

# EMERSON HOSPITAL Auxiliary News

Fall 2006

## Eighth Annual Golf Tournament Raises More than \$40,000 to Benefit Auxiliary Scholarship Fund

A beautiful sunny day at the Nashawtuc Country Club was the setting for the Eighth Annual Emerson Hospital Golf Tournament on September 18. One hundred and twenty-eight golfers teed off to raise money for the Emerson Hospital Auxiliary Scholarship Fund, which supports continuing education for nurses and other frontline caregivers at Emerson. The event included 18 holes of golf, a cocktail hour, buffet dinner, silent auction, and raffle, and raised more than \$40,000.

As in previous years, the invited corporations sent teams of 2 or 4 players depending on the level of their sponsorship. The major sponsor, at the \$10,000 platinum level, was the law firm of Donoghue, Barrett & Singal. \$5,000 Gold sponsors were Sodexo Health Care Services and the Di Giovanni family. In addition, many other sponsors contributed to the success of the tournament.

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*Golf Tournament Volunteers gather for a photo, while the carts are readied for the 128 participants, Doug Schuster and Tony Baudanza pose with Denise Hartz and Christine Schuster after the auction.*

Over the last four years, the tournament has contributed more than any other Auxiliary event to the \$500,000 scholarship fund. "I'm very happy to be part of this annual tradition," said Christine Schuster, Emerson Hospital president and CEO. "We're grateful for all of the contributions from the participants, and we especially want to thank our platinum sponsor, Donoghue, Barrett & Singal, for their generous support. I also want to acknowledge our other major sponsors. Their ongoing support means a great deal to the hospital."

*continued on page 5*



EMERSON HOSPITAL  
**AUXILIARY**



## President's Letter

### Auxiliary Officers

**President:**  
Nancy Kingman

**Secretary:**  
Denise Haartz

**Treasurer:**  
Priscilla Gannon

**Vice-President  
of Public Relations:**  
Jennifer Cyr

**Vice-President  
of Fund Raising:**  
Marjorie O'Brien

**Vice-President  
of Membership:**  
Karen McCarthy

**Ex-Officio:**  
Christine Schuster,  
President and CEO

Jack Dresser,  
VP of Development

Sharon Knox,  
Director Community Services

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four times a year by the  
Emerson Hospital Auxiliary.

**Editor:**  
vacant

**Design:**  
Harley Freedman

The Auxiliary has just ended an outstanding year. "More than before" applied to all our major events. More attendees at Tree of Lights in December, more audience members at the April Pops, more participants in the Run/Walk in June and September's tournament had more golfers. In addition, our Cancer Endowment Fund, supported by the Run/Walk, finally generated enough income to pay for special programs at the Bethke Cancer Center. Most exciting of all, with the help of the Gift Shop's profits, we fulfilled our pledge to raise \$500,000 for Emerson caregivers' scholarships.

Yes, we accomplished a great deal, but we did not increase our membership. This is cause for concern. We entertained many people and raised over \$80,000, but again it was the same members who did the work. In response to the situation, the Auxiliary Board has initiated a "Campaign for Members." We will arrange gatherings in neighboring towns, announce them ahead of time, meet with local residents and provide information about health issues and the hospital

The first step was to hold a coffee in Bedford. Our guest was Karen Flynn a Nurse Practitioner, whose specialty is cardiology. Her topic was "Women's Cardiac Care," but the discussion ranged beyond that to the general medical treatment of women patients. It's a subject that needs a great deal more attention. I hope the Auxiliary can explore it further.

Obviously, we will visit towns in Emerson Hospital's region. We would very much like to

have suggestions of homes to meet in, people who might provide refreshments, the names of local newspapers, and subjects you'd like to explore.



In the meantime, join us for Tree of Lights on December 6 at the hospital. This year the Auxiliary will hang a star on the tree in memory of members who died during the past year.

