



The Volunteer's Voice



You Should Know

For those of you who couldn't guess the title of the new column it is "News Around the Doctors".

This month starts the seasons busiest time. Baptist Health recently sponsored a very successful "Heart Walk". We at Doctors participated in numbers. The Walk raised thousands of dollars for a great cause! Thank you to all who participated.

The Food Drive is another chance for you to contribute is Doctors Hospital is collaborating with the YWCA on a food drive from Oct. 13 to Nov. 13. Please put **Non-Perishable Foods** only in any Thanksgiving food box. All Donated Food will be provided to the YWCA for the baskets they will be distributing to Needy Families in Miami-Dade County.



An important message for patient and their families

We are committed to ensuring that each patient receives the best possible care. To do this, we ask that you and your loved ones partner with us to speak up and tell a nurse, or other medical professional, anytime there is a concern about your medical condition. We value and want the participation of family members because they may be the first to notice a change in your appearance or behavior.

If you or your loved one is concerned that you are getting worse and you feel that a nurse or other medical professional team is needed to respond to your medical needs— you or your loved one can call a Code HELP.

What is a Code HELP?

Code HELP is an emergency response system a patient and family can use to bring a team of medical professionals to the patient's room for immediate medical assistance.

When should you call a Code HELP?

- When a noticeable, serious change in the patient's medical condition occurs and the healthcare team is not there at the bedside.
- When, after speaking with nurse or other medical professional, you still have concerns about your loved one's care or treatment.
- When you detect a subtle change in your loved one or you think something is not right, or you feel your concerns have not been adequately addressed by the medical professionals.

To Call Code HELP

Dial #7777 from any hospital phone. Tell the operator, "This is a Code HELP. The patient is in room # ____"

For more information about this emergency response system, please ask your nurse.



Reminders of Annual Volunteer Updates

Volunteers whose names appear below, please see Julia for proper forms, etc. to update your records.

THANKS!

- Jeff Brown
- Alberto Cosio
- Saily Martinez
- Nicholas Sevastopoulos
- Natasha Vahia

NOTABLE DATES AND CELEBRATIONS

HAPPY BIRTHDAY



- Zack Fleurinord 11-06
- Natasha Vahia 11-16
- Phillip Hsiao 11-19
- Yamil Tablada 11-23
- Cathy Rummel 11-25

"Don't judge each day by the harvest you reap, but by the seeds you plant."
Robert L. Stevenson



DOCTOR'S CONUNDRUM

Just for fun, how many different ways is the word "shot" used our modern day language? I found at least twenty. Can you find more? The correct answer is not "NO".

As this publication goes to press...



It's that time of year again: family, fun, and holiday celebrations! Get out the cookbooks and preheat the oven, it's time to invite the family. Traditionally, Thanksgiving is a time to gather and remember those who established this great country. Even with the economy the way it is we are truly blessed to live and enjoy the American lifestyle. Join together and share your blessings.

And on a different note don't forget to "Fall back" on November 1st, when Daylight Savings Time ends. Also, Veterans Day is celebrated this month on November 11th. Our Vets have served their country well, shake their hand and give them a big THANK YOU !

THINGS WE DON'T WANT YOU TO MISS

During this holiday season there are many activities around town, with something for everyone to enjoy from harvest festivals to theater and concerts. Check you local newspaper, internet, or the newscasts for time and dates.

Everyone seems to cook something in November, here's a great recipe to try.

SWEET POTATO BALLS

Ingredients:

- 2 pounds sweet potatoes
- 1 cup gingersnap crumbs
- 2 tablespoon butter
- 1 egg
- 1/4 tsp salt
- 1 bag mini marshmallows
- 1 tablespoon brown sugar
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon



Method:

- Boil the sweet potatoes cut in chunks until they become tender.
- To this, add butter and spices and mash.
- Then stir in an egg and continue to mix.
- Refrigerate this mixture until firm.
- Now form balls out of this mixture and place 1-2 marshmallows in each ball.
- Then roll in the gingersnap and spread on the cookie sheet.
- Bake this mixture for about 10 to 15 minutes at 400 degrees F.
- Serve hot.