

# Volunteer News



## WELCOME NEW VOLUNTEERS!

We have 48 new volunteers and 2 new Auxiliary members.

### Adult Volunteers

Jeremy	Alvarado
Justine	Aragona
Shayla	Aucoin
Keith	Bayer
Amy	Bernet
Elizabeth	Burrows
Christian	Castendyk
Pamela	Centilli-Raiche
Victoria	Dabrowski
Louis	Denno
Michael	Donovan
Scarlett	Ferraro
Sarah	Gilrein
Margaret	Heckendorf
Lucy	Hubbard
Peter H.	Johnson
Edward	Jones
Amanda	Kamizirides
Christine	LaBrash
Brian	Laliberty
Jeanne	Leatham
Erika	Maynard
Gayle	Neff
Kevin	Noone
Louise	Pappas
Cheryl	Payne
Betty	Reiss - Gagner
Milton	Schremser
Andrew	Shenette
Laura	Smith
Loretta	Weatherwax
Cassandra	Welz
Phillip	White
Joshua	Woods
Suzanne	Ziff

### Auxilians

Beckie	Galonek
Sue	Valentine

(Teens listed on the next page)

## Save the Dates!

♥♥♥ **Saturday, September 26th**  
we will have our *Annual Volunteer Recognition Banquet*. Invitations will be in the mail shortly. ♥♥♥

**Mandatory Volunteer Review**  
*If you attended in April you do not need to attend.*

**Training Dates:**  
Tuesday, August 25, 2009  
9:30 – 11:30 am  
Conference Room 1

Or  
Wednesday, September 2, 2009  
3:30 pm – 5:30 pm  
Conference Room 1

Please call Crystal @ (508) 765-6473 to sign up for the session you plan to attend.

Harrington HealthCare at Hubbard Open House was a big success! We have recruited 16 new volunteers.



### What is a Tracer?

This is when one or more managers within the hospital ask questions and observe employees and volunteers as if they were the Joint Commission. They will ask you questions and see what your answers are to make sure you know what your role in the hospital is or specific task you are to perform in an emergency.

For Example: At the Reception Desk, it is important to maintain Patient \_\_\_\_\_.

Answer: Confidentiality

If the Joint Commission (JC) visitor asks you a question on how you do a particular task or part of your volunteer work say "First, I do "XYZ" and then I do "PDQ"".

Do not use the following "I usually do..." or "most of the time I..." these phrases imply that there is a time when you do not do it the way you are suppose to.

Remember to always wear your ID between your neck and waistline where people can easily see it.

Do not panic when asked a question, look on the back of your ID to remind yourself of what each code means.

### Teens Volunteers

Lee	Canales
Ashley	Erskine
Samuel	Flibbert
Aditya	Gill
Danielle	Hartland
Alison	Labaire
Brigette	Lajoie
Natasha	Perez
Meghan	Perron
Jacob	Ryan
Lauren	Sbordy
Alaina	Stochaj
Mary	Yurkevicius



## You are invited to the Harrington Family & Fun Day Outing!



**Sunday, August 23<sup>rd</sup>**  
**High Meadow Resort**  
**North Granby, CT**

We hope you will decide to join us for this fun event. As always, you may purchase tickets at the same price as employees (\$5). You are welcome to bring your family and guests. There will also be a bus available for \$10 per person round trip if you do not want to drive; it is an hour and 10 min. from the hospital. See attached flyer for detail information. Tickets must be purchased by **Friday, August 14.**

### Friendly Reminder

Hand washing is the single most effective way to prevent the spread of infections. The Massachusetts Department of Public Health estimates that every year, poor hand washing results in one million Massachusetts residents experiencing upset stomach and / or diarrhea, 60,000 hospitalizations, 250 deaths and \$400 million in health care costs.

Wash your hands

- Before and after using the restroom
- Before and after eating, drinking or smoking
- Before and after combing hair, applying make up, etc.
- After sneezing, coughing or blowing nose
- Before and after each patient contact
- Before putting on or after removing gloves

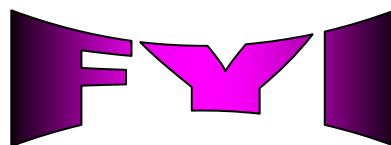
*"If you help others, you will be helped, perhaps tomorrow, perhaps in one hundred years, but you will be helped. Nature must pay off the debt...It is a mathematical law and all life is mathematics."* Gurdjieff

## 2009 Breast Cancer 5k

held at  
**Harrington HealthCare at Hubbard**  
**Sunday, Sept. 27, 2009**  
**340 Thompson Road, Webster**  
**Promoting Early Detection and Breast Cancer Awareness - Locally!**

This year, Harrington Hospital and Harrington HealthCare at Hubbard are proud to organize a Breast Cancer 5K event in Webster. But we can't do it without our valued employees and their families! Get a friend (or five!), get some sponsors and help raise awareness for breast cancer and early detection.