Planning for the April Pops and a gala affair in May will begin early in the new year. Once again, we will hold "Reflections in Bloom," at Powers Gallery. Their new home will be a restored house built in 1800 on The Great Road in Acton.

Let's make the Auxiliary's "New Year" another record breaker! Join with us to make a difference by supporting a superb community institution: Emerson Hospital.

Nancy Kingman  
President, Emerson Hospital Auxiliary

## Auxiliary Calendar

### SPECIAL EVENTS

**December 6**  
Tree of Lights

**December 13**  
Cookies by the Pound

**April 14, 2007**  
Spring Pops Concert

**Spring 2007**  
Reflections in Bloom, Powers Gallery

**June 3, 2007**  
5K Run/Walk

## Auxiliary Annual Meeting 2006

This year's annual meeting was held on October 25 at the beautiful Nashawtuc Country Club in Concord. Auxiliary President Nancy Kingman welcomed everyone and greeted the guests who included Christine Schuster, President and CEO of Emerson Hospital and Jack Dresser, VP of Development. Past Presidents of the Auxiliary in attendance, were Leslie Cheney, Donna Grinnell, Beth Neeley Kubacki, Joan Litle and Pat Morrison.

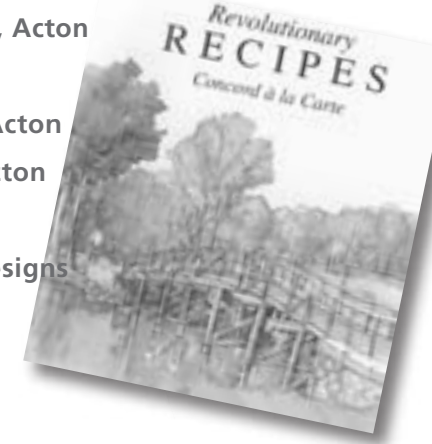
Since all reports were on paper and available to each attendee, the business portion of the meeting was brief. The only action item was the election of officers for 2006-2007: Nancy Kingman, President; Denise Haartz, Secretary and Priscilla Gannon, Treasurer.

The annual meeting was an opportunity to celebrate. For the first time, the Cancer Endowment Fund generated enough income to pay for special programs at the Bethke Cancer Center. At the same time, it was announced that

## Revolutionary Recipes, Concord à la Carte—a great gift!

If you haven't yet purchased your copy of our award winning cookbook, be sure and pick one up at one of the following local retail establishments—and remember they make a great Holiday gift;

- Emerson Hospital Gift Shop
- The Concord Book Shop, Concord
- Orchard House, Concord
- North Bridge Antiques, Concord
- Idylwilde Farms, Acton
- Gould's, Acton
- Powers Gallery, Acton
- Willow Books, Acton
- Colonial Inn
- Concord Hand Designs
- Concord Museum
- Powers Gallery
- Verrill Farm
- Main St. Market & Café



Auxiliary President, Nancy Kingman presents a ceremonial check for \$185,000 to Christine Schuster, President and CEO of Emerson Hospital and Jack Dresser, VP of Development.

the Auxiliary's pledge to raise \$500,000 for continuing education scholarships for Emerson caregivers had been fulfilled. In honor of the occasion, we invited special guests to join us for lunch and to share in the excitement. Lori Noonan, Director of Cancer Services; Mary Seymour, Director of Education and Kevin Whitney Director of Nursing, each commented on what these gifts mean to their sectors of the hospital. As a bonus, we were joined by two scholarship recipients; Sarah Freiavald and Rosemary Mwanja.

The finale of the meeting was the announcement of the Auxiliary's annual gift to Emerson Hospital. Combining the profits from the Gift Shop and the money raised by the Auxiliary resulted in a contribution of \$185,000. The Auxiliary is proud to have reached its goal and be able to assist deserving Emerson caregivers in reaching their educational goals. Attendees enjoyed a delicious luncheon followed by a presentation by Pat Goddard a buyer for Goulds Clothing in Acton. She urged us to be flexible, try new things and use accessories to add a personal touch to outfits.

