 Hour Club Wednesday and recognized one volunteer for her 5,000 hour milestone! Those honored were:

**Monica Ahrens** is a Biostatistics PhD student at Iowa. She started volunteering in the Patients’ Library in 2012 and in the VSO in 2013. She now volunteers as our VSO receptionist and at the Rooftop Cafe.

**Danielle Busta** is currently a nurse in Pediatric Hematology/Oncology/BMT at UIHC. She started volunteering in the VSO when she was in college in 2012 and started making baby hats in 2013.

**Diane Crossett** is an Administrative Coordinator for the College of Medicine Administration and has volunteered knitting baby since 2013.

**JoAnn Koskey**, a retired Financial Analyst at UIHC, started volunteering with Urology and the Patients’ Library in 2016. She still volunteers with the library and also serves in the Fourth Floor Salon and the VSO.

**Chris Samuelson** is a retired high school guidance counselor. He joined the
volunteer team in 2015 with Concierge Services and has been there ever since.

**Levona LaGrange** is an off-site volunteer who reached 5,000 hours of service in just a few short years! Levona has been knitting baby hats since 2017.

Thank you for your remarkable contributions!

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**Did You Know?**

Trader Joe’s in Coralville graciously donates flowers to the VSO on Mondays and Thursdays, which our office volunteers then arrange and deliver to patients throughout the hospital. Shown in the picture is Taylor Ryan and Dan Stence with a cart full of color to be delivered!

**Want to help?** If you are interested in picking up arranging or delivering flowers for this popular service, please contact Jilina Claus by sending her an email or calling 319-356-2515!

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**A Warm Heart...**

The following story was shared by Nurse Practice Leader Karen Stenger and we’d like to share it with you:

"I want to share the warm heart I had when I talked to one of the patients recently. He had been in a trauma and with chronic back injuries, could not get comfortable in a bed. He told me that he has not been able to sleep in a bed or chair prior to his accident because of intense pain and sleeps on the floor instead. We were trying to meet his special needs- but did not want him to sleep on the
floor for obvious reasons. The TruRise chair was given to him to try and it worked remarkably. He said they had tried several chairs but never able to find one that brought him comfort. He was so appreciative for his night sleep in the chair and to know this might be an option for him at home. Thank you again volunteers for always being there to help us meet our patients special needs. I know it made a big difference to him and his wife."

As volunteers, you make such a big difference to our patients and their families. Keep up the awesome work!

**Volunteer Events**

**Rooftop Cafe Summer Concert Series**

*Concerts are held on Tuesdays from Noon to 1:00 p.m. on the Rooftop Terrace (Elevator F, Level 8).*

- **August 6** - Kevin "B.F." Burt (blues)
- **August 13** - Artes Latinas (Latin)
- **August 20** - John Lake and Strange Brew (classic rock)

**Wild Rose Gifts**

**August 28, 9:00 a.m. to 3:00 p.m.** - "Let's Go Hawks!" event in the Fountain Lobby. Shop for new hoodies, t-shirts, sweatshirts, hats and all your favorite Hawkeye accessories...just in time for football season! *Proceeds from this event will support programs benefiting our patients and their families.*

**Fourth Floor Salon**

**August 8, 9:00 a.m. to 4:00 p.m.** - “Back to School” event in the Fountain Lobby. Single liters of shampoo and conditioner, as well as duos, at special prices! New products and a free gift with a $40 purchase! *Proceeds from this event will support programs benefiting our patients and their families.*

**Volunteer Safety Segment**

*Each month we will highlight a safety or patient visiting reminder*
**Updates to transmission-based precautions signs**

The following message is distributed on behalf of the Program of Hospital Epidemiology:

Effective July 26, 2019, transmission-based precaution signs have changed. The updates are part of our continuous quality improvement efforts, so you can continue to provide care that is patient-centered and safe.

For your protection, as well as the protection of our patients, please take moment to read [the article posted on The Loop](#) and consult our [Volunteer Handbook (pages 28-29)](#) for updated information on the signs.

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**Volunteer Services Recipe Competition!**

Have a favorite recipe to share? Email it to Volunteer Services. If your recipe is chosen, you will receive a $10 Volunteer services gift card!

**Winning Recipe: BLT Pasta Salad**

Congratulations to Butterfly Brigade volunteer, Sara Connell, for her winning submission!

**Dressing:**
- 3/4 cup mayo
- 1/4 cup sour cream
- 1 Tbsp milk (optional)
- garlic to taste
- salt & pepper to taste (you can omit the garlic and use garlic salt here)
**Salad:**

3-4 cups chopped romaine lettuce
8 oz pasta of choice
1 pint grape tomatoes, halved
1 1/2 cups bacon bits or pieces (NOT artificial)
1 1/2 cups shredded cheddar cheese (optional)
sliced avocados (optional)

1. Prepare pasta according to package instructions. When cooked, drain and rinse with cold water to chill.
2. While the pasta is cooking, prepare dressing by combining mayo, sour cream, milk (to thin the dressing if desired), garlic, salt, and pepper.
3. In large salad bowl, combine lettuce, tomatoes, bacon, cheese (if desired), and chilled pasta. Pour dressing over and toss to coat.
4. Once served, top with sliced avocados (if desired)
5. Serve and enjoy!