




BOCA RATON
REGIONAL HOSPITAL
DEBBIE-RAND MEMORIAL
SERVICE LEAGUE, INC.

May / June 2016
InnerView

THE NEWSLETTER OF THE DEBBIE-RAND MEMORIAL SERVICE LEAGUE

IN THIS ISSUE:

Introducing the
2016 – 2017 D-RMSL
Board of Trustees
PAGE 5

Scholarship News
PAGE 7

Hurricane
Preparedness
Checklist
PAGE 10

**INTERESTED IN
VOLUNTEERING?
CALL 561.955.4098**

**Volunteer
of the Year**

As a Debbie-Rand Memorial Service League volunteer, Christy McDonald has logged over 14,000 hours, working four mornings a week in Food and Nutrition. She began volunteering in 1999 as a student at Spanish River High School.

Born in Vancouver, British Columbia, Christy and her sister, Linda, who lives in Tampa, and their parents, Dorothy and Ian, moved to Boca Raton in 1992. Born-and-bred ice hockey fans, Christy and her father have Florida Panthers season tickets. Christy enjoys family trips to Scotland to visit her grandfather and other relatives.

Christy receives the highest praise from her department. She is professional in her manner and communication. She is cheerful and willing to take on any assignment, always lending a helping hand.

Thank you, Christy. You are a wonderful asset to D-RMSL and Boca Regional. Your faithful service is very much appreciated!



MEMBERS CORNER

MEMBERSHIP REPORT: MARCH 2016

Active Members

General: 458

TAV: 93

Life: 16

Inactive Due-Paid Members

General: 305

Life: 167

Honorary: 2

Total: 1,041

Hours Report:

TEENAGE VOLUNTEERS (TAV):

1,173.14 hours

87 TAVs

ADULT VOLUNTEERS:

10,307.61 hours

454 volunteers

TOTAL:

11,480.75 hours

541 volunteers

MEMBERSHIP REPORT: APRIL 2016

Active Members

General: 452

TAV: 90

Life: 16

Inactive Due-Paid Members

General: 326

Life: 168

Honorary: 2

Total: 1,054

Hours Report:

TEENAGE VOLUNTEERS (TAV):

1,120.02 hours

84 TAVs

ADULT VOLUNTEERS:

10,690.03 hours

446 volunteers

TOTAL:

11,810.05 hours

530 volunteers

May Volunteer of the Month



MARY WATTS

Before Mary Watts retired from teaching, she told her colleagues she was going to volunteer at Boca Regional in the nursery. When she joined D-RMSL in 2010, there were no openings and she was asked to volunteer as a secretary in the Volunteer Office. Today, she is still in that position and has logged almost 2,400 hours of service.

In 2012, Mary was elected to the D-RMSL Board of Trustees. She has taken an active role in fundraising, arranging two Hoffman's Chocolates® events and has chaired several committees.

Mary is a life-long Floridian. Born and raised in Fort Myers, she earned her degree at the University of South Florida and moved to Fort Lauderdale in 1972. She enjoyed a teaching career in Broward County for more than 30 years. Mary and her husband, John, have two sons. Andy and his wife, Holly, live in Orlando with their two children. Michael and his wife, Irene, live in Margate with their two sons.

Mary is an active member of Alpha Delta Kappa, an honorary international teaching sorority. She enjoys traveling, playing cards, volunteering at her grandson's school and spending time with her grandchildren.

D-RMSL and Boca Regional thank you, Mary, for your wonderful service.

June Volunteer of the Month



STANLEY DAVIS

Stanley became a D-RMSL volunteer in the spring of 2014 and volunteered briefly in several departments until the Marcus Neuroscience Institute opened, where he became an ambassador on Monday mornings. He is a welcoming and friendly individual greeting

both patients and visitors.

From 1980 to 1991 Stanley and his wife, Barbara, had a seasonal home in Boca Raton. In 1995 they moved to Delray Beach from Baltimore, Maryland.

For many years Stanley owned M'Lady's Shoe Boutique in Pikesville, Maryland and has many interesting stories to tell of his experiences providing high fashion shoes to women in the area.

Stanley and Barbara have three children, Maura Beth, Brad and Phillip.

Stanley loves to read books. He is an avid sports fan, particularly baseball and football. Stanley also volunteers in his community serving as Captain in the Citizens on Patrol.

