



**SIBLEY MEMORIAL  
HOSPITAL**  
JOHNS HOPKINS MEDICINE

# Volunteer News

## Letter from the Volunteer Services Office

It's that time of the year again when the air is cold and snow is on the way. The holidays are already here and we remember the special people and times during the past year. One of my favorite memories is the Volunteer Luncheon. I am always so inspired after this event, seeing our volunteers enjoying their friends and their special awards. We know that being a great hospital doesn't happen only with doctors and nurses efforts. It happens when ALL of us, including volunteers, come together to care for our patients. **OUR VOLUNTEERS ARE WONDERFUL!** Our patients and staff say it all the time. They are grateful for your work and the time you selflessly give to make our hospital the best it can be. Your work makes a difference in so many lives.

We elected a new slate of officers at the luncheon. We wish them the best and give them our support for the upcoming year.

President: Joy Choppin  
Vice President: John Harris  
Secretary: Barbara Orski  
Asst: Secretary: Susan Lewis  
Treasurer: Gerald Choppin  
Asst. Treasurer: Ben Mullitz

We also send a special thank you to our outgoing President, Cindy Freeman, who spent countless hours giving her time to our department. She has been an example to all of us.

I want to welcome Colleen Ricketts who is our new Administrative Assistant. Colleen will be working with both the Volunteer Service and Senior Association. Please introduce yourself to Colleen and extend a warm Sibley welcome to her.

Thank you for your many hours of dedication and support this year.

Please accept my sincere wish for a **HAPPY HOLIDAY SEASON** and a **HEALTHY** and **SAFE** **NEW YEAR!**

Director, Volunteer Services & Guest Relations

## *A NEW TIME FOR SIBLEY*

The year 2010 marks a new era for Sibley Memorial Hospital. On November 1, 2010, Sibley was officially integrated into Johns Hopkins Health System. Sibley will continue to be governed by our Board of Trustees and managed by our existing executive management staff.

For the next several years, Sibley will concentrate on completing our campus development plan, which will include a new radiation oncology center, a new patient pavilion, and a new emergency department. We will also concentrate on a clinical development plan that will include implementation of a community-based comprehensive cancer center on the Sibley campus; a geriatric center of excellence; and the possible expansion of our obstetrics, orthopedic surgery, and general surgery programs. We are very excited about the future of Sibley.



## Did You Know?

Myth: Cold, wet weather causes colds and flu.

Fact: The real truth is that we should blame viruses, not the cold weather. So feel free to walk around with wet hair and bare feet during winter. What's more, experts believe that staying inside may make it easier to spread germs.

Myth: Knuckle-cracking causes arthritis.

Fact: The repetitive motion wears down the joints and the cushioning that protects them. Knuckle-cracking isn't such a great idea because it may worsen osteoarthritis, though there's no evidence it plays a role in rheumatoid arthritis.

## Volunteer Fact

The MISSION of Sibley Memorial Hospital is to provide quality health services and facilities for the community, to promote wellness, to relieve suffering and to restore health as swiftly, safely, and humanely as it can be done, consistent with the best service we can give at the highest value for all concerned.

## 2011 CHALLENGE

**The Volunteer Office challenges all volunteers to recruit one friend, relative, or family member, including juniors, to become a Sibley Volunteer. The rewards are great and we really do make a difference! Make this an important New Year's resolution on your list.**



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