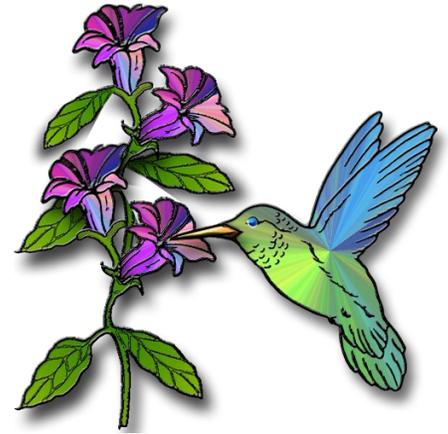


The Capsule Spring Edition

The Auxiliary of Emanate Health Inter-Community
Hospital

April 2020
Jody Mentzer Editor



A Message from Your President

We have all been through a very difficult time during this virus. So many families have been torn apart and stressed out. But we know better things are around the corner. We are strong, missing seeing friends and family has not been easy, Hopefully soon they will give the ok for some relief for us to get out a bit. But we do want to be smart and protect ourselves and our loved ones. It is so important to keep in touch with everyone you can, check in with friends, family and neighbors now and again. I know how wonderful it is to hear from people for me. I do not have much family, so I feel like all of you are my family.

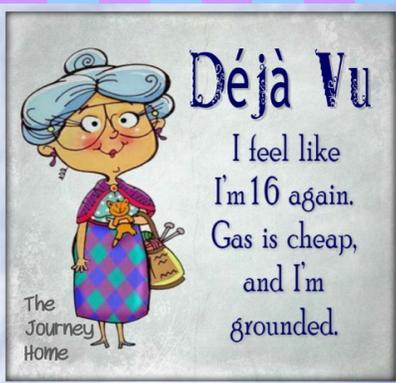
Our Auxiliary had a great opportunity on, Monday, April 20th, to show our appreciation to all of the employees at our Inter-Community Hospital. Your Board voted to purchase dinner for each employee that day. With the assistance of Spaghetti Eddies Restaurant in Glendora, they packaged and delivered 350 dinners. Tiffany was such a big help organizing the distribution. This was a great success. The employees were so very grateful that our Auxiliary thought of them. These wonderful people have put their lives and their families lives on the line for some time now, it was so uplifting for us to be able to do this for them..

I cannot wait to get back to our luncheons and seeing all of you and again and doing our volunteering.

The sun is shining, the flowers are blooming and the birds are twittering all over the place. We are very lucky.

Take care. Love you all.

Phyllis.



"With the new day comes new strength and new thoughts."

Eleanor Roosevelt



Upcoming Birthdays

May

Emmons, Joan 28
Kelish, Bette A. 28
Rounds, Phyllis 28
Gutierrez, Margot 29

June

Petrovich, Rosemary 8
Lawrence, Linda 18
Ramirez, Tiffany M. 24
Garretson, Jacquelyn 28
Hormann, Stella M 28
Hotz, Bobbe L. 29
Rasmussen, Charlene 29



July

White, Judith 5
David, Teresa 12
Lee, Jane V 15
Bodily, Ruth D. 18
Skavinski, Mary 22
Villalobos, Maggie 22

August

Costigan, Diane 2
Pestal, Peggy G. 13
Lew, Kathleen 15
Barner, Evelyn 21
McLaughlin, Dawn 28
Ferrendelli, Ina Belle(Inky) 29
Clark, Janice A. 31

Have a Very Happy Birthday Everyone!



SENDING YOU
A SOCIALLY-
DISTANCED HUG



Marge Moller
Corresponding Secretary

Cards sent

Sympathy

Family of Betty Kranz

Sue Peterson

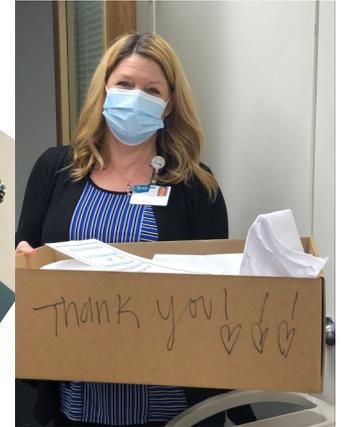
Death of husband

**I have not been getting
requests to send cards.**

**Please call me at
626 - 339 2594**

**if you know someone who needs
to be in our thoughts.**







A hero is
 [heer-oh] noun, plural
 a person noted for
 courageous acts of
 nobility of character.
#HeroesWorkHere
 Thank you
 for all you do!



