

## A message from our Executive Director

**Greetings Volunteers! My name is Jennifer McDonald, and I have the honor of being the Champion of the Patient and Family Experience here at Loma Linda University Health. I was elated to become part of our Volunteer Services team over this past year. Our Loma Linda volunteers are critical to our culture; the culture of faith, compassion and human connection.**

**The very definition of being a wonderful volunteer is working side by side with others for a common goal, volunteering is all about connection, and in healthcare creating a genuine connection is the key to what all humans are in search of. Our method of volunteering has evolved, but the devotion to purpose and connection has not.**

**We are deeply grateful for all of you and your commitment to Christ's Compassionate Service. We look forward to the opportunity of hosting all of our volunteer services team back on our campus as our new normal progresses. Thank you all for giving the gift of your time and talents to create the best experience for our staff/providers/patients/families.**

**Blessings, Jennifer**

### In This Issue

- Welcome Message
- Happy Birthday February Babies!
- American Heart Month
- Black History Month
- Donations - Heart Pillows Still Needed
- Volunteer Leadership Conference open to all volunteers!
- CTP Update
- Office closed for President's Day
- Let's Fellowship—Join us for a Zoom call!



# Happy Birthday February Babies!

## February Birthday Fun Facts:

- Are likely to be taller, possible even smarter
- Are less irritable, and less prone to mood swings
- More likely to be famous
- Less likely to suffer from neurological issues
- Are artistically inclined
- Are the ones “most satisfied” with their jobs



## American Heart Month

February is not only the month of love, it is also American Heart Month!

Hospitals and health systems around the country celebrate American Heart Month by helping to raise awareness in their communities about heart disease. Make sure to wear red and support heart health awareness!

Ways to keep your heart healthy:

- Exercise often
- Reduce stress
- Eat a variety of healthy foods
- Maintain a healthy weight
- Manage your blood pressure



## ***February is Black History Month!***

According to the History Channel, Black History Month began as “Negro History Week,” in 1926 and was created by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

### **Donation Information - Heart Pillows Still Needed!**

Volunteer Services is currently unable to accept most donations due to COVID-19. However, we are in need of heart pillows for our cardiac patients. If you have heart pillows to donate, or would like some information on making pillows, please contact us at: [volunteerservices@llu.edu](mailto:volunteerservices@llu.edu).



For information on other ways to donate, please visit: <https://lluh.org/giving/areas-support/covid-19>

### **CAHHS Volunteer Leadership Conference Open to All Volunteers!**

Each year the California Association of Hospitals and Health Systems (CAHHS) holds a volunteer leadership conference in February. In the past, our hospital was only able to send 2-3 of our paid staff, due to the cost of registration and lodging. This year, however, the conference is virtual and is being offered at no charge!

The conference is open to all of our volunteers and we encourage you to attend! The half-day sessions will be held via Zoom on February 16<sup>th</sup> and 17<sup>th</sup>. If you are interested in attending, please click here [Leadership Conference](#) to register. When registering, please select your registration type as **Attendee CHA Member**.

If you have any questions, or need help registering, please reach out to us and we will be happy to help! We hope you are able to attend this informative event!

## Campus Transformation Project Update

Shortly after we sent out our January newsletter, we received the news that our Move-In Day was being postponed. Due to some delays, we were not able to obtain the Certificate of Occupancy, which would allow us to begin the next phase of our transition plan. We hope to have a new move date soon!

Meanwhile, work continues! The “Come Unto Me” sculpture grouping has been relocated to the east side of the Galleria, and furniture is being installed!



Pictures courtesy of Dennis E. Park, who has been documenting our CTP project. For more information, [click here](#).

## Office Closed for President's Day

In observance of the President's Day holiday, our office will be closed on Friday, February 12th, and Monday, February 15th.

We will reopen at 8:00am on Tuesday, February 16th.



## Let's Fellowship — Join us for a Zoom call!

We love seeing you on our monthly Zoom calls! Join us for fun and fellowship!

Click on the link below to sign up for one or both calls.

Calls start at 3pm. We look forward to seeing you!

[Thursday, February 11th](#)

[Wednesday, February 24th](#)

### Contact Us:

11234 Anderson St., CH-1802  
Loma Linda, CA 92354

**Phone:**  
(909) 558-8022

**Email:**  
[volunteerservices@llu.edu](mailto:volunteerservices@llu.edu)

**Web Site:**  
[www.lomalindavolunteers.org](http://www.lomalindavolunteers.org)

**Follow us on Facebook:**  
[www.facebook.com/LLUVolunteerServices](http://www.facebook.com/LLUVolunteerServices)

**Office Hours:**  
Mon - Thurs: 8am to 5pm  
Friday: 8am to 2pm  
Closed weekends and holidays

**Our Staff:**  
Johanna Watt  
Director, Hospitality Services

Yvonne Rodriguez  
Volunteer Coordinator

Liz Torres  
Volunteer Coordinator