

The Artery



President's Message

"The service we render to others is really the rent we pay for our room on this earth. It is obvious that man himself is a traveler; that the purpose of this world is not 'to have and to hold' but to give and to serve." *Wilfred Grenfell*

Belief in a higher power has always directed my own life and the above quote a major principle in accomplishing my life's goals. Over the last 40 years, I have managed nonprofit charitable organizations as an executive director and as a volunteer. Having served on over 25 volunteer board of directors, I have had the privilege to advocate for my community and to help alleviate human suffering. Enough about me, I am here to thank the auxiliaries for **their** tireless work to support our community. I realize that it is a sacrifice to donate time and leave family to serve the greater good. With the Presbyterian Española Hospital (PEH) Auxiliary, there exists no recompense for such generosity. In this spirit, I would like to introduce the Auxilian of the Year. Our Auxilian of the Year for 2021 is NOT one individual it is a couple, **Sally Shockey and Rodger Liljestrand**. Congratulations to these individuals for their dedicated, loyal and exemplary service to our auxiliary

In 2020, during the Covid-19 onslaught, we had plans to honor our organization by celebrating our 65th year, a *Blue Sapphire Anniversary*. This July, we will celebrate our 67th year of existence. What an accomplishment!!! Also in July, we have *Christ-*

mas in July. Please drop by the gift shop and support our event by purchasing a ticket to win one of Sandy Giron's handmade, Christmas-themed bird house. It is beautiful.

Many of you have called to ask when our different service areas will return. Auxiliary administration, the gift shop, Thursday food distribution and Advanced Care Planning have continued. Auxilians are still volunteering in excess of 200 hours per month in these areas. The hospital administration has not allowed for return to radiology, coffee shop, lobby sales, gym, and information desk services. We will inform you as soon as we receive updates.

As reported in the last newsletter, events that involve large gatherings have been discouraged; therefore, we will not have the annual Hollyberry Fair in November.

Thank you Sheryl Wise-Trujillo, current president of the New Mexico Hospital Association (NMHA), and her volunteers for the NMHA's Spring Workshop. Most of our auxiliary's executive committee attended. Please ask Sheryl about this year's annual NMHA meeting this September at the Sandia Resort & Casino.

Please read Dolores Roybal's article about our most recent donation to the hospital, eight Staxi Transport Chairs.

Yours in Service,

Gregg Ferran

PEH Auxiliary President

PEH Board Member

NMHA Immediate Past President

VOLUME 55, NUMBER 3

July, August, September 2022

President—Gregg Ferran

Treasurer—Dolores Roybal/Member-at-large

Director of Adult Volunteers —Liz Sanchez

Gift Shop Manager—Elizabeth Romero

Coffee Shop Manager—Vacant

Information Desk—Vacant

Radiology Manager—Lori Lopez

Healthplex Manager—Vacant

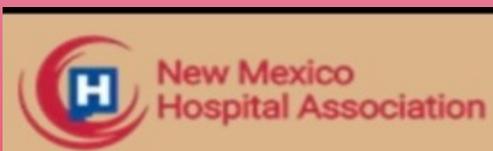
Recording Secretary—Dolores Roybal

Editor—Norman Martínez



Footnotes:

1. <https://espanola-hospital.phs.org>
2. www.clipartix.com
3. Vector Art—Mona Adel
4. [Www.pixsavor.com](http://www.pixsavor.com)
5. Perdue.com/ chicken



The New Mexico Hospital Association Auxiliary/Volunteer Services Advisory Board held their spring workshop, Friday, April 29, 2022, by the Zoom application. Española Hospital Auxiliary was represented by Gregg Ferran, Liz Sanchez, Liz Romero, Dolores Roybal, Norman Martinez, and Sheryl Wise-Trujillo. Norman led the Pledge of Allegiance. President Sheryl Wise-Trujillo conducted the meeting. Liz S. graciously opened her home for the workshop. Approximately 60 participants from different auxiliaries throughout the state of New Mexico were in attendance. Kandace Knorthness served as our liaison and coordinator.

Sandra Grunwald spoke on emotions and Teneka Sosa Gonzales spoke on resilience. Both speakers encouraged participation amongst the participants.

As an advisory board, we are striving to bring hospitals back into service, while learning new skills and adapting to new normal setting.

I attended the NMHA Strategic Planning retreat at the Inn of the Mountain God's in Ruidoso, New Mexico, on June 9-10, 2022.

