

Volunteers help in a multitude of ways, both large and small, to fulfill Parrish Medical Center’s mission of *Healing Experiences for Everyone All the Time<sup>®</sup>*

## Welcome to Volunteer Services!

**What’s New?** Carlos and Lauren attended Eastern Florida State College’s volunteer recruitment program launch. We are thrilled to be welcoming several enthusiastic college students to our Volunteer Services team!

In November, they are attending the popular Craft Show at Fox Lake to provide information on the many ways to be involved.

Carlos and Lauren welcome your support in recruitment as the Volunteer Services team continues to grow. If you are part of an organization that might be interested in partnering with Parrish Medical Center in a volunteering capacity, your ideas and contacts are welcome.

We encourage and challenge each of you to reach out to one friend about volunteering. Word of mouth is the best means of recruiting and we cannot do it without you. Thank you!

If you know someone that would like to volunteer, please consider sharing with them our membership options on page 2.

**Contact Us.** The Volunteer Services department has a dedicated phone number and email address that is monitored in case of questions, concerns or changes to your schedule. 321-268-6111, ext. 7183; [volunteerservices@parrishmed.com](mailto:volunteerservices@parrishmed.com)

**Great News!** The new fiscal year begins October 1<sup>st</sup> and, with it, many changes! As a reminder, no annual dues will be collected.

Uniform shirts will be ordered at the end of September and with an estimated arrival of mid-October.

New changes will also take place involving scheduling and signing in. We will work with each of our volunteers to help you understand the new process. We believe it will make everything run more smoothly and will offer more flexibility, overall.

We are looking forward to this exciting season of change!

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**The Gift Shop – Cashiers Needed!** Due to a need for additional volunteers, the Gift Shop hours are very limited. You can help! We can expand business hours with more volunteer cashiers. We would love to do this, especially for the holiday season.

**As a bonus, our Gift Shop Cashier Volunteers will earn double volunteer hours!** Please contact Volunteer Services for details.

We encourage you to stop by the Gift Shop to see what's new and what's on sale. And, through the month of September, register to win a relaxation basket. No Purchase Necessary.

## Volunteering

**Adult Volunteer Membership** is open to anyone interested in volunteer service and who qualify for membership.

To download the adult volunteer package, visit [parrishhealthcare.com/images/Volunteer-Services-Application-2022-Refined.pdf](http://parrishhealthcare.com/images/Volunteer-Services-Application-2022-Refined.pdf)

**Junior Volunteer Membership** is open to all young people between the ages of 15 and 17, who are enrolled in school.

To download the junior membership package, visit [parrishhealthcare.com/images/VolunteerApplication-5.22-PDF.pdf](http://parrishhealthcare.com/images/VolunteerApplication-5.22-PDF.pdf)

## Volunteering Opportunities

**The top volunteer needs this month are:**

- Children's Center      *Various Shifts Available*
- Gift Shop              *Various Shifts Available*
- Front Desk             *Various Shifts Available*

**Contact Us.** For more information about volunteer opportunities, or to fill a need above, please contact

Volunteer Services at 321-268-6685 or 321-268-6683 or by email at [volunteerservices@parrishmed.com](mailto:volunteerservices@parrishmed.com).

## Upcoming Events

Days to observe or celebrate in October:

10	Columbus Day
31	Halloween

## Birthdays

**Happy Birthday to You!** We are excited to celebrate these October birthdays!

2	Diane Hawthorne
9	Kris Smith
13	Charlie Bell
	Annabeth Niesen
16	Mitzi Vitucci
18	Gloria Doerr
20	Victoria Agers
23	Janet Baker
24	Barbara Klein
27	John LaBate

## Health and Safety Tip

**Fight Osteoporosis.** Osteoporosis affects more than 10 million Americans. You can reduce your risk by incorporating weight-bearing exercise into your routine. This can include weight training, walking, hiking, jogging, climbing stairs, tennis, or dancing!



For more healthy tips, follow the [Parrish Health & Wellness Facebook page](#) for weekly Fit Tips.