For more information on the Breast Cancer 5K contact Blaine Schnare PR/Marketing Manager, Harrington HealthCare at Hubbard.  
(508) 943-2600 ext. 309



This years Flu Vaccinations will include immunizations for the regular strains of flu viruses and the Swine Flu.

### New Phones You May Dial Direct!

**Volunteer Services - (508) 765- Extension #**

Laura Dilts, Director of Volunteers, Ext. 6471 [ldilts@harringtonhospital.org](mailto:ldilts@harringtonhospital.org)  
Kelly Ciriello, Volunteer Coordinator, Ext. 6472 [kciriell@harringtonhospital.org](mailto:kciriell@harringtonhospital.org)  
Crystal Lewis, Secretary, Ext. 6473 [clewis@harringtonhospital.org](mailto:clewis@harringtonhospital.org)

# Slip, Trip and Fall Prevention Guide

## Slip, Trip, and Fall Prevention is a Responsibility WE ALL Share!

Slips and trips result from unintended or unexpected change in the contact between the feet and the ground or walking surface. Good housekeeping, appropriate lighting, quality of walking surfaces, selection of proper footwear, and appropriate pace of walking are critical for preventing fall accidents. Protect yourself, your coworkers, and our patients by doing what you can to create a hazard-free workplace.

**Slips** happen where there is too little friction or traction between footwear and the walking surface.



**Common causes of slips are:**

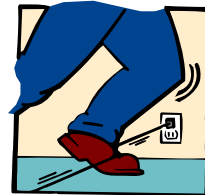
- Wet, smooth-soled or high-heeled shoes.
- Wet or slippery surfaces from spills or weather hazards.
  - Loose papers, debris, or mats.
- A change in the traction of walking surfaces.

**Reduce your risk of slipping:**

- Hold on to the railings on staircases.
- Take your time and pay attention to where you are going.
- Wear footwear appropriate to the activity, environment & season.
- Adjust your stride to a pace that is suitable for the walking surface and the tasks you are doing. Walk, do not run.
- Make wide turns at corners.
- Clean or draw attention to all spills immediately.
- Mop or sweep debris from floors.

**Trips** happen when your foot impacts (strikes, hits) an object causing you to lose balance and, possibly fall. Common causes of tripping are:

- Ill-fitting footwear
- Obstructed or limited view
- Clutter, cables or obstacles in your way
- Wrinkled carpeting, uneven or broken surfaces.



**Reduce your risk of tripping :**



- Wear properly fitted & secured shoes
- Walk/work in well-lit areas or use a flashlight if needed. Report burned-out light bulbs to Plant Operations promptly.
- Ensure things you are carrying/pushing don't block your view. Make more than one trip, use supply carts, or ask for assistance.
- Remove obstacles from walkways and always keep them free of clutter.
- Close file drawers before you walk away from them.
- Secure (tacking, taping, etc) mats, or cables that do not lay flat.

**Reporting of hazards is every employee's responsibility.** If you identify a hazard, immediately report it to your supervisor. If your immediate supervisor is not available report the hazard to the next level of supervision. Do not wait for someone else to report the hazard. If you have reported a hazard and it has not been rectified, report it again to your supervisor and to CompreCare or a member of Risk Management.

# Fundraisers In Progress!

For more information call Volunteer Services at 508-765-6471

All checks made payable to Harrington Hospital Auxiliary



## The Cat's Meow - Angel Door

"The Cat's Meow" Wooden cut-out of Harrington Memorial Hospital's "Angel Door" Each piece is a numbered, Limited Edition, with the history of our "Angel Door" on the back.

**The price is \$21.00 (including tax) each.**

Quantities are limited!  
Available in the Gift Shop

## Bricks on Sale Now!

4x8 Brick \$75.00

8x8 Brick \$125.00

Pick up your order form in Volunteer Services!



The Harrington Hospital Auxiliary invites you to commemorate those who have been touched by cancer. You can memorialize loved ones, family and friends with a beautiful inscribed brick.

All proceeds from above to benefit The Cancer Center at Harrington

## Bracelets



**\$15.00 Donation**

Friends of Mel bracelets available in the Gift Shop or in Volunteer Services!

\$5.00 will be donated to The Cancer Center at Harrington.