



# Volunteer Services Newsletter

SPRING 2024



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## A MESSAGE FROM Ujwala Sawant, President

As we welcome the arrival of spring, I am delighted to share with you the many successes of the Auxiliary over the past year.

Time has flown by swiftly, and I am truly thrilled by the remarkable accomplishments our Auxiliary has achieved during this time. These milestones are a testament to the unwavering support and dedication of our members, who tirelessly contribute their time and talents to plan events and execute our service projects. It is through their collective effort and good teamwork that we have been able to accomplish so much. A heartfelt thank you to each one of you for your commitment to our shared goals and for making a positive impact on the lives of patients and their families. I am also deeply grateful for the love, care and support you have given me through this journey.

Let's reminisce about the joyous highlight of our fall season, the Fashion Show night in October! It was an evening brimming with excitement and enthusiasm, where we successfully raised \$18,352 to benefit Capital Health's Cardiopulmonary Rehabilitation Center. Thanks to the generous contributions of our loyal donors and supporters, the event was a resounding success, showcasing the power of teamwork and collaboration.

What a night Friday, May 10th was! The Union Fire Company and Rescue Squad in Titusville, was roaring with laughter and fun where our annual Designer Bag Bingo was held! It was such a tremendous success; a clear reflection of outstanding planning to its execution. The proceeds of this event are earmarked for the Cardiovascular Interventional Radiology Department of Capital Health.

These events provide opportunities for our volunteers to come together, demonstrate their teamwork, and make a tangible difference in our community. The funds generated from our Thrift Store in Lawrenceville, as well as the proceeds from our fundraising events, have enabled the Auxiliary to donate a grand total of \$177,645.37 in the year 2023 and support various crucial programs and initiatives.

Personally, this past year has been incredibly rewarding for me. Stepping into the role of President has been a journey of growth and learning, allowing me to expand beyond my comfort zone and make tangible progress. Being part of an organization with a clear mission, visionary outlook, and strong values has been immensely fulfilling and has shaped me into the individual I am today.

I am driven by a relentless desire for improvement and progress. Just as our members strive to enhance patient care and experiences every day, I am committed to refining our methodologies for the betterment of our community.

Joining our organization presents an opportunity to make a meaningful difference in the community and beyond. I invite you to join us in our mission to serve and uplift others. In the words of Mahatma Gandhi "*The best way to find yourself is to lose yourself in the service of others.*"

As we embark on the journey ahead, I eagerly anticipate the opportunity to continue serving as President and leading our team toward even greater achievements and aspirations. Together, let's strive for bigger and better goals and make a lasting impact on those we serve through our dedication to teamwork and volunteerism.



*Ujwala Sawant*

Auxiliary President

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## RUNWAY OF COURAGE FASHION SHOW AND SILENT AUCTION

The Runway of Courage Fashion Show, hosted by the Capital Health Auxiliary, took place on Friday, October 6, 2023 in the NJ PURE Conference Room at Capital Health Medical Center – Hopewell.

More than one hundred guests gathered to honor and celebrate the strength, determination, and courage of seven former and current patients in Capital Health's Cardiopulmonary Rehabilitation Department, who also served as inspiring models for the event. In addition to these resilient individuals, three health care providers graced the runway, showcasing a community united in support.

The models were treated to a pampering session courtesy of the staff of the Oasis Salon & Wellness Spa, who generously donated their time to style their hair and do their makeup. Trendy fashions were provided by Stella by Stacia and Schweon's Clothing & Formal Wear. The models radiated confidence as they strolled down the runway.

The heart of the fashion show lay in the inspiring stories shared by each model, highlighting their medical journey and expressing gratitude for the compassionate care received from the Cardiopulmonary Rehabilitation Department during their toughest times.

Guests were captivated as the models showcased the stunning fall collection from our clothiers. Alongside the fashion spectacle, attendees enjoyed light fare, shopped at the Stella by Stacia pop-up

store, and participated in bidding on 26 beautifully decorated silent auction gift baskets.

