Mason General Hospital & Family of Clinics

United Community, Empowered People, Exceptional Health

Involved Volutional Activity of the second s



Phyllis Glisson	3rd
Megan Cylwik	4th
Skip Angell	8th
Penny Neilsen	9th
Diane Halverson	14th

E aster is Christianity's most important holiday. It is celebrated on the first Sunday following the full moon after the vernal equinox on March 21. Therefore,

Easter is observed anywhere between March 22 and April 25 every year.

In 2018 Easter Sunday falls on April 1st.

Easter is really an entire season of the Christian church year, as opposed to a single-day observance. Lent, the 40-day period leading up to Easter Sunday, is a time of reflection and penance and represents the 40 days that Jesus spent alone in the wilderness before starting his ministry.

The day before Lent, known as <u>Mardi</u> <u>Gras</u> or Fat Tuesday, is a last hurrah of food and fun before the fasting begins.

rson 14th The week preceding Easter is called to include chocolate an Holy Week and includes Maundy Thursday, which commemorates Jesus' last supreplaced nests.

per with his disciples; Good Friday, which honors the day of his crucifixion; and Holy Saturday, which focuses on the transition between the crucifixion and resurrection.

As with <u>Christmas</u>, over the centuries



various folk customs and pagan traditions, including Easter eggs, bunnies, baskets and candy, have become a standard part of this holiday.

According to

some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." Their children made nests in which this creature could lay its colored eggs. Eventually the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests.

You can help me recruit new volunteers for MGH&FC?

As part of the 2018 Volunteer recruitment drive I would like to wrangle invitations to your fraternal organizations so that I can pitch the benefits of volunteering in general and volunteering at MGH&FC specifically.

A number of studies have shown that volunteering can help you be happier,

healthier, physically and mentally, lower mortality rates, increase functional ability, and lower rates of depression, promote higher self worth, provide a sense of purpose at a time when social roles are changing.

To help spread the word of those benefits and to recruit more and new volunteers to MGH&FC I'd like to be presumptuous and ask you to invite me to speak at a meeting of your fraternal organization.

I'll be brief (no more than 5 or 10 minutes) and I'd be happy to answer questions.

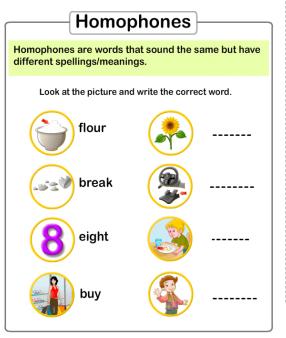
April Fools tradition popularized

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other.

Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery. Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes. These included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to ancient festivals such as Hilaria, which was celebrated in Rome at the end of March and involved people dressing up in disguises. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fools' Day spread throughout



Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV stations and Web sites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences. In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees; numerous viewers were fooled. In 1985, Sports Illustrated tricked many of its readers when it ran a made-up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour. In 1996, Taco Bell, the fast-food restaurant chain, duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell. In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich.

Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need.

Gillian Anderson

Mason General Hospital

901 Mountain View Drive, PO Box 1668, Shelton, WA 98584 (360) 426-1611, from Allyn (360) 275-8614 Toll free (855) 880-3201 • TTY/TDD (360) 427-9593 *www.MasonGeneral.com* Equal Opportunity Provider • Free Translation Services Provided Se habla español • Approved by the Joint Commission

MGH&FC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, religion, age, disability, or sex.

Save on Food

Using salvage groceries to help a food budget

There are many ways to save money on the food bill: salvage grocery stores are a great way to find incredible deals on a random assortment of products. These stores, sometimes called grocery outlets, may offer savings of 50 percent or more as compared to a traditional grocer because they are often selling food that other stores are trying to get rid of for one reason or another.

If a grocery store orders too much food, damages the packaging or has out-ofseason inventory, then they will sometimes move it to these secondary stores to open up space for new items. Manufacturers themselves can even bring products that have gone through a packaging change or rebrand to avoid having them in major retailers. Many larger cities will have at least one of these places available to supplement a traditional grocery budget.

Weapon Security

The presence of weapons is prohibited on the premises of Mason General Hospital, Oakland Bay Pediatrics and North Mason Medical Clinic (with exceptions as listed below) in order to maintain a safe and secure environment for patients, staff, volunteers, physicians, visitors and all others who access these facilities

- For the purpose of this policy, 'weapons' includes, but is not limited to:
 - A loaded or unloaded firearm, even if the possessor has a valid weapons permit.
 - A knife or other cutting or stabbing implements.

A bludgeoning device such as a club.

- Items readily identifiable as components or potential components of a bomb or other incendiary device.
- Any other item posing a reasonable risk of bodily injury as determined by the Administrative Team, Department Director, Safety Director, or House Supervisor.
- Employees, medical staff, patients, volunteers, visitors, vendors and others who access this facility are prohibited from bringing and keeping weapons on facility property, and are also prohibited from using hospital property such as knives, scalpels, scissors, etc. as weapons
- An employee or volunteer in violation of this policy may be subject to progressive disciplinary action up to and including termination of employment.
 - Whenever a verbal warning is issued to an employee by someone other than the employee's Director that Director must also be notified of the incident

- Medical Staff in violation of this policy will be reported to the Chief Executive Officer and disciplinary action will be resolved between Administration. Board of Commissioners and the Medical Executive Committee.
- If any employee, volunteer or medical staff member refuses to remove their weapon from hospital premises the Shelton Police will be notified to remove them from the hospital.
 - Employees who refuse to remove their weapon may be terminated immediately with consensus between their Manager and Administration.
 - Volunteers will be terminated immediately.
- Patients with weapons in their possession may not be treated until the weapon is secure. The following options are available:
 - The patient may take the weapon to his/ her vehicle.
 - A family member or friend may remove the weapon to the vehicle.
 - The weapon may be secured in a locker in the ER for 24 hours to await removal by the patient, family, friend or Shelton Police.
 - Visitors who bring weapons onto hospital property will be instructed to remove the weapon from the premises or to their vehicle. If they refuse to do so the police will be notified immediately.
- It is the responsibility of every employee, medical staff person, and volunteer having knowledge of a person on the premises in possession of a weapon, other than as described in Part C, must report it immediately to either their

department manager, house supervisor or safety manager. Failure to report may result in disciplinary action.

