

BELLINTEER

A Quarterly Publication for Volunteers of Bellin Hospital

Volume XIX - Issue 3

January 2018

Volunteer Open House

During the week of December 4, the Volunteer Office held an Open House for all our wonderful volunteers. With the help of our Bellin Health Executive Chef, Tim Hazen, we were able to offer a variety of treats all weeklong, with a little something different each day of the week, to include a variety of special beverages. We even served up hot apple cider...a perfect start to the holidays.

Everyone who visited during the week entered their name for a chance to win a door prize from our Gift Shop.

There was one prize for each day of the week and here are our lucky winners:

- ❖ Barb Kriehn..... A pair of Packers gloves and headband
- ❖ Arlet Binder A Christmas cactus
- ❖ Mary HintonWoodwick cinnamon-scented candle and car vent freshener
- ❖ Charlotte Artel Men's hat and knitted gloves
- ❖ Georgianna King Packers fleece throw



It was so nice to visit with so many of our volunteers, even those we do not get to see very often. We hope you all enjoyed the Open House as much as we enjoyed hosting it for you.

Have a wonderful New Year!

 Dawn McCole, 433-3697
Volunteer Coordinator

 Drew Russo, 433-3632
Volunteer Coordinator



Christmas Items and Candles “Fly” Out of Gift Shop

We made it! We made it through another Christmas season at Bellin Hospital Gift Shop! Through these past 12 holiday seasons, our shop has seen many things change, and we have tried to keep up with our customers. This past autumn into Christmas season, our shop featured merchandise from a new vendor, The Gerson Company. This line was very well received, and our sales show it. As mentioned previously, their fall and Halloween merchandise did very well, and their Christmas merchandise was just as cute! Our staff decorated for Christmas the last weekend of October, and big items from The Gerson Company went fast! Many of the large snowman signs, as well as stuffed snowmen and elves, blew out the store. The cutest guy was a two-foot-tall elf, with an enormous head, and man was he cute! We had two of him, and sold one to an employee who saw him on a shelf as she peered through the gate. This elf also had some siblings, who were also the cutest shelf-sitting elves of all time. And you guessed it, those all sold fast, too! It seems our customers like the larger items for their homes and offices, and they also like things that light up. We bought a bunch of batteries, and lit up and animated many different holiday items, which really helped our sales.

Another continued good seller is the WoodWick candle line. We did very well with all their different holiday fragrances and glass designs. Frasier Fir is still the company’s number one holiday fragrance, and it’s ours, as well. The quality of their product is there, with fragrances that carry throughout your house, and a wooden wick that crackles as it burns. This year, WoodWick also came out with a new product that has done very well for us. It’s called WoodWick Fragrance Beads, and the name says it all. This product is in a jelly jar with a laser cut metal lid on top. Inside are numerous gel beads containing the fragrance of some of WoodWick’s most popular scents. When you remove the seal, the beads are exposed to the air, and soon begin to expel their fragrance. These jars are perfect for smaller spaces, like bathrooms and bedrooms, and there’s no open flame to worry about. We sold out over the holidays, and will be replenishing into the new year.

A new promotion our shop tried this year, for the first time ever, was a Small Business Saturday Sale. This sale is held nationally the Saturday after Thanksgiving. Many of you have probably heard about this American Express sponsored event nationwide, and seeing as how our shop accepts American Express as a form of payment, we thought it fitting to reach out to our customers on this special sale day. I am very happy to say that four volunteers were willing to help the shop out during this sale. I would also like to say I would have never made it without them! We offered complimentary coffee and cookies, and had drawings to win cyclamen plants and a WoodWick candle. We also offered 20% off all giftware and a free ornament to the first 25 customers who made a giftware purchase. We knew this would be a challenge (hospital census is typically low on a holiday weekend), so we began inviting our customers a month in advance. Thanks to some very loyal employees and customers, we did fairly well with our first Small Business Saturday Sale. Thank you to all who supported us on this special sale day, as well as, the entire holiday season! Our doors are open because of your continued care and sales throughout the whole year!