The event was not just a celebration but also a means to support educational and health initiatives for patients undergoing cardiopulmonary rehab at Capital Health. Through the generosity of all involved (including sponsors, silent auction donors, and the tireless efforts of volunteers), the event raised \$18,352.66.

Special thanks to Dr. Costanzo and Dr. Wolfson, who were the entertaining emcees for the evening.

We also express our heartfelt appreciation to the models, the dedicated Cardiopulmonary Rehabilitation Department staff, Auxiliary members and volunteers, hospital administration, the Foundation, the Capital Health Marketing and Public Relations Department, the staff of the Oasis Salon & Wellness Spa, Sodexo, our clothiers, sponsors, and all the friends, families, and community members who joined us to make this event a resounding success. It is through your generous support that the Runway of Courage Fashion Show truly makes a difference in the lives of many.



# THANK YOU TO OUR 2023 RUNWAY OF COURAGE FASHION SHOW MODELS AND SPONSORS

James Bergevin  
Harit Desai, DO  
Kelly Ann Fry  
Mary Harris  
Diana Kolman, MD

David Larovere  
Kathy Matulewich  
Sylvia Preston  
John Stolte  
Stanley Winnick

## Platinum Level Headline Sponsors

Capital Health Medical Group  
Capital Health Medical Staff

### Gold Level Sponsor

Homasote Foundation

### Silver Level Sponsor

NJM Insurance Group  
Dr. and Mrs. William Costanzo

### Bronze Level Sponsor

Merck  
Dr. and Mrs. Anil Sawant

### Small Business Donor

Adams Rental

### In-Kind Sponsors

Oasis Salon & Wellness Spa  
Sodexo

## Fashion Show Clothiers

Stella by Stacia  
Schweon's Clothing & Formal Wear

## Friends and Family Donors

Mr. and Mrs. Ronald Brennfleck  
Mr. and Mrs. Robert Cammarano

Dr. Guy Nee  
Drs. Hemal and Jigar Patel  
Rajendra Prasad Gupta

Mary Reed  
Janet Scammell

## Photography

John Papp,  
Black Tie DJ'S



## 2024 GRANT RECIPIENTS

### The Auxiliary is proud to support these deserving programs.

- **\$1,200 | Project Recharge (Patient Experience)** | in support of light-up cellphone cable chargers for patient use.
- **\$1,959 | Safe Sitter Baby Sitting (Community Health Education)** | in support of a Safe Sitter course for 11 to 15-year-olds in the community.
- **\$2,000 | Diabetic Education Outreach (Diabetes Education)** | in support of educational materials for community-based diabetic education.
- **\$1,500 | Tea for the Souls (Pastoral Care)** | in support of tea and spiritual/emotional support for staff.
- **\$839.94 | Wearable Breast Pumps (NICU)** | in support of breastfeeding initiative for NICU mothers and their infants.
- **\$1,150.06 | Medela Symphony Breast Pump Loan Program (NICU)** | in support of breast-feeding initiative for NICU mothers and their infants.
- **\$2,000 | Art Cart Program (Volunteer Services)** | to enhance the patient experience.
- **\$2,000 | Comfort Cart Program (Volunteer Services)** | to enhance the patient experience.
- **\$1,950 | Centering Pregnancy Program (Capital Health OB/GYN – Trenton)** | in support of improving provider/patient continuity, enhancing patient participation in care, and creating community.
- **\$1,000 | Literacy/Books (GME Family Medicine)** | in support of promoting early literacy.
- **\$500.00 | Healthy Oral Hygiene (GME Family Medicine)** | in support of oral hygiene supplies to be given to patients during their wellness checks.
- **\$1,795 | Reflective Safety Bracelets (Bristol Myer Squibb Trauma Center at Capital Health)** | in support of community education regarding bike safety practices.
- **\$1,593.31 | Community Education Program (Community Health Education)** | in support of materials for community education programs on topics such as sun safety, stroke school, anti-vaping, and stress prevention for middle and high schoolers.

### CONGRATULATIONS TO OUR 2024 GRANT RECIPIENTS



The Auxiliary is proud to support our medical staff as well as the educational and health initiatives Capital Health offers to enrich our patients and the communities we serve.

