



VOLUNTEER NEWSLETTER

2019 • QUARTER 4

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VOLUNTEER@CCVNA.COM

MESSAGE TO VOLUNTEERS

God bless you more each day!

Every drop of your sweat will go towards building the foundation of someone else's life. **Thanks** for working hard as a **volunteer**. Wages in the form of love, perks in the form of hopes and promotions in the forms of blessings – this is your reward for **volunteering** with all your heart. Anonymous

We couldn't do this without each and everyone of you! Thank you for your time, compassion and love of our patients.

If you know of any one that would like more information on becoming a volunteer please have them contact our Volunteer Coordinator, Quinn Junghans 831-751-5500.

UPCOMING EVENTS

IN-SERVICE (SELF CARE)

Saturday, January 18th

Monterey Office, Big Sur Room
9 a.m. to 11 a.m.

GO WISH EVENT

Saturday, January 31st

South County
Bi-Lingual Volunteers needed

NEW VOLUNTEER ORIENTATION

Saturday, February 22nd

Monterey Office, Big Sur Room
9 a.m. to 2 p.m.

IN-SERVICE (TBD)

Saturday, March 14th

Monterey Office, Big Sur Room
9 a.m. to 11 a.m.

SAVE THE DATE

SATURDAY, DECEMBER 14 • 5p-11p

Dinner and Dancing in Monterey at the Hilton Garden Inn

The hotel will be offering rooms at a discounted rate. Please let me know if you are interested so I can get a count of what we need.

Additional information to follow closer to the date.

New Volunteer Programs in 2020

BIRTHDAY PROGRAM

(details will be revealed soon)

Re-designing our **TEEN PROGRAM** to help support the "birthday program"

Continuing to recruit new volunteers to support the **PALLIATIVE** and **CONNECTIONS PROGRAMS**



VOLUNTEER SPOTLIGHT

JAKE RAGSDALE



After spending more than a decade in sales and management in the pharmaceutical and wellness industry Jake decided to make a career change and pursue his true passion of becoming

a health care provider. Jake was drawn to Hospice work after learning about it from his mother Gail, who has been a nurse for 44 years. She worked at SVMH for 26 years and as a hospice nurse for one year. He was particularly drawn to hospice after seeing how supportive and helpful it was while his Father-in-law was fighting terminal cancer earlier this year. It is still very difficult, especially for his wife and Mother-in-law, as they were very close. Jake has a B.S. degree in Nutrition and Food Science, is a licensed EMT and has a strong background in biological science. He understands the importance of active listening, empathy and dignity. He knows that every person and situation is unique and different. Jake believes that helping people directly is the most fulfilling thing he can do and is deeply committed to serving others. Jake is a Salinas native and currently resides in Monterey with his wife Kacie.

I started my family and now is the perfect time for me to reconnect with my passion and accomplish my carrier goal. I am currently a student at Hartnell college, and my major is Nursing. I work at Salinas Valley Memorial as a rehab services aide. On my spare time I like to bake with my kids and shop by myself.

SHELLEY SWEET



Shelley Sweet moved to Marina from Palo Alto in 2018. She retired as President of I-4 Process, a company that helped organizations take the waste out or work, in 2019.

Since then she has been volunteering at local organizations and enjoying the outdoors with friends and her dog, Skeeter.

She got interested in Hospice many years ago when her father was Chairman of the Board for Hospice in Hilton Head, SC for 13 years. She saw the help that organization made in Hilton Head and the pride her father felt for the work they did. I am looking forward to contributing to Hospice patients and their caregivers as well.

PATRICIA SORTO



My name is Patricia Sorto, I was born and raised in Mexico but have lived in Salinas for the past 20 years. I've been married for 11 years to my great husband and we have two wonderful

energetic boys - my oldest will turn 10 on Christmas eve and my baby turned 6 years old in November. I love the medical field but had to take a break when

YIN TUNG WANG



I was a professor of horticulture at Texas A&M University for 23 years. Nearly 30 years ago in 1990, I started research on orchids, among other floral crops, as a new and novel potted flower

in the United States. I can proudly say that I achieved that ambitious goal and helped placing orchids on the market for people to enjoy. Orchids have long

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VOLUNTEER SPOTLIGHT

replaced poinsettia as the most valued floral crop in the United States and in EU. In 2007, the largest orchid grower in the U.S. then and a friend for many years, in Salinas, asked for my help. I took early retirement from Texas A&M University and started a second career in California. It was a great opportunity to do additional practical research and apply science in improving commercial production of orchids. I also have been doing consulting to help orchid growers elsewhere in the U.S. and on other continents. I still grow many orchids in our home and enjoy them. My late wife was diagnosed of Glioblastoma just before Thanksgiving 2013. I took care of her all by myself, feeding, showering, administering medicine, cleaning in bed, etc. during the period she battled this deadly disease. It was my duty and obligation as a husband to do all I could possibly do for her.

