WORDS FROM THE PRESIDENT....DORIS BRAMLETT

Southeastern (SHVL) meeting will be held March 22-24 at the Grove Park Inn in Asheville. I look forward to seeing a lot of you there. Maybe we can spend a little time together. I’ll look for you at the Trade Show.

Volunteer Appreciation Week is April 12 - 18. I hope that all of you will do something special to recognize your Volunteers during this week. It doesn’t have to be elaborate, a drop-in with punch and cookies will tell your volunteers that you care and will give them a chance to get to know their fellow volunteers. Of course, the luncheons, etc. are always nice!

We are working on plans for the SCAHA Fall Conference which will be held at the SCHA Office in Columbia on Tuesday, October 20.

We have the Keynote Speaker/Entertainer lined up but are looking for other topics and speakers to round out the program. I welcome your suggestions.

The Keynote Speaker will be LaDonna Gatlin, baby sister of the Gatlin Brothers. She is a great motivational speaker, vocalist and recording artist.

If you have enjoyed hearing her brothers perform at their theater in Myrtle Beach and other places, you will enjoy LaDonna.

I hope that all of you will plan to attend. It is a great time to learn new things, have fellowship with other Volunteers and just plain have a fun day.

All members of your Auxiliary are eligible to attend the Fall Conference. Registration fee is $30.00 per person and includes a light breakfast, buffet lunch and what we hope you will think is a great program.

Dress for the Fall Conference is your Volunteer Uniform and your Hospital Name Badge.

If I can be of assistance in any way, please contact me at: doris.bramlett@gmail.com or by phone at 864-288-5292 or 630-1343.
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EAST COOPER MEDICAL CENTER

The Volunteers at East Cooper Medical Center are getting off to a busy start in 2015.

On February 5th, an Open House was held for the Grand Opening of the Dodds-Durst House, the new Pediatric Rehab Center. The name honors the two founders of East Cooper Medical Center. The VSO donated the beautiful wrought iron entrance gate to the center, and 4 rocking chairs for the porch. Bronze plaques reflect our donations.

Jan Ledbetter, Andrea Lowry, Aloha Dwyer, and Susie Robertson attended the SCAHA Leadership Conference in Columbia on February 10th. It was a wonderful day filled with education and laughter (which is the best medicine.) We heard Paul Grier speak on Bylaws, and Policies and Procedures. Kay Crowe Bayne, who played the original part of Patsy Cline in “Always Patsy Cline,” sang many of her songs and talked about traveling around the country playing the role. Kay was fabulous! And last, but certainly not least, Glenda Cannon Doles entertained and inspired us as only she can!

On February 19th, we celebrated Dr. Rex Morgan’s office moving into the Mullis Building on campus.

We have been busy preparing for a visit from Joint Commission in February. Also, the VSO has started accepting scholarship applications.

Yes, 2015 is starting out to be a busy year for the Volunteers at East Cooper Medical Center!

Susie Robertson, Jan Ledbetter, Kay Crowe Bayne, Andrea Lowry, and Aloha Dwyer in photo.) Only wish all of East Cooper’s Volunteers could have been there to enjoy the day!
The Volunteers at Georgetown and Wacamaw Hospitals hope that all have had a good summer and that everyone is ready to get the ball rolling for the new year.

Don Myers was elected to serve as President for another term. The following were elected to serve a two year term with him:

Vice President Chris Staneck
Secretary Carole Schmidt
Treasurer Carol Kearns

Georgetown Volunteers had several projects this past year that helped them to give twelve (12) $2500.00 scholarships to deserving Nurses who are working toward their BSN degree.

Don thanks all the Volunteers for all they did to raise the scholarship funds. They had a yard sale in Sept., a bake sale in Nov. and promoted the Lights of Love program for the holidays.

He is proud of his Volunteers because "They Care -- And Love Giving Back".

Photo below shows Don (back row left) and seven of the nurses who received the scholarships.
The Auxiliary Annual Safety/Education Update was held on Saturday, February 7, 2015. New information, policy changes and review of Safety information was presented. We had great attendance with 35 of 38 in attendance.

As it happens this presented the perfect opportunity to present the LCMH Volunteer of the Month award to Frances Sumerel.

Frances has been an Auxiliary member since September 2000. Her primary position has been in the hospital Gift Shop. Her talent is working with flowers, merchandise displays and sharing what our customers are asking for, which is a valuable asset.

She has always done a good job in whatever task she has been asked to do. She willingly swaps or covers for others whenever necessary, greets our customers with kindness and of course is friendly with the hospital staff and knows most of them by their first name.

She has served as the Auxiliary Historian since 2006 and is always on the “lookout” for articles, pictures and other things of interest involving the Auxiliary.

In 2013 Frances received her 7000 Hour Service Pin. As a dedicated volunteer it has truly been her mission to serve the community, the hospital and her church where she is very active in her senior group.

