Preparations Begin for the Time When Volunteers Can Return

–By Dick Campbell, Auxiliary Foundation President

These are times when we focus on many things with each of us having our own priorities. As I reflect back on our Auxiliary Foundation, it makes me proud to be part of our organization, which is made up of individuals who think of others, give of themselves and offer recommendations for improvement.

The Auxiliary was and is the light in the community that speaks to true "caring" and giving. Our membership in the 40-plus departments we serve in the hospital continues to grow with a goal of 1,000 volunteers in sight. You are to be commended as your efforts have consistently saved the hospital over $3 million a year, and your devotion to the departments are admired by all who work in the hospital, as well as respected by patients and visitors.

As of this writing, many of us are awaiting to ascertain what the effects will be when the governor allows us to reopen our hospital and community based upon the President’s guidelines. The Foundation is in the process of examining what this process will unveil for all of our retail entities (Gift Gallery, Café and Thrift Shoppe) as well as how to safely do so.

Please know that our primary focus and concern in all aspects of this is the safety of our volunteers; therefore, masks, gloves and sanitizer will be readily available in all areas.
Update From Lou, Our Volunteer Coordinator

Volunteers Are “VIPs” (Very Incredible People). This was to be the theme of our Volunteer Appreciation Lunches this year. They would have taken place over the last few weeks, April 21-27, if things were normal and NO COVID-19 around. Please know that each of you is very special and very much appreciated even though we can’t get together for lunch to tell you so. And you have my sincere thanks for all you do and your passion for volunteering.

At this time I am working with a team of board members, Café, Gift Gallery and Thrift Shoppe chairs, to plan for the reopening of the retail units. I am also working on a plan to ensure all volunteers feel comfortable working in the hospital when it reopens to visitors. This means masks, hand sanitizers and gloves should be readily available for all volunteers. Plexiglass shields for the cash register areas and the reception desks are also being considered. As our plans evolve, you will be kept informed.

A few weeks ago, I sent you an eBook to read while you are spending time at home. This book gives excerpts of conversations with crew members on a Royal Caribbean cruise ship. The objective is to explain how crew members from numerous countries and cultural backgrounds can work together to provide excellent customer service. After you have read the book, I would appreciate any comments or thoughts you have. Just forward the comments to me at lemmert@centflhealth.org. Also, let me know if you would like the book to be resent.

The community continues to overwhelm us with generosity. Thus far donations include 3,500 masks, 200 pair of goggles, 344 cards for patients and staff, as well as a Rotary Disaster Response Grant in the amount of $5,000 to be used for Personal Protective Equipment. More items come in daily.

We’re Moving Toward a New Normal

Masks have become an important part in the lives of all the hospital staff. Lately, they have become important to us as well and will probably be the new normal in our lives for a long while. But hey, that’s not so bad—there are so many choices available. We can choose from a variety of fabrics and match them to what we are wearing. They can be fun, and some are quite stylish. Many of the articles and photos in this issue reflect our new fashion statement!
Caring Ways Continue

Pandemic limitations can’t stop dedicated volunteers

Three of our Auxiliary stars have found a way to continue making thoughtful contributions to our hospital’s patients and staff during the coronavirus pandemic.

Working from home while maintaining social distancing, Betty Schneider, Chris Kasprzak and friends have been providing hand-sewn masks and handwritten personal notes for hospital use.

Betty, who is volunteer chair of the hospital’s Patient Care department, began making masks from a variety of colorful fabrics after being contacted by Volunteer Coordinator Lou Emmert at the end of March. Lou had remembered reading about Betty’s quilting talents in the January issue of The Hummingbird and asked if she could help.

Betty contacted two friends, Cindy Cross and Karen Morel, who sew with her for the Operation Shoeboxes for the Troops. To date, the trio has made more than 400 masks for the hospital.

Chris, co-chair of the hospital Café, and Kathy Weber, a fellow volunteer, are among a group of volunteers writing encouraging notes to patients and thank-you notes to hospital staff members. They are distributed at the hospital.

A New Monthly Budget

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<tr>
<td>GROCERIES</td>
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Veggie Humor

- Note on chalkboard outside The Villages Grown’s Airstream trailer: Romaine calm
- Note with painting of lettuce next to door on The Villages Grown’s Airstream trailer: Watch your head
Joyce Maschinot Offers Some Timely Coping Tips

Hi, all! Hope you are keeping busy during our quarantine. Fifty or so years ago (an estimation!) I read that when cleaning out your closet you should turn all the hangers around. After a year, any items on hangers that are still turned around should be discarded. Yesterday, I turned all the hangers around! That’s what quarantine is all about! LOL

I was reading the newspaper today and there is an article requesting that volunteers send thank you notes to the hospitals. I forgot to tell you that about 10 days ago, I was going to be near the hospital. I also had a very large tin of cookies someone had given me. I knew if I ever opened it, my husband and I would gain 10 pounds each. So ... I wrote a thank–you from The Volunteers at the Gift Gallery and dropped off the cookies!