Many thanks are due to everyone who helped make the Annual Meeting a delightful affair. Special thanks go to Jean McFedries for designing the invitations and Karen McCarthy for attending to so many details. An added touch was a door prize donated by the Mane Escape of Concord. Mary Meheny won the \$129 gift set of manicure, pedicure and massage.

## Community Services

### The Gift Shop at Emerson Hospital—Fall Update

What a spectacular **first full year** we have had at the new Gift Shop! Our volunteer buyers, Joany Lawrence, Louie Hays and Sharon McClellan have done an outstanding job selecting the most wonderful mix of gift items, clothing, accessories, plush, jewelry, cards and stationery. At the Auxiliary's Annual Meeting, October 25, 2006, the Gift Shop/Community Services Department gave a check for \$100,000 as our gift to the Auxiliary/Hospital for fiscal year 2006.

The Gift Shop is now brimming over with great gift items for the holidays. In October witches hats, masks, singing dolls and glowing candles filled the shop and very soon the shop will be adorned with Thanksgiving and Christmas decorations and gifts. We have a fantastic selection of quilted reversible jackets and vests in many prints and colors as well as scarves, gloves and bags in a variety of fabrics and colors on display. Our selection of toys for young and old is large and varied including Patriots and Red Sox checkers and magnetic dart boards, Beacon Hill Book Series for young girls and many small wind-up and

travel games. The Baby department features small gift items for the new baby including soft plush animals and our newest item The Baby Briefcase (holds important documents for the new baby). Cards and stationery are perennial favorites of our customers and this season you will find many new and inviting selections.

Over 45 volunteers work at the Gift Shop during the week including Monday through Thursday evenings and during the day on Saturday and Sunday. We are truly fortunate to have this dedicated group of volunteers who serve the staff, patients and visitors each day. If you would like to know more about becoming a volunteer at the Gift Shop we would love to hear from you. Please call Jamie Coan in the Community Services Office at 978-287-3200 to set up an interview with Sharon Knox, the Director of Community Services.

Donna Grinnell  
Gift Shop Coordinator

travel games. The Baby department features small gift items for the new baby including soft plush animals and our newest item The Baby Briefcase (holds important documents for the new baby). Cards and stationery are perennial favorites of our customers and this season you will find many new and inviting selections.

Gift Shop Coordinator, Donna Grinnell



The Auxiliary would like to thank all the gift shop volunteers and buyers for their loyal volunteer commitment and impressive gift of \$100,000 to help support the pledge for the continuing education scholarship fund. The Emerson Hospital Auxiliary and The Community Service Department have a long tradition of working together to support Emerson Hospital.

### Thank You from the Bethke Cancer Center

The Emerson Hospital Auxiliary Endowment Fund for Cancer Programs has recently provided \$15,000 to the Bethke Cancer Center to use on patient programs. The endowment fund was established by the Auxiliary in 2001 and is enhanced each year by the Community Cures: Emerson Auxiliary 5k Run/Walk for Cancer. This grant will enhance the patient care experience and we sincerely thank the Auxiliary for their hard work.

This year's grant will be used for several purposes. Beginning next month, we will make integrative therapies, such as acupuncture and massage therapy, available to selected patients to help them manage the side effects associated with cancer treatment. This program will allow multiple sessions to be given to approximately 40 patients over the next several months. Other

#### Golf

*continued from page 1*

The Auxiliary supports Emerson not only by raising money for equipment, facilities and programs but by educating the public on health related issues, and increasing community awareness of the hospital itself. Over the past decade, the Auxiliary has raised more than \$1.6 million to support the advanced, high quality health care provided by this outstanding institution.

uses for the funds will be Breast Cancer Treatment Books and Prostate Cancer Books which will be distributed to patients. And finally, there will be funds to purchase relaxation CDs and CD players to use while undergoing treatments.

