

# Volunteer Services Department University of Iowa Hospitals and Clinics

1<sup>st</sup> Friday Notes: February 6, 2009

**Dear UI Hospitals and Clinics Volunteers,**

**Happy Belated Groundhog Day!** Six more weeks of winter may sound tough, but we hope you will be warmed by the special difference you make in the lives of patients and their families here at our hospital!

## **UI Hospitals and Clinics Information and Events:**

**Go Red for Women, February 6:** Join the fight against heart disease and stroke--the leading cause of death in the United States. The UI Heart and Vascular Center, in partnership with the American Heart Association, invites you to Wear Red to promote heart health and participate in the following events:

- Health Fair and silent auction from 11 a.m. – 1:30 p.m. in the Fountain Lobby
- Nutrition to Go with food samples and heart healthy handouts during lunch in the Fountain Dining Room
- Exercise class – exercises anyone can do – Rehab therapy gym (1701 JPP) 45 minute drop by sessions starting at 11:30 a.m. and 12:30 p.m. Wear regular clothes
- Wear Red contest – prize for the person wearing the most red – visit the health fair to enter
- Look for red dress window clings and red lights along the 4<sup>th</sup> floor of the hospital

**University of Iowa Healthcare Forums:** Please plan to attend a forum on Wednesday, February 11, at 12 noon or 5:30 pm in the East Room. Anyone working or volunteering at UI Hospitals and Clinics and the UI Carver College of Medicine is invited to attend. Vice President Jean Robillard and other leaders will introduce the integrated strategic plan and provide updates on other pressing matters. A question and answer period will follow. Please be sure to wear your volunteer badge. Stop by the Volunteer Services Office and we can walk down to the forum together.

## **Volunteer Services Events:**

- February 13, 7:00 am – 7:00 pm: Wild Rose Gifts Valentine's Day Event: All guests will be given a small gift with purchase in store.
- February 16, 2:30 pm: New Community Volunteer Orientation: East Room, UI Hospitals and Clinics.
- March 5, 2:00 am – 4:00 am: Wild Rose Gifts and Wild Rose Books Late Night Hours: in stores.
- March 10, 11:30 am – 1:30 pm: Volunteer Services Advisory Board Meeting: Hope Lodge Meeting Room at Hope Lodge.
- March 12, 2009, 12:00 – 1:30 pm: 1,000 Hour Volunteer Luncheon.

**Friday Differences** are the stories shared with us which show the impact Volunteer Services has on the patient/family experience at our hospital. Throughout the next few weeks, all hospital inpatient rooms will be equipped with new, customized white boards used to enhance communications among patients and their caregivers. These white boards, made possible through the financial support of Volunteer Services, include a special section for patient goals, and we would like to share a message we received recently:

*The other day I was scheduled to go to a patient room to give a haircut. The patient was in an ICU and it is not so easy to do a haircut for patients there. When I got to the room, I noticed on the patient's bulletin board under PLAN/GOAL, was written "HAIRCUT FRIDAY AT 1:00". What a great perspective that gave! It made me think how all goals, no matter how small, are so important! I was happy that I could help her reach hers.*

Have you helped someone to reach their goal this week? What are your goals? Please spend a few minutes reflecting on this and share your thoughts.

**Let us hear your story!** – As 2009 begins, we ask you to think about YOUR volunteer experiences and reflect upon what kinds of things have made an impact on you and our patients. We invite you to please respond back to this e-mail address: [volunteerservices@uiowa.edu](mailto:volunteerservices@uiowa.edu), and send us your thoughts and stories.

With thanks for ALL you do... Your friends in Volunteer Services