

FRIENDS *of* STRONG VOLUNTEER UPDATE

Winter
2023

News & Updates for Strong
Memorial Hospital Volunteers

Editor
Susan A. Sullivan

Copy Editor | Designer
Emily Teitsworth

(585) 275-2420
FOS.URMC.EDU
601 Elmwood Avenue Box 660
Rochester NY, 14642

HAPPY HOLIDAYS



Dear Friends of Strong Volunteers,

We continue to be amazed by the dedication and selflessness of you—our dedicated volunteers. We deeply appreciate all of you for going above and beyond our expectations.

Our volunteers are the heart of our operations— demonstrating exceptional bravery, compassion, and commitment to the health of our community as a whole. You continue to provide unparalleled service and comfort to our patients, their families, and our caregivers in many ways.

You all remain all-important to us and continue to add a much-appreciated element of personal service and comradery for our patients and their families. This holiday season we wish everyone time to rest, recuperate for the New Year, and quality time with loved ones.

Our sincere thanks and admiration for being a vital part of our Friends of Strong Team.

Sandy Arbasak
Director, Friends of Strong

Every day. Every year. Every way you support Friends of Strong helps enhance patient- and family-centered care initiatives at Strong Memorial Hospital. Since 1975, we've given more than \$20 million to programs and initiatives throughout the hospital.



Warm Welcome to New FOS Staff Members



Jennifer Grimm | Front Desk Secretary

Replacing MaryLou Cessna - Retired

I was born and raised in California and lived there until I was 7. I have one older sister. I've lived in Nevada, Texas, Florida, Tennessee, and New York. In Florida, I worked at Walt Disney World. I did two internships, then went part time and eventually full time in hotel operations. I loved getting to see the suite inside Cinderella's Castle. I truly love working and connecting with people. I have been with Strong Memorial Hospital for 2 years as a guest service ambassador in the main lobby, then on the Palliative Care Unit. I enjoyed my time as ambassador and was ready to branch out, which led me to the full-time secretary position for Friends of Strong. I'm thrilled to be part of an amazing team and excited to continue my journey at Strong Memorial Hospital.



Emily Teitsworth | Communications & Marketing Specialist

Replacing Matt Ulakovic - Moved to ISD Communications

I have a BA in Creative Writing and a BA in Publishing. For years, I spent time in daycare and retail jobs, doing literary internships on the side. After being a store manager at UPS, I realized I needed a job with more meaning. I actually applied for a completely different position and Sandy contacted me, suggesting I apply for this one. I am so grateful she did. This position is what I've always wanted; I write every day, I design, I meet people, and the work we do matters. I have a big, confusing family, and several siblings from ages 3 to 30. In my free time, I love watching anime, cooking healthy meals, working out with my infinity hoop, reading fantasy by Ursula Le Guin, and adding new art to my Etsy business.



Jahmiece Dennis | Program Assistant Secretary

New Position!

I am a mom of two and a lover of arts and creativity. I have an extensive background in hospitality and tourism starting in guest services at The Strong Museum where I worked as the assistant admissions desk manager. I have also been a Licensed Esthetician for the last 7 years and have primarily worked in the hotel spa industry during that time. My passion is supporting and serving others which makes my job here at Friends of Strong very fulfilling. As a breast cancer survivor, I recognize the importance of volunteers and raising money to support patient care programs and initiatives. Humanity is so important and I am so proud to be a part of an organization that embodies that.



Aislinn Sexton | Senior Volunteer Services Specialist

Replacing Karen Keating - Moving to Time as Reported (Semi-Retiring)

I am very excited to be joining the Friends of Strong Team! I have worked with volunteers for over 10 years in different settings including schools, service organizations, and nursing home care. My most recent position was working in schools where I helped create ways for students and families to get engaged. I am looking forward to meeting all of the FOS volunteers and learn more about what they do to enhance the experiences of patients and families.