D-RMSL and Boca Regional thank you, Stanley, for almost 500 hours of service.

Welcome, New Volunteers

Benjamin Biordi
Paulina Chiraboga
Yassecha Clayton
Kara Cormier
Fernando Cruz
Linda Duggan
Michael Duggan
Tori Farrow
Bob Feldman
Shane Goldman

Shana Green
Rachid Grouicha
Jessica Halle
Mark Harris
Allina Hernandez
Wendy Jones
Judith Katz
Camile Knight
Alice Leger
Ekaterini Lintzeria

Scott Mann
Justin Mark
Brad McGraw
Elaine Morse
Theresa Peluso
Elais Perez
Yevgenia
Permanova
Flavia Pianeti
Nick Pick

Megan Rodwell
Ashley Rojas
Harrison Rudd
Svetlana Russkaya
Elizabeth Schaefer
Nicole Scuderi
Victor Shames
Yasmin Souza
Nanci Tuck
Marcia Ufberg

Hope Vargas
Joanne Weinman
Brittany Wilson

Lauren Morejon

May Teenage Volunteer of the Month

Lauren Morejon is the May TAV of the month and the first to be recognized in our new feature. Lauren became a volunteer in February 2015 and has earned 142 hours of service working Thursdays from 4:00pm to 8:00pm in Volunteer Services.

A native of Florida, Lauren was born in Tampa and moved to Boca Raton when she was two years old with her mother, Maria, father, Mike, and twin sister, Ana Michele. Lauren's longtime interest in dance, ballet, modern and particularly jazz led to dancing with the Southern Dance Theatre in Boynton Beach and more recently with Dance Town in Boca Raton.

She is a member of the Key Club at Boca Raton Community High School and is a straight-A student in the STEM program with hopes to pursue a career in the medical field. During the summer of 2015, she participated in a biomedical research and contagious diseases program at the Boston Leadership Institute.

This spring, Lauren donated over \$8,000 to the Lynn Cancer Institute that was raised through the Outreach Performance Project.

D-RMSL and Boca Raton Regional Hospital thank you, Lauren, for your wonderful volunteer service and your fundraising work to support cancer research.

Brenda Gomes

June Teenage Volunteer of the Month

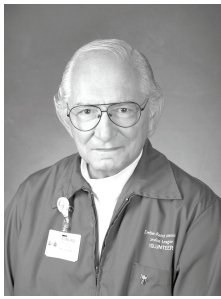
Brenda was born and raised in Boca Raton and she joined the D-RMSL TAV Program in May 2015. She volunteers on Thursday evenings in the Gift Shop and Saturday mornings in IV Therapy. In total, Brenda has accumulated over 425 hours of service.

Although a gifted writer according to her English teacher at Boca Raton Community High School, her goal is to enter the medical field. Brenda plans to attend either Florida Atlantic University or Florida State University after she graduates in 2017. She is a student in Boca High's Medical Academy and is an active participant in the school's HOSA (Health Occupation Students of America) chapter, an international organization where she studies many aspects of health skills and competes against other chapters. As part of the program, she will be interning next year in the pharmacy at Boca Regional.

Brenda enjoys playing the piano, and was an active volleyball player until she broke her back while playing two years ago. Brenda will spend her summer in Brazil with her parents, Adriana and Breno, and her brother, Breno Jr.

Thank you, Brenda. D-RMSL and Boca Regional will miss your wonderful volunteer service this summer, but are happy to know you plan to return in the fall.

A Message from Your President



It has now been one year since I became your president. In that time, your expressions of support and encouragement have been heartwarming, reassuring and inspiring.

The theme of our Celebration of Service and Annual Meeting this year was all about our volunteers, and the precious and incomparable gift of time and service that they generously give to our Hospital. Your efforts have made D-RMSL the “gold standard” in volunteering — a testament to the generous gifts of your time and talents. Kudos to committee chair Sherry Thomas and her team for a well-run and most enjoyable event. “The best ever” was the opinion expressed by all.

During the past year, I am happy to report that our committee chairs and their teams performed at the highest levels with equally impressive results. Attendance at our 53rd Anniversary Luncheon last October increased by 50 percent. Thanks to committee chair Nancy Coakley and her team. We look forward to this year’s 54th luncheon.