Now, if only I had a crystal ball that would tell the future for sales in 2018, I would be a very happy woman. I really wish they would sell those at Market! This year, I am grateful to be able to attend the January Las Vegas Market. Each year, this show continues to amaze me. The showrooms have grown in number, and the number of vendors represented in each showroom is huge! The Market has increased in the amount of floors dedicated to giftware, and the amount of temporary showrooms has also increased. I look forward to seeing the latest and greatest giftware, including home décor, spiritual items, and women’s fashion. I will be visiting the Simply Noelle showroom, to pick up their spring/summer lines. Simply Noelle is our women’s clothing and accessory line which continues to do so well for us! I will also be buying from The Gerson Company for fall, Halloween, and Christmas 2018. Their showroom is always a wonderland of color and lights! I just can’t wait to see what their 2018 line features! My days are packed with lots of walking, vendor appointments, and carrying vendor catalogs, but I wouldn’t want it any other way! Market arrivals usually begin by late February, and last throughout the year. Be sure to stop by to see what’s new each time you volunteer at the hospital.

You know how there are the 12 days of Christmas? Well, I am proud to say I have 18 wonderful Gift Shop volunteers! I could name them all, like Santa’s reindeer, but that might embarrass them. Instead, my heart is warmed and my face smiles, each time I think of the wonderful team I am lucky to be on. I look forward to working with you, in what I hope is another successful year in our hospital Gift Shop. Thank you all!

Kim Holmes, 433-3547
Retail Coordinator



Community Health Education Report

As part of our project this year, “Drugs End Dreams,” we’ve discussed how opioids (including prescription drugs and the illegal drug heroin) are affecting the young, the old, families, communities, and health care systems. But, we haven’t discussed how this epidemic is affecting our youngest - the babies born to mothers who are addicted to opioids.



Newborn withdrawal refers to a group of symptoms that can be seen in a baby whose mother has taken certain drugs or medications during her pregnancy. When the baby has been exposed to an opioid, the term used is **NAS** for **neonatal abstinence syndrome**. Symptoms usually appear 1 to 7 days after birth. Symptoms can be mild or severe, but they usually go away by the time a baby is six months old.

In withdrawal, a baby may experience some or all of these symptoms:

- Unusual irritability, continual high-pitched crying
- Sleeping trouble, sleeps less, and may sleep only for short stretches of time
- Unusual stiffness; startling; arms, legs, and back are unusually stiff or rigid
- Trembling, twitching, jittery, or shaky overall
- Trouble feeding, sucking
- Diarrhea and vomiting
- Poor weight gain
- Fast or interrupted breathing
- Sweating
- Sneezing, stuffy nose
- Skin problems, with the baby’s skin looking raw in places

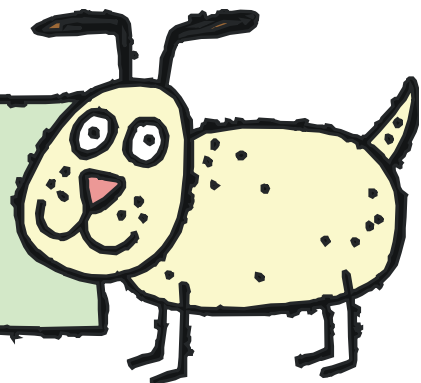
The treatment for a newborn in withdrawal depends on the symptoms, their severity, and their cause. Extra monitoring, sometimes medication to manage withdrawal symptoms and sensitive care, are needed to ease symptoms and address any rest, feeding, and development issues. Babies suffering from neonatal abstinence syndrome spend an average of 16 days in the hospital at a cost of over \$53,000 according to research done by the *Journal of the American Medical Association*, compared to the cost of \$1,000 to \$2,000 for an average healthy neonatal stay. Our nation has experienced a rise in the number of babies born dependent on opioids or other addictive drugs. In Wisconsin, the number of live births involving NAS rose from 142 in 2006 to 598 in 2015, according to the state’s Department of Health Services.

Hospitals in the United States have involved volunteers to physically embrace drug-addicted babies going through withdrawals. This may include cradling, rocking, singing, and whispering to these infants. Snuggling helps relieve nervous and digestive system problems in babies with NAS. Through cuddling, many of these infants have shown improvements, such as faster weight gain and shorter hospital stays.