A total of \$159,293.37 was donated in 2023 in support of the following grant sponsorships and Auxiliary service projects:

- **\$2,000 | Radiology Department** to purchase a patient privacy partition.
- **\$2,000 | Volunteer Services Art Cart Program** to enhance the patient experience.
- **\$2,000 | Volunteer Services Comfort Cart Program** to enhance the patient experience.
- **\$1,800 | Cardiopulmonary Rehabilitation Department** to provide patients with breathing classes and to purchase battery chargers for portable oxygen concentrators.
- **\$1,800 | Pastoral Care** to help provide spiritual and emotional support to hospital staff.
- **\$1,540 | Neonatal Intensive Care Unit** to purchase Zaky Zak carriers for newborn premature babies.
- **\$1,303.37 | Radiology Department** to purchase a patient mammography chair.
- **\$450 | Inpatient Mental Health** to purchase holiday packages for patients.
- **\$25,000 | Capital Health Cancer Center's Nutritional Supplements Program.**
- **\$75,000 | Capital Health's Trauma Medical Intensive Care Unit** for the purchase of the LEAF Patient Monitoring System.
- **\$46,400 | Auxiliary Service Projects** (Care Packs for Kids, Clothes4Change, Cookie Program, Family Health Clinic, Farmers Market, Memorial Garden, Mobile Library, Tales for Tiny Tots, Toy Closet, Santa's Visit).



## JUNIOR VOLUNTEERS: MAKING A DIFFERENCE 365 DAYS A YEAR!

We are thrilled to share the incredible experiences and heartfelt voices of some of our outstanding junior volunteers! This year is particularly special, as we are celebrating their dedication and hard work throughout the entire year, not just during the summer program. Their passion, compassion, and commitment to making a difference are truly inspiring, and we could not be prouder of each one of them! It's an honor to showcase their achievements and give them the recognition they so rightly deserve.

**Aderisola Aderibigbe** (All-Year Jr. Volunteer, Capital Health Regional Medical Center)

*"Hello! I am Derin Aderibigbe, a high school junior and Capital Health junior volunteer. I enthusiastically make rounds on Steen 1 and 2, supporting the units and thoroughly enjoy the experience. I am grateful to be part of a medical environment, making a difference in patients' lives in even small ways. Every patient request I fulfill gives me a sense of purpose and equality with the doctors and nurses! I extend my heartfelt thanks to the staff of Steen 1 and Steen 2 for their guidance and support throughout my volunteering, and for providing me with this incredible opportunity."*



**Melanie Lamos** (All-Year Jr. Volunteer, Capital Health Regional Medical Center)

*"I have thoroughly enjoyed my time volunteering at Capital Health, where I've gained invaluable experience in the medical field and had the privilege of working closely with patients. This opportunity has only solidified my goal of pursuing medical school in the future. I can confidently say that my time at Capital Health has provided me with extensive experience in patient interaction and a genuine understanding of hospital operations. I eagerly look forward to continuing my positive journey here at Capital Health."*

**Shalya Vemula** (All-Year Jr. Volunteer, Capital Health Regional Medical Center)

*"Volunteering at Capital Health has been an incredible learning experience! I have had a blast interacting with patients and contributing wherever possible. This opportunity has provided me with invaluable experience and reinforced my aspirations to pursue a career in the medical field. Through volunteering, I've created lasting memories and look forward to continuing to make a positive impact in the hospital environment."*

**Kavya Gounder** (Summer Jr. Volunteer, Capital Health Medical Center – Hopewell)

*"I would like to extend my sincere gratitude to the volunteer services team for providing me with the opportunity to volunteer at Capital Health this summer. Through this experience, I gained valuable insights into the inner workings of a hospital and the diverse roles of its staff, from*





Environmental Services to front desk personnel, medical professionals, and patients. Additionally, I developed strong communication skills, learning to effectively interact with individuals from various backgrounds and personalities. I truly enjoyed my time volunteering here this year and look forward to returning in the future.”