The Emerson Hospital Bethke Cancer Center is very appreciative of the Emerson Auxiliary for their dedication to the Center and to our patients.

### Deborah Haartz Donates Bears

Deborah Haartz, daughter of Eric, a member of the Emerson Hospital Board of Directors and former Corporator, and Denise, an active member and secretary of the Emerson Auxiliary Board, recently donated 24 teddy bears to Emerson's pediatric unit. Deborah, age 11 and a fifth grader at the Fay School in Southborough, cut, stuffed, and decorated the bears as a summer community service project for school. The bears will be included in pediatric coping kits, which are colorful bags of age appropriate toys given to all children who enter the hospital

through the emergency department or upon admission to pediatrics. "I made the bears because when I visited Emerson Hospital I was given one and it made me feel better," said Deborah. "I wanted to make other children feel better too."



Receiving the teddy bears from Deborah Haartz, second from left, were Christine Schuster (far left), president and CEO, Michelle Bartlett, RN, BSN, (second from right), associate nurse manager on Wheeler 4, and Kay Liebmann, RN, nurse coordinator of the pediatric intervention team.

## HOSPITAL HAPPENINGS

### Emerson in the Fall: a bustling place.

As I write this message to you, we are enjoying a spectacular New England Fall and there is tremendous activity throughout the hospital and at our many offsite locations.



We just had a wonderful open house for the newest gem in the Emerson family – Emerson Medical at Sudbury. Overall, the pace of construction activity has picked up dramatically, especially for Project SCORE – our ambitious new initiative to enhance the patient care experience in surgery, obstetrics and interventional radiology. You will be hearing much more about this project in the coming months.

In addition to new facilities, there are also some new faces in the hallways. You may not be aware that many new physicians have joined the medical staff recently, expanding the breadth of our primary and specialty services and enabling us to bring even more advanced, quality care to our community. In the past few months, we have added new expertise in spine surgery, general surgery, bariatric (weight loss) surgery as well as gastroenterology, neurology, OB-GYN, radiology, dermatology, and, of course, internal medicine and pediatrics.

To help community members better locate and connect with our medical staff, we will soon be launching a new toll-free, 24 hour physician referral service that will improve access and convenience for our patients and their families.

Speaking of conveniences, when you next visit the campus, you will notice that you can now enjoy the benefits of valet parking at the entrance to the John Cuming Building (JCB), for a modest rate. Also the JCB entrance has a much improved handicapped entranceway for our patients and visitors.



*“My thanks, as always for everything that you do to help us provide the kind of care and service that makes Emerson Beyond Compare in every way.”*

In short, the hospital is brimming with activity; but while we are all very busy, I am pleased to see that we still take time for the smaller gestures that truly make a difference with our patients, and with our staff. One of these new special moments is the sweet sound of musical chimes that is now played throughout the hospital every time a new baby is born at Emerson. I hope you will be able to hear these chimes when you next visit the main campus. I guarantee that they will make you pause and smile.

My thanks, as always for everything that you do to help us provide the kind of care and service that makes Emerson Beyond Compare in every way.

Christine Schuster,  
President and CEO

## Auxiliary Scholarship Program Update

The nursing shortage and demands for nursing care in the coming years have made the headlines across the United States. Recognizing the need for action in the community, the Hospital Auxiliary and Development Department partnered with the Nursing Department to ensure the availability of nurses for the future needs of our patients at Emerson. With the generous donation of \$500,000 for the development of a scholarship/loan forgiveness fund, the auxiliary scholarship was rolled out in February 2003, with seven staff members receiving funding for the September 2003 semester.