Board members were pleased with the report I presented at the meeting. I mentioned I would relay the gratitude given. All auxiliaries are valued and praised for their services and contributions given to hospitals.

Strategic planning process is to set priorities, focus energy and resources to ensure that the association is working toward common goals, establishing agreement around intended outcomes to achieve results.

The dates for the fall conference at the Sandia Casino Resort are September 27-28, 2022. We are currently in the planning stage and will provide an update in a future email.

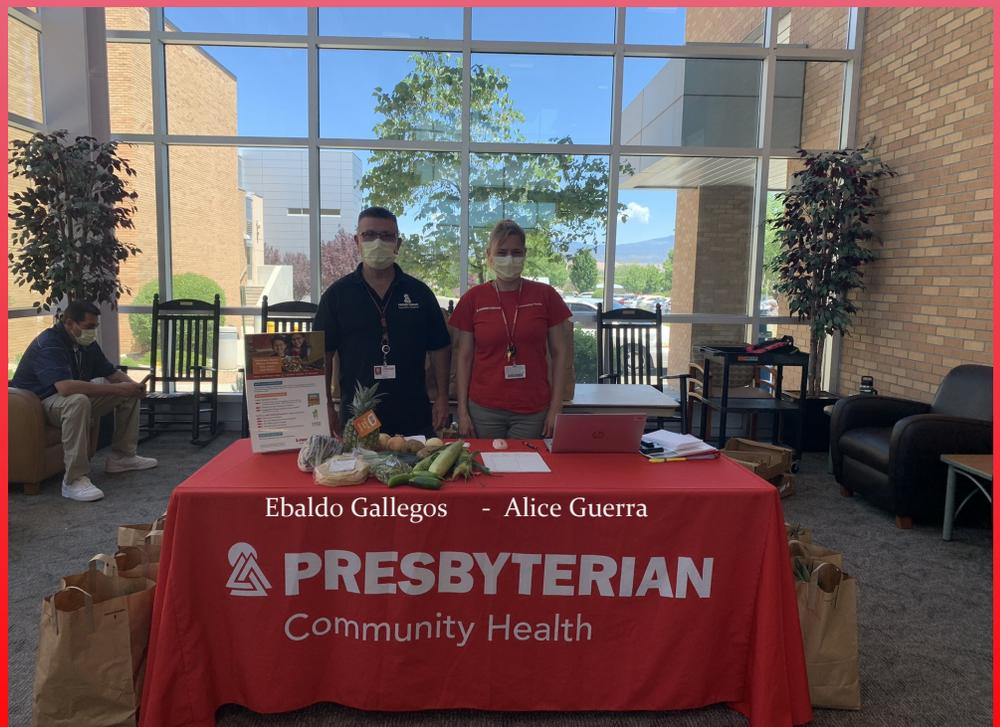
Española Hospital auxiliary will provide a table center piece as well as a donation of an item to be sold at the silent auction.



Effectively there is an open Burn and Firework (*Cuete*) Ban within Española City boundaries. Please celebrate America's 246th birthday by practicing fire and firework safety. For more information call 505-747-6063.

Go to page 9 to see a chicken recipe for a possible weekend meal.

This program is new to PEH. *Northern Roots: Where Families Eat, Learn and Grow* provides produce prescriptions to families through a provider referral. Patients receive 16-weeks of no-cost fruits and vegetables, nutrition education, and resources. The program just opened the new food site at PEH three months ago. Families can pick up their weekly food items on Thursday afternoons. The food site is in the east side of the lobby and is open on Thursday from 2-4 p.m.. We have 15 patients picking up weekly, and that is growing. For more information kindly call 505-445-5332.



Director of Adult Volunteers



A Message from the Director of Adult Volunteers Liz Sanchez

Once again, it is time for another newsletter to update you with what has been going on with the auxiliary since the last issue.

Let us start off with this question? What is a hospital volunteer? Are you totally aware of the difference you make by being a hospital volunteer? Reflect on the following benefits you receive.

You may be aware of the role you fulfill as a volunteer; however, a refresher in the benefits of volunteering will shed more light as to why you are **needed** as a volunteer.