**Vaibhav Murari** (Summer Jr. Volunteer, Capital Health Medical Center – Hopewell)

“Volunteering at Capital Health has been an incredibly enriching experience. From the moment I joined their dedicated team, I felt a strong sense of purpose and belonging. The hospital's commitment to compassionate care was palpable

in every interaction, and I had the opportunity to explore a range of departments, each contributing uniquely to the health care environment. Witnessing patients' and families' resilience in the face of challenges was both humbling and motivating. I witnessed the powerful impact of small acts of kindness—such as a smile, assistance, or an attentive ear—on patients' well-being. Each role, including mine, was crucial to their care and collaborating with fellow volunteers reinforced or shared commitment to making a meaningful difference. My time at Capital Health deepened my admiration for health care professionals, and I am profoundly grateful for the opportunity to have been part of their volunteer team.”

## WHEELS OF JOY: VOLUNTEERS ON THE MOVE WITH HOSPITALITY CARTS



## AUXILIARY SERVICE PROGRAM UPDATES

### The Auxiliary sponsors eight service programs at Capital Health, each aimed at enhancing patient experience and alleviating anxiety.

- **Care Packs for Kids:** This initiative provides backpacks filled with stuffed animals, blankets and other age-appropriate comfort items to Pediatric Emergency Department patients at Capital Health Medical Center – Hopewell who have been displaced from their homes or are experiencing economic hardship. In 2024, the Auxiliary will extend this support to children participating in our CARES (Children Are Really Extra Special) Child Wellness Program.
- **Cookie Program for oncology patients:** This program offers snacks to patients undergoing chemotherapy and radiation, providing comfort and an energy boost during treatment. In the past year, approximately 6,240+ snacks were provided, with special thanks to the Hopewell Valley Central High School CHATS Club for their \$400 contribution raised during Pennington Day.
- **Toy Closet:** Monthly, our Pediatric Emergency Department and Ambulatory Care Department at Capital Health Medical Center – Hopewell, the Capital Health Family Health Center in Trenton, and the satellite emergency department at Capital Health – East Trenton receive 70 toy packages each to alleviate the anxiety of hospital visits. Additionally, Capital Health OB/GYN – Trenton, the Emergency Department at Capital Health Regional Medical Center, and the satellite emergency department at Deborah in Browns Mills receive toy packages every other month. The Auxiliary's annual Santa's Visit on December 14, 2023, saw the distribution of Star Wars books and more than two hundred holiday gifts to our Family Health Center patients in Trenton, thanks to the support of the Hopewell Valley Central High School CHATS Club and our hospital and Auxiliary volunteers.

- **Family Health Clinic and Clothes4Change:** These programs provide gently used clothing, healthy snacks, and other infant care items to patients and their families at our Family Health Center in Trenton. Over the past year, they have provided 24 pack-and-plays, 12 humidifiers, clothing for newborns up to age six, and healthy snacks.
- **Farmers Market:** This initiative addresses food insecurity by providing healthy produce and staple items to patients in Trenton. The Auxiliary hosts six Farmers Markets annually from June through September, distributing six hundred bags of farm-fresh produce and pantry items in the summer of 2023. Looking forward to 2024, seven markets are currently planned, with more bags to be distributed per market, including staple items, food tastings, and bilingual healthy recipes, all thanks to Rolling Harvest Food Rescue and our dedicated volunteers.



- **Memorial Garden:** The Auxiliary sponsors the maintenance of its Memorial Garden, located in the CHAI Garden at Capital Health Medical Center – Hopewell.
- **Mobile Library:** This program offers activity books, bibles, crosswords, fiction and nonfiction books, and magazines to patients at both hospital campuses. In 2023, the Mobile Library distributed 1,215 books.

- **Tales for Tiny Tots:** Promoting early literacy, this program provides a keepsake book to every baby born at Capital Health. In 2023, we distributed 3,728 books.

These programs demonstrate the Auxiliary's commitment to supporting the well-being of Capital Health patients and their families through the dedication of volunteers and community partners.