Our thanks to Mindy Raymond, Brian Altschuler and Barbara Sferra of the Hospital’s Human Resources Department for the luncheon celebrating us during National Healthcare Volunteer Week. It was a happy and splendid occasion enjoyed by 220 attendees.

We who wear the blue jackets recognize that service is the currency we tender for the privilege and responsibility that comes with our commitment to our Hospital and preserving the legacy of our founder, Gloria Drummond.

Thank you to the D-RMSL Board of Trustees, past presidents and administration for their support and cooperation in assisting us in attaining our goals.

- Edmund Nasralla, President of the Debbie-Rand Memorial Service League

Introducing the 2016 – 2017 D-RMSL Board of Trustees

Frank Beirne

Richard Larson

Sergio Rodriguez

Sherry Thomas

Nancy Coakley

Edmund Nasaralla

Robert Schattner

Evie Zimmerman

Dolores Del Raso

Charlotte Paris

Ellen Selip

Roger Farleigh

Sharon Pearthree

Howard Shore

Year-End Review

We would like to extend our deepest gratitude to the managers, staff and volunteers of the Thrift Shoppe and Gift Shop who continue as our main fundraisers while providing a valuable service for the community, our patients and their families. Our contribution to the Hospital this fiscal year was \$603,000. In addition and equally important, this past year, active volunteers contributed the incomparable gift of time, totaling 145,000 hours of service to the Hospital. Thank you for all you do. You are the face of our Hospital and you are beautiful in all the ways that really matter.

Celebration of Service and Annual Meeting





"I Rise"

D-RMSL TAV, Lauren Morejon and her twin sister, Ana Michele, both students at Boca Raton Community High School, founded the Outreach Performance Project to combine their passion for dancing and singing with their desire to help the community. After visiting the Lynn Cancer Institute they were moved to raise funds for the cause. Students and local talent were invited to participate in their show, "I Rise" on April 16. The event was a smashing success and proceeds of over \$8,000 were donated to the Institute.

D-RMSL and Boca Regional thank you, Lauren, for your outstanding achievement.

Scholarship News

D-RMSL is very proud of the generosity and determination of our TAVs who give hundreds of hours of service to Boca Raton Regional Hospital each year. Through the generosity of the **Schmidt and Barton Family Fund in memory of William E. and Florence Schmidt and Lon D. and Lucille Barton**, we are able to award scholarships to well-deserving students every year.

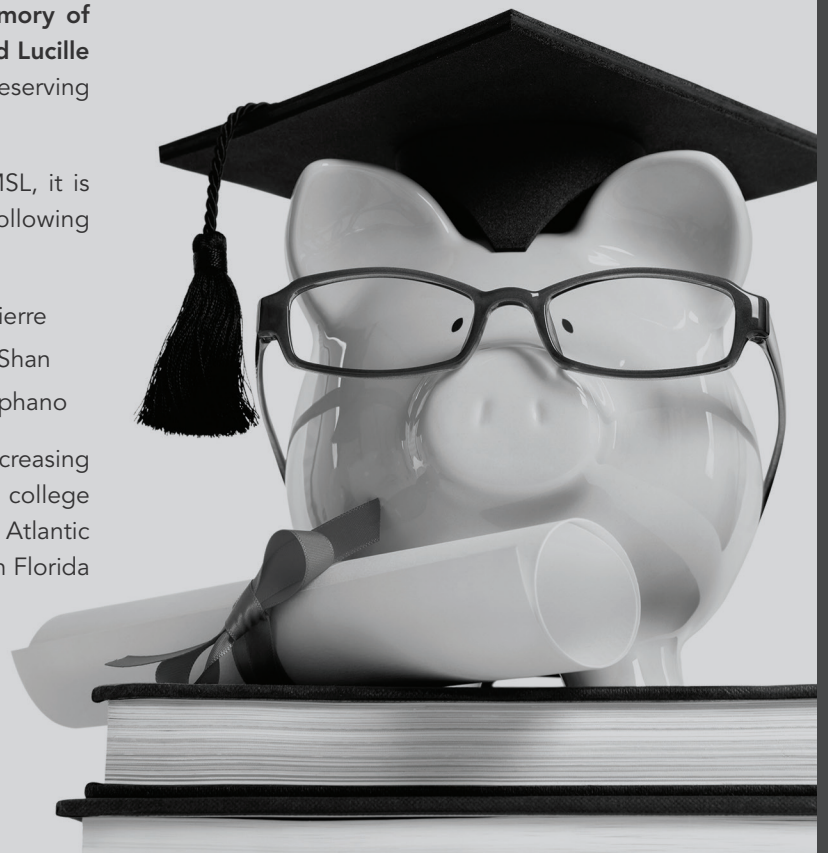
As a member of the Board of Trustees of D-RMSL, it is with pride and pleasure that I announce the following scholarship recipients:

