



Volunteer Services Newsletter

WINTER 2020

Capital Health Auxiliary

2020

125 YEARS
of service to the community

thank you
for your service

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“ Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love. ”

As I reflect on my 10 years as an Auxiliary volunteer, and the past four years serving as your President, I am reminded of the incredible work the Auxiliary does. I have had the opportunity to witness the many ways our volunteers make a positive impact on our patients' hospital experience. Oftentimes, it's through the smallest of actions, such as sharing a warm smile, extending a compassionate touch, or being an active and empathetic listener that brings our patients the most comfort.

This year, we celebrate our Auxiliary volunteers for the contributions that they have made over the past 125 years. The Auxiliary has a long history of supporting the educational and health programs of our hospital through fundraising efforts and service projects. During my four-year tenure as Auxiliary President, I have had the privilege to work closely with a team of bright, dedicated and compassionate volunteers. Through their work, the Auxiliary has made great strides in returning to the mission of our predecessors by not only fundraising for hospital programming but also becoming an integral part of providing patient services. I am thankful to our program coordinators for their energy, hard work and innovative thinking in helping us establish and successfully run our nine service programs. Three of our programs—Clothes4Change, Family Health Center's Farmers Markets, and Toy Closet—have made great improvements in the lives of our most underserved patients. These programs provide our clinic families with gently used clothing, fresh fruit, vegetables, and eggs as well as books and toys for our pediatric patients.

The Auxiliary Cookie Program, Mobile Library, Tales for Tiny Tots, Toy Closet, Mental Health Service, and Kitty's Closet programs help improve the experience of those who visit our Emergency Room or are admitted or receiving outpatient services at both hospitals. These programs provide cookies for our cancer patients; books and toys for our clinic patients, inpatients and newborns; resource books and sensory cart items for our mental health staff and patients; and backpacks filled with new clothing, hygiene supplies and nightlights for children entering foster care.

Our efforts have also expanded to include partnerships with our community neighbors. The Auxiliary has teamed up with students from our Hopewell Valley Central High School to form the CHATS Club. Student club members serve as Junior Board members who work as sponsors to support our fundraisers and service projects.

Our Tree of Lights fundraising committee has partnered with Hopewell Valley Central High School's Music & Theater Association and Chambers Choir to offer a choral program during our annual Tree of Lights Ceremony. This committee has also partnered with the Friends of Hopewell Valley Open Space (FoHVOS) in creating our living memorial Monarch Garden located in the CHAI Garden at the Hopewell Campus.

I am grateful to my fundraising chairs who oversee our thrift store, designer bag bingo nights, fashion shows, pecan and raffle sales, and Tree of Lights campaign. These volunteers work tirelessly to raise funds for our service projects and hospital department grants. Our work would be impossible without their dedication and support.

As my term comes to an end, I would like to thank the Auxiliary Board, hospital volunteers, and administrators for their support. Over the past four years, I have seen how teamwork and nurturing the talents and ideas of our volunteers can lead to great things. I am confident that the Auxiliary will continue to do wonderful things under our new leadership. Please join me in welcoming Stacy Denton, who began her tenure as Auxiliary President in September 2020. As she continues in her new role, I hope you will embrace her as you have me. Stacy is a bright, kind, and caring young woman. With her talents, I have no doubt she will be successful in bringing new ideas to the table that will help improve our patients' experience and will inspire our members to develop new programs to help meet our patients' needs.

My role as the Auxiliary President has been a rewarding experience. I am grateful to all of you for your friendship and support over the past four years. Moving ahead, I look forward to continuing my work with the Auxiliary in caring for our patients and community.



Sincerely,

Donna Costanzo

Outgoing Auxiliary President

A MESSAGE FROM Stacy Denton, Incoming Auxiliary President

It is indeed an honor and pleasure to greet you as the new president of the Auxiliary. I am very excited to be leading such an important professional organization with a rich history spanning over 125 years. I look forward to collaborating with you to leverage new opportunities to increase membership, to develop and support initiatives that inspire our members, and to serve with integrity, hope, compassion and love for all.

Following the footsteps of the past president, I have great appreciation for her hard work and dedication to the Auxiliary. She has done a tremendous job in providing excellent leadership and a robust list of service projects.