Hope we will be able to return to volunteering sooner than later!! Stay well–and stay away!

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### 2020 1st Quarter Milestone Hours

#### 12,000 Hours
- Rogale, Jeannie

#### 11,000 Hours
- Counselman, Gloria
- Murphy, Sandy

#### 8,000 Hours
- Greenfield, Kathy

#### 7,000 Hours
- Teague, Shirley

#### 6,000 Hours
- Tiso, Judith

#### 5,000 Hours
- Strongin, Robert

#### 3,000 Hours
- Gaumer, Beverly
- Kumler, Shari
- Morris, Bonnie
- Valentine, John

#### 2,000 Hours
- Anderson, Michael
- Bonn, Keith
- Hurst, Nancy
- O’Dell, Robert

#### 1,000 Hours
- Costello, Margy
- Eenigenburg, Carla
- Eenigenburg, James
- Enright, Nancy
- Miller, Martha
- Silvestruci, Cynthia

#### 500 Hours
- Auble, Cynthia
- Blackburn, Sandra
- Campbell, Nancy Ruth
- Carter, Kristie
- Coviello, Ted
- Fisher, Penelope
- Gaffney, Lorraine
- Garipey, Julie
- Gorup, Connie M
- LaBrie, Dottie
- Linn, Sheila
- Morrone, Raymond
- O’Kelly, Kris
- Pittelli, Susan
- Sawyer, Patricia

#### 300 Hours
- Burns, Douglass
- Carrasco, Pedro
- Castell, Cas
- Coleman, Trish
- Eaton, Charles
- Ferens, Linda
- Florio, Mary Theresa
- Mason, Shirley
- Matekanski, Joanne
- Mehow, Ed
- Mills, Dorothy
- Miroff, Marvin
- Newland, Susan
- Pawlowski, Janette
- Petitpren, Thomas
- Roach, Ann
- Supczenski, Michele

#### 100 Hours
- Bailey, Mary Ellen
- Barker, Roy
- Berg, Shirlee

- Biro, Dorothe
- Brown, Connie
- Bushnell, Gary
- Couillard, Susan
- Dute, Carolyn
- Emms, John
- Thomas
- Fielitz, Bob
- Freund, Diane
- Goldstein, Bev
- Hopfenspirger, Marc
- Howarth, Barbara
- Hurtt, Sophia
- Jancso, Ray
- Kohler, Margaret
- Krakowski, Edward
- LaLonde, Pam
- Lundeen, Joyce
- Marshall, Marie
- O’Connor, Maureen
- Osgood, III, Edward
- Reynolds, Linda
- Sibley, Gwen
- Vigliotti, Susan
- White, Kay F.
**How 'The Hummingbird' Got Its Sweet Name**

Ever wonder why this newsletter is called “The Hummingbird”? Well, here is a bit of history …

When the Auxiliary was launched in the summer of 2002 (before the hospital had even opened) it was under the auspices of the hospital's Community Relations and Marketing department.

In October 2002, less than three months after the hospital opened, the hospital published a newsletter for employees and called it the “Hospital Howler.” (Don’t ask me why.)

Shortly after that, it was suggested by the head of the Community Relationships and Marketing group that the Auxiliary create a monthly newsletter and call it the “Hummingbird Howler.” (Again, don’t ask me why.)

Then in early 2005 the Auxiliary Executive Board decided it wanted to rename the newsletter and asked members to submit ideas. Suggested names included Angel Talk, Auxiliary Antics, Hospital Harmony, The "V" Newsletter (V for volunteers), The Auxiliary Overview, The Volunteer Connection, Variations on Volunteering, Volunteer Vibrations (VIBES) and Volunteer Voice.

Despite the name suggestions, Board members decided in April 2005 to make only a minor modification by dropping the "Howler" and calling our newsletter "The Hummingbird" because they thought it reflected our sharing of “the nectar of human kindness” in all we do as volunteers.

So now you know … the rest of the story.

—Contributed by Rena Marchard, Historian

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**More Masks**

**Hospital Heroes**

Hospital staff are wearing masks made by volunteers.

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**Why Volunteer?**

It’s not for money, it’s not for fame. It’s not for any personal gain. It’s just for love of fellowman. It’s just to send a helping hand.

It’s just to give a tithe of self. That’s something you can’t buy with wealth. It’s not medals won with pride. It’s for that feeling deep inside. It’s that reward down in your heart.

