

Newsflash



April 2019

April is National Volunteer Month

In honor of volunteer week (April 7th-12th), El Camino Hospital would like to express their deepest gratitude to all of the hospital's volunteers. They are the glue that helps hold the place together, be it assisting the busy medical staff to helping things go by smoother or making sure that patients have the best possible experiences, volunteers truly make all the difference in the healthcare environment and beyond.

The hospital has planned special volunteer luncheons this week. Please come and enjoy this celebration. Delicious food will be served and good times will be had by all who attend. Dates and locations are provided in the sidebar.



Message from the President

Carol Carey

April is in full bloom with spring flowers, budding trees and varied celebrations. There is something for everyone in April. We have Volunteer week, Easter, Passover, earth day and if you have ties to New England, Patriot's day.

For those folks who are not familiar with New England, Patriot's day commemorates the start of the revolutionary war and is celebrated on the third Monday of April. People from around the world come to the Boston celebration to run in the Boston Marathon on that day.

Volunteer week is truly a special time for the Auxiliary. It is a celebration of you and your commitment of time, talents and energy to El Camino Hospital. It is with great pride that I thank you all. You are so special!

"Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." -Leo Buscaglia

Volunteer Week Luncheons:

El Camino Hospital Mtn.
View:

April 9th in conference rooms
A & B from 11am to 1:30pm.

April 10th in conference room
E from 11am-1:30pm.

April 11th in conference
rooms A & B from 11am-
1:30pm.

El Camino Hospital Los Gatos:

April 9th in conference room
1 from 11am-1:30pm.



In honor of National Volunteer Month, here are some fast facts about the action of volunteering:

- It's estimated that 15.2 million people in the UK volunteer at least once a month.
- In the year 2014, it's estimated that 63 million America people volunteered their time. This equaled a grand total of 7.7 billion hours!
- The usual candidate for volunteering is an employed college student or a person who has retired from their career but still wants to stay busy.
- Usual volunteer time ranges anywhere from 1 week to 12 months. Volunteering projects go on for varying lengths of time, making it easy for all people of all ages to find something perfect for them...possibly even discovering a previously unknown passion.
- Volunteering can help improve your mental health by giving you feelings of gratitude for what you have in your own life. This new perspective can help you see things more clearly and feel inspired to keep doing the great work you're involved with.
- Amazingly, volunteering has shown in different studies to lower levels of depression and boost happiness levels.

(Source: Volunteering Journeys 2016)

Special Reminders

- Reminder to save the date for the Annual General Meeting on May 16th.
- As the Auxiliary survey has finished, we would like to express our thanks for your participation. The insight that you have all provided will give us better information for recruitment options and an improvement for the future of the Auxiliary department.
- Reminder to please call a substitute if you won't be able to make your shift on a certain day. The extra help goes a long way during a busy volunteer shift.
- The new cycle for junior volunteers has been completed. We welcome all of the incoming junior volunteers.
- Be mindful that certain sidewalks are still closed along with the Mother/Baby parking unit due to hospital construction.
- Brenda or Beverley visit the LG campus once a week to take input and suggestions and meet the LG volunteers. We want to ensure that we stay connected with our sister campus.