At the Auxiliary Board meeting in January plans for our Volunteer Recruitment Luncheon were discussed. The luncheon will be held in May. We encourage our current members to talk with friends and family who may be interested in volunteering and then submitting their information to us. They will then be invited to the Recruitment Luncheon along with several volunteers. We will answer any questions they may have and the volunteers will talk about what they do and why they choose to volunteer.

On February 14th a group of our volunteers delivered Valentine Cards and gift bags to Agape Assisted Living facility in Laurens and participated in a Valentine’s Day party. Valentine gift bags were also taken to Laurelwood Assisted Living in Laurens.

Submitted by: Patti LaRoche,
Manager Volunteer Services
UNDERSTANDING HIGH BLOOD PRESSURE

High blood pressure is a common condition that affects about 1 in 3 adults in the US. Remember, the first step to effectively treating high blood pressure is to understand what it is.

WHAT IS HIGH BLOOD PRESSURE? As your heart pumps blood to the different parts of the body, the blood pushes against the walls of your blood vessels and arteries. The force that it exerts is what doctors call blood pressure.

The more blood your heart pumps, and the narrower your arteries, the greater your blood pressure will be. When it becomes higher than the level recommended for good health, it is called high blood pressure or hypertension.

OFTEN HAS NO SYMPTOMS, BUT SERIOUS RISKS. High blood pressure is vital to treat because it can dramatically raise your risk of cardiovascular events, like heart attack and stroke. But often, it has no warning symptoms. According to the American Heart Association’s Heart Disease and Stroke Statistical Update based on 2007-2010, 78 million American adults have hypertension and almost 1 in 5 of them are unaware they have it.

What causes high blood pressure? High blood pressure often has no direct cause. But certain risk factors may increase your risk of developing it. Some, such as age, gender, race, and family history, cannot be controlled. Fortunately, you can help control many of the others.

RISK FACTORS YOU CAN CONTROL:

1. **Overweight**—Losing even 5 pounds can help you lower your blood pressure.
2. **Lack of physical activity**—Regular physical activity can help you lower your blood pressure and keep your weight under control.
3. **Tobacco use**—Smoking or chewing tobacco can raise blood pressure. If you smoke, quit.
4. **A high salt (sodium) diet**—A diet low in sodium of less than 2,400 milligrams (mg) per day has been shown to help lower blood pressure.
5. **Alcohol use**—Too much may raise your blood pressure.
6. **Stress**—Stress can raise blood pressure temporarily and may lead to overeating, and tobacco and alcohol use. There are techniques to help reduce it.
7. **Certain conditions**—High cholesterol, diabetes, kidney disease, and sleep apnea may increase your risk of high blood pressure. Talk to your doctor if you have these.
8. **Some medications**—Decongestants, birth control pills, and certain pain relievers and prescription drugs can raise blood pressure. Talk to your doctor before taking them.

Controlling your blood pressure: A key to controlling your blood pressure is working with your doctor.
President Doris Bramlett called the meeting to order. President Elect Marje Warner read the Auxiliary Prayer. Secretary Kathy Boivin read the Minutes. Membership Chair Charles Veach called the Roll and Treasurer Bobby Chapman gave the financial report.

We gave a warm SCAHA welcome to our newest member Auxiliary who is Palmetto Health Baptist Parkridge. They are off to a great start with six of their Board Members attending. Their president, Linda Bowers, is also Co-Chair of the Midlands District.

With the business formalities out of the way, Schipp Ames, Manager of Advocacy Communications for the South Carolina Hospital Association extended a warm welcome to all and then gave an interesting presentation on the SCHA LEAd program (Leadership for Education and Advocacy).

He encouraged our members to join SCHA in this program. There is no charge to join and those who sign up will receive updated information from the State and Federal levels on proposed legislation affecting healthcare issues and ways that we can be involved to assist in getting good healthcare legislation passed.

Our first speaker, Paul Grier, encouraged us to take a look at our Governing Documents at least once a year to make sure that we are in compliance of what our rules say that we are to do.

He was very interesting as he explained to us that we should have four types of Documents. First, our Charter and Articles of Incorporation which, after getting them prepared properly and filed, usually with the Secretary of State, can generally be put away and require little or no additional attention. Just be sure you know where they are!

Then, comes the Bylaws which describe the Organization, the Board and defines its top level authorities and duties. Properly done, these just need to be reviewed on a regular basis.

The Policies document is the one which sets the framework for operations.

Lastly, the Procedures document outlines ways to do what the Bylaws and Policies want done. Policies explain the process and details.

He then spoke on "Leading an Auxiliary vs. Herding Cats and Dogs". He made us think about what kind of leader we really are and to take our leadership responsibilities seriously.

We learned that a really good leader is one who is willing to lead and not be a dictator. One that includes the other leadership in getting things done.