A hospital volunteer works in a hospital without regular pay. A volunteer essentially donates his or her time and skills to help the hospital. Besides making a meaningful contribution to the hospital and the community, there are many other benefits of volunteering. You will meet new people, make new friends, and be exposed to new skills. Active volunteers will also:

- receive orientation and training
- periodic Inservice training or workshops
- receive a free flu shot
- receive a meal credit for hours of service
- be invited to an annual recognition event
- have good reference for employment and/or education programs
- awards for achieved levels of service hours
- make a difference in someone's life brings a new meaning into your life

We held our spring 2022 annual New Mexico Hospital Association (NMHA) meeting on April 29, 2022. Sheryl's article goes more in depth as to what took place during the meeting. The meeting was very enlightening.

The gift shop, advanced care program, and Northern Roots are operating smoothly. We are still in need of more volunteers in the gift shop to be able to operate with two shifts Monday through Friday. The Advanced Care Program can use more help in making phone calls. The Northern Roots program is requesting two more volunteers to help with the food packages set up and distribution. The Coffee Spot and Radiology areas are still not open for volunteering. Our administrator Ms. Brenda Romero informed me we can start volunteering in the Healthplex. We need two volunteers for right now to help at the Healthplex. Please let me know if you are interested in volunteering in the above-mentioned areas.

In April 2022, 14 auxiliary volunteers worked 220 hours and in May 2022, 14 auxiliary volunteers worked 316 hours. Please consider coming back; let's raise these hours.

We will be accepting scholarship applications for the fall 2022 semester. If you know of anyone who has already been accepted into a health-related program, please invite them to stop by the Gift Shop and pickup an application. The deadline for the fall semester is **August 1**. You can refer them to me if they have any questions.

Please congratulate Rodger Liljestrand and Sally Shockey on their being nominated as Outstanding Auxilians of the Year. This is the first time in the history of Auxiliary that we name a couple.



I am thankful for each of you. These past two years have brought so much uncertainty, unrest, and illness. We need to keep the faith and trust that all will be in order soon. One positive note is that we all got the chance to spend quality time with our families. This time made us realize the abundant blessings we have. Not all were so fortunate to withstand this plague.

I look forward to our other service areas opening. We just need to keep ourselves safe. This has been a learning experience for all of us.

Always feel free to talk with me if you need any help. I promise to continue to do my best as your director.

Please continue working together for the common purpose of providing support and good public relations with our visitors, staff, and families. Your work does not go unnoticed.

Contact any of the Board Members for more information on the various committees.

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.
~Martin Luther King, Jr.

Respectfully submitted,

Liz Sanchez

2021 Outstanding Auxilians of the Year

Honored for their spirit, responsibility, and selflessness as volunteers, Rodger Liljestrand and Sally Shockey were named the 2021 Outstanding Auxilians of the Year.

Rodger is a native of Houston, Texas. He is the middle child of three brothers.

Rodger received his BS in electrical engineering from Rice University. He spent two years in the Navy – one year in Hanoi and the other at Chase Field Naval Air Station in Texas managing a food hall. After that, he earned his PhD in Nuclear Physics from University of Texas in Austin. He did part of his graduate work in Los Alamos, but then went to Canada for a couple of years to work. He came back to work at EG&G.

In 2001, he went to work for the lab as a derivative classifier and retired from there in 2011.

Rodger enjoys bicycling in his spare time. Occasionally he rides with a group from Los Alamos. He also enjoys swimming when it is available at the Healthplex.

In his spare time, he has been learning German and Spanish through Duolingo. Rodger spent six years as a ditch commissioner for the Las Mesilla Ditch as treasurer.

He is a counter for the offering at Bethlehem Lutheran Church in Los Alamos. He also plays in the bell choir – he holds down the woofer section!

When he has time in the gift shop, Rodger likes to make balloon animals to give to the kids that come in the gift shop. He also knows several napkin folds that are especially useful when Rodger and Sally entertain guests (has not happened much lately). You might want to keep Rodger in mind for your next party!

Sally is from Decatur Illinois. She is the youngest of three siblings with an older sister and an older brother.

Sally earned a BS in Math education at the University of Indianapolis and Med in Math Education from the University of Illinois. She came to New Mexico to teach at McCurdy School. She taught high school math, coached volleyball, and track and field. Her volleyball teams at McCurdy had two state championships



and one state runner-up. While at McCurdy, she started the middle school's basketball and volleyball programs. She also started computer programming classes at McCurdy. After 11 years, she began teaching at Los Alamos High School. She taught math and coached the volleyball team. Her teams had three state championships and two runners-up. She retired from coaching in 1999 but continued to teach until 2017.

Sally plays in the bell choir at Bethlehem Lutheran in Los Alamos and plays at First Presbyterian in Santa Fe.