## CAPITAL THRIFT STORE

# CAPITAL THRIFT



### Make a Difference by Shopping at Capital Thrift

Capital Thrift, the Auxiliary's thrift store, benefits health and educational programs at Capital Health. Stop by to shop for your clothing, housewares, and accessory needs. Purchases may be made with cash or credit card (Visa and Mastercard only—no debit cards). Donations may be dropped off during store hours. For more information, call 609.882.4717 or search for Capital Thrift NJ on Facebook.

**STORE HOURS:** Thursday to Saturday 10 a.m. to 2 p.m. Sunday 12 to 4 p.m.

**LOCATION:** 2783 Brunswick Pike [Rt. 1 South] · Lawrenceville, NJ

If you are interested in joining our amazing thrift store team, please visit [capitalhealth.org/volunteers](https://capitalhealth.org/volunteers) to fill out an online application or contact the Volunteer Services Department between 8 a.m. and 4:30 p.m., Monday through Friday. Call 609.303.4023 or email [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).

## TCNJ HEALTH BUDDIES PROGRAM

### The team lead for this program sums up their experience:

*"Volunteering at Capital Health has been an educational and empathetic experience. Each morning brings new surprises, and I never know what inspiring stories I will hear from patients. As an extrovert, I am thrilled to engage with them, listening to their unique experiences – from a sweet older woman sharing her career highlights to a new parent discussing their children. It is incredibly fulfilling to put a smile on their faces and make a positive impact. Capital Health has taught me so much and fueled my motivation to continue making a difference in the world. I'm grateful for this opportunity to learn and grow while spreading joy and compassion."*



– Sathya Kummarapurugu

## LYNN LORENZ, NURSE UNIT SUPPORT VOLUNTEER

### Lynn shares her experiences on 2 Front and Outerbridge Units at Capital Health Regional Medical Center



Volunteering at Capital Health Regional Medical Centre in Trenton brings back many fond memories of my days as a junior volunteer (then known as a candy striper) back in the 1980s. One particular memory that stands out? A cancer patient generously offering me all of the flowers in his room, simply because I took the time to get to know him. I may not remember what the

flowers looked like, but his face and smile will forever linger in my memory. Though four decades have passed, the joy I find in helping others remains as vibrant today as it did when I was 16.

The impact of volunteering at Capital Health extends beyond the many patients I meet. It leaves me feeling good about myself and reminds me that even the smallest gesture can make a difference in someone's day and hospital experience. Whether it's the gratitude of a patient in 2 Front who claimed I "saved her life" by giving her a Chapstick, or the tears of appreciation from another patient who offered a carnation from her bouquet of flowers, these moments underscore the importance of human connections in health care.

Volunteers are just as essential as doctors and nurses in the care of patients – our words and actions offer comfort, relieve anxieties, and help to aid in the healing process. My time at Capital Health has been incredibly rewarding and has also taught me that I don't need to move mountains or cure a disease to put a smile on someone's face. Being a volunteer has given me a sense of purpose and happiness that doesn't go away with time.

## CELEBRATING PATIENT EXPERIENCE WEEK

*Submitted by Nagapadmaja Mahendran*

Volunteering in patient care roles has a profound impact on patients' emotional well-being, providing much-needed support and companionship. Volunteers play a vital role in alleviating feelings of loneliness, anxiety, and fear, creating a more comforting and supportive environment.

The importance of volunteers in patient care cannot be overstated. They are a vital part of our healthcare team, providing a unique and valuable perspective on patient care. By leveraging the skills, talents, and compassion of our volunteers, we can create a more patient-centered and supportive environment, leading to better outcomes and a more positive experience for all.



## COOKIE PROGRAM

The Auxiliary's Cookie Donation Program continues to grow and supports patients undergoing treatments in both the Infusion and Radiation Oncology Departments. Patients look forward to these snacks, which make their time during treatment a little more comfortable.

As our cookie needs continue to grow, we are asking our family at Capital Health to continue their generous contributions to the program. We need prepackaged cookies, granola bars, and individual snack-size boxes of raisins, pretzels, and Goldfish snacks (we cannot accept peanut products due to allergy concerns).