Emon Alavi	Gizam Eflani	Sylvie Pierre
Marissa Brackett	Victor Galarza	Huiting Shan
Jade Bravo	Ryan Lim	Callie Stephano

The scholarships they receive will help with the increasing expenses of continuing their education. The college choices of these students include: Florida Atlantic University, University of Florida, University of North Florida and Florida State University.

Congratulations!

Mary Watts,
D-RMSL Scholarship Chairman



Prescription for Fun

Debbie Leising



On April 8, D-RMSL hosted another great Prescription for Fun event for first-year medical students from the Charles E. Schmidt College of Medicine and first-year nursing students from the Christine E. Lynn College of Nursing at Florida Atlantic University.

Steel drums played while the students enjoyed Caribbean cuisine and conversation with Boca Regional leadership, D-RMSL board members, Ways and Means committee members and FAU faculty and senior leadership.

For the fifth year, the event was held to welcome and embrace these young students and demonstrate their importance as members of our community here at the Hospital. We know that these fine men and women will continue the tradition of caring with compassion, empathy and gentleness as they continue their careers.

Donations Needed

Please donate your gently used clothing, shoes, linens, children's items and books. Donation drop boxes are provided for your convenience at the following locations:

- » The Gloria Drummond Physical Rehabilitation Institute – 650 Glades Road
- » Finance Department – 745 Meadows Road, Second Floor
- » Debbie-Rand Memorial Service League Auxiliary Office – 800 Meadows Road

Free furniture pick-up and packing is available upon request. Larger items such as oversized kitchen appliances and small TVs must be delivered to the Debbie-Rand Thrift Shoppe. If you wish to receive an itemized tax receipt, all donations must be dropped off at the Thrift Shoppe.

Located at 903 Meadows Road, Boca Raton, FL 33486, the Thrift Shoppe is open Monday through Saturday from 9:00am to 4:00pm and Sunday from 12:00pm to 4:00pm. Call 561.395.2208 with any questions.



What's Your Story?

This is a new feature geared towards allowing the volunteers to learn more about one another in a fun and interesting manner. A different question will be asked each month. Please submit answers to your President, Edmund Nasralla, at enasralla@brrh.com.

Q: What superpower would you like to have and why?

A: If I could choose any superpower it would be the ability to fly. Nothing would make me happier than soaring over our beautiful Earth, and I would love to travel everywhere possible.

– Julianna Hamberger

A: I would like to see the Miami Dolphins win another Super Bowl. I would also like to wipe out cancer.

– Dolores Del Raso

A: If I had any superpower, I would pass around the feeling of love and joy to every person on Earth. Just think how wonderful this beautiful world would be. I would change bad things to good and evil thoughts to happy, helpful thoughts. If everyone was just a flicker of light and we could put it all together we would have a brighter world!

– Dottie Dufresne

Question for next month: What sound makes you happy?

Now Available Online Payment Option

D-RMSL is now offering an online PayPal® option enabling members to pay dues and make donations by credit or debit card. Our online payment option is simple, secure and available to you anytime you need it. To make a payment or donation, visit brrh.com/volunteer.



Making Headlines

Making Headlines is an effort to keep all of our employees, physicians and volunteers informed about news regarding the Hospital.

This section provides you with a list of recent press releases that have been submitted to the media, as well as to our local civic leaders and government representatives.

To review any of our press releases online, visit BRRH.com. You'll find all of our current announcements on the home page.