As we embark on a new year of opportunities and some challenges, I am confident that we can achieve the highest level of service and support to Capital Health's patients and community. Let us continue to work collaboratively to further the goals and objective of the Auxiliary. Thank you for allowing me to serve as your president.



Sincerely,

Stacy Denton

Incoming Auxiliary President

609.570.3132 ▪ dentons@mccc.edu

capitalhealth.org/auxiliary

A LETTER FROM Dipti Padliya, Manager, Volunteer Services

Dear All,

The year 2020 has been a unique one...let's just leave it at that. Throughout it all, we have been faced with many trials and tribulations. Everyone has been affected by the coronavirus in some way or another, and it has impacted our world in more ways than one.

By the end of the first quarter of 2020, we were in a full-blown pandemic and our hospital administration diligently implemented CDC guidelines. Before long, and out of an abundance of caution for our patients, staff and volunteers, they had to implement visitor and volunteer restrictions at the hospitals. I still remember the day I had to send the memo out to all my volunteers explaining the restrictions, and it broke my heart! I was humbled by the overwhelming response from our volunteers, who continued to call and check in with us and let us know that they were doing fine. Soon, my sadness of missing them was turned into relief, knowing that they were safe at home!

As we proceeded to cancel all our scheduled events for the year—such as annual luncheons and summer junior programs—and then close the thrift store, we were constantly looking for ideas for how we could safely resume our volunteer efforts. This led to the concept of Virtual and Curbside Volunteering!

We soon informed all our 2020 juniors about the new volunteering program and how they could help and were pleasantly surprised by how many of them were interested in volunteering. An online and at-home Summer Junior Volunteer program also allowed many juniors to create and donate many wonderful items to benefit our patients and staff in the hospitals, such as handmade face shields and face masks, art, healthy recipes, books and magazines, and many other items which have truly helped our inpatients have a more comfortable hospital stay.

As the summer ended, we extended the program to our adult volunteers, who have been equally supportive. Their overwhelming response has helped us to continue many of our programs and ad hoc tasks like labelling, assembling discharge packets and mailers, and many others. I would like to send a big “thank you” to you all—you have enabled us to support our patients in ways far beyond expectations!

Capital Health's thrift store reopened in October and our volunteers there have been busy as bees ever since! Thank you again all Capital Thrift volunteers, with special thanks to Leslie Gibbons for her amazing commitment to running the store.



This year has also given us some wonderful reasons to celebrate –

- 125 years of the Auxiliary – we are thankful for their contributions to Capital Health and our community!
- Super volunteer Rita Kravitz marks 30 years of volunteering with Capital Health. Thank you, Rita!
- Our new Auxiliary President, Stacy Denton - I wish her the best and look forward to working with her on new and wonderful Auxiliary projects as we continue to grow as an organization.
- Our outgoing Auxiliary President, Donna Costanzo - I would like to congratulate Donna on her outstanding and exemplary work these past four years and thank her for always being a friend first and then a colleague. It has been a great learning experience and pleasure working with you. I am glad that you will continue to support the Auxiliary as chair for its various subcommittees!

As we navigate the pandemic, please continue to stay in touch and let us know if we can assist you in any way. We are truly grateful for your support and will continue our efforts in 2021 and beyond to support our community.

Best wishes to all for good health and safety during this challenging time!



With gratitude and appreciation,

Dipti Padliya

Manager, Volunteer Services

609.537.6073 • dpadliya@capitalhealth.org



INVESTORS BANK ART & HEALING GALLERY

The next Healing Arts gallery show, entitled “Dwell in Gratitude,” will feature artwork by Capital Health physicians, employees and volunteers.

This exhibition is scheduled to run from January 21, 2021 – April 18, 2021 in the Investors Bank Art and Healing Gallery at Capital Health Medical Center – Hopewell.

Please call 609.394.6113 or e-mail Lyndsie Moran at LMoran2@capitalhealth.org with any questions.



30 YEARS OF VOLUNTEERING AND COUNTING



February 8, 1990 was the first day Rita Kravitz volunteered at Mercer Hospital in their Oasis Gift Shop. She continued to volunteer there for the next 17 years. It all started when her husband needed physical therapy at the Cardiovascular Fitness Department at Mercer twice a week. Rita felt she needed to give back and started volunteering while her husband was trying to get better. Unfortunately, after a short two years, Rita’s husband passed away and Rita felt she needed a purpose to keep herself going. Volunteering gave her a reason to get up in the morning.

