

National Volunteer Week at ERH

Ellenville Regional Hospital volunteers contributed more than 5,000 hours of their time last year to help out in various departments, including the Hospital's Gift Shop, the Information Desk, Physical Therapy, Medical Records, Emergency Room, Med/Surg Unit, and the mailroom. During National Volunteers Week, the week of April 18th, *Ellenville Regional Hospital (ERH)* celebrated the invaluable contribution volunteers make to the Hospital.

"National Volunteer Week offers each of us the opportunity to recognize one of the true strengths of our Hospital – the compassionate spirit of our volunteers. Our volunteers are an extremely important asset to *ERH*. They provide an invaluable service to the patients and to the community," said Debbie Briggs, Director of Human Resources and Volunteer Services. And *ERH* CEO Steven Kelley added, "To all of our volunteers, thank you for your hard work and dedication in making our hospital a better place for our patients, their families, visitors, and our staff. From our *Auxiliary* members who raise funds for the Hospital, operate the Gift Shop, and provide a warm smile and a friendly 'hello' at our Information Desk, to the students who spend their school vacations lending us a hand, our volunteer force is by far the best in the area. We truly appreciate everything that they do for us."

If you are interested in becoming a member of the volunteer force at *Ellenville Regional Hospital*, please contact Debbie Briggs at 647-6400 ext. 286. ☆

ERH Celebrates National Medical Laboratory Week

The Laboratory at *Ellenville Regional Hospital (ERC)* celebrated National Medical Laboratory Week during the week of April 18 – 24. Working behind the scenes and out of the spotlight, the Lab provides physicians with vital information that directly effects a patient's treatment. The Lab stands ready 24 hours a day, seven days a week, offering a wide range of tests to help determine a diagnosis, evaluate the effectiveness of medication, and track the course of a disease or recovery.

Labs are staffed by Medical Technologists, Medical Laboratory Technicians, and Phlebotomists.

Ellenville Regional Hospital is fortunate to have a Lab staff that is extremely experienced, with backgrounds in science, academics, engineering, research & development, and advanced studies. Through their knowledge and dedication, the technologists and technicians at *Ellenville Regional Hospital* provide our patients with the best in clinical laboratory testing. ☆

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The ERH Auxiliary held a bake sale April 19th at the ERH. Auxilians in the photo, left to right, are, seated, Maggie Heath, President, Francis Pressman and standing, Carol Lounsbery, June Constant, Gloria Wintermeyer, Jane Healy

National High Blood Pressure Education Month

About one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. High blood pressure is called "the silent killer" because it usually has no symptoms. Uncontrolled high blood pressure is dangerous and can lead to stroke, heart failure, heart attack, kidney failure and blindness.

Many people get high blood pressure as they get older. Over half of all Americans age 60 and over have high blood pressure. This is not a part of healthy aging! You can take steps to prevent high blood pressure. These steps include:

- Keeping a healthy weight
- Being physically active
- Following a healthy eating plan
- Reducing salt and sodium in your diet
- Limiting alcohol intake
- Quitting smoking

Ellenville Regional Hospital offers free blood pressure screenings on the **first Wednesday** of every month, from **10:00 AM to 12:00 noon**, in **room 102**. No appointments are necessary.

For further information about services available at *Ellenville Regional Hospital*, please call **647-6400**. ☆

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