May 4

Jonathan Courtney, MD, Joins Medical Staff at Boca Raton Regional Hospital

May 5

Boca Raton Regional Hospital Physicians Recognized as "Top Doctors"

May 6

Boca Regional Chief Nursing Officer Honored with Board Positions

May 11

Boca Regional One of Only Eight Sites in U.S. to Offer Zenith T-Branch Stent Graft

Boca Raton Regional Hospital Selects Cerner to Provide Integrated Electronic Health Record System

May 12

Andrew Brown, MD, Joins Marcus Neuroscience Institute at Boca Raton Regional Hospital

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

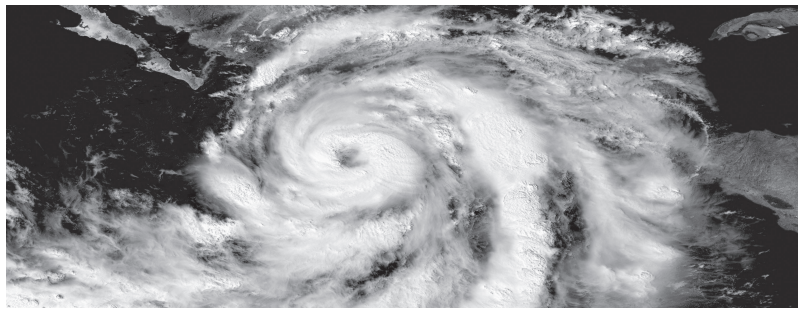
MAY/JUNE 2016 Meetings, Events & Important Dates:

MOTHER'S DAY
SUNDAY, MAY 8

MEMORIAL DAY
MONDAY, MAY 30

FLAG DAY
TUESDAY, JUNE 14

FATHER'S DAY
SUNDAY, JUNE 19



Hurricane Preparedness Checklist

Home:

- Properly secure your home with hurricane shutters
- Have non-perishable food items available
- Maintain an adequate water supply. Fill the bathtub to use for dishwashing and to flush toilets
- Be sure to follow the "96-Hour Rule" and have enough supplies to last four days, should the power go out
- Have a battery-operated TV or radio, light and sufficient batteries
- Stay away from windows once a storm begins. In a severe situation, place yourself in a room or closet towards the center of your home that does not have windows. Remain there until all is clear.
- Have an extra gas cylinder available for grilling, if necessary
- Place generators outside of your home away from doors and windows to avoid any toxic fumes from entering your residence

Personal:

- Prior to any storm, ensure you have enough cash on hand in case power outages impact ATMs
- Fill up your car's gas tank
- Place personal papers in a secure and waterproof file box
- Maintain a list of emergency numbers and know where it is located
- If you evacuate your home, notify someone of your location

Medical:

- Maintain at least a two week supply of your medications
- If you are insulin-dependent have backup electrical capabilities to keep insulin refrigerated
- If you are oxygen-dependent ask your vendor what their preparedness plans are and have a backup supply available

It is important to remember that hospitals are not an option for general sheltering during a hurricane and that they are not able to dispense medication to the public.



**BOCA RATON
REGIONAL HOSPITAL**
DEBBIE-RAND MEMORIAL SERVICE LEAGUE
GIFT SHOP

561.955.4100

Safety Matters: Volunteer Trivia

D-RMSL is committed to ensuring our volunteers have the knowledge needed to keep themselves and our patients safe. As part of this commitment, we will provide a monthly safety question in this newsletter. These questions represent what a volunteer may be asked by The Joint Commission surveyor during a visit.

Congratulations to **Elizabeth Geller**, who correctly answered last month's question: **What are the five symptoms of a stroke? The answer is sudden weakness or numbness in the face, arm or leg; confusion or trouble speaking or understanding; dizziness, trouble walking or loss of balance or coordination; severe headache and trouble seeing in one or both eyes.** Contact Aimee Yahn-Carmichael for your prize!

Next edition's trivia question: **What do the following Boca Regional codes stand for: Condition Green, Code Assist and Code Orange?** The first person who emails Aimee at ayahn-carmichael@brrh.com with the correct answer will win Cinemark Platinum Supersaver movie tickets. Good luck!



You'll Celebrate the Treasures You Find

Stop by the **Debbie-Rand Thrift Shoppe** for all the sales and to take advantage of great deals.

Monday – Saturday: 9am – 4pm
Sunday: 12pm – 4pm

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Phone: 561.395.2208


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- Serving Boca Raton Regional Hospital and the surrounding community since 1943
- Arrangements for all occasions: parties, weddings, Bar & Bat Mitzvahs
- Plants, balloons, plush novelties
- We can create very unusual designed personal floral pieces
- All Boca Raton Regional Hospital volunteers, employees and physicians receive **10% discount** on all in-store or locally delivered items, plus an additional 5% discount, which will go to the Debbie-Rand Memorial Service League

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