Tammy Henninger, (920) 639-9322
CHE Chairperson

The Sentence:

“The quick brown fox jumps over the lazy dog.”
uses every letter of the alphabet.



Winter Continues with Blended Iced Drinks

Jingle bells, jingle bells, jingle all the way...into 2018! Wow, what a year in sales 2017 was for Backstreet Espresso! Our staff of wonderful volunteers was pooped much of the time, as we had another record year in sales. For the first time ever, August 2017 beat all other months, topping out at just a bit over \$11,000 in sales! That is incredible, and I couldn't be more proud of our team of dedicated and hardworking volunteers! I am so lucky to be on a team of 17 skilled, kind, and generous volunteers, who treat me like family. A BIG thank you goes out to each of you, for sharing your time with me and Bellin Hospital. You all hold a special place in my heart!



Winter is finally here, and the white covered lawns and roads show it. Even in this extreme cold, we are selling Blended Iced Coffees. As you can tell, there's ice in the mix, and thus they are served cold. One would think with the cold temperatures outside, we wouldn't sell many Blended Iced Drinks, but one would be wrong. We have really created a following for this specialty, which comes in three different flavors. Don't worry though, because we are still selling lots of Door County Coffee, and making lots of lattes and hot chocolates, too. Remember, we make our hot chocolate from scratch, and they are very yummy! If you don't want the caffeine, they are a great drink. If you need to warm up, come check out the "flavor of the day" from our six-morning coffee choices.

Uncle Lenny's Sandwiches are offering another new choice, the Chicken Parmesan Sandwich. This \$4.99 sandwich features ciabatta bread, stuffed with grilled chicken and a roasted garlic parmesan white sauce. We warm it up for you, and it is oh so good! Volunteers, remember you can use your meal pass in our coffee shop, where good service and good food and drink come together as one. We look forward to seeing you soon!

Are you perhaps interested in becoming an expert barista? Our team is looking for three special volunteers to fill our Monday schedule. We are in need of one morning person from 7-11 a.m., and two afternoon people from 11 a.m.-3 p.m. All training is provided and we always work in teams. Our shop features a fun environment, with light housekeeping duties including wiping down counters and tables, refilling stock, and maintaining a clean espresso machine. If you like friendly conversation with Bellin staff and visitors to Bellin, then this is the place for you! We'll help you be the best barista around, creating lattes and other specialty drinks sure to please everyone. If this sounds of interest, stop by our shop at any time to ask questions and tour. You can also talk to Drew, Dawn, or Kim, to get started on your way to coffee shop bliss.

Here's to good conversation, friends at hand, and a really good cup of coffee in the coming months of this new year. I hope you all find time to enjoy the wonders of the season!

Kim Holmes, 433-3547
Retail Coordinator

Common Household Items To Make You Look Good



- Vaseline is a common household item that can be used as a multitude of beauty tasks: on the lips as a balm, to soften cuticles, and to soothe chapped, dry skin, and feet.
- Splash ice cold water on your face after cleansing; it works just like a toner.
- A drop of baby oil in your bath or rubbed in after a shower helps lock moisture into your skin.
- Do you remember when you put lemon juice or vinegar on your hair for a rinse and it also made your hair highlighted when in the sun? Soak nails in a bowl of warm water with lemon to whiten them.
- Baking soda can whiten teeth.

All these ideas can help without spending much money...go for it!

CONCERNED HEARTS CLUB

The Concerned Hearts Club concluded most of its work for 2017 by holding a holiday party and membership meeting at The Village Grille, on Tuesday, December 12. The lunch and business meeting were preceded with Something Old, Something New barbershop quartet, singing old favorites and holiday songs.

2017 saw some changes in the structure of the Concerned Hearts Club, but the Club continues to put emphasis on manning the second floor ICU Visitors' Lounge, making and donating heart hugger pillows to heart surgery patients, awarding nursing scholarships, and responding to requests for AEDs.

Even with the challenges of 2017, our board and committee chairpersons put in a lot of extra work to keep the Club moving forward. I wish to thank all of those members who filled these positions so admirably, including Bill Snover for his service of keeping coffee and supplies filled in the ICU Visitors' Lounge. I hope everyone realizes how much the patients and their families appreciate what we do on second floor. That appreciation has been mentioned by the ICU staff. We must not discontinue our mission even with our declining membership numbers.