LILY CHANG



Lily grew up and earned her master's degree in Early Childhood English Education in Taiwan. She has been taking medical and other classes at the Monterey Peninsula

College. Lily loves and enjoys baking, including pasties, desserts, cookies, dinner rolls and bread. All of which are low sodium, low fat and low sugar. We talked about life, aging, death, etc. at times and felt we could and should do something to help others who are going through a difficult time. Since we have a close friend that works at VNA and I used both VNA Nursing and VNA Hospice during my late wife's illness, it was natural for us to offer our time to VNA Hospice. We expect a rewarding time ahead while helping others in need.

VERONICA "RONY" GUTIERREZ

Born in Guadalajara, Mexico. Arrived in Salinas at the age of four. Graduated from Salinas High School, earned her Associates of Arts degree in



Administration of Justice minored in Corrections from Hartnell College.

Worked Adult Probation then as a Woman Compensation Fraud

Investigator until she found the love and passion of nursing and then ran with it.

Currently working 23 years of Labor and Delivery and Ultrasound tech for 19 years. In between those years she became a General Education Degree (GED) instructor for three years for the City of Salinas. She went back to Hartnell College to obtain her Certified Nursing Assistant (VNA) license, Women's Crisis Center Award/Certificate in intervention, medical procedures, legal processes, and advocacy in victims of sexual assault and Emergency Medical Technician (EMT) Certificate.

She has received a Certificate of Recognition from the California Legislature Assembly member Luis Alejo for her 10 year role as the Vice-President and Professional Recruiter for a local parents committee organization, "Fiesta Familiar de la Costa Central" that provides workshops for Hispanic families with children of special needs. She is biliterate and bicultural in Spanish and English.

A volunteer for Salinas Valley Memorial Hospital "Nobody Dies Alone" (NODA) and a current nineteen unit student at California University Monterey Bay (CSUMB) studying Community Health to further her goal of becoming a Physician Assistant (PA) in and for this community that she grew up in.

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A Tau Sigma Honor Society member for her 4/09 GPA at CSUMB. Proud mother of two and devoted grandmother of “Lola” of 1. Enjoys her spare time with her loving and supportive Partner each riding their own motorcycles, bicycles, fishing and camping. Rony became a Hospice volunteer to give back what VNA gave her and her family when her maternal grandmother needed Hospice care for her cervical cancer. She hopes after her schooling is complete she can come back and better serve VNA more than just a volunteer but as a PA.

LISA CASTILLO



Hello, my name is Lisa Castillo. I was born and raised in Salinas ca. I have been married for 6 years. I currently work full time at Salinas Valley Memorial Hospital as a nursing assistant. I

am also studying full time at CSUMB for a bachelor’s degree in Collaborative Health and Human Services with a concentration in social work. My mom always taught me that anything is possible if you are willing to put the work in. I have 1 brother. I choose to do my internship with VNA because I wanted to serve the diverse community, I grew up in. I believe that I can also show people what other additional services are provided as well.

SYDNEY GUIRE



My name is Sydney Guire. I am currently a student at CSUMB and majoring in Liberal Studies in hope of becoming a middle school science teacher. I love the outdoors, and

surfing is my passion. Becoming a volunteer for VNA was a very important opportunity for me. I was first attracted to VNA for the reason of giving someone a little bit more happiness in their last few moments. It gives me the opportunity to help people, and bond with someone who truly needs companionship. I hope to get new experiences and opportunities from VNA, and learn more about myself and continue to understand how precious life truly is.

MICHELE REESE



I’ve been on the Peninsula for 25 years, originally from Boston. My background is in Natural Healing, Holistic Nutrition and Fitness. It was a calling that I moved

into the arena of serving as an End of Life Doula. It’s an honor and a privilege to share space and be present with people during difficult times. I am grateful to give back to the community and volunteer my time with hospice.