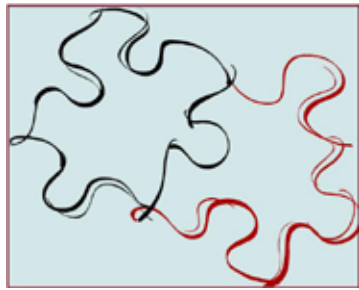


The



Essential Piece

A newsletter for the volunteers at West Park Hospital

New-volunteer orientation is coming up by Joel Hunt

If you are a new volunteer or a long-time volunteer who hasn't been through the orientation yet, mark Saturday, Feb. 20, on your calendar.

Every few months, West Park Hospital holds a mass orientation for volunteers.

Orientation is important for volunteers to get to know West Park Hospital, its policies and things such as the rights and responsibilities of WPH volunteers.

For instance, do you know whether volunteers must follow HIPAA regulations about patient privacy? If not, you need at least need a refresher course.

Will hospital insurance cover on-the-“job” accidents for volunteers? If you don't know, you need to go.

Have you ever received a volunteer handbook? If not, this is where you get them.

There is also paperwork and record keeping the Volunteer Coordinator has to fill out and keep on file for all active

volunteers.

In addition to orienting volunteers to hospital policies, WPH must also make sure it is remaining compliant with all the laws that govern a highly regulated industry such as health care. And those laws and regulations extend to volunteer programs, as well.

I **strongly** encourage any volunteers who haven't been to an orientation to attend this one. And I would encourage any volunteers who *have* been to one, but not lately, to join us as well.

The general orientation for all new volunteers will be from 8 a.m. until about 11:30 a.m. From about noon until 1 p.m., we will hold a session specifically for volunteers interested in the Planetree Health Resource Center, which will be held at the Park County Library.

If you absolutely cannot make it to the orientation Feb. 20 and are a new volunteer, please contact me at 578-2515 or jhunt@wphcody.org so we can make arrangements to get you oriented.

What: Volunteer orientation

Who: Any new volunteers and any volunteers who haven't previously been through orientation.

When: Saturday, Feb. 28
8-11:30 a.m. (all new volunteers)

Noon-1 p.m. (Planetree Health Resource Center volunteers — at library)

Where: WPH Sunlight Room (general orientation)

More information: Call Joel at 578-2512 or e-mail jhunt@wphcody.org



Inside	February 2009
Family and Volunteer Involvement Committee update	2
American Heart Month	3

“You are the essential piece to patient-centered health care.”

Family and Volunteer Involvement Committee

The Family and Volunteer Involvement Committee is one of the guiding forces behind West Park Hospital's volunteer program.

It is one of several Planetree teams whose goal is to improve patient-centered care at the hospital.

Family and Volunteer Involvement is an important aspect of patient-centered care and one of the 10 tenets of the Planetree philosophy.

Right now, the committee has defined and assigned several action steps that members think will help recruit new volunteers. Some of those steps are:

- Newspaper ads and "help wanted" ads. The want ads will be cheaper and placed in paper right away. The specialty ads (Gift Shop, Pet Therapy, Planetree Health Resource Center, any other specific volunteer needs at the hospital) will be larger and placed in the paper as needed.
- Create and distribute a brochure including the benefits of volunteering, options for volunteer positions at WPH, etc.
- Present at meetings of clubs and organizations such as Newcomers, Cody Senior Center, churches, Scouts, etc.
- A PowerPoint presentation about the volunteer program/volunteers will be built during April, May and June.

Committee members

- Joel Hunt, Volunteer Services coordinator (chairman)
- Dawn Garrison, Planetree coordinator
- Donna Daniels, switchboard employee/Gift Shop volunteer
- Donna Zubik, LTCC
- Janice May, LTCC activities director
- Randy Leisey, Hospice chaplain/volunteer coordinator
- Sherry Stroble, Case Management (Care Partners)

- Work with the high school. Place an ad in the school paper in early May for Junior Volunteers. Schedule for career fairs, etc., at the high school for next year.
- Place ads on the radio. To be done in concert with the other items. Several types of ads were suggested: a general volunteer ad, specific ads for Pet Therapy, the Gift Shop and Planetree Health Resource Center and other specific positions that are needed.
- Creating job descriptions for each volunteer position so potential volunteers know the expectations, availability, variety, range, etc., of positions in the volunteer programs.

In addition, the committee plans the volunteer orientations,

Want to join?

Volunteers are welcome to join the Family and Volunteer Involvement Committee. It meets every second Wednesday of the month from 2-3 p.m. in the Cedar Mountain Room (by the cafeteria). The next meeting is Wednesday, March 11 at 2 p.m.

Have an idea or suggestion?

The committee would love to hear any input, suggestions, concerns or ideas that you have about volunteer recruiting, volunteer appreciation, etc. Call Joel at 578-2512 or e-mail jhunt@wphcody.org, and he can bring the input to the committee.

volunteer luncheons and will be planning appreciation/festivities for National Volunteer Month in April.

The committee always can use help planning and preparing for events such as these, so if you don't have the time or aren't interested in being a regular committee member, there still are short-term ways to get involved with guiding the volunteer program.