I, too, want to say how appreciative I have been to the officers and members who have so faithfully served the Club during my term as President.

Election was held and the following officers were elected:

- ❖ Todd ProchniakPresident
- ❖ Ron Ratajczak..... 1st Vice President
- ❖ Audrey LeisgangSecretary

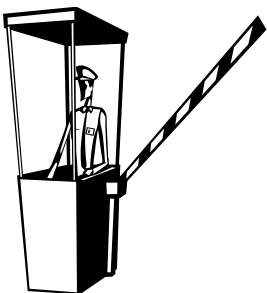
To the 2018 officers and board, I extend best wishes for successful continued direction of the Club.

Best wishes for 2018.

Jim Tubbs, (920) 494-4754
President



PARKING PERMITS NOW AVAILABLE



The 2018 parking permits are now available in the Volunteer Office.

If you volunteer at the main hospital, please stop in and pick up your new permit for use when parking on the main campus. It is important that you display the permit on your front dash when entering the 725 Webster Medical Building parking lot. This helps the parking lot attendant to identify our volunteers.

The parking permits are only needed by those helping at the main hospital. All other volunteers are not required to have a parking permit.

If you are not sure you will need a parking permit, please contact the Volunteer Office at 433-3697 or 433-3632.

~ Volunteer Opportunities ~

Maternity Security Door Volunteer

The volunteers in this position are stationed outside the Maternity Unit and are responsible for providing access to the Maternity Unit for both visitors and staff. All volunteers are provided with general training for allowing access through the security door. The general hours for this position are from 8 a.m. to 12 noon or from 12 noon to 4 p.m. We are currently in need of help on Fridays.

Bellin Expressive Arts in Medicine (BEAM)

Bellin's Expressive Arts in Medicine, or BEAM, incorporates art within health care. Located at the Bellin Health Cancer Team at 1580 Commanche Avenue, BEAM offers all visitors the opportunity to work with art through our open art studio, traveling art carts, and weekly workshops. As a BEAM volunteer, you will become a companion to our patients and offer them something to occupy their mind with. Everything is provided to you – we just need your friendly face. The hours are during regular clinic hours between 7:30 a.m. and 5 p.m., Monday through Friday for 2 to 4 hour periods.

Are you a musician? BEAM is also seeking woodwinds, strings, or other musicians/singers that can perform “soft” music at the Bellin Health Cancer Team during the clinic's regular hours.

Hospital Support Volunteers

If you enjoy helping to escort patients and visitors to their final destination here at Bellin, we would like to hear from you. We are currently looking for additional volunteers to help out at the front entrance to the hospital. Hours are available any time from 4:30 a.m. to 6:30 p.m., Monday through Friday (in 4-hour shifts); 7 to 11 a.m., Saturdays; and 10 a.m. to 2 p.m., Sundays.

Wound Ostomy & Cardiac Cath Lab Assistance

This new opportunity is now available. There is a need for volunteer support at the reception desk located on the 5th floor of the hospital. The volunteers in this position will help with answering the phone, guide visitors to the correct area within the clinic, monitor the coffee station, and assist with general clerical duties as needed. The hours are 8 a.m. to 12 noon and 12 noon to 4:30 p.m. or 5:30 p.m., Monday through Friday.

Heart & Vascular Center Greeter

We are looking for your assistance at the desk located on the 2nd floor entrance to the Heart & Vascular Center near the lobby elevators. Duties would include helping with patient flow and assisting with various projects as needed. We are looking for volunteers to assist with these duties Monday through Friday from either 8 a.m. to 12 noon or 12 noon to 4 p.m.

Neuro Team Concierge

Additional volunteer support is needed at the entrance of the 725 Webster Medical Building located across from the hospital. Volunteers are needed to assist with directing visitors and patients to their destination, help to transport patients from the clinics to the front entrance when discharged in a wheelchair, assist customers in the waiting room, and assist with clerical support as needed. Current need is Mondays 8 a.m. to 12 noon and 12 noon to 4 p.m., Tuesdays from 12 noon to 4 p.m., Wednesdays from 8 a.m. to 12 noon and 12 noon to 4 p.m., and Fridays from 12 noon to 4 p.m.