The Auxiliary Provides Meals for all ICH Employees

Your board decided that the Auxiliary should do something to show our employees how much we appreciate them. Every employee at Inter-Community Hospital is a HERO, out their putting their lives and their families lives on the line for all of us each and every day. They give unselfishly. They are ordinary people doing extraordinary things!!!!

Monday April 20th, we provided 350 spaghetti dinners for the entire staff, of Inter-Community. They were packaged by department for easy distribution. Tiffany said the employees really were appreciative, as you can see by some of the pictures. Thanks Tiffany, for taking on the responsibility of organizing and distributing all of these meals



Auxiliary Board members Jody Mentzer, Nancy Kitamura and Phyllis Rounds, President, help unload meals with Spaghetti Eddies' employees Reno and Teri, General Manager of Spaghetti Eddies Glendora,



Happy May!!! I hope you are all staying healthy, safe and sane.

These last several weeks have definitely been some strange times and I am trying to find **JOY** in everything that I do and take advantage of the time at home. I can say that I don't think my house has ever been so clean and organized. I have cleaned out those closets and drawers that I always say I will get to when I have time. I have gathered lots of stuff that I will be taking to the Bargain Box as soon as we can reopen.

I want to **THANK** the Auxiliary Board for coming together and wanting to do bring **JOY** to the ICH Staff. By you providing lunch to the staff shows your sense of community and selflessness. I had the pleasure of delivering those meals to the staff and let me tell you they were so grateful and appreciative. And then for the following week I would have staff pop in and say "**THANK YOU!**" The part that I found so touching was this act of kindness from the Auxiliary occurred during **National Volunteer Appreciation Week**, at a time when we should be **celebrating** our volunteers for all that they give to our organization, instead you (ICH AUXILIARY) are continuing to give of yourselves and show the staff how much you appreciate them during these trying times!! **Kudos to you!!!**

Looking forward to having you all come back, you are greatly missed

Tiffany



Like everyone else this has certainly been a good time to tackle things you just never got around to doing. I have cleaned several closets. All those rainy days made it easy to stay indoors and clean them. I had so much stuff in the office closet that was left over from teaching and I had thought I just might use again. Eighteen years, I guess I can get rid of it.

Now that the rain is gone the garden is getting a lot of attention. I can't find a weed to hoe and I have been trimming and planting colorful flowers by the dozens. It is so nice to finally be able to sit out there and read and enjoy it. I have even been spading part of what use to be my old garden, when I worked and had time, and have some vegetables to transplant.

Like all of you I can't wait for this to be over so we can get back too the "new" normal. Life can change in a minute - we were getting together on March 13th and the next day we were hit with a double whammy. Most of all I miss human contact. We have had time to reflect on the things that are really important and how fragile we really are.

I hope that you will enjoy reading this newsletter. It has been a lot of fun putting it together. So many people have sent me things to include, it's been hard to decide.

Until we can all meet again stay healthy, safe an most of all sane. Miss seeing everyone !

Jody, V P Public Relations

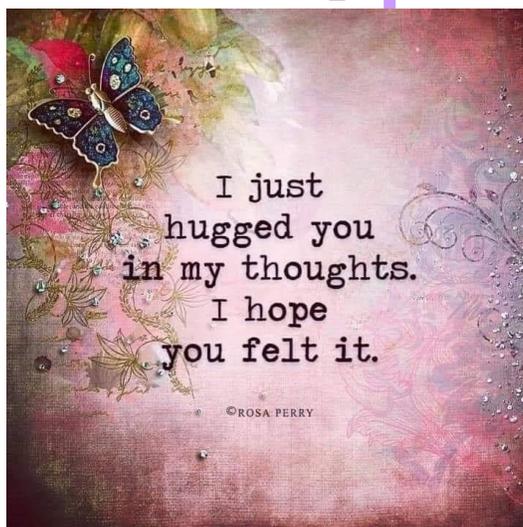


A Message from Jacquelyn Garretson –

Vice President In-Hospital

I hope this finds everyone safe and well as we go thru this pandemic. It seems so strange to not be in contact with all of you and not able to volunteer at the hospital. Our services are needed and truly appreciated by the hospital but there is nothing we can do until the stay at home order is lifted which, hopefully, will be in the next few weeks. Until then, I will do more spring cleaning, gardening and getting to those things I had been putting off. I am sure many of you have been doing this as well.

Let's hope we can all return soon to what we enjoy doing and be able to welcome our two new volunteers who had completed their screening process before this pandemic. I look forward to seeing everyone and until then, please take care of yourself and stay safe.





Fun Facts About

This month's getting to know you Auxilian is Jody Mentzer. Jody was born in Cedar Rapids, IA. They actually lived on an acreage which is now just a suburb but moved to CR when she was about two years old. Jody was the second of two children and was much anticipated since her brother was nineteen years 360 days older than she was and was a soldier in WWII.