### Lorri Langin Retires as Editor of Auxiliary News

After five years at the helm, Lorri Langin has retired her red pen as editor of the Auxiliary News. Her neighbors in Acton introduced her to the Auxiliary via the cookbook committee. After a very successful launch of the cookbook, Lorri joined the auxiliary board as editor of *The Emersary* a position she served longer than any editor to date. During her tenure the *Emersary* became the *Auxiliary News*. Lorri leaves us with a very professional and attractive newsletter. The Auxiliary wishes to say thank you, Lorri, for your tireless efforts in getting the reporting members to meet their deadlines, for bringing interesting and well written articles to our readers and for correcting our spelling.

Since that time, 25 staff members have been supported in their nursing career advancement. Their stories are varied, ranging from those who have or are seeking entry level education in nursing to those who are pursuing baccalaureate or masters degrees. They are PCT's or Techs, working mothers, others working in non-nursing functions, while some are RN's who want to continue to enhance in their knowledge and skills in their chosen area of nursing expertise.

Kevin Whitney, RN, BSN, MA, CNA, Director of Nursing and Mary Seymour RN, BSN, MSM, BC, Director of Education presented two of the scholarship recipients at the 2006 Annual Auxiliary Meeting. Sarah Freivald, RN is a nurse in the Emergency Department and is currently working on her BSN at U Mass Amherst. Rosemary Mwanja, RN is orienting to the Critical Care Unit and is at Atlantic Union College working on her BSN. Both Sarah and Rosemary were former Emerson PCT's who have benefited and continue to benefit from the scholarship program.

Mary Seymour, states, "Each has a story to tell about their career hopes and dreams. All recipients have the

desire, commitment and values that we strive for at Emerson Hospital. As a result of the auxiliary's efforts, we have 12 new RN's who have completed their nursing programs and 13 who are either completing their entry level program or advancing in their practice." Each recipient commits to



From l to r: Scholarship recipients Sarah Freivald and Rosemary Mwanja, Auxiliary President, Nancy Kingman, Mary Seymour, Director of Education and Kevin Whitney, Director of Nursing.

one year of employment at Emerson as an RN for each year of financial support provided by the Auxiliary Scholarship.

Kevin Whitney, Director of Nursing, extended the gratitude of the recipients and the Nursing Department. "The Nursing Department recognizes the value and efforts of the auxiliary's work and salutes the auxiliary's contribution to patient care for Emerson and our surrounding communities."

## Emerson's Community Health & Wellness

### TAI CHI-THE 600 YEAR OLD SECRET TO EASING SORE JOINTS AND MUSCLES

According to Arthritis Today, the Arthritis Foundations newsletter, Tai Chi is particularly effective for people with arthritis because it includes agile steps and exercises that can reduce pain and stiffness, as well as improve mobility, breathing and relaxation.

It is believed that Tai Chi emerged sometime between the 1300s and 1600s in China. Some say it was developed by monks, others by a retired general. Tai Chi is not just a feel-good workout: its physical therapy, and a preventive measure against joint aging.

Doctors recommend Tai Chi for people with a variety of musculoskeletal conditions because it is an exercise almost anyone who can walk can do safely. It improves flexibility, builds muscle strength gently and gradually and improves breathing. Seniors particularly like Tai Chi because the slow, synchronized movements that are easy to learn and to perform, and its soothing ability to create inner stillness and relieve pain. Although once fairly unknown here in the United States, classes can now be found through YMCAs, Senior Centers, and hospitals.



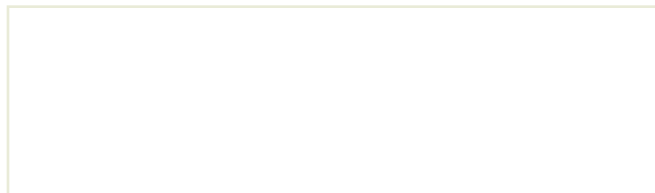
Join us at Emerson Hospital for the next series of classes.

Call Virginia at Emerson's Community Health and Wellness at 978-287-3777 for further information or to register for the class.



[www.emersonhospital.org](http://www.emersonhospital.org)

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