PrePARE Clinic

The PrePARE Clinic is currently seeking volunteer support to assist with such duties as transporting or escorting patients to areas within the campus, help with the transporting of lab specimens, and some clerical duties such as stocking supplies. Hours are available Monday through Friday from 9 a.m. to 12 noon or 12 noon to 3 p.m.

Gift Shop

We have opportunities for any volunteer interested in helping support our hospital lobby Gift Shop. If you enjoy retail and like to help people shop, then this position is for you. Prior retail experience is a plus. There is currently an opening Thursday afternoons from 12 noon to 4 p.m. and Friday mornings from 7:45 a.m. to 12 noon

Dietary Survey Volunteer

Volunteers are needed to help with nutrition surveys given out to patients in order to gather feedback on the quality of the food served. This is a great opportunity for those who would like to interact with our patients while assisting Food & Nutrition Services. The hours are flexible for this position.

Backstreet Espresso Coffee Shop

Do you like the smell of fresh roasted coffee? Have you ever wanted to work in a real gourmet coffee shop? Our very own Backstreet Espresso coffee shop, located in the lobby of the hospital, is in need of additional help. Volunteers are needed to prepare the drinks and run the cash register.

For those who enjoy helping to brew the perfect cup of coffee or help to find the perfect muffin to sell, we have an opportunity available on Mondays from 7 to 11 a.m. and 11 a.m. to 3 p.m.

Bellin Health Bellevue Concierge

Bellin Health Bellevue, located at 3263 Eaton Road, Green Bay is in need of volunteer support. The volunteers in this position will act as Concierge to individuals visiting the clinic. Volunteers will be responsible for greeting and assisting customers in the waiting room area and at times assist with wheelchair-bound patients. Other duties would include assisting with assembling of mailings and other clerical support as needed. Hours are available Monday through Friday from 7:30 to 11 a.m. or 1 to 4 p.m.

Sixth Floor Reception Desk

We are currently looking for volunteers to help both visitors and patients as they come to the Sixth Floor for surgical procedures. Responsibilities for this position include helping to answer general questions, keep refreshments supplied for visitors, and helping the surgical staff to locate family members. Hours are available Monday through Friday from 7-11 a.m. or 11 a.m. to 3 p.m.

Advance Care Planning Phone Calling Assistants

Volunteers are needed to help make phone calls to Bellin patients who need a Power of Attorney for Health Care completed. This is a great opportunity for those who would like to interact with patients encouraging them to get their medical record complete by executing an Advance Directive. The hours the phone calls will be made will Monday through Friday between 9 a.m. and 5 p.m. Thorough training will be given and a simple calling script will be provided. Any questions, please call John Kosmoski or Maria Tielens at (920) 433-3482.



**If you are interested in any of the above opportunities,
please contact the Volunteer Office at 433-3632 or 433-3697.**

We look forward to hearing from you.



**Grandparents are similar to a piece of string - handy to have around and easily wrapped
around the fingers of their grandchildren.**

~ Author Unknown

Dickinson County Healthcare System Signs Letter of Intent to be Acquired by Bellin Health



Dickinson County Healthcare System (DCHS) announced that its Board of Directors has signed a Letter of Intent (LOI) with Bellin Health to explore the possibility of being acquired by Bellin Health.



By joining forces with Bellin, DCHS will be able to fund improvements and expand its services that will enhance its ability to meet the needs of patients, while maintaining its strong local culture. The two entities have a long history of collaboration and both organizations are looking forward to full integration for the benefit of the community.

"We have a commitment to keeping high quality health care local," explained John Schon, Administrator and CEO of DCHS. "In today's highly challenging and highly regulated health care environment, that requires access to capital and other resources including highly trained medical personnel and technology. A small system like ours can benefit from the human and financial resources of a larger partner, especially a proven innovator like Bellin. In addition, Bellin knows our market, our patients, and our local population and we know them. The combined resources, including the talented physicians and employees of both organizations, will help us thrive not only today but for years to come."

John Schon went on to praise Bellin's proven expertise, pointing out the many awards and recognition Bellin has received for quality, cost, innovation, and the workplace, including:

- Named a 5-Star Recipient from Healthgrades in 11 different categories including hip fracture treatment and stroke treatment. And, for 9 years in a row, Bellin has been a 5-Star Recipient for treatment of heart attacks.
- Named a Top Urban Hospital in 2015 and 2016 by the Leapfrog Group.
- Recognized by UnitedHealthcare as having a top workplace wellness program.
- And Forbes named Bellin as one of the best, mid-size employers.

John Schon added, *"It makes sense from a culture, quality, and financial viewpoint to join forces with Bellin and continue our history of providing high quality local health care to the community."*

Bellin Health President and CEO, George Kerwin, said, *"We value our relationship with Dickinson County Healthcare System and the people living in the region. We have been a part of this community, providing health care services and working collaboratively with DCHS, for some 35 years, starting with cardiology services."* Through the years, Bellin has continued to expand and enhance the availability of services including cardiology, primary care, dermatology, orthopedics, behavioral health, and neurology. The collaboration also occurred operationally, with Bellin and DCHS sharing expertise in areas including maximizing supply chain management opportunities, lab and diagnostics, payment analysis, referral strategies, HR recruitment, staff training and strategic planning.

In the past three years alone, Bellin has served more than 13,000 area residents, which is nearly half of Dickinson County's population. *"We are excited about formally joining forces with Dickinson and providing fully integrated primary and specialty care in this region,"* stated George Kerwin. *"Our systems share a driving commitment to doing what is right for our patients and our communities and it is reflected in the many national accolades Dickinson has received in recent years."* Among the DCHS awards George Kerwin pointed out:

- Healthgrades/Patient Safety Award: DCHS has been the recipient of the Healthgrades Patient Safety Excellence Award™ 3 years in a row (2014-2017) and named among the Top 5% in Nation for Patient Safety (2016-2017).
- Attained an "A" Rating from the Leapfrog Group: The Leapfrog Group recognized Dickinson County Healthcare System with a Patient Safety Grade of "A" for the tenth consecutive reporting period, which translates into 5 years of this highest ranking.
- Recognized by the Economic Alliance of Michigan (EAM) with their Excellence in Patient Safety Award for consistently providing safe health care according to the standards set forth by the Leapfrog Group.

The LOI means the two entities will now work toward an agreement for Bellin to acquire the assets of DCHS. Although the details of the LOI have not been announced, in general, the key points are:

- Bellin has a commitment to providing and expanding health care services in the region.
- Bellin will make major financial investments in capital expenditures, including the conversion to an electronic medical records system.
- Bellin will offer current physician employees and current employees of DCHS employment with Bellin.
- As required by law, Bellin will assume the various collective bargaining agreements at each DCHS location.
- The new entity, Bellin-DCHS, will maintain a meaningful local voice in governance through a Board of Directors with representation from Bellin, DCHS, and local community members. The Board will have wide-ranging oversight and responsibility for Dickinson operations.

"We are appreciative of the great work and dedication of DCHS physicians, employees, and staff," said George Kerwin. *"You helped make Dickinson what it is today. All of us at Bellin look forward to working with you as we help grow what is already an outstanding health care system. We believe there is a great future ahead of us."*

It is anticipated that a purchase agreement will be worked out during the coming months and finalized during the second quarter of 2018. The agreement will have to be approved by both the Bellin and DCHS Boards and will also go to the Dickinson County Board of Commissioners for approval.



Flu Vaccination Reminder



As an organization committed to the health and well-being of our patients, visitors, employees, and volunteers, Bellin continues to strongly endorse and encourage universal flu vaccination.



Within the 2017-2018 flu seasons, employees and volunteers who decline flu vaccination must wear a protective mask throughout their shift. This precaution will last through the entire flu season and applies to employees, contract workers, independent practitioners, volunteers, students, and product vendors. This includes those with or without direct patient contact.

Free flu shots were made available to employees and volunteers that began in October, the start of Bellin's annual campaign to vaccinate those within the health system.

We strongly encourage you to get vaccinated this season and greatly appreciate all of your efforts to help the people in our region be the healthiest in the nation.

If you choose not to have the flu vaccination or to wear the mask, you will be required to take a leave from your volunteer duties until the end of the flu season.

Should you have any questions, please contact the Volunteer Office at 433-3632.

Thank you for your support!



Knitting burns roughly 80 calories per hour.
(There are some variations for style and speed.)
This is excellent news if your New Year's resolution involves more exercise!

Bellin Volunteer Deadlines:

- March 15, 2018 for the April 2018 newsletter
- June 15, 2018 for the July 2018 newsletter
- September 15, 2018 for the October 2018 newsletter

Anyone can contribute articles!
(Please mark these dates on your calendar.)



Kay Lyndahl, (920) 746-5122 (summer); (813) 633-6624 (winter)
Editor, e-mail: kaylyndahl@aol.com

Things I've Learned



- ✧ I've learned that making a "living" is not the same thing as making a "life."
- ✧ I've learned that life sometimes gives you a second chance.
- ✧ I've learned that whenever I decide something with an open heart, I usually make the right decision.
- ✧ I've learned that even when I have pains, I don't have to be one.
- ✧ I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back.
- ✧ I've learned that I still have a lot to learn!



CODE ACTIVE WEAPON

Code Active Weapon

(Weapon Shooter in Building)

Thursday, December 14, Randy Quaintance, TF Safety & Security, held classes pertaining to what to do in the event of an active shooter in our facility.

Here are tips to follow from the information provided during the sessions. Active Weapon/Shooter is a person with a weapon or says they have a weapon and intends to do harm.

What To Do:

- ❖ Quickly determine the most reasonable way to protect your own life. Initiate panic alarm system for your facility if able.
- ❖ **RUN:** If there is an accessible path, attempt to evacuate the premises. Leave belongings behind. Call 911 when you are safe.
- ❖ **HIDE:** If unable to evacuate, find a place to hide where the person with the weapon is less likely to find you. Be out of the shooter's view and provide protection if shots are fired in your direction. Do not trap yourself or restrict your options of movement. Dial 911 and if you cannot speak, leave the phone line open and allow the dispatcher to listen.
- ❖ **FIGHT:** Take action against the person with the weapon. As a last resort, attempt to disrupt and/or incapacitate the person with the weapon by acting as aggressively as possible against him/her or throwing items at them and/or using improvised weapons against them.

We hope this will never come to pass here at Bellin; however, if that day should occur at least we can all be prepared.

For all those who were not able to make this session and would like to attend, Randy will teach the class every second Thursday of the month at 7:30 a.m. and again at 9:30 a.m. in the Hospital Kresge Center located on the third floor behind the cafeteria.

Thank you again for all your support, and stay safe.

Drew Russo and Dawn McCole



Sewers Wanted for Blankets

We are in need of volunteers to help with a special ongoing sewing project. We are looking for those who are interested in sewing "Weighted Sensory Blankets" to use for patients exhibiting behaviors associated with dementia and delirium as part of their therapy.

Instructions and supplies are available to anyone interested.



Please contact the Volunteer Office at 433-3697 or 433-3632 if you are interested in signing up.



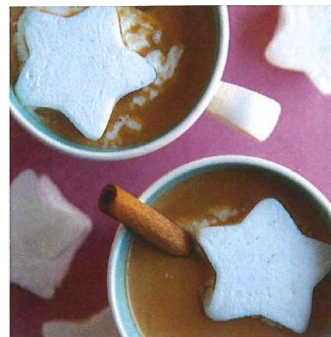
Caramelized White Chocolate "Hot Chocolate"

Yields: Two 6-ounce servings

4 oz. White Chocolate
4 oz. Milk
2 oz. Cream

Optional:

- ♦ Vanilla Bean
- ♦ Cinnamon Stick



Preheat the oven to 300° F. Put the white chocolate in a glass or ceramic baking dish. No need to chop. Toss it in the oven and roast, stirring every 10 minutes or so. The white chocolate will be lumpy and crumbly, but that's okay. Keep going until it takes on a peanut butter-like color, about 30 minutes total.

Meanwhile, bring the milk and cream to a simmer in a small pot. If you like, toss in a vanilla bean or cinnamon stick to add another layer of flavor.

When the white chocolate comes out of the oven, scrape it into the hot milk mixture and whisk until smooth. Season with a pinch of salt.

Ladle into mugs and enjoy!