The most important part of volunteering for 30 years is the friendships Rita has built. She has supported several departments over the years. After her time at the Oasis Gift Shop, Rita helped the Wound Care Department at Mercer Hospital until the new Hopewell campus

opened. In 2011 at Hopewell, she was a patient advocate in the Maternity Unit before she came down to the Volunteer Office. Over the years, Rita has watched the hospital grow to what it is today. Besides volunteering, she’s also a member of the Capital Health Auxiliary. She runs the Pecan Sale and assists in many of their fundraisers and events. Rita says, “All in all, it’s been a happy 30 years!”

Rita has always been an inspiration to us and her knowledge and guidance has always helped us grow each day. The Volunteer Services team is forever thankful to Rita for her amazing 30 years with Capital Health and wish to celebrate many more such milestones with her!.

AUXILIARY CELEBRATES 125 YEARS OF SERVICE

The story of the Auxiliary began in March of 1895, when Mercer Hospital was formally opened. During this time, Reverend John Scarborough, Episcopal Bishop of the Diocese of Trenton, reached out to a group of women from local churches and synagogues as well as relatives of the hospital's Board of Directors to ask them to form a committee to help support hospital programs. Eighty women came together to form the Women's Aid and elected their first president, Mrs. Joseph Bodine. Over the years, the name of this organization changed from the Women's Aid to the Women's Auxiliary. Finally, in 1984, when men become members, it became known as the Auxiliary.

At its inception, the Auxiliary was instrumental in raising funds by hosting their June fair and horse shows and running the coffee and gift shops at Mercer Hospital as well as the Mercer Mart Thrift Store. These funds helped support renovations for Mercer's Emergency Room, the building of the Radiation Oncology Center, and grants for hospital programs and nursing staff. The Auxiliary also ran service programs for patients, such as blood donation drives, television services for patients, a literacy tutoring program for employees, toy distribution to pediatric patients, a patient library, and a clothing program for community members in need. After 125 years, the Capital Health Auxiliary is proud to continue the work of its predecessors. We still host some of our oldest fundraisers, such as pecan sales and the Tree of Lights campaign. We have embarked on some new fundraisers such as carnivals, designer bag bingo events, and fashion shows. One of our biggest endeavors was the opening of the Capital Thrift store in December of 2018. Besides fundraising events, we sponsor service projects to help improve the patient experience. These include our Clothes4Change, Cookie Program, Farmers Markets, Kitty's Closet, Mobile Library, Mental Health Service Program, Tales for Tiny Tots Literacy Program, and Toy Closet. Recently, the Auxiliary partnered with our local high school students to create a Junior Auxiliary program called the Capital Health Auxiliary Teen Sponsor (CHATS) Club.

Over the past 125 years, the Auxiliary has been a vital partner to our hospital in supporting health and educational programs for our patients and community neighbors. As we celebrate this milestone, we would like to thank all of our past and present members and volunteers who have selflessly shared their talents and time to fundraising and service projects and have shown kindness and compassion to our patients.



MONARCH MEMORIAL GARDEN

The Auxiliary's Monarch Memorial Garden continues to flourish, thanks to the generous donors participating in our Tree of Lights campaign. This summer, with donations from our 2019 campaign, the Friends of Hopewell Valley Open Space (FoHVOS) planted new native wildflowers in our living memorial with hopes of attracting monarch butterflies and hummingbirds. In addition to the garden plantings, the Infusion Center's bell that sits on the fence post above our garden received a facelift! Thanks to Gregory Marone, who volunteered his time and services to refurbish the bell.

The Monarch Memorial Garden, which is a part of the CHAI Healing Garden located at the Hopewell Campus, is an inspirational place where patients, visitors and staff can visit to reflect and remember those they love. We also hope that during these unprecedented times, our garden is a place where others can come when they feel alone and are in despair. We hope by seeing the beautiful monarch butterflies feeding on the newly planted wildflowers, they will be reminded that it is in darkness and isolation where caterpillars go to grow their wings. May this sentiment bring them courage, hope and a new appreciation for life!



