

SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

FALL 2003



Euclid
Hillcrest
Huron
South Pointe

Cheers for volunteers

“Volunteers are absolutely indispensable at Hillcrest Hospital,” says Pat Garlak, coordinator of volunteer services. “They work in virtually every department and enable nurses and other professionals to spend more time with our patients.”

Since 1968, members of the community have donated more than 2 million hours of work at the hospital, which is located in



Mayfield Heights. Currently, there are 370 volunteers. Last year alone, these workers logged more than 64,600 hours of service.

Although all volunteers are important, one stands out. He is Michael Dominak, 84, a Mayfield Heights resident who began volunteering in

“Volunteering is good for the soul, and everyone has something to contribute,” Dominak says. “I love to help people.”

Recently, Hillcrest Hospital presented Dominak with the Mary Marsiglio Award for Volunteer Excellence. He and his wife,



“Volunteering is good for the soul, and everyone has something to contribute,” Dominak says.

1981 as a transporter. After suffering a heart attack in 1996, he became a “Heart Talk” volunteer, visiting with cardiac patients and their families.

Lucille, also a volunteer, each received pins for donating more than 4,000 hours of service.

“Michael has a wonderful rapport with patients, their families and staff,” Garlak says. “He is truly an ambassador of goodwill for the hospital.” —By Anne Gallagher

Hospice questions and answers on page 2

**Planning a day trip?
Get great ideas on
page 2.**



(From left)
Betty Brown,
Bea Warrenoff,
Esther Pollock

Knitting for newborns

After Mt. Sinai Medical Center closed its doors, the Afghan Nannies had a dilemma. The 14 knitters from R.H. Myers independent living community no longer had a home for their handmade baby scarves, hats and blankets, which they had been donating to the hospital for the last 20 years.

“When Mt. Sinai closed, the auxiliary board connected me with Huron Hospital,” said Maria Dussi, activity director at R. H. Myers and coordinator for the knitting group. “They believed the hospital would be happy to receive the knitted articles.”

The Nannies (14 in total) meet once a week in the Myers Activity Center and complete between 150 and 200 projects per year. The baby

clothes and blankets are donated to the Stork’s Nest program. The program offers monthly educational classes to help expectant mothers learn how to have healthy pregnancies and babies. At each session, the expectant mothers earn points to “shop” for new baby clothes and products. They can use the points to “buy” the knitted baby clothes and articles.

Since 2001, the Afghan Nannies have contributed more than 300 items to the Stork’s Nest program.

“We really enjoy knitting,” said Betty Brown. “I’m glad we were able to continue knitting [for charity], and I’m also glad we chose Huron Hospital.”

—By Deauna Hale Turner

Crocheting close to home

The Afghan Nannies aren’t the only women making hand-made blankets for the maternity ward at Huron Hospital. Ann Sullivan, a volunteer at the hospital, also crochets for the Stork’s Nest program.

A retired principal, Ann has been a volunteer at Huron for more than 15 years. She began crocheting for the maternity ward when it opened two years ago. Since then, she has recruited others to help her.

“They are having babies faster than I can crochet,” Ann said. “I have three other women who help me, and I’m trying to recruit more.”



Ann Sullivan

Ann crochets for the hospital because she felt she had a talent and could give something back to the community in which she lives.

“If someone has something to offer, they should give it,” Ann said.—By Deauna Hale Turner