West Park Hospital and the Family and Volunteer Involvement Committee know how important volunteers' time is and want to provide a rewarding, effective, efficient volunteer program and welcome any concerns, ideas or suggestions. Contact Joel at 578-2512 or jhunt@wphcody.org.

February is American Heart Month

Cardiovascular diseases are our nation's No. 1 killer. Take control of your heart health with the following info.

Risk Factors You Can Change

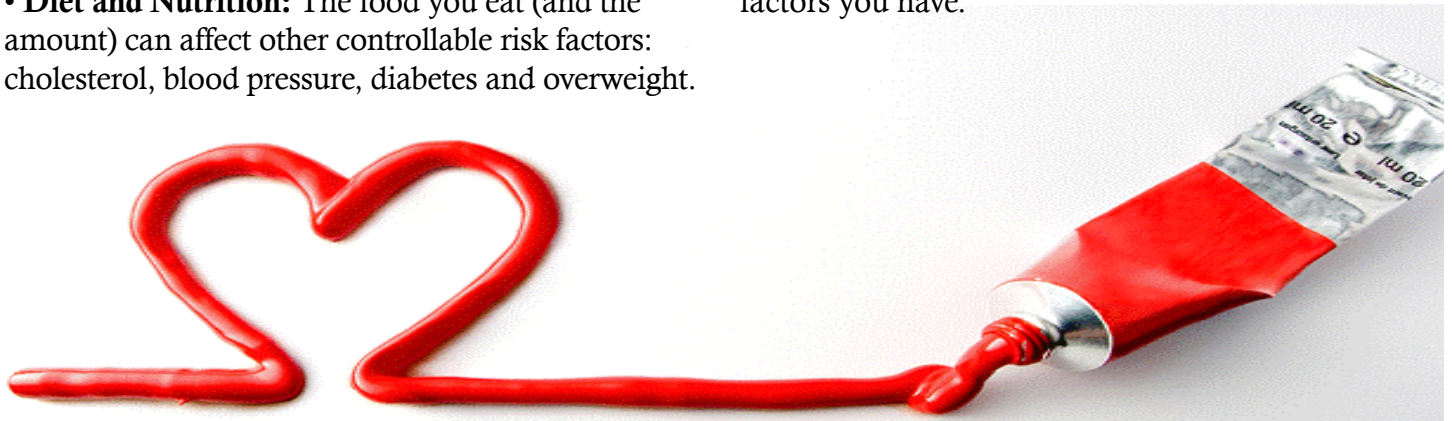
Some risk factors can be modified, treated or controlled and some can't. The more risk factors you have, the greater your chance of developing coronary heart disease.

- **Tobacco smoke:** Smokers' risk of developing coronary heart disease is 2-4 times that of nonsmokers.
- **High blood cholesterol:** As blood cholesterol rises, so does risk of coronary heart disease.
- **High blood pressure:** When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.
- **Physical inactivity:** Inactive is generally considered when someone sits in chair more than walking or engaging in regular exercise or other physical activity.
- **Obesity and overweight:** People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart disease and stroke even if they have no other risk factors.
- **Diabetes mellitus:** Even when glucose levels are under control, diabetes increases the risk of heart disease and stroke, but the risks are even greater if blood sugar is not well controlled.
- **Alcohol:** Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke.
- **Diet and Nutrition:** The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight.

Risk Factors You Can't Change

These risk factors are ones you're born with and cannot be changed. The more of these risk factors you have, the greater your chance of developing coronary heart disease. Since you can't do anything about these risk factors, it's even more important for you to manage the risk factors that can be changed.

- **Increasing age:** About 82 percent of people who die of coronary heart disease are 65 or older. At older ages, women who have heart attacks are more likely than men are to die from them within a few weeks.
- **Male sex (gender):** Men have a greater risk of heart attack than women do, and they have attacks earlier in life. Even after menopause, when women's death rate from heart disease increases, it's not as great as men's.
- **Heredity (including race):** Children of parents with heart disease are more likely to develop it themselves. African-Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease. Heart disease risk is also higher among Mexican-Americans, American Indians, native Hawaiians and some Asian-Americans. This is partly due to higher rates of obesity and diabetes. Most people with a strong family history of heart disease have one or more other risk factors. Just as you can't control your age, sex and race, you can't control your family history. Therefore, it's even more important to treat and control any other risk factors you have.



Joel Hunt, Volunteer Services
West Park Hospital
707 Sheridan Ave.
Cody, WY 82414

Phone: 307-578-2512
Fax: 307-578-2744
E-mail: jhunt@wphcody.org



Current volunteer opportunities

Visiting with Long Term Care Center residents

Light office work/filing/photocopying

Shredding personal health information

Planetree Health Resource Center volunteers

Planetree Committees/Projects — learn more about the upcoming projects and ongoing committees by calling Planetree Coordinator Dawn Garrison at 578-2667.

If you are available and would like to help out, contact Joel Hunt at 578-2512 or jhunt@wphcody.org or stop by the Volunteer Services office in the basement adjacent to the conference rooms.