COOKIE PROGRAM



Our Cookie Donation Program, part of the Children's House Committee of the Auxiliary, continues to grow! The program supports patients undergoing treatments in both the Infusion and Radiation Oncology Departments. Patients look forward to these snacks, which make their time during treatment a little more comfortable. As our cookie needs continue to grow, we are asking our family at Capital Health to continue their generous contributions to the program. We need prepackaged cookies, granola bars, individual snack-size boxes of raisins, and individual snack-size bags of pretzels, and Goldfish snacks (we cannot

accept peanut products due to allergy concerns). Donations may be delivered to the Volunteer Services Office at Capital Health Medical Center – Hopewell. If sending cookie donations by Amazon delivery, please be sure to include your name and address and send to Capital Health Auxiliary, c/o Volunteer Services, One Capital Way, Pennington NJ 08534. If you would like to make a monetary donation to our Cookie Program, checks should be made payable to the Capital Health Auxiliary with "Cookie Program" written in the memo section. Thanks to everyone for your continued support!

All our Volunteers have hearts of gold, but here are two who have given special donations for our patients at the Cancer Center.



NANCY OLSZEWSKI – Knitter

Nancy became a mom to a beautiful daughter when she was 27 years old, which is also when she started to crochet. She excelled in her art while she crocheted beautiful masterpieces for her daughter. As the kids grew up, she had more time on her hands and she started to crochet blankets. She had been donating full-size blankets to many hospitals before she joined the Capital Health Family of volunteers as a knitter in October 2019. Since joining she has donated more than 60 blankets to Capital Health for patients across both our campuses. The most inspiring part of each donation is that Nancy herself is a cancer patient and recently finished her

chemo sessions. Every time she came in for her chemo, she would have two new blankets ready for donation and would cheerfully hand deliver them to the Volunteer Office. Each blanket comes with a prayer – that everyone stays warm and cozy. Crocheting keeps Nancy busy and gives her the strength to fight her own cancer.

Nancy also believes in sharing her art and is very interested in teaching crocheting to anyone who wants to learn. If you wish to learn, please reach out to the Volunteer Office and we will be glad to coordinate this for you.



MARIE TAGLIAFERRI – Wayfinder

Marie has been with us since 2009 and wears many hats as a volunteer – wayfinder, knitter, cookie donor and helper at the Information desk.

She specializes in quilting and recently donated a beautiful creation for the Cancer Center. Her work (pictured here) was enthusiastically accepted and is now framed and hangs in the hallway of the Cancer Center. Thank you Marie for all your help as a volunteer as well as your donation!



SHARE YOUR TALENTS

Attention volunteers! Would you like to see your artwork, photography, or a poem or short story about your experiences at Capital Health featured in the Volunteer Newsletter? We'd love to share your talents with others! Also, if you have been featured in a newspaper or some other media for your volunteer work or any achievements, please let us know—we would love to share it with our readers. Drop off your creative pieces in our office or send them to Dipti Padlya, manager of Volunteer Services, at dpadliya@capitalhealth.org. Thank you!

CAPITAL THRIFT



Make a Difference by Shopping at Capital Thrift

Capital Thrift, the Auxiliary's thrift store, benefits health and educational programs at Capital Health. Stop by to shop for your clothing, housewares, and accessory needs. Purchases may be made with cash or credit card (Visa and Master Cards only—no debit cards). Donations may be dropped off during store hours. For more information, call 609.882.4717 or search for Capital Thrift NJ on Facebook.

STORE HOURS: Thursday to Saturday 10 a.m. to 2 p.m.

LOCATION: 2783 Brunswick Pike [Rt. 1 South] · Lawrenceville, NJ

FARMERS MARKET

This year, the Capital Health Auxiliary was able to provide six produce distributions to the patients at the Healthstart Clinic in Trenton. Despite the COVID-19 pandemic, the clinic remained open and saw approximately 50 patients a day. The clinic staff is amazing for all they do for their patients, especially during this difficult time.

In the past, we were able to offer a voucher program to patients so they could choose their own produce. However, this year, due to the pandemic, we had to do things a little differently.

We enlisted Rolling Harvest Food Rescue to source the produce for us once again this year. Rolling Harvest also provided us with a packing shed in Titusville where a few Auxiliary members met on each of the distribution days and worked, following social distancing guidelines, to pack 50 bags. After the bags were packed with fresh produce and a carton of eggs, they were stored in a walk-in refrigerator overnight. Rolling Harvest delivered the bags to the clinic at 7:30 a.m. the next morning, just before the arrival of their first patient. Our patients, mostly expectant moms, were thrilled to receive their overflowing bags of fresh produce!