Donations can be delivered to the Volunteer Services Office at Capital Health Medical Center – Hopewell. If sending cookie donations by Amazon delivery, please be sure to include your name and

address and send to Capital Health Auxiliary, c/o Volunteer Services, One Capital Way, Pennington NJ 08534. If you would like to make a monetary donation to our Cookie Program, checks should be made payable to the Capital Health Auxiliary with "Cookie Program" written in the memo section. Thanks to everyone for your continued support!



## HEALTHY SPRING SALAD

### INGREDIENTS

- 1 bunch asparagus, tender parts, chopped into 1-inch pieces
- ½ cup frozen peas, thawed
- A few handfuls of salad greens
- 2 radishes, thinly sliced
- ½ cup crumbled feta cheese
- ½ avocado, pitted and diced
- ¼ cup chopped, toasted pistachios
- ½ cup roasted chickpeas
- Fresh herbs, for garnish (basil, mint and/or chives)
- Sea salt and freshly ground pepper

### DRESSING

- ¼ cup fresh basil or a mix of basil and mint
- 1 small garlic clove
- 1 tablespoon lemon juice, plus ½ teaspoon zest
- 1 tablespoon white wine vinegar
- 2 tablespoons extra-virgin olive oil, more as desired
- ¼ teaspoon sea salt

### DIRECTIONS

1. Bring a large pot of salted water to a boil and set a bowl of ice water nearby. Blanch the asparagus for about 1 minute, until tender but still bright green. Transfer to the ice water for 1 minute, then drain. Allow the asparagus to dry and transfer it back to the bowl and add the peas.
2. To make the dressing, use a food processor to pulse together the herbs, garlic, lemon juice, zest, vinegar, olive oil, and salt.
3. Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.
4. Assemble the salad. Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs. Drizzle with remaining dressing, season to taste with more salt and pepper, and serve.



*Submitted by Falguni Patel*

## WE ARE LOOKING FOR VOLUNTEERS

Come and join our wonderful family of volunteers to help bring smiles to our patients! Applications are now be accepted online at [capitalhealth.org/volunteers](https://capitalhealth.org/volunteers).

### Current Volunteer Opportunities:

- ... LIFE Program Support Volunteers (offsite Bordentown facility)
- ... Way finders
- ... Nursing Unit Support (Capital Health Regional Medical Center)
- ... Pastoral Care Visitor Volunteers (Capital Health Medical Center – Hopewell)
- ... Diversional Activity Cart (Capital Health Regional Medical Center)
- ... Thrift Store (offsite Lawrence Township location)

**Applications accepted online. To apply, visit [capitalhealth.org/volunteers](https://capitalhealth.org/volunteers).**

### Requirements:

- ... Must be at least 18 years old
- ... Interview, orientation, training, background checks and immunization requirements apply.

.....  
For more information, call our office at 609.303.4023 or email [volunteer@capitalhealth.org](mailto:volunteer@capitalhealth.org).



## SHARE YOUR TALENTS

**Attention volunteers!** Would you like to see your artwork, photography, or a poem or short story about your experiences at Capital Health featured in the Volunteer Newsletter? We'd love to share your talents with others! Also, if you have been featured in a newspaper or some other media for your volunteer work or any achievements, please let us know—we would love to share it with our readers. Drop off your creative pieces in our office or send them to Dipti Padliya, manager of Volunteer Services, at [dpadliya@capitalhealth.org](mailto:dpadliya@capitalhealth.org).

Thank you!

## CONTACT THE CAPITAL HEALTH AUXILIARY



If you would like more information about the Auxiliary, you can e-mail our president at [Ujwalasawant1121@gmail.com](mailto:Ujwalasawant1121@gmail.com), or call 609.303.4023 Monday through Friday, between 8 a.m. and 4:30 p.m.

If you are interested in joining the Capital Health Auxiliary team, apply online at [capitalhealth.org/patients-visitors/auxiliary/auxiliary-membership](https://capitalhealth.org/patients-visitors/auxiliary/auxiliary-membership).



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