Right after Jody turned 7 her father died of a massive heart attack and her mother went to work. She always says she was one of the original latch key kids. Since her mother hadn't worked since before, she was married the only teaching job she could get, until she went back to college, was at a two-room country school. Jody says it was lots of fun going there on school holidays and her first dog even came from there.

Because of the weather her mother decided to move to CA the summer before Jody Started High School. She says she had the best of both worlds, snow and hours of ice skating when she was a kid and the beach and surfing when she got older.

They moved to Glendora and she began high school at Citrus High. The east side of the side walk was the high school and the west the college. They were building Glendora High School and moving classes over there each year. She was part of the first class to graduate that actually had classes on the Glendora Campus.

Jody went on to Citrus Jr. College and then decided she had had enough of school and got a job. Soon she decided she'd rather be in school than the rat race. She enrolled at La Verne College to and ended up pursuing a teaching career, something she would never be caught dead doing she had always said. How priorities change when we enter the work force and decided what life style we want for ourselves. Later she obtained a Masters from APU.

Many new schools were opening up and she got a job, even before graduation, teaching high school government, geography and U.S. history at Nogales High School in La Puente. In 1975 she transferred to Rowland High School. She taught, primarily government and economics, worked in the district for 36 years. The last few years she ran the Discipline Center.



When she retired, in 2002, she was invited to join the Auxiliary by Joan Stronach. She liked the fit and has been very active for the last 18 years.

When the Auxiliary had Christmas home tours she would be in charge of a house. She has served on many committees including those that planned the fashion shows. She has served on the board as VP In Hospital, Secretary, and VP Public Relations multiple times. She has been in charge of Scholarships for the past several years. She did the Capsule for many years and was pleased when Bill Bodine took it over and was saddened to step in and do it again after he had his stroke.

She belongs to many other organizations like the American Association of University Women, Delta Nu, The Friendship Garden Club, Glendora Newcomers and The Westerners. She also enjoys gardening, going out with friends, bunco groups, and book clubs (4).

She has enjoyed belonging to the Auxiliary and throughout the years has worked in most positions. Things have changed a lot but the reward you get and the friendships that have been made are constant and she looks forward too many more years of volunteering.

Peggy Monges—Vice President of Special Projects.

Don't you all wish we were volunteering again, I certainly do. although my house is cleaner than it has ever been. I am loving the extra sleep. I think it will be hard to get up at 5am to work the front desk, but I can hardly wait. Now when the weather is nice, a few of my neighbors are out with their families, getting fresh air. They smile, wave and ask how we are doing, so long as we keep our distance! The gift of a warm embrace says so many things, I care about you, I love our friendship.

A neighbor dropped off some candy she had made. She knocked on the door, set them down and walked back 6 feet. The distance was painful I can't wait to give her a big hug. OH how I will treasure the return of togetherness. I want to have the vendors back as soon as possible so we can again make money for the hospital as well as for them, I'm sure they will be happy to come back..

I hope you are all doing well and just remember "This to Shall Pass".

Love and Miss you all

Peggy





"I'm normally a social girl

I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!"

Edited from a poem by Jan Beaumont,
Auckland NZ



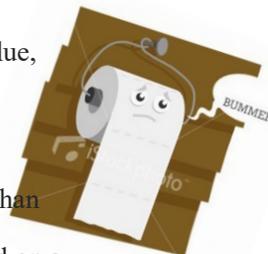
At our March 13th luncheon we were entertained by our favorite magician, Stephen Wood. He recruited Angie and Sam Luera to help him show just how compatible people with true love are, using two different cards, of course. They each ended up with half of the others ones card, with theirs, to make both of theirs whole. Angie and Sam don't need a card to show each other they are keepers, are one of the cards said.



Toilet Paper Everything you have always wanted to know and more...



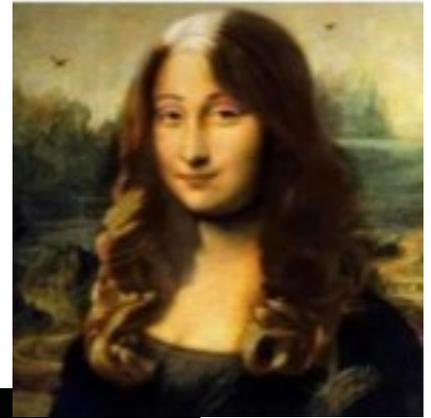
1. The first recorded use of toilet paper was in 6th Century China. By the 14th Century, the Chinese government was mass-producing it.
2. Packaged toilet paper wasn't sold in the United States until 1857.
3. Joseph Gayety, the man who introduced packaged TP to the U.S., had his name printed on every sheet.
4. Global toilet paper demand uses nearly 30,000 trees every day.
5. That's 10 million trees a year.
6. It wasn't until 1935 that a manufacturer was able to promise Splinter-Free Toilet Paper.
7. Seven percent of Americans admit to stealing rolls of toilet paper from hotels.
8. Americans use an average of 8.6 sheets of toilet paper per trip to the bathroom.
9. The average roll has 333 sheets.
10. Historically, what you use to wipe depended on your income level.
11. In the Middle Ages, they used something called a gompf stick, which was just an actual stick used to scrape.
12. Wealthy Romans used wool soaked in rose water, and French royalty used lace.
13. Other things that were used before toilet paper include hay, corn cobs, sticks, stones, sand, moss, hemp, wool, husks, fruit peels, ferns, sponges, seashells, knotted ropes, and broken pottery (ouch!).
14. 70-75% of the world still doesn't use toilet paper because it is too expensive or there is not sufficient plumbing.
15. In many Western European countries, bidets are seen as more effective and preferable to toilet paper.
16. Colored toilet paper was popular in the U.S. until the 1940s.
17. The reason toilet paper disintegrates so quickly when wet is that the fibers used to make it are very short.
18. On the International Space Station, they still use regular toilet paper, but it has to be sealed in special containers and compressed.
19. During Desert Storm, the U.S. Army used toilet paper to camouflage their tanks.
20. In 1973, Johnny Carson caused a toilet paper shortage. He said as a joke that there was a shortage everyone believed him and ran out to buy up the supply. It took three weeks for some stores to get more stock.
21. There is a contest sponsored by Charmin to design and make wedding dresses out of toilet paper. The winner gets \$2,000.
22. There was a toilet paper museum in Wisconsin, The Madison Museum of Bathroom Tissue, but it closed in 2000.
23. The museum once had over 3,000 rolls of TP from places all over the world, including The Guggenheim, Ellis Island, and Graceland.
24. There is still a virtual toilet paper museum called Nobody's Perfect.
25. In 1996, President Clinton passed a Toilet Paper Tax of 6 cents per roll which is still in effect today.
26. The Pentagon uses, on average, 666 rolls of toilet paper per day.
27. The most expensive toilet paper in the world is the Portuguese brand, Renova.
28. Renova is three-ply, perfumed, costs \$3 per roll, and comes in several colors including black, red, blue, and green.
29. The CEO of Renova came up with the idea for black toilet paper while he was at a Cirque du Soleil show.
30. Beyonce uses only red Renova toilet paper, Kris Jenner uses only black.
31. If you hang your toilet paper so you can pull it from the bottom, you're considered more intelligent than someone who pulls it from the top. (How was this determined?)
32. Koji Suzuki, a Japanese horror novelist best known for writing The Ring, had an entire novel printed on a single roll of toilet paper.
33. The novel takes place in a public bathroom, and the entire story runs approximately three feet long.
34. When asked what necessity they would bring to a desert island, 49% of people said toilet paper before food.
35. Queen Elizabeth II wipes her royal bottom with silk handkerchiefs. Wonder if the royal chambermaid gets to wash those?? Yeah, sure wouldn't want that job!
36. Muslims wipe their bums with their bare hand--- always the left hand. They eat with their right hand.



This history was sent to you using my right hand.



When this is over,
 May we never take for granted
 a handshake with a stranger,
 Full shelves at the store,
 Conversations with neighbors,
 A crowded theater, a Friday
 night out. The taste of communion,
 a routine checkup, A school rush
 each morning, coffee with a friend.
 A stadium roaring, each
 deep breath. A boring Tuesday,
 Life itself. When this ends,
 May we find that we have
 become more like the people we
 wanted to be, we were called to be,
 we hoped to be. And may we stay
 that way - better for each other
 because of the worst.
 Kelly's Treehouse
 Laura Kelly Fanucci



THEY SAID A MASK AND
 GLOVES WERE ENOUGH
 TO GO TO THE GROCERY
 STORE... THEY LIED,
 EVERYBODY ELSE HAD
 CLOTHES ON! 😐😂

JUST ASKED A SIX YEAR
 OLD IF HE UNDERSTANDS
 WHY THERE IS NO SCHOOL
 HE SAID YES
 BECAUSE THEY ARE
 OUT OF TOILET PAPER



"Who would have thought
 'I wouldn't touch him/her with
 a 6 ft. pole' would
 become national policy!
 But here we are!"
 Phyllis Rounds