After our July 1st distribution, Rolling Harvest had an abundance of zucchini left over. Our board members baked 100 loaves of zucchini bread which was distributed to the patients and staff at the Healthstart Clinic. The Auxiliary also awarded the clinic a \$2,000 grant to establish an onsite supply pantry. Special thanks to Kira Barich, a summer volunteer who helped to get the pantry started. We are so happy and proud that we were able to provide fresh organic produce for expectant women and their families during this incredibly challenging time.

We would like to thank Cathy Snyder, Maria Nicolo, and all the Rolling Harvest volunteers for their help and flexibility in making our Farmers Markets a success this year!

We look forward to working with this amazing team again next year!



AUXILIARY TOY CLOSET

The Pediatric Toy Closet program began during the spring of 2017. In an effort to make a child's visit to the hospital less traumatic, the Auxiliary teamed up with the nursing staff in the Pediatric Emergency Room, Ambulatory Care, the Family Health Center, Trenton and Regional Medical Center, Trenton. New toys, books, games, and crafts have been distributed to hundreds of children to help ease the anxiety of their hospital visit. This year, an additional toy closet was started at Deborah Hospital, Browns Mills, NJ.

The Toy Closet program is funded by the Auxiliary, personal donations, and grants. This year due to Covid-19 restrictions, boxes of toys are being delivered monthly to Volunteer Services. The boxes are then distributed to the five locations mentioned above.

In December of 2019, the Auxiliary sponsored our second Santa's visit at the Family Health Center, Trenton. During this event, our Santa, Warren Flicker, and his elves played by CHATS Club members from Hopewell Central High School, handed out gifts to more than 75 children and their families. Unfortunately, due to the pandemic, we were unable to host our third annual Santa's visit this past year. However, Auxiliary and CHATS Club members delivered unwrapped toys that were donated by the Pennington Presbyterian Church and other community organizations, to the Family Health Center. These toys were distributed to children during their clinic visit. We look forward to bringing back our Santa's visit event during the Holiday Season in 2021.

Thank you to all those individuals, groups and organizations who have donated to this program and helped to put smiles on so many faces.



AUXILIARY SPONSORSHIPS

The Auxiliary is proud to support our medical staff as well as the educational and health initiatives Capital Health offers to enrich our patients and the communities we serve.

2020 Grant Sponsorships

\$2,000 – Pediatric ER Toy Lending Library Program

\$2,000 – in support of the Green Oasis Project for the Inpatient Mental Health Unit at RMC

\$2,000 – to support the Capital Health Family Health Center Pantry

\$5,000 – in support of Cancer Center programs

\$13,643.92 – in support of NICU programs

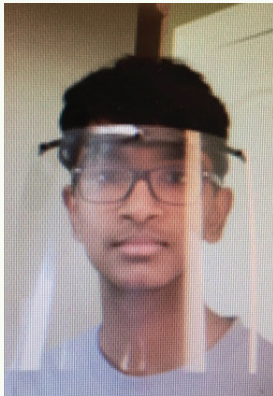
\$25,500 – in support of Auxiliary Service Projects (Kitty's Closet, Mobile Library, Toy Closet, CHATS Club, Farmers Market, Clothes4Change, Diabetes Education, Mental Health, Memorial Garden)

2020 SUMMER JUNIOR PROGRAM

Our junior volunteers really shined this year with their creativity, kindness and generosity.

Due to the pandemic, we had to cancel our wonderful onsite Summer Junior Program. Although we were disappointed, we were able to transform the program into a virtual format giving interested junior volunteers an opportunity to participate. As soon as we announced the virtual program, our phones were constantly ringing! We were pleasantly surprised by the number of juniors who reached out to us to volunteer.

The pandemic taught us that kindness exists in abundance in this world. It is encouraging to know that our younger generation is moving in the right direction and helping to heal the world in their own special ways. We have received an overwhelming number of donations through our virtual program in which students conducted donation drives, used their skills to create handmade items for our patients, and even helped us with many ad hoc tasks to support the patients and staff in every way that we could. All of them deserve great appreciation and a BIG THANK YOU. We would like to share stories of three junior volunteers who really went above and beyond in their efforts.