A Quality Management Memo will be generated any time there is a refusal to remove a weapon from the premises.

Exceptions/Exemptions:

- For the purpose of this policy any person described below is exempt from this policy unless he/she presents as a patient.
 - Any sworn, commissioned law enforcement officer, employed by federal, state or local law enforcement agencies that is authorized to use such a weapon.
 - This includes WA Corrections Center *Guards while in the performance of* their duties.
 - Any employee, volunteer, medical staff using hospital property in the performance of a normal job function.
- Scissors may be used by staff, knives by dietary and maintenance, scalpels by physicians, etc.
- Staff who carry pepper spray to use for selfprotection while traveling to and from their vehicles will not be considered in violation of this policy provided they do not remove the pepper spray device from their purse or pocket until outside the building, unless they need to use it in self-defense.
 - Staff, volunteers, etc. may not show or demonstrate the pepper spray device to other employees, volunteers, etc. while within the building.

Thank

A **HUGE** thank you to Carolyn Olsen for pointing out re-

sources for local events for me to include in the events calendar so that it wasn't populated with events that were only in Thurston County. I will include as many events as I can in the column. If you have an event that you would like to see included please let me know and I would be happy to put it in.

I've been to the mountain top.

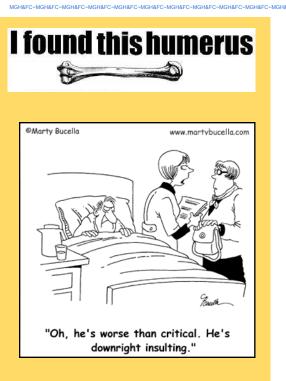
Fifty years ago, on Apr. 3, 1968, Rev. Martin Luther King Jr. seemed to prophesy his own death by assassination when he told striking black sanitation workers: I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the promised land!" King was assassinated the next day.



"THE GREATEST GIFT YOU CAN GIVE SOMEONE IS YOUR TIME. BECAUSE WHEN YOU GIVE YOUR TIME, YOU ARE GIVING A PORTION OF YOUR LIFE THAT YOU WILL NEVER GET BACK."

By now you should have received your invitation in the mail. This is just a reminder that Mason General Hospital & Family of Clinics would like to show it's appreciation for the time, effort, caring, and support that you provide as a volunteer by inviting you to an appreciation luncheon on Friday April 20, 2018 at 11:30 p.m. in the Ellinor/ Pershing Rooms.

The theme of this years luncheon is Time. We will be celebrating the time that MGH&FC has been here in Shelton (50 years this year), the time you spend out of your daily lives to volunteer here, and the time you give to our patients, family, visitors, and staff. We want to take the time to say thank you and to show you how much we appreciate you, and your time.



Maps don't always show things to scale, this one is to scale.

MGH&FC~MG

It's all Perspective



1	Easter Sunday - The Miraculous Journey of Edward Tulane	f
5	Olympia Family Theater Bingo at Shelton Elks	2pm
5	(every Thursday) - Canal Cinemas	5pm
	Union City Market - Northwest Carriage Museu	6pm Im
6	Director Talk Schmidt House,Tumwater Spring Bazaar	12pm
7	Pavilion @Sentry Park Shelton Crab Feed	10am
7	Shelton Elks Lodge - Outer Space Adventure	5:30pm
8	WET Science Ctr, Oly Sunday Brunch	10am
0		10:30am
10	Little Creek Casino Trivia Nights w/ Timberlan	<mark>6pm</mark> d
	Regional Libray Smoking Mo's Shelton	6pm
11	Aging in Place Resource Ex South Sound Manor	кро
	455 North St Tumwater - A Fresh Start Workshop	10am
12	MGH&FC, WA Rm 1st Aid/CPR	3pm
13	MGH Learning Ctr Pavilion after Dark	5pm
-	Mason Senior Activity Ctr 190 W Sentry Dr Shelton - Flower Show	6pm
14	Thurston Co Fairgrounds	2:30 pm
14	NW First Aid Training Mason Co Fire Dist 4 St. 1 2970 SE Arcadia, Shelton	9am
16	Comm. CPR/1st Aid	
19	Central Mason Fire Hama Hama Oyster Rama Lilliwaup, WA	6pm
19	Mason Co Senior Activity Assoc Anniversay	
	190 Sentry Dr, Shelton - Canal Cookouts	5:30pm
	Union City Market 5101 St Rt 106, Union	6pm
21	Free Day at National Parks - Traveler 5.5K Alderbrook	10am
21	Earth Day Olympia Norway Day	
22	Thurston Co Fairgrounds Olympia Symphony,	10am
26	WA Ctr, Olympia Landscape your yard class	7pm
	Tumwater City Hall - Wild & Scenic Film Fest	6pm
27	St. Martins University FFA Plant Sale Shelton HS	<mark>6pm</mark> S 8am
	- Spring Arts Walk Downtown Olympia	5pm
27	Adventuress visits Olympia Percival Landing, Olympia	10am