Paul took what can be a very boring subject and taught us a lot while making us laugh. Many commented on the Evaluations that they were going home and read their Bylaws and get their other leadership to do the same! Ninety people completed their Evaluation Form. The rating choices were:

Excellent, Good, and Fair; however, a number who filled out the form gave higher scores than Excellent!

Paul’s ratings were:
- Exc. x 3
- Exc. +
- Exc.
- Good

Some of the Comments about Paul’s presentation were:
- Excellent and Funny
- Very Informative
- Outstanding!

Next on the program and to get us in a less serious mood, vocalist Kay Crowe Bayne entertained with a variety of songs that were popular a few years back (how about 50 years) and ones that most of us could easily relate to.

Kay is a talented vocalist who began singing on radio and TV when she was a young girl. She sang some of the songs the late country music star Patsy Cline made famous. She then sang some popular and some gospel songs. Kay traveled to 40 of the 50 states when she played the lead role of Patsy in the play "Always Patsy Cline".

She dedicated a special song, "Points of Light" to all Volunteers. She knows from personal experience that Volunteers are points of light in the lives of many patients. She closed with a musical prayer for Volunteers.
LEADERSHIP SUMMIT REPORT CONT’D

Kay’s ratings were:

- Exc. x 4 - 1
- Exc. x 3 - 1
- Exc. x 2 - 2
- Exc. + - 1
- Exc. - 82
- Good - 3

Some comments about Kay were:
Incredible talent; Joy filled room;
She made us feel special; Would recommend to everyone; Great entertainment; Have Kay back again and again and again!

Past President Susie Robertson prayed after which we enjoyed a delicious buffet lunch. Only a little time was left to go to the restroom, walk around and fellowship with our friends from other Hospitals before it was time for the afternoon session.

The afternoon speaker was Glenda Cannon Doles, who was back by popular demand after speaking to our group at the 2013 Fall Conference. Her topic was: "Making an Investment in Yourself".

Glenda is an inspiring and entertaining speaker who kept us laughing and thinking all at the same time. She is high energy but not hyper! That’s what she told us and she’s the preacher’s wife so it’s got to be true!

Glenda’s ratings were:

- Exc. x 4 - 1
- Exc. x 3 - 1
- Exc. x 2 - 2
- Exc. + - 1
- Exc. - 82
- Good - 3

Some comments about Glenda were: So inspiring - Can’t wait to hear her again; Always excellent; Wonderful but talked a little fast; Just as wonderful and funny as last time; Very good and funny - Bring her back; Glenda’s great, bring her back!

Since there was only about two negative comments in 90 responses about the entire program, including food and decorations, I believe that we can safely assume that this program was about as good as we could make it.

The program line-up of Paul, Kay and Glenda was well worth everyone taking time to spend a day in Columbia. We all had a chance to get our "batteries re-charged"!
LEADERSHIP SUMMIT REPORT CONT.

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HOTLINE Editor Jane Dyar was not present. She was diagnosed with breast cancer last fall and is taking chemo medication. She is doing great, her strong Christian faith is the rock she is clinging to. She considered attending the Summit, however, we encouraged her to not take a chance on catching a bug by being in a crowd. President Bramlett asked that everyone put Jane on their Prayer List.

All SCAHA Board Members were present except Jane and Coastal District Co-Chair Don Myers. Don attended the Board Meeting on Monday but went back to Georgetown to be with his wife who was having surgery on Tuesday.

The afternoon ended with Past President Susie Robertson and President Elect Marje Warner drawing numbers for the door prizes.

SCAHA Board Members
Betty Stout, Coastal District Chair, Lynda Pittman, Midlands District Chair, Lou Leffler, Piedmont District Chair, Linda Bowers, Midlands Co-Chair, Martha Garrison, Piedmont Co-Chair, Charles Veach, Membership Chair, Kathy Boivin, Secretary and Bobby Chapman, Treasurer passed out the lovely gifts.

Thanks to Past President Susie Robertson for the lovely floral table decorations. She made them for last year’s Summit which was snowed out. They went to my basement in Greenville last February until the ride back to Columbia for this year’s Summit.

Since we had about eight more tables this year, the hearts and stuffed animal decorations were put together by Georgine Braun, Martha Garrison, Bobby Chapman and me. I hope that all of you who won a table decoration as a door prize enjoys it.

If you wondered who that lovely lady running around everywhere with the camera was, she is Parliamentarian Georgine Braun.

Did you know that one of the duties of the Parliamentarian is to take the photos? (Just kidding!) Georgine is going to check the Bylaws and see if being the photographer is in her job description!!

A wonderful day of learning, fun and fellowship ended with President Bramlett wishing everyone a safe trip home.

Think on these words:
"The happiest people don’t have the best of everything, they just make the best of everything! BE HAPPY!"

Submitted by:
Doris Bramlett, President
LEADERSHIP SUMMIT REPORT CONT’D