ABHIJAY TATINENI – JUNIOR VOLUNTEER

When we reached out to all our selected applicants with a list of items that they could help with from home. Abhijay suggested 3D printing and building face shields to help protect the hardworking and selfless staff who were working through the pandemic! At first, he started 3D printing face shields to help his aunt, a physician at a local medical center in Freehold, but soon it became a bigger project than he had imagined. Abhijay donated 150 face shields and two face masks to Capital Health. As Abhijay says *"I am happy to say that my project was for a good cause and has benefited numerous patients and staff within Capital Health. I learned a lot of lessons this summer through this project but the most significant is that sometimes you have to think outside the box to help others."*

Thank you Abhijay for your generous donation and kudos to you for this wonderful gesture!



CHRISTOPHER DJENG – JUNIOR VOLUNTEER

Christopher Djeng, with the help of his parents, reached out to local doctors' offices, specifically dentists, to help to collect items for out care packages for patients in need. He coordinated with the doctors' offices and managed to collect 1,500 toothbrushes and travel-size toothpastes, which were then donated to our hospitals.

Thank you Christopher for your generous donation and kudos to you for this wonderful gesture!



LILY GIASI – JUNIOR VOLUNTEER

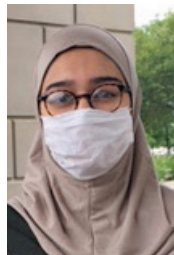
Lily heard about our virtual Junior Program and thought that her Girl Scout Silver Award project, which she had started two year ago, would be a perfect fit for our program. Lily’s inspiration came from watching her sister, who had to stay in the hospital for a few days and was really bored laying in her hospital bed. Lily thought that it would have been nice for the kids to receive fun activity bags in their rooms to keep them busy and make them forget their pain. This thought lead to the project called “Busy Bags.” Lily started by creating busy bags for one local children’s hospital. She sewed fabric bags for children of all ages. The bags included a deck of cards, a coloring book (that she created herself), crayons or colored pencils, an activity book, a notebook, and a stuffed animal (for younger kids). With help from her mom, grandma,

and sister, she was able to design a bag that was quick and simple to sew. She used fun fabrics to make the bags even more attractive and easy to differentiate – fun cartoon prints for younger kids and more soothing and calming for older kids. Lily wanted to continue and expand her project to include kids and adults too. She reached out to us and we were more than thrilled to accept this donation. As Lily says, *“Soon this little idea started to take the shape of a larger project. Family members helped, donating materials like fabric, activity books, and even a kind woman donated 100 Beanie Babies to the project (from her store). I enjoyed doing this project and I hope it brings great joy to those who use them.”*

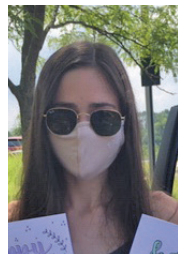
Thank you Lily for your generous donation and kudos to you for this wonderful gesture!

Thank you to all our other Junior Volunteers for their donations!

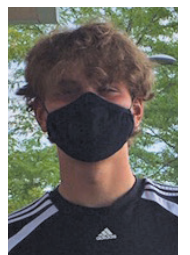
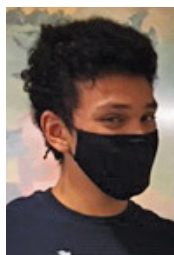
Alyssa Brunetto
Ana Elfar
Caitlyn Cizin
Deepti Athreya
Eesha Ali
Eshan Singh



Farah Nisar
Gabriel Galipot
Gina Glantz
Hannah Tyler
Jermaine Blount
Mackenzie Firth



Mariam Daoud
Nikita Coppisetti
Saarim Rizavi
Sai Cheetah-Rajesh
Shreeya Gounder
Will Soloman



TREE OF LIGHTS

The Tree of Lights were illuminated and the names of those remembered or honored were displayed in the lobbies at Capital Health Regional Medical Center and Capital Health Medical Center – Hopewell from December 7, 2020 through January 7, 2021.