Friends of Strong Gift Shop by Cloverkey 10% Volunteer Discount

Cloverkey is a family-owned retail operations/supply company with over 40 years of experience in the hospital Gift Shop industry. Friends of Strong is excited to partner with this experienced group of professionals to provide quality goods and services to our patients, visitors, and staff. More of their story, including a detailed description of their loyalty program and comprehensive FAQs can be found [here](#).

Each month will also bring new products and promotions for you to enjoy. As always, shopping at the gift shop will continue to support Friends of Strong and their patient- and family-centered care initiatives throughout the University of Rochester Medical Center.

The Cloverkey Loyalty Program allows you to earn points on every purchase and use them like cash. Signing up gets you access to double point days, seasonal specials, and a gift on your birthday. Simply visit the gift shop and ask to be added to the program at check out.



The Gift Shop offers a wonderful assortment of gifts, flowers, and balloons for all ages. Gifts include fresh flowers by Stacy K, cards, toys, snacks, jewelry, Strong Memorial Hospital and Golisano Children's Hospital logo apparel, and so much more!

The Friends of Strong Gift Shop by Cloverkey is conveniently located in the main lobby of Strong Memorial Hospital, just beyond the information desk.

Hours:

Monday to Friday: 7 a.m. – 8 p.m.

Saturday & Sunday: 9 a.m. – 7 p.m.

For any Friends of Strong Volunteers, show your badge when you sign up and you will receive a reward tag that automatically loads your 10% whenever it's scanned.

Volunteer Program

Fun Facts

- Over 400 Current Volunteers (Highest number since COVID!)
- Over 30 Hosting Departments including several offsite
- Close to 100 summer high school volunteers

Check out the Latest Blog Posts

[2024 Pet Therapy Calendar](#)

[Share the Warmth Coat Drive](#)

[Be a Secret Santa: Baby Love](#)

[Cloverkey Loyalty Program](#)

Spring Recruitment

Registration for Spring Adult and College Volunteering will be opening on December 19

Visit the [FOS Volunteering Homepage](#) for more information

FOS Office will be closed on:

- December 25
- January 1
- January 15



Friends of Strong Volunteer Award Winners

We took time this November to celebrate our hard-working volunteers with awards that volunteers and volunteer program supervisors nominate for each year.

Dove Award

Sandy Page - *Strong West*

Frances Brownell Supervisor Award

Chris Tryon - *NICU (Child Life)*

Hettie Shumway Volunteer Role Model Award

Larry Billings - *Transplant*

Louise Criticos Award

Sandy Stubinsky - *Cancer Center*

Elizabeth Crozier Long-Term Service Award

Pat Zampi - *Cancer Center*

Group Award

Legends at Whitney - *Sewing Artistry*

Evening/Weekend Award

Barbara Cook & Melissa Whelen - *Emergency Department*

College Student Award

Zachary Cheung - *Emergency*



Success at Recent Events

Our Friends in Good Taste beer tasting was a huge hit this fall! It was fantastic at bringing together many people for an afternoon of good food, drinks, and sweepstakes.

The Holiday Market was also an incredible and fun festive place for URMIC staff and the wider URMIC Medical Center community to gather and enjoy the holiday shopping experience.

Thank you to everyone that made these events possible!

Upcoming Events

30th Gala Wine Tasting Fundraiser February 9

Experience samples from more than 100 fabulous red, white, and sparkling, imported and domestic wines along with French champagnes, delicious hors d'oeuvres and luscious desserts. Create new memories at our complimentary photo booth and peruse a selection of silent auction activities and items from in and around Rochester—all while supporting patient- and family-centered care at Strong Memorial Hospital.

Tickets available at giveto.urmc.edu/fosgala2024

Baked Potato Bash

March 13

5K River Run | Transplant Program Fundraiser

April 21

Texas Barbecue Joint BBQ Lunch

May 10

Ice Cream Party with Bruster's of Webster

August 7

Celebrity Bartender Fundraiser

September 19

'Friends in Good Taste' Beer Tasting

(Date TBD)

Holiday Market

November 22



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