It’s that feeling that you’ve been a part of helping others far and near, that makes you be a Volunteer!

—Submitted by Judi Gray
This poem was written in 1869 and reprinted during the 1919 Spanish influenza pandemic

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated,
someone prayed
Someone met their shadow
And people began to think
differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless
and heartless,
The earth also began to heal
And when the danger ended
and people found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

Except for the clothes this could easily be a photograph two ladies headed to Publix for their special senior shopping hour.

The Spanish flu occurred 100 years ago, started in 1918 and ended in December 1920.

This virus infected 500 million people and killed an estimated 17 million to 50 million people worldwide. Some sources believe that the number might have been as high as 100 million. This pandemic was the deadliest in history.

Nancy Cummings' great grandmother and great aunt were victims of the second wave of this disease. Rose Wilder died on Oct. 14, 1918, and her daughter, Ruby, died three days later. She left behind five children from 11 years to 11 months old—one of which was Nancy's grandfather, Charles Wilder. They lived in Watertown, New York, and precautions had been lifted because of celebrations for the end of World War I.

Circa 1909–Rose Wilder with Claude on her lap, Charles on the arm of the chair and husband Huse standing with Ruby in front of him.
So Much Time, So Many Questions

During this time of SHELTERING IN PLACE I have had way too much time to ponder those questions that have plagued mankind since the start of this century ... you know, the year 2000.

**Such as:**

- Is the 19 in COVID-19 the same as the “Freshman 15”? Will I really gain ONLY 19 pounds during this confinement?
- How long can you wear your jeans without washing them? Especially since you wear them only 30 minutes a day to go check for your mail.
- Is this really my natural hair color? EEK! Now everyone will know I have turned gray.
- Does social distancing really mean I have to stay 6 feet away from my computer screen as well?
- With Ye Olde Thrift Shoppe closed and groceries being delivered in plastic bags, what the heck am I supposed to do with all these plastic bags?
- Why is my kitchen getting so dirty now? Does it have anything to do with making five meals a day?
- The best way to keep from touching your face is to hold a glass of wine in each hand. Beer bottles work too. Today I’m going to try martinis.
- Why does sleeping nine hours a night plus two short (two-hour) naps still leave you feeling tired?
- What excuse can I use now for not doing all those “projects” that I said I would do “when I had some free time”?
- How long has this TikTok thing been going on? Some of them are really funny—others not so much.
- The Internet sure does get slow when everyone is accessing it for entertainment.
- OOPS! I think cleaning the kitchen three times a day might have been too much. I cleaned the markings off my oven temperature dial.
- Does the virus really cause your clothes to shrink?
- Should your refrigerator magnets be arranged alphabetically or in chronological order according to when you received/purchased them?
- Is $15 too much to pay for one roll of toilet paper?
- Is it worse to run out of Oreos, ice cream or M&M’s? Does this count as a valid reason to leave my house?
- Is there any reason to put on lipstick if your face is going to be covered by a mask?
- Just noticed, my iPhone doesn't recognize me when I have on my mask!
I don’t remember ever experiencing a time when I was told I couldn’t go outside. OK, there was that time when Mom made me sit in the corner for something I had done that displeased her. But this doesn’t compare to that.

Have you noticed there are only 16 pages instead of the normal 60 pages in our weekly Recreation News in The Villages Daily Sun? I’m certain you have. During these times, those 60 pages would amount to a “get-out-of-jail-free card” moment.

But I find it doesn’t have to be, or feel, like that. Not in the least. In the beginning it seemed like it was a matter of deciding where to spend time … the bedroom or the living room. And just like that, I found I was spending more time with my mate.

As home seems to become smaller from one day to the next, I find the choices we have are many. For instance, the ladies can learn to knit or crochet while the gents learn to cook (you’re welcome, ladies). All you have to do is Google it. How thankful we should be!

Groceries/food: Our supermarkets, as well as many restaurants, will deliver to our door. Or we can order and pick it up. We do not have to mingle with the crowds. What an amazing world we live in!

Now, all the wonderful group activities have been temporarily suspended because they require just that … groups of people. And groups are now forbidden, and with good reason. It required some attitude adjustment on my part, so I began to think of it as an adventure. Even if it means cleaning out the garage, scrubbing down the house (I think it’s called Spring Cleaning), or boxing up items to give away.

After all that is done, like most of us I miss the good old days when I could go to my classes—Bone Builders, ukulele, singing, clogging, Walk Away the Pounds, pickleball, Cardio Drumming. I could go on and on, but you know how it is in Florida’s Friendliest Hometown. And like most of us I found other sources just a click away. So far, the Internet is not off-limits, and YouTube instruction videos have been a lifesaver. How blessed we are!