Prior to Covid, she was active in the women's group at Bethlehem Lutheran.

Since retirement, Sally has spent more time in her yard and garden. She enjoys giving away tomatoes, corn, rhubarb or whatever she has extra. She enjoys reading and has joined a book club.

Rodger and Sally met at EG&G when Sally worked there for two summers. They were married in 1997 at Santa Cruz

United Methodist church. They will celebrate their 25th anniversary in August by taking a trip to Germany and Austria. They enjoy going to Hawaii every couple of years as a seaside vacation.

Sally joined the Auxiliary in 2015, and Rodger joined in 2017. Sally was an assistant to the former director for a couple of years. Sally serves as a member on the scholarship committee. Both Sally and Rodger really like working in the gift shop.

Rodger and Sally are an inspiration to the Auxiliary. The pride they take in their volunteer role is reflective of their dedication to the Auxiliary and auxilians. They are always willing to take an extra shift when a volunteer is in need. Before leaving their post, they make sure that drinks, candies, chips, and snacks are replenished, and counters and shelves are dusted.

They pride themselves in being responsible and dependable. They are also very generous. Rodger and Sally have donated many hours to the auxiliary not only in the gift shop but in other areas. They uphold the values for which our auxiliary was established by that group of proud Pink Ladies years ago—our auxiliary is the cornerstone for our hospital.

If you stop in at the Gift Shop, and Rodger or Sally is working, you will be asked if you can be helped. If you have a question, you will receive an answer. If the question cannot be answered, you can bet one will be found very quick like. You might even get an animal balloon or be given an application for a scholarship.....

Rodger and Sally, your Auxiliary peers congratulate you on this prestigious nomination. Thank you for your dedication to our PEH Auxiliary.



Liz Romero

Gift Shop Director

THE GIFT SHOP IS STILL OPENED FROM 10:00 AM TO 2:00 PM. AS OF JUNE, WE ARE ALSO OPENED ON FRIDAYS. TO BE ABLE TO OPEN FULL TIME, I NEED MORE VOLUNTEERS. IF ANYONE IS INTERESTED PLEASE CALL ME AT 505-927-4463.

SANDY AND BELINDA CONTINUE MAKING BEAUTIFUL BIRDHOUSES. WE CANNOT KEEP THEM IN THE SHOP!! FOR MOTHER'S DAY WE HAD A DRAWING. IT WAS A BASKET WITH ALL KINDS OF GOODIES. DOLORES ROYBAL WAS THE LUCKY WINNER.

CHRISTMAS IN JULY WILL BE HELD JULY 11 THRU 15. EVERYTHING IN THE SHOP WILL BE 1/3 OFF EXCEPT HAND MADE ITEMS, BEVERAGES, CANDIES AND SNACKS. WE HAVE A BEAUTIFUL CHRISTMAS BIRDHOUSE FOR OUR DRAWING. TICKETS ARE \$1.00 DRAWING WILL BE ON JULY 15TH AT NOON.

 **PRESBYTERIAN**
Española Hospital

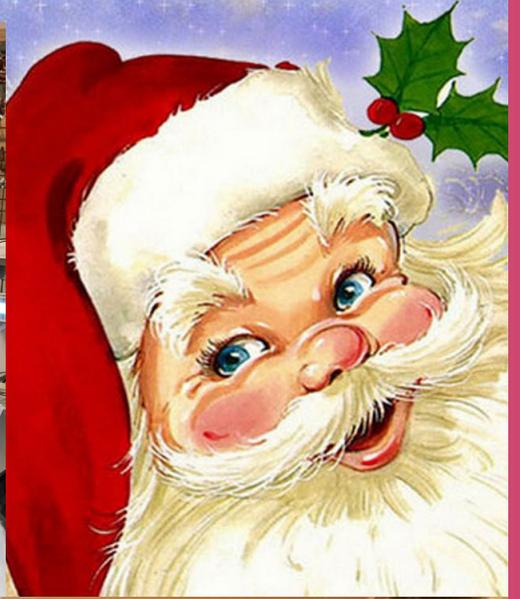
Check Out Sale Items!!!



Christmas in July 11 - 15, 2022

Drawing on July 15, 2022 @ 12 Noon

\$1.00 Ticket



Buy a \$1.00 Ticket for a chance to win this birdhouse on July 15th.