A LIGHT HAS BEEN DEDICATED IN MEMORY OF THE FOLLOWING LOVED ONES:

*Joseph and Mary Aldino
Anna Askin
John Barbieri
Margaret Bell
Mary Csercsevits Castranova
Dorothy Fenton Chamberlin RN.
*Harry N. Corbin
*Robert H. Corbin
Anne Gloria Costanzo
Donna Jean Costanzo
Edward Vincent Costanzo
Frances (Frannie) Crivelli
Martin Csercsevits
Florence Czerwinski
Watson Czerwinski
Joanne D'Adamo
Vincent D'Adamo
Gladys Dzwonek
Lydia Ernest
Dr. Richard B. Ernest
*Melvin and Myrtle Field
Jane T. Fitzpatrick
John L. Fitzpatrick Jr.
Timothy J. Fitzpatrick
*Randy Hagar
Robert A. Harker
Joan V. Herrick
Raymond F. Herrick

Henrietta Hubal
Joseph Hubal
Ernestine Innes
Robert Jaouen
Henrietta Johnson
Jim Johnson
Anne Jones
Margaret Kane
Alice Ann Kroesen
Sheila Krolikowski
Walter Krolikowski
*Debbie Marks Lake
*Sylvia Heath (Niederer)
Lawton
*Asghar Lisharymanesh
*Abbas Maghazehe
Frank Maira
Mary Manhercz
Becky McBride
Charles J. Miller
Louise Miller
Robert Mizopalko
Eugene Nagle
Robert (Skip) Ochsenein
Carole Oggero
Margaret O'Larnic
William O'Larnic
Bev S. Pankey



Donato Paternostro
Lilian Fuls Peaslee
*Frances and John Praznoski
Robert Reiss III
John Ricci
Jimmy Roman
*Bob and Marilyn Sandy
Joseph Silvani
Anne Smoliga
Richard Stemhagen
Frances Stuebner
Hannah Ubry
Letitia Fenton Vannoy RN.
Thelma Walsh
Anne P. Whitley
Sarah Wilkinson
Thomas Wilkinson
*Richard Wright

A LIGHT HAS BEEN DEDICATED IN HONOR OF THE FOLLOWING LOVED ONES:

All Auxiliary Members
All Hospital Volunteers
Charlotte Baldi
Mr. & Mrs. Louis J. Benedetto
Janet Corbin

Dr. William Costanzo
*Dr. John A. Harman
Eileen T. Markey
Hannah Miller
Antoinette Paternostro

*Dr. Robert J. Remstein
Libby Soto

*Living Memorial Recipients



During the month of April in 2020, front-line workers and hospital staff were working long hours under exceedingly difficult conditions. The Auxiliary wanted to let the Capital Health employees know how much they were loved and appreciated for their heroic efforts during these unprecedented times. They found a unique way to say thank you by giving every hospital employee a colorful pansy plant to brighten their day.

This beautiful gesture started out as a small idea, but due to COVID-19 restrictions it blossomed into a much bigger undertaking. A total of 6,500 plants were handed out over the two distribution dates on April 13 and April 22. The Auxiliary donated 5,500 plants and 1,000 plants were donated by Rob Swanekamp, a local grower from Kube-Pak.

The plants arrived at the Hopewell campus and, with the help of our wonderful Auxiliary volunteers, were unloaded from the delivery trucks, divided according to the various hospital locations, and reloaded onto Capital Health delivery vans. The flowers were given to employees working at RMC, Hopewell, 3131 Princeton Pike, 2997 Princeton Pike, Hamilton 1401, Hamilton 1445, 433 Bellevue Avenue, and the satellite emergency room at Deborah.

Thanks to everyone in the Auxiliary for the kind and thoughtful gesture. Thanks also to Sue D'Aversa from Volunteer Services, Adisa Brown, Verna Hibbs, and Michelle Maroney from Ambulatory Surgery Center (HPW), and Richard Bork and Shawn Tift from Nation Wide Valet. Without their help, flower distribution would have been impossible.

A special thank you to Donna Costanzo for coordinating this event and to our Auxiliary Volunteers, Barbara Brennfleck and Jami Szafranski, who worked on the Hopewell loading docks to make this event possible.





RATATOUILLE by David Caldwell, Adult Volunteer

INGREDIENTS

- ... 2 cloves garlic (minced)
- ... 1/3 cup olive oil
- ... 1/2 cup fresh basil
- ... 1 tsp. fresh thyme leaves
- ... 1 tsp. dried oregano
- ... 1 large onion - coarsely chopped.
- ... 1 large zucchini (cut into 1" cubes)
- ... 1 large squash (cut into 1" cubes)
- ... 1 large eggplant (peeled and cut into 3/4" cubes)
- ... 1 large can (28 oz.) plum tomatoes or diced tomatoes
- ... 2 yellow/red/orange peppers (remove seeds, cut into 3/4" cubes)
- ... Sea salt per taste

DIRECTIONS

This recipe requires making this in layers one at a time in a sauté pan with olive oil.