But there’s more! Sure, we cannot go to any of our unique Squares and dance the pounds off, but we can still enjoy our wonderful hometown entertainers as they broadcast live from their own homes! Many of them are on Facebook and give the day and time their show will begin. If I can’t make it, I can watch the rerun. Think of that! They are another blessing.

Last but not least, IF I get bored with being bored, I can always wash my hands. And rather than feel anticipatory grief, I believe we are one day closer to putting this behind us.

I’m so thankful for our First Responders: doctors and nurses, law enforcement, firefighters, delivery people, checkout clerks and shelf stockers, and so many more. And I am thankful for our many blessings and pray that this will soon be history, never to be repeated. God bless you all.

--Contributed by Pam Smothers
More Masks

More Heroes!
A fellow hospital volunteer had an amazing journey earlier this year. Penny Kasprzak, co-chair of the Café, took a 17-day cruise along the coast of South America. It included seven days traveling to and from Antarctica. She did not relish the idea of the hours and hours spent on a plane, but she knew the end result would be worthwhile.

Penny boarded the Coral Princess cruise ship in Buenos Aires (temperature, 92 degrees) and traveled down the coast of South America to the Falkland Islands where her first time seeing a penguin up close and personal was exhilarating. Then came the seven-day journey to Elephant Island, Admiralty Bay, Charlotte Bay, Wilhelmina Bay, Neumayer Channel and Deception Island (temperature, 35 degrees). They were grateful that it was summertime with temperatures hovering around the 30s rather than winter when ... well, let’s just say DARN COLD!

There were three naturalists on the ship, and during the seven-day expedition to Antarctica each naturalist gave an hour-long presentation on the history of their destination, the climate they would experience and, more important, the amazing wildlife they would see.

They witnessed thousands of penguins porpoising along the ship in an astonishing display of synchronized swimming. They saw hundreds of humpback whales, amazed by the size of them as well as how they jetted themselves out of the water in a playful dance. Icebergs? Oh my gosh, too many to count! One was seven football fields long, and they were told it was 10 times that size under the water. The colors of the ice against the blue water and the blue sky were breathtaking.

Throughout the seven days, they were reminded how precious the environment is and saw firsthand the effects of global warming. Several of the glaciers were brown where the ice had either fallen into the water or melted. A few icebergs

(Antarctica, continued on Page 11)
were melting so fast that actual waterfalls gushed into the open water.

The cruise line brought on board “ice pilots” who were experts in guiding the ship throughout the area being mindful of the hundreds of icebergs that floated around them, another amazing sight. Penny and her travel partner were grateful to have a balcony cabin where they could view the natural beauty and quickly return to the cabin to warm up from the frigid air.

Many countries including the United States have scientific stations in Antarctica, and they saw several of them. There even was a National Geographic expedition that was filming in the area, and several of the scientists were seen kayaking near the ship.

At one point, the captain announced that they were going inside an active volcano (he assured them it had not erupted since 1989). When inside the volcano, with nothing but the air and water surrounding them, he shut off the engines and allowed the natural current to turn the ship around 360 degrees. Talk about a surreal experience! At one point, Penny was quite certain that if she stretched her hand past the ship’s railing she would touch the volcano wall.

After leaving Antarctica, they went through the Drake Passage (for the second time). You might wonder if it was smooth sailing throughout the trip. That’s another amazing thing that happened. The captain said this was his 12th trip to Antarctica in five years he had never experienced the waters so calm. In the past, he had sailed through waves up to 25 feet. On this voyage, they had only four hours where he suggested that anyone susceptible to sea sickness should take some medication and go to sleep. True to his word, four hours later they returned to calm waters.

After leaving Antarctica, the ship traveled to Cape Horn, Ushuaia (the end of the world) and Punta Arenas. Penny said it was nice to see land and human beings again.

The trip covered 4,708 nautical miles (which is approximately 5,418 miles). They traversed in water that no other ship had sailed in before. Capt. Todd McBain was filled with excitement, and his sense of adventure made the trip even more spectacular for everyone. There were 2,368 passengers and 930 crew aboard, and all appeared grateful to have shared the experience.

The journey ended in Santiago, Chile, where they spent the day touring the city prior to leaving for the airport to go home.

“Today, during this coronavirus situation, all I can think about is how fortunate I was to have taken the trip when I did,” Penny said. “I am grateful to have traveled there and experienced the vastness of Antarctica. My seventh and final continent (Asia) hopefully will occur in the next two years. … I pray that will become a reality given what the world is going through right now.”

—Contributed by Penny Kasprzak
Our Mission
To raise funds and create awareness of the services which our hospital provides to maintain and improve the quality of patient care.