Christmas in July



Treasurers Report

The Auxiliary Executive Board approved a request for purchase of eight Staxi Standard Wheelchairs, with Non-removable IV-IVAC – 3 Part Telescoping Pole and Non removable Oxygen Tank Holder. The chairs have been received and are in use at Presbyterian Espanola Hospital. The Auxiliary purchased the chairs at a cost of \$13,472.53.

The Auxiliary also paid expenses for preparation of the 2021 Income Tax, and the submittal of the Attorney General Report and for the Secretary of State yearly report.



Great Work - Dolores and Auxilians!!

A MILLION THANKS TO YOU

April Lopez

Gina Sanchez

Thank you Gina and April for your help and support of the Artery. We salute and appreciate you.

HOSPITAL STAFF ARE THE BEST!!

1 package—Free Range Chicken Drumsticks

½ teaspoon—Seasoned Salt Blend

1 teaspoon—Olive Oil (or canola)

1—Large Red Bell Pepper (diced, 1 1/2 cups)

1— Small Onion (diced, 3/4 cup)

1 clove Garlic (minced)

1 ¾ cups—Reduced Sodium Chicken Broth (14 oz. can)

1 cup Corn Kernels (frozen)

1 cup 10 Minute (cook brown rice)

Directions

1. Evenly coat chicken drumsticks with seasoned salt. Heat oil in a large skillet on medium heat; brown chicken about 10 minutes, turning several times. Remove from pan and set aside.

2. Add peppers, onion, and garlic to pan. Cook, stirring frequently until softened, about 5 minutes.

3. Stir in broth, corn, and rice. Return chicken to pan; bring to a simmer over medium-low heat. Cover and cook 12-15 minutes until chicken is 180 degrees Fahrenheit internal temperature. Uncover and stir rice to absorb any remaining liquid. 5.





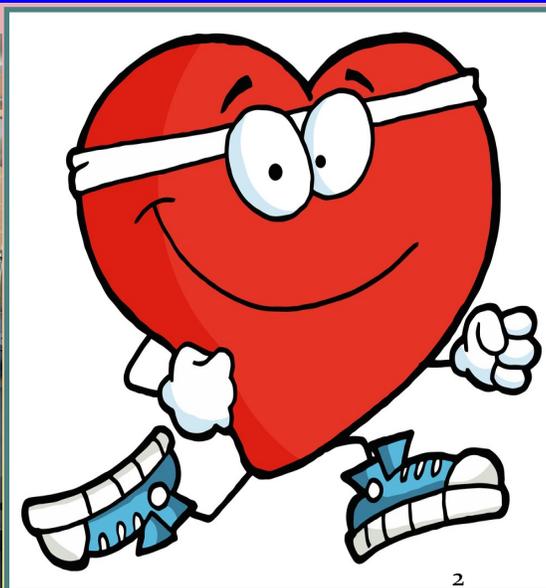
Open to Employees and Active Auxilians from 5 am—8 pm.

For Rehabilitation Service appointment schedule between 7 am and 4:30 pm.

For additional information please contact Mr. Dennis Gonzales at (505) 753-7111.

REHABILITATION SERVICES

“... Offers a wide range of therapy and support options for patients recovering from strokes, neurological and orthopedic conditions, as well as other illnesses, injuries, chronic conditions, and disabilities. Our therapy services are offered on both an inpatient and outpatient basis. Services include physical, occupational, speech, and cardiac/pulmonary rehabilitation.” 1.



Happy Birthday!

Norma Herrera 7/4

Antonio Martinez 7/11

Mary A. Garcia 7/11

Sheryl Wise—Trujillo 7/17

Debbie Martinez 7/19

D. Elizabeth Sanchez 7/19

Edwina Roybal 7/26

Lorraine Martinez 8/10

Minnie Jaramillo 8/15

Elizabeth Baca 8/20

Feliz Cumpleaños

Shirley Chiello 9/2

Andrea Sellers 9/5

Richard Salazar 9/6

Edalia Dolli Lucero 9/8

Sarah Montoya 9/8

Belinda Gutierrez 9/9

Barbara Herrera 9/10

Maria A. Garcia 9/12

Melanie Suazo 9/14

Theresa Romero Salazar 9/117

Richard Catanach 9/22

Dorothy Montoya 9/26

Belinda Gutierrez 9/9

Barbara Herrera 9/10



BIRTHDAY IDEAS



Crafted by Sandy Green and Belinda Gutierrez
Black Palm, poplar, maple, and black walnut
Belt buckle, bolo, key chain, pendant, earrings

 **PRESBYTERIAN**

1010 Spruce Street

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