1. Start with the eggplant and followed by all the other veggies (onions, peppers, zucchini, and squash) one after the other, caramelize them for about 3 to 5 minutes.
2. Transfer to oven-safe pot. Add garlic right before putting into the pot.
3. Add the little tomatoes as topmost layer in the pot, then add hand squashed large can of skinless plum tomatoes. Very gently fold all together with the oregano.
4. Wrap fresh basil with thyme. Place into the mixture covered by the veggies (remove the herbs when done).
5. Cover pot. Place into 350 degree preheated oven for 1 hour.
6. Add some cracked black pepper for more spice.



POWER SNACK MIX

by Marybel Elfar, Junior Volunteer

Ingredients

- ... 1 cup multigrain Cheerios
- ... 3 tbsp. chocolate chips
- ... 3/4 cup almonds
- ... 1/3 cup dried cherries

Directions

1. In a medium bowl mix together all ingredients.
2. Portion into 1/2 cup servings.
3. Enjoy!

All of our in-person volunteer programs at the hospital are currently on hold, but we have a lot of options for virtual and donation programs.

For information about Capital Health volunteer openings or our programs, please email volunteer@capitalhealth.org or call 609.303.4023.

VOLUNTEER PROGRAMS

- Junior Volunteers Program (ages 15 – 18)
- Adult Volunteers
- Pet Therapy Program
- Knitters
- Auxiliary – Cookie Donation Program
- Auxiliary – Toy Donation Program
- Donation Programs
- Capital Thrift Volunteer Program

Capital Health also runs programs with The College of New Jersey (Career and Community Studies Program), and Hopewell Valley Regional High School (Special Needs School Year Life Education Program).

OTHER WAYS TO GET INVOLVED

- Volunteer at Capital Health Auxiliary Fundraising Events
- Join the Capital Health Auxiliary



To the Capital Health Auxiliary and Volunteers

Please accept our deepest gratitude for your time, talents, and contributions throughout this unprecedented year. We are so grateful and so proud of what you have accomplished. Whether it was a small or large act of service, you did it with grace, fortitude and creativity.

You are what makes this Auxiliary so special.



Please follow these guidelines to stay safe and healthy during the holidays!

HOW TO PROPERLY WEAR A MASK



DO COVER YOUR ENTIRE NOSE AND MOUTH



DO NOT LEAVE YOUR NOSE OR MOUTH UNCOVERED

HOW TO WASH YOUR HANDS PROPERLY FOR 20 SECONDS



Wet your hands



Apply soap



Palm to palm



Palm to palm fingers interlaced



Back of the hand



Base of thumbs



Wash fingernails



Rinse hands



Dry hands with towel



COVID-19 will still be circulating during flu season, which makes getting a flu shot more important than ever. Protect yourself and your loved ones.

GET A FLU SHOT!



GIVE THANKS WITH A GRATEFUL HEART.



THANK YOU FOR BEING A LOYAL CUSTOMER AND PLACING
YOUR TRUST IN US. BECAUSE OF YOU, WE ARE ABLE TO
CELEBRATE OUR 9TH ANNIVERSARY IN NOVEMBER!



- ... **Up on the Rooftop** – it's time for your hair to shine. Come in for your haircut, color or deep conditioning treatment
- ... **Silent Night** – relax and rejuvenate with a facial or massage
- ... **Jingle Bells** – add a festive polish to complete your look
- ... **Tranquility** – (\$155) 60-minute custom massage and 60-minute custom facial
- ... **Peaceful** – (\$100) 30-minute back, neck, shoulder massage and 30-minute refresh facial

Ask about adding 15 minutes quiet time with a warming neck wrap and soothing eye mask to any 60 minute massage or facial.

OPEN TO THE PUBLIC

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Parking Monday – Friday |
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Take time for yourself at
Oasis Salon & Wellness Spa

25% off

for Capital Health Medical Center Volunteers

Mention when scheduling appointment to allow proper timing
Must present coupon at time of service